

Your Hair: Autumn's Shining Glory



Summer sun can parch your lovely locks. Autumn is the time to restore the moisture your hair craves.

COURTESY OF SHERRI JESSEE/GLENN HEINO

BY HAROLD LEIGHTON

As the leaves turn color and the countryside seems like a magical Cézanne painting, this is the perfect time for you to revive your hairstyle for autumn.

Here are some tips for healthy locks and current looks.

Mend Your Tresses

Shine is going to be big this coming season. Make the fashion-forward leap to get your hair healthy after the long, hot summer and get ready for fall's cooler temperatures and drying indoor heaters.

Be sure to properly condition your hair to maintain your color and maximize shine. A weekly deep-penetrating, conditioning treatment and a few drops of a nourishing essential oil will make your hair luminous.

There are many wonderful conditioners available to purchase from the top professional brands, such as Redken, Sebastian, Paul Mitchell, Matrix, L'Oréal, and Wella.

Amp Up the Color

Refresh and revive summer sun-faded locks with a great new color.

A conditioning color glaze can add both depth and shine. Decadent chocolates and vibrant coppers pair beautifully with the rich shades found in fall clothing.

Today, fun, primary colors emerge in a kinder way with more options offering gentle ingredients and ease of use.

For those seeking to stand out in a crowd, popular trends include "tipping" and "flashes" of bright primary colors.

Go to your professional salon for a permanent option with Pravana Chroma Silk Vivids (www.pravana.com/products/chromasilk_vivids.html).

You can also try Kevin Murphy Color Bug for a temporary flash of pigment (www.kevinmurphy.com.au).

Perk Up Your Style

Do not fall into the habit of having long hair just to tie it up into a ponytail every day.

Try this popular trend: Crop off long hair in exchange for shoulder-dusting long bobs, also known as "the Lob," as seen in *Vogue*, *Harper's Bazaar*, and *Allure*.

Add soft layers and gentle curls, which are more popular than ever.

Need inspiration? Just open a beauty magazine where you can see gorgeous beauty advertisements. Take that page to your professional as a guide for your next cut and/or color.

With a great cut shaped to your face, it is unnecessary to wear the same look 24/7. So mix it up with color, curls, body, and shine. Step into fall with healthy hair that is always totally in style.

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Sherry Jessee delivers beautiful, classic styles featuring soft, simple, yet gorgeous hair. Top looks for Fall: the Lob (R) and long layers with undulating waves (TOP LEFT).

COURTESY OF SHERRI JESSEE/GLENN HEINO

Catching the Wave

NYC's Arrojo Salon

BY ELENA MARKS

NEW YORK—I've never been a person to complain about my hair.

I'm fortunate to have hair that more or less does what it is told even in bad-hair-day conditions. It is naturally straight with long layers, not too thick or thin.

If I want a wave, I'll let my hair air dry with it wrapped in my favorite 1988 scrunchie on the top of my head. If I want stick straight, I'll blow-dry it with a flat brush for 10 minutes.

I abandoned any chemical styling in my teen years and haven't had any coloring. So yeah, I guess you can say I've been blessed with great hair.

Haircuts have never been a big deal in my life. I realized early on that my hair doesn't vary much whether I get a \$25 haircut from the Supercuts chain of salons or a \$250 haircut. So I usually run into Supercuts—no appointment necessary.

I figured that I'd have the same result when I walked into Arrojo and met my stylist, Amanda. I was meeting with her to have a haircut as well as a consultation

for the American Wave (more on this later).

After a wonderful shampoo and glorious head massage with Claire, I sat in Amanda's chair, oblivious to what she was doing, and played on my BlackBerry.

It wasn't until I looked up, or rather down and saw how much hair was on the floor, that I began to panic. I looked in the mirror, and fortunately my hair was still the same length.

Where did all this hair on the floor come from? According to Amanda, she razored my hair in order to take away its heaviness and to give it some natural bounce and body.

My hair definitely felt lighter. If it weighed two pounds before the haircut, it weighed one pound afterward.

And boy did it make a difference! My hair moves now.

It is reminiscent of a Victoria's Secret model's hair without needing to style it for hours. In fact, it requires only about five minutes of styling with a round brush and blow dryer to achieve this look.

If I want to wake up every morning with perfectly tousled hair, I could get the American Wave.

This style is a technique invented

by Arrojo proprietor Nick Arrojo at a trade show when he needed to give a model a perm but was unable to find any curling rods. After some trial and error, the American Wave was born.

The American Wave is a texture-enhancing service that creates soft, natural-looking wave and curl patterns, as well as volume and fullness.

One of the options includes the beach wave, which marries straight and wavy textures to create tousled beach waves.

There is also the expanded curl pattern option, which is great for clients who want resilient, full curl patterns as well as texture expansion.

Finally, there is the style support option that adds volume to limp hair and oomph into blow-dryer and hot-tool styling.

My consultation for the American Wave concluded that I am a good candidate but should wait until October, when I am surfing less and have given my hair a break from the constant sun and ocean.

I'm very much looking forward to it!

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COURTESY OF ARROJO

The American Wave, created by Nick Arrojo.