

Meet Our 2008 Bachelors

NOVEMBER 2008

COSMOPOLITAN

BAD GIRL SEX

5 Times
U
Shouldn't
Text Him!

Lauren Conrad

Answers Her Haters

75 Tricks for Nights
When You Want to Be
Just a Little *Naughtier*

The Surprising
Touch That
Whips a Guy on
Date #1

**Am I
Normal
Down
There?**

Very Private
Sex Questions
Only We
Would Tackle

**Lose Weight
While You Eat**

10 Foods That Actually Burn Calories!

YOU, YOU, YOU

**22 Smart,
Sexy Skills Every
Cosmo Girl
Needs Now**

“A Cougar
Stole
My Man”

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WHERE CELEBRITY HAIR STYLIST MEETS DERMATOLOGIST TO THE STARS

The Scalp

Ben Skervin,
Hair Stylist

Marta Rendon, M.D.,
Dermatologist

Why is scalp care important?

Ben Skervin:

Scalp care is really where it's at if you want to have truly beautiful hair. When you're good to your scalp you really notice the difference in how your hair looks and feels.

Dr. Marta Rendon:

Your scalp is skin, too. So it needs to be taken care of and moisturized just like the rest of your body.

If you don't have dandruff, should you use Head & Shoulders?

Ben Skervin:

Definitely. Head & Shoulders works wonders for all kinds of hair types, dandruff or no dandruff. When you take care of hair at its source, you'll be surprised by the results.

Dr. Marta Rendon:

Anyone who has the occasional itchy, dry scalp can benefit from Head & Shoulders. In fact, when used regularly, it will even help prevent dandruff from occurring.

Is Head & Shoulders harsh on hair?

Ben Skervin:

On the contrary, the zinc compound formula in Head & Shoulders with targeted moisturizers really helps make hair softer* and manageable.

Dr. Marta Rendon:

It's anything but harsh. It contains an amazing zinc compound that helps restore and maintain a healthy moisture balance for improved hair and scalp health.



*vs. non-conditioning shampoos.