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# Cooking Light

Entertain WITH ease tips & menus

HEALTHY LIVING BEAUTYWISE

If you're seeing the first signs of gray...

What to expect: "Melanocytes, or cells that produce pigment in hair, stop functioning at a certain age, and hair comes out lighter, until more and more of it is gray," says David Bank, MD, director of the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, New York, and author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age*. Where

...your hair is totally gray...

What to expect: In addition to increased dryness and flyaways, your hair's new needs may dictate a switch in styling products. "Because gray hair is less reflective, you'll want a styling product with dimethicone, or weightless silicone, to add shine," says Martha Clemence, regional educator and stylist for Fantastix Sams Hair Salons in Atlanta. One to try: Dove Body and Lift Volumizing Mousse (\$5), which provides gloss as well as light hold.

To further enhance shine, Clemence recommends a clear glaze treatment. "It temporarily closes the outside layer of hair, making it more reflective," she says. An in-salon glaze is temporary color that's sheer or has a neutralizing quality. It will wash out in one to six weeks. At-home glazes create shine with smoothing silicones; they typically last for a single

Hirsch, MD, a dermatologist in Cambridge, Massachusetts. Logics Color DNA System Age Revitalize Radiance Conditioner for Very Dry, Damaged Hair (\$26) contains reconstructive proteins, nourishing essential fatty acids, and moisturizing glycerin. Once a week, treat tresses to a vitamin-infused deep-conditioning treatment. We like Garnier Fructis Sleek and Shine Fortifying Deep Conditioner (\$7), with vitamins B3 and B6 and fragrant, nourishing extracts of avocado and apricot.

34 COOKING LIGHT | SEPTEMBER 2008

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Soft, flattering makeup

As your hair shade shifts, you'll want to select cosmetics that complement your coloring. "Opt for cool tones in your makeup, which better complement silver strands," says Joanna Schlip, a Los Angeles-based makeup artist for Physicians Formula. This means picking pewter instead of gold, taupe over cinnamon, and pink rather than peach.

Eyes: If your eyes are blue, try a steel-gray eye shadow, Schlip says. We prefer Revlon ColorStay Mineral Eye Shadow in Smoky Quartz (\$8.50), which pairs gunmetal with a highlight and accent shade. For green, brown, or hazel eyes, try a lavender shadow, such as Maybelline New York Dream Mousse Shadow in Lilac Cloud (\$6), a crisp, pale amethyst in a moist formulation that's kind to around-eye skin. Regardless, finish with black mascara to define eyes, Schlip says.

Lips: "Cool rose is better than warm peach for lips," Schlip says. Try MAC Slimshine lipstick in Gaily (\$14.50). Its nonsticky, moisturizing formula provides a slight shimmer.

Once you've found the right cut, use a shampoo and conditioner meant to brighten gray hair. "They temporarily coat the outside of the hair, similar to volumizing conditioners and shampoos," Bank says.

Previous versions had a downside—they left a slightly blue or lavender tinge to help compensate for the yellowing effect some women experience as their hair loses pigment. New types don't deposit color and are protein-enriched to strengthen strands. Try Pantene Pro-V Silver Expressions Shampoo (\$6), which contains citric acid to gently remove hard water deposits and product buildup—both potential causes of dull or discolored-looking gray.

Shopping info Products are available at drugstores or department stores, with the following exception: Logics Age Revitalize: 800-356-4427

What do you love about your hair—regardless of its hue? Send your answer to Cooking Light contributing beauty editor Maria Ricapito at ask\_beautywise@timeinc.com, and we'll publish your answers on our Web site.

36 COOKING LIGHT | SEPTEMBER 2008

Champion chili secrets page 76 Simple stir-fry page 121

Quick dinners for two page 146 Better breakfast rolls page 136

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