

# DETAILS

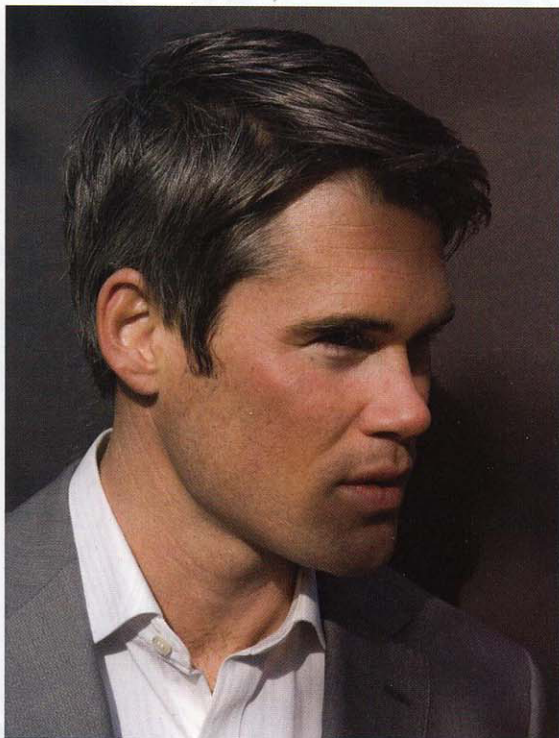
## WHEN YOU GO GRAY

The age at which graying happens is "99.9 percent genetics," says Dr. David Bank, the head of the Center for Dermatology, Cosmetic and Laser Surgery in Mt. Kisco, New York. "There are multiple genes that play a role, and probably more that we haven't discovered." To get a sense of when it's going to happen to you, find out when your parents and grandparents grayed.

## HOW YOU GO GRAY

Generally, pigment-producing cells shut down gradually. "A lot of people will stay slightly gray for 20 years," Bank says. That said, it can happen that a large percentage of pigment cells die simultaneously, causing you to go gray in a short time. As for stress making you gray? "Stress is not healthy for cells," Bank says. "If you're under chronic stress, it's not likely your hair will stay dark longer." In other words, worrying about going gray will only make matters worse.

appearance



## THE GRAY BEARD

According to Dr. Neil Sadick, a New York dermatologist, "The hair on your scalp and beard grays at the same time." The reason you notice the white in your whiskers before you see any on your head is that your stubble is shorter and less dense than your coif, making gray strands appear more prominent. Hence, a gray-flecked beard tends to age you even faster than a snow-white head, which is why you should be sure to wear your whiskers short (never more than a week's growth) and keep them well-groomed (trimmed at the neck and cheeks). When you're shaving, keep in mind that gray beard hair is coarser and more wiry than normal stubble; use a pre-shave oil to soften it. It's drier, too, so if you do grow your graying stubble, take care to moisturize it.

## HOW TO UNDO A DYE JOB MAKING THE TRANSITION BACK TO NATURAL

- I** Ironically, the first thing you'll need is a professional dye job. A translucent semipermanent color will add gloss and help even out the contrast between the gray and the previously dyed hair as it grows out. The application takes about 20 minutes.
- II** Get a haircut. While you're growing your hair out, the way it's cut is as important as the dye job. Ask for a style with choppy layered pieces on top, one that you can wear tousled. The extra texture is needed to obscure any gray roots that might poke through.
- III** Repeat the translucent-coloring-and-cut routine every six to eight weeks as needed, until the original dyed hair is gone. The number of salon visits you'll need will depend on the length of your hair. When the color washes out for the final time, you'll be a new—and more honest—man.

## Gray's Anatomy: From the Silver Foxes . . . to the Dubiously Dark-Haired



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