



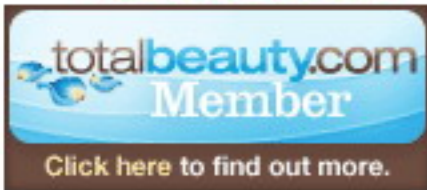
# The Anti Hair Slave

Healthy Hair ... All the time!

Debra

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## Swimming + Hair Care



I love to swim, in high school I was a swimmer and then a diver in college. I love the water, plus it's a great work-out, the only downside is the hair maintenance. Without proper care, swimming on a daily basis or even a few times a week can wreak havoc on your hair, especially hair that is colored, relaxed, or otherwise chemical treated. So what exactly is a girl to do? Stop swimming! Just kidding, keep swimming just try **Nana Essence Natural Hair Care Products**. "Nana Korolev was born in Russia where she became a competitive swimmer. She soon realized the damage the chemicals used in pools could do: dry brittle hair and split ends everywhere. While traveling from city to city to compete, Nana began collecting local folk recipes for the treatment and revitalization of damaged hair. Through constant washing and testing on her own hair, she was able to select the three most effective organic ingredients that now form the core of Nana Essence products."

Blogged with love, The Anti Hair Slave at **Thursday, March 26, 2009**

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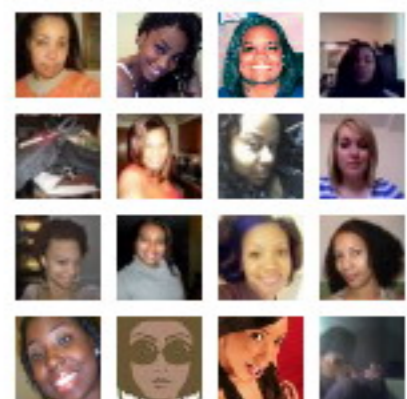
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