

# Guide For Brides

## Be Well-Tressed At Your Wedding

(NAPSA)—On your wedding day, you want everything to be perfect—your shoes, your flowers, your dress but perhaps most importantly, your hair. After all, it's the day when all eyes are on you.

Great hair begins months before the big day, according to cosmetologist Ernie McCraw, director of professional beauty education for Sally Beauty Supply. He suggests this timetable for your tresses:

### Six Months Out

Six months before the big day, schedule a consultation with your stylist for your hair's state of the union. He or she can tell you if your hair is on the right track and give you some good pointers.

Are you happy with your color? If not, do a little experimenting since you have some time. Demi-permanent dyes are great for this as they don't contain ammonia, won't damage hair and only deposit color. They last about four to six weeks, so you can try a few before settling on the one that compliments your features the best. Ion Color Brilliance carries a clear demi-permanent for those who like their color but want to add extra shine.

### Three Months Out

Moisture is key to good-looking hair, so start a weekly conditioning treatment at this point. Test out a few different products to find one that's right for your specific hair type. Dry hair will need a heavier deep conditioner while those with oily hair might want to opt for a light leave-in conditioner such as Miracle 7.

### Four To Six Weeks Out

Four to six weeks before the wedding, hold a hairstyle dress rehearsal. Bring along any head-



**Plan ahead to have beautiful hair on your wedding day.**

pieces or embellishments you're planning to use to get the full effect. Once the style is complete, take it on a test-drive to see how it holds up. You won't be spending the entire wedding sitting in a chair, so you want to make sure the style will still look fabulous after you've hugged all those relatives and lived it up on the dance floor.

### Two Weeks Out

For hair that looks fresh without looking too newly done, add color or highlights two weeks before the wedding. To keep color looking vibrant, replace your normal shampoo and conditioner with something specifically formulated for color-treated hair. Ion Color Defense has a complete line to help extend and protect hair color.

• *Ernie McCraw is a licensed cosmetologist with more than 25 years in the beauty industry in all phases of cosmetology and is director of professional beauty education for Sally Beauty Supply. To find a Sally Beauty store, call (800) ASK-SALLY or go to SallyBeauty.com.*