

trends

Maria Tabardel works on Elise Desjardins, an optometrist who gets highlight touchups every eight weeks. Today she's indulging in a red streak upfront.



TEJEO GARDINER

and special effects. According to L'Oréal, permanent will cover gray 100 per cent and allows moderate or radical changes; tone on tone lasts four to six weeks and boosts natural colour; and special effects lightens or colours selected strands and doesn't require regular maintenance.

Tabardel suggests you consider your colouring before choosing a dye. Winter types, for instance, suit blues, purples, grays and neutrals. The image of autumn, with its coppers and reds, she says, is a Hermès person. Think of a subtle blonde wearing rich colours. The typical summer personality is blonde.

"The idea that because you get older you have to be blonde – I hate that," she says. "It's not true that because we get older we have to lose our identity."

Spring is like summer, but more subtle, calling for gold or coppery highlights, she says.

Tabardel recommends that do-it-yourselfers stick to henna and natural products for semi-permanent colours. Applying permanent colour is best left to professionals, she says, because you can break the hair or burn the skin.

She also recommends that I go for a touch of chestnut with copper highlights. I succumb.

And guess what? There's one more redhead out there on the street. ■

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