

HAIR HINTS

Celebrity Stylist Shares Secrets For Terrific Hair

by Tim Rogers

(NAPSA)—*Hair care expert Tim Rogers, who has among his clients Yoko Ono, Missy Rayder, Diane Sawyer, Kelly Gray, Samantha Boardman and Amanda Peet, combed through some of the secrets he gives celebrities when they have a bad hair day and came up with a few you may use:*

Q. Any advice on how I can take better care of my hair?

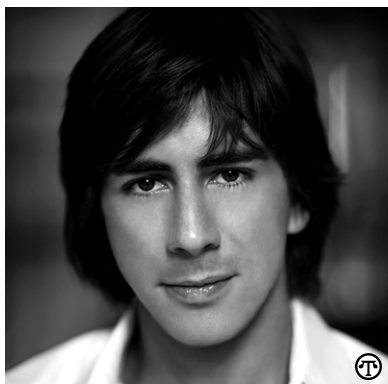
A. Wash hair no more often than every other day. Water can be very drying to hair, exacerbating frizz and static flyaways. Wash with lukewarm water and always follow with a conditioner. Protect color-treated hair. New Results Colour Bright shampoo and conditioner are created specifically for treating and protecting multitone hair shades. Don't forget sunscreen. The sun's rays can strip away natural oils as well as the pigment that gives hair its color. The sun can weaken hair cuticles, causing peeling, breaking and split ends. Defend hair with a hat and products with UV filters and keratin, for strength and elasticity.

Q. I need a new hairstyle. Can you help?

A. Take advantage of the multitude of virtual stylists on the Internet. Web sites like www.smartfixx.com offer comprehensive advice from salon professionals. Online, you can access info on trends 24/7. There's step-by-step styling advice in video you can play, pause, rewind and download to see how to get the look you like.

Q. I'm thinking of changing my hair color from blond to red. What's the best way?

A. Redheads aren't defined by



Condition for your hair type, says celebrity stylist Tim Rogers.

“light or dark” but by tone. Consider which works with your skin. Glossing treatments deposit tone without lightening hair for maximum reflection and minimum damage. They're a great way to deliver customized shades of red.

Q. I'm a guy and I really like my new short hairstyle but it requires multiple styling products mostly created for women. Are there multipurpose products men can use?

A. Some really great unisex styling lines—like the new one from Charles Worthington London—have what you need. For short hair, wax sticks or gel strips are fantastic multipurpose options for keeping hair in place, taming flyaways or giving it a textured, spiky look. My favorite products from this Smart Fixx line are the H₂O Styling Strips, which you can get at drugstores. Simply add the gel to wet hair with your fingertips. The strips come in a convenient pocket pack for on-the-go styling.