



HAIR HINTS

A New Look For Less

(NAPSA)—Many times tightening your budget means foregoing seasonal shopping sprees. But, take heart...updating your look doesn't have to break the bank. For less than \$1.25 a week, you can indulge yourself by changing your hair color at home. You can look like a million, without spending a million, by following a few tips from the experts.

"Start by identifying your natural hair color," says Julia Youssef, Director of Color at Garnier, who has colored Sarah Jessica Parker's tresses. "Then choose a hue that's one to two shades lighter or warmer than your natural tone."

Want to go radiantly red or get rid of gray? Look for products like Garnier Nutrisse, which provides rich, long lasting color, 100 percent gray coverage and leaves hair feeling softer than before you colored. Want to stay within your own color range? A product like Garnier Lumia is low in ammonia, non-drying and provides hair luminous color and shine. Both of these products have been created with innovative formulas that condition hair while they color.

Youssef offers more expert advice:

- Once you've purchased your selection, follow all package directions including a strand test. This will preview your new hair color.

- If you've recently had your hair permed or relaxed, wait at least 14 days before coloring your



THE RIGHT STUFF—Sarah Jessica Parker found the right home hair color to change her blonde hair into golden brown.

hair.

- Before you apply hair color, spread a thin ribbon of petroleum jelly on the edge of your hairline to protect your skin. If you do drip any color on your hairline, a few drops of astringent dabbed on a towel will take it right out.

- As your hair grows, do a root application every 4 to 6 weeks. Start at the hairline and color the regrowth. During the last 5 minutes of process time, comb the mixture through the remainder of your hair to evenly distribute and blend the color with the existing shade.

With a little expert advice, at-home hair coloring does mean you can afford to have fun and luxury for less. For more tips on selecting a shade that's right for you and applying hair color products at home, visit www.garnierusa.com.