

# Fly your COLOUR

Changing your hair colour can make all the difference to your look, softening your features and bringing out the colour of your eyes. With the right choice of shade and expert application, it could be the best beauty investment you ever make.

By Marianne Campbell. Photographs by Patrick Toselli.

## A LONG-TERM COMMITMENT

If you want a dramatic change (two or more shades darker or lighter than your natural colour) or you have a large amount of grey you want to cover, then permanent colour is your best option. It gives long-lasting colour and adds volume and sheen to tired, dull hair. It's an instant way to revive your appearance.

### What you need to know

Permanent colour contains a blend of ammonia and peroxide that removes pigment from hair while depositing new colour. It allows you to change your hair colour to anything you choose, from platinum blonde to black. The colour won't wash out, but it does fade over time. However, in order to keep your hair looking good, and to prevent that obvious regrowth line, you'll have to have your roots retouched every four to six weeks. This will cost time and money, so discuss the process carefully with your hairdresser before you take the plunge.

If you have fine hair, or it's starting to thin, permanent colour is a good way to add volume. Ammonia opens up the hair cuticles so that colour pigments can be deposited within the hair shaft, and in the process swells the shaft by as much as 20 percent.

### Choosing your colour

Your stylist will advise you on what shades will suit your skin tone. The trick is to pick a colour that enhances your complexion and brings out the colour of your eyes. Many stylists drape shawls in



Kim, 46, has fine hair that looked dull and lacked impact. Stylist Hein Johnston used a rich, plum-based brown to cover her grey, then added fine highlights two shades lighter to help soften the overall effect.

different colours around you to determine whether you have a warm or a cool skin tone. Warm skin tones need warm hair colours, such as golden blondes or rich browns, because cool tones leave them looking washed out. Cool skin tones need cool hair colours – blue blacks, ash browns and platinum blondes – too much gold

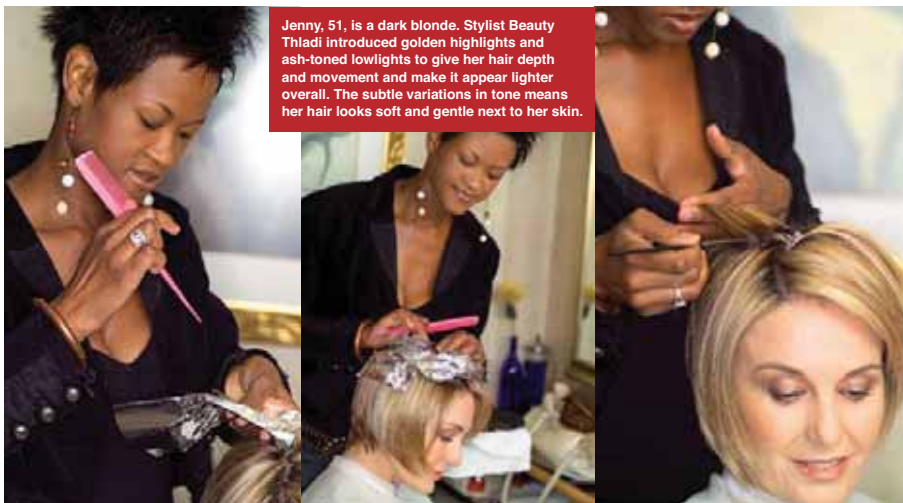
or copper makes them look sallow.

Too solid a colour can 'drown' delicate features. Talk to your stylist about adding a few highlights or lowlights, especially around your face, to soften the effect. Lighter strands are particularly good at helping soften the transition from pale skin to very dark hair. ▷



Choose a shade that looks good with or without make-up

Jenny, 51, is a dark blonde. Stylist Beauty Thladi introduced golden highlights and ash-toned lowlights to give her hair depth and movement and make it appear lighter overall. The subtle variations in tone means her hair looks soft and gentle next to her skin.



## LIVING THE HIGHLIGHT

Highlighting is a great way to add subtle colour to your hair. It results in hair that is a multifaceted symphony of shades and this colour variation adds wonderful depth and movement to a style. As a colouring option, it's also a lot kinder to your hair than a full tint as less hair is subjected to the chemical colouring process.

### What you need to know

Highlights involve lightening various strands of your hair by a shade or two, while lowlights mean darkening various strands. They are the most labour-intensive colouring option because strands have to be 'woven out' of the main body of hair before colour can be applied. These treated strands are then wrapped in foil while the colour develops.

Highlights need to be redone at least every six to eight weeks to avoid obvious dark roots. Over time, your colour can become too solid as it's impossible to isolate exactly the same strands every time you have highlights done. This is where lowlights come into their own – they help tone down your highlights and blend them with your

natural colour. You should consider having lowlights done at least every third time you get your hair highlighted.

You can choose to do a full head of highlights and lowlights, or alternatively concentrate only the T-section – your parting, crown, the strands around your face and, if you like to wear your hair up, in the nape of your neck.

### Choosing your colour

Highlights should complement your natural colour, adding subtle variations that make it look as if the sun has naturally bleached certain sections of your hair. The general rule of thumb is never to go more than three shades lighter than your natural colour. Remember that your hair colour should never detract from your complexion and that too many highlights can make your skin look washed out.

Lowlights enrich your natural hair colour. They help your highlights blend with your natural colour and tone down the frosted look. They also help to neutralise that unwanted brassiness in blondes or those horrible orange tones that can creep in with brunettes. ▷



“Highlights add depth and movement”

## EASY COME, EASY GO

If you're after a quick update with a trendy new colour or have the odd bit of grey you want to hide, a good-quality colour shampoo is a great way to experiment. As semi-permanent colour washes out over a period of time, if you don't like the colour, you don't have to live with it for long. And, best of all, as the colour simply fades gradually, you won't have to deal with noticeable roots.

### What you need to know

Colour shampoos or semi-permanent colours are the simplest hair-colouring option available. You won't do any long-term damage to your hair and there are plenty of home-colouring kits available, which makes this the most affordable option. And, because you don't get obvious regrowth, you don't have to commit to having your colour done every few weeks.

Semi-permanent colour is the best option if you're looking to subtly deepen your natural hair colour or you want to add a layer of colour, such as a red tone on brown hair. They are also an effective way of covering any stray grey hairs that may be starting to appear. Bear in mind that colour shampoos only darken hair – they work by adding a layer of new colour to your existing shade. They don't contain ammonia or peroxide, so they can't lighten hair.

Depending on the formula, semi-permanent colour can last for anything between six and 26 washes. Inexpensive home-colouring kits will generally wash out the fastest, while colour applied at a salon will last the longest. Try not to wash your hair for at least 48 hours after the colour has been applied, and avoid overwashing your hair.

### Choosing your colour

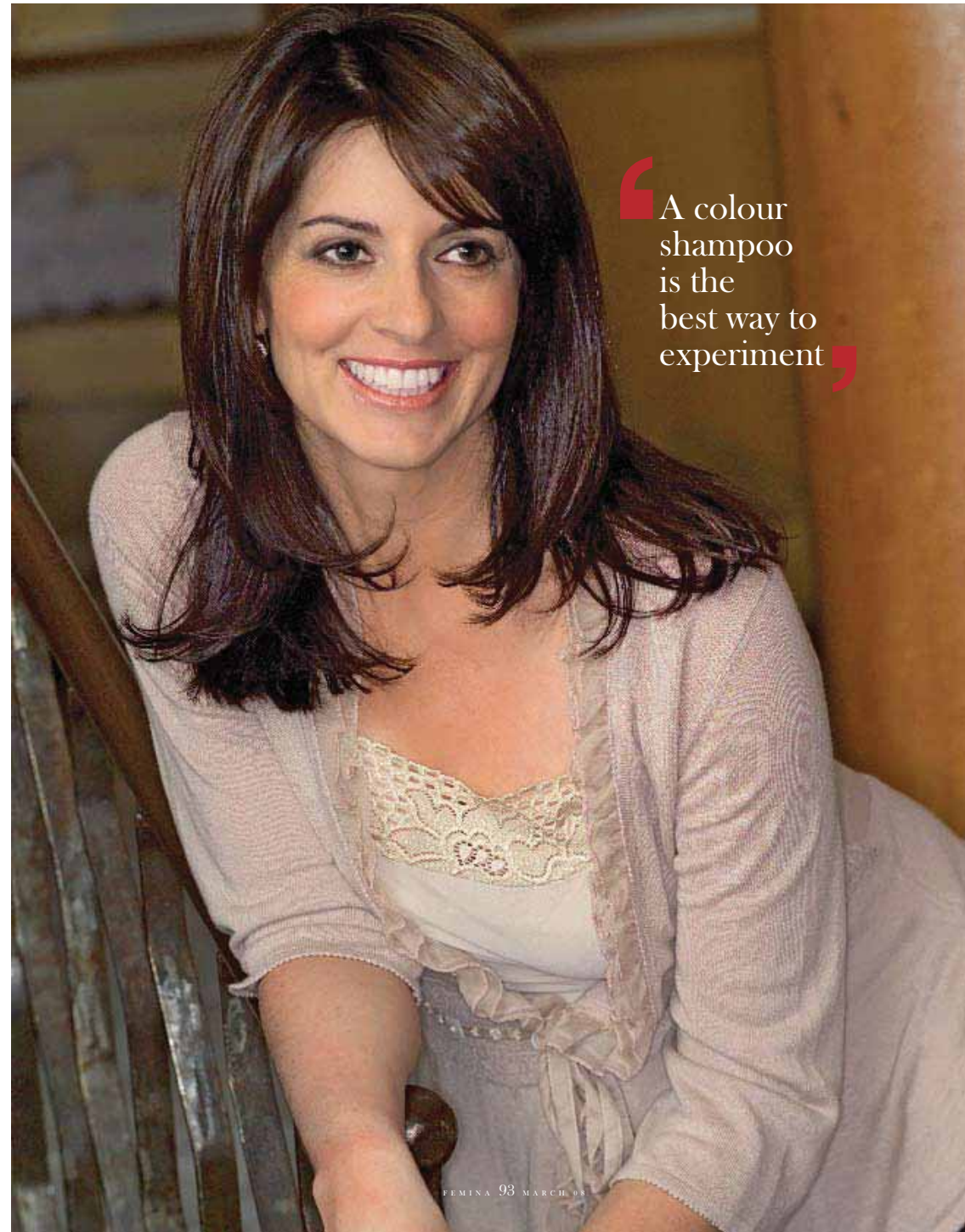
The key to looking good is to stick to colours that complement your skin tone. If you have skin with a 'cool' tone, you should try raven black, ash brown or cool blonde shades. Anything with warm gold, yellow, red and bronze tones will make you look sallow and drawn. If you have skin with a 'warm' tone, however, rich golden browns and reds can really lift your look, while blue blacks and ash browns will make you seem washed out.

'The great thing about having your semi-permanent colour done at a salon,' says Shelene Shaer, owner of Tanaz Hair, Body & Nails, 'is that you'll get expert advice on which shades will suit you best. And, if you've got residual pigment in your hair from previous colourings, a stylist will know how to neutralise any offensive tones, such as brassy blonde.'

Shelley, 44, has thick, glossy hair with the odd strand of grey, so stylist Shelene Shaer simply used a semi-permanent colour to give it a rich sheen. Because the colour doesn't cover porous grey hairs as effectively, they end up looking like highlights, which suits Shelley just fine.



HAIR BY THE TEAM AT TANAZ HAIR, BODY & NAILS, JOHANNESBURG (WAVE, UP, MELCLOY, COXWYNE)



A colour shampoo is the best way to experiment