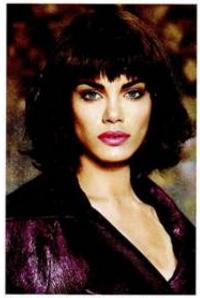


## Freshen Up ...4 Ways!

You deserve to look your best! Jet Rhys of her namesake salon in San Diego, CA offers her tips on how to do just that.

- Keep ends healthy by choosing the right shampoo and conditioner. Rhys recommends Source de Richesse sulfate free shampoo and masque by L'Oreal Professionnel, which contain tomato lycopene—great for reversing free radical activity.
- Make the most of bangs. If your face is on the narrow side, an eyebrowskimming fringe will help fill it out. Plus, you can wear them both straight and angled. If your face is rounder, a sideswept fringe that hits just below the eyes is best.



Try bangs to give your look instant excitement. They can even help your face shape look more proportional. Hair by Cebato, Barcelona.

- Shine on with a little Vitamin E. Add just three drops while applying haircolor, and it'll keep your shade from looking flat and ashy.
- 4. Always take the time to thoroughly rinse your hair after shampooing. Product build-up can quickly make locks appear lifeless.

## Find Your Best Color

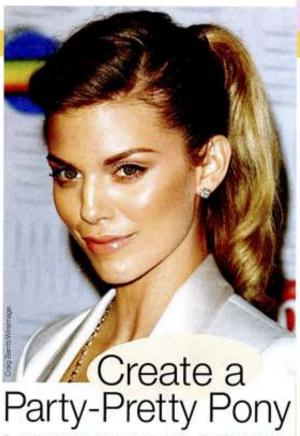
"Whether you're covering gray or adding just a splash of a new shade, color is the perfect way to express your individuality," says Sandra Yu, International Hair Artist at The Susan Ciminelli Day Spa & Salon in NYC. Here, she gives us the lowdown on finding the best hue for you!

Color should always complement and never blend with skin tones. Yu also recommends that women with blue eyes stick to blonde or

brunette shades; those with green eyes go for red, copper or blonde and brown-eyed women opt for mahogany, rich red or brunette.

- "Always consult a professional," Yu says. "You can avoid choosing the wrong color and damaging your hair."
- Never go more than two levels lighter or darker than your natural shade. "You get best results keeping the tone and adding different levels."
- "Occupation and lifestyle is the key to deciding how dramatic or demure a color should be," Yu notes.
- If you want to make a dramatic color change, you'll likely have to switch up your makeup too. "Be sure to consult a makeup artist for new colors."
- Decide how much maintenance you're willing to commit to. For example, double-process blonde needs a touch-up every 3 to 4 weeks, while highlights only need a boost every 10 to 12 weeks.

If you have green eyes, red, copper or blonde haircolor is your best bet. Styled by Aberra's Michael Shaun



Ponytails are the ultimate easy updo—but they can also be glammed up in a snap. Nicholas Penna, Jr., owner and lead stylist of SalonCapri near Boston, MA, tells us how to make the look party-glam!

- Don't be afraid to be playful. Penna suggests gathering locks to the side or even creating a trendy loose braid.
- If you have straight strands, give them a twist by applying curl-enhancer, then using a wide-barreled curling iron on the ends, like AnnaLynne McCord does here. Penna's personal choice is L'Oreal Professionnel Spiral Curl Enhancing Spray.
- When opting for a side ponytail, there'll probably be some loose wisps. You can let them be or, to lengthen your face, pin them back in a small pout.
- Remember that no matter what kind of ponytail you choose, a bared neck always amps up the sex appeal!

## GREAT GIVEAWAY!

Are dry, damaged, frizz-prone tresses

cramping your style? Then you'll want to take advantage of this fabulous offer from Enjoy! They're



giving away 8-oz tubes of ENJOY Hair Mask—a \$24.95 value—to 25 lucky readers. An intensive treatment designed to enrich and smooth dry, unruly locks, the mask contains Keratin Amino Acids that repair and strengthen hair, adding elasticity and leaving it incredibly soft, silky and easy to manage. Just apply after shampooing and leave on for five minutes or, for even more impact, cover hair with a plastic bag and apply heat for 20 minutes. To be eligible, send a postcard with your name and address to: Enjoy Hair Mask Giveaway, Cut & Style, 1115 Broadway, New York, NY 10010.

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