

## Ethan Says

### FACE TO FACE ADVICE: SEASALTS IN YOUR HAIR



For EthanSays.com. By **Enrique Ramirez**, owner of **face to face nyc** day spa and award-winning pore star.

#### Are sea salts ever found in hair care products?

Absolutely, the raw minerals are extracted from the salt and blended into the shampoos or conditioners to hydrate and soften troubled tresses from harsh environmental conditions.

#### If so, what are the benefits of using sea salts on your hair?

Minerals –which are extracted from the Dead Sea - provide a great source of nutrients to give the hair and scalp a great appearance. Ladies with colored or damaged hair take note! Dead Sea Salt is also used to clean the scalp. It improves the hair follicles ability to allow hair growth. This in turn helps reduces hair loss. Men: Look for hair products that contain salts or minerals.

#### Why are sea salts added to beauty products? **CLICK HERE TO FIND OUT!**

Salt scrubs have been used for hundreds of years for beauty and medicinal purposes. Great way to keep your skin looking healthy, fresh and silky! They provide a phenomenal source of potassium, magnesium and chloride. These minerals are often stripped from the skin during illness, unfiltered water or harsh skincare products.



### What are the benefits/effects of using scrubs with sea salts?

The beneficial effects of the Dead Sea Salts on the skin and their unique therapeutic and beautifying powers have been recognized since ancient times. Cleopatra, considered the most beautiful woman in the world, went to great expense to obtain exclusive rights over the Dead Sea area. Exfoliation is the main purpose to help melt away those hard edges from your neck down to your feet. Who wants to have skin that resembles the bark of a tree? The minerals have powerful healing properties to address conditions such as eczema or psoriasis as well as respiratory problems. Where to go on your next trip? Visit one of natural wonders of the world: the Dead Sea! The Dead Sea is an ideal spot for people seeking relief from skin and rheumatic disorders, and an equally popular choice for vacationers seeking relaxation.

### How often could/should they be used?

I recommend weekly to keep the skin moist and pores free from environmental debris. Cleopatra would be proud!

### Are there any possible side effects or allergic reactions to sea salts? (In either hair or body scrubs)

The high magnesium and bromine content in the Dead Sea Salt is beneficial for anti allergens due to its cleansing and detoxifying of the skin together with providing smoothness and relaxation. If you tend to be on the sensitive side opt for a less abrasive grain.

Enrique Ramirez is one of the world's foremost skincare experts, and founder of New York's prestigious celebrity hotspot, face to face nyc, one of only a handful of spas internationally that specializes in men's skin. Ramirez has been featured on the NBC Today Show, Howard Stern Show, Derek & Romaine and Feast of Fools, in addition to over 50 publications, including Glamour, Upscale Living, New York Magazine, NY Daily News, American Spa, Good Housekeeping, Zink, Instinct and more. Face to face nyc is located at 20. W 20th St, New York, USA. (212) 633-0404. [www.facetofaceny.com](http://www.facetofaceny.com). Hours of operation are Mon & Fri, 11 a.m.- 10 p.m., Tues-Thurs, 11 a.m.-9 p.m., Sat, 11 a.m.-7 p.m. and Sun, 11 a.m.-8 p.m.

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