

INSIDER'S HAIR SECRETS



Time-Saving Tips

(NAPSA)—Demanding schedules can put a crimp in time spent primping in front of the mirror. But don't give up.

Charles Worthington, British hair stylist to the stars, shares some tricks to help you look and feel your best in a hurry:

1. I travel a lot and never seem to look like myself. On-the-road lifestyles can be challenging. It's important to keep some things familiar. Start with your grooming habits; don't forget to pack your favorite makeup, shampoo, etc., so you have the right tools. Try any of the travel-friendly shampoo, conditioner, style and finish products from Results. The sleek containers slip right into the side of a suitcase. Estimated time: 30 seconds to pack.

2. If I blow-dry, I'll be late for work. Trade in your slow-power dryer for a high-powered turbo dryer (1,800-2,000 watts). You will cut your time in half. Estimated time: two to 15 minutes depending on hair texture.

3. I don't have time to wash my hair. Spritz on a style-reviving spray like Results Hair Make-Over Blow-Drying Spray, then fluff your hair and finish with a light hold spray. Estimated time: two to three minutes.

4. I don't have time for a trim. Until you can get in to see your stylist, wear your hair pulled off your face or just tousle it with your hands so you don't notice the imprecise lines. Estimated time: three minutes.

Charles Worthington owns five world class salons in London and a signature range of award-winning haircare products available both in the U.S. and abroad. For more information, visit www.cw.london.com or call 1-800-519-8121. ©