

the look: hair trends



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Cameron Diaz (right) and Drew Barrymore switch to dark and prove it's not just blondes who have all the fun LEFT Gess Mazis



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the dark side of WINTER

BY NATALIE CAVALLARO

Winter is wonderful for all sorts of reasons. You can eat chocolate croissants and hide the evidence with a puffer jacket, and no one shrieks in horror at your pale complexion like they do in summer (maybe that's just me).

But the best part is that it's on trend to go to 'the dark side'.

No, not Star Wars, hair colours! Dark hair is hot right now and winter is the best time to jump on the brunette bandwagon, according to Gess Mazis, owner of the La Bimbi Salons.

'At this time of year we don't have as much colour in our face, so darker hair can warm your complexion,' Gess says.

'Going darker is also a great opportunity to let the hair rest. If you normally lighten your hair, you can put the colour back in and close the cuticle.'

So once you've decided to go brunette, what's the best way to do it?

'Long blondes should incorporate highlights with lowlights such as cinnamon and chocolate,' Gess says.

'That way, if you're not comfortable with the colour there is less damage to the hair when lightening it back.

'The colour should be built up subtly with foils until the desired depth is reached.'

If you have short hair, the good news is you can go for a dramatic change.

'There's less of a risk factor with short hair,' says Gess. 'Two to four shades darker works for a great "wow" factor and *balage* (painting lighter colour on the hair) is a great way to break colour up.'

If you're a porcelain-skinned lady, Gess recommends trying warmer browns such as cinnamon.

She also advises a consultation before hitting the bottle - of hair colour, that is.

'Make an appointment for a complimentary 15 minute consultation to discuss the best colour for your hair and skin with your hairdresser.

'And don't be afraid to pay more for a colour that will last longer and look great.'

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TOP HAIR TIPS 3

- Be prepared to change your makeup when you go dark, to avoid a colour clash
- Invest in high shine treatments to ensure your brunette locks are glossy in winter
- Embrace being a mysterious brunette in the winter months