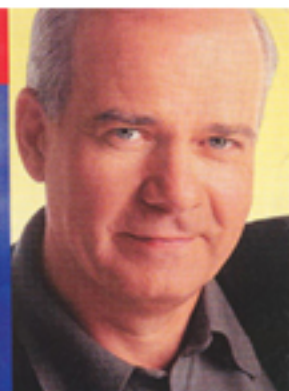


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You Can Break



Peter Mansbridge
He became a newscaster by fluke, but now he's one of our best
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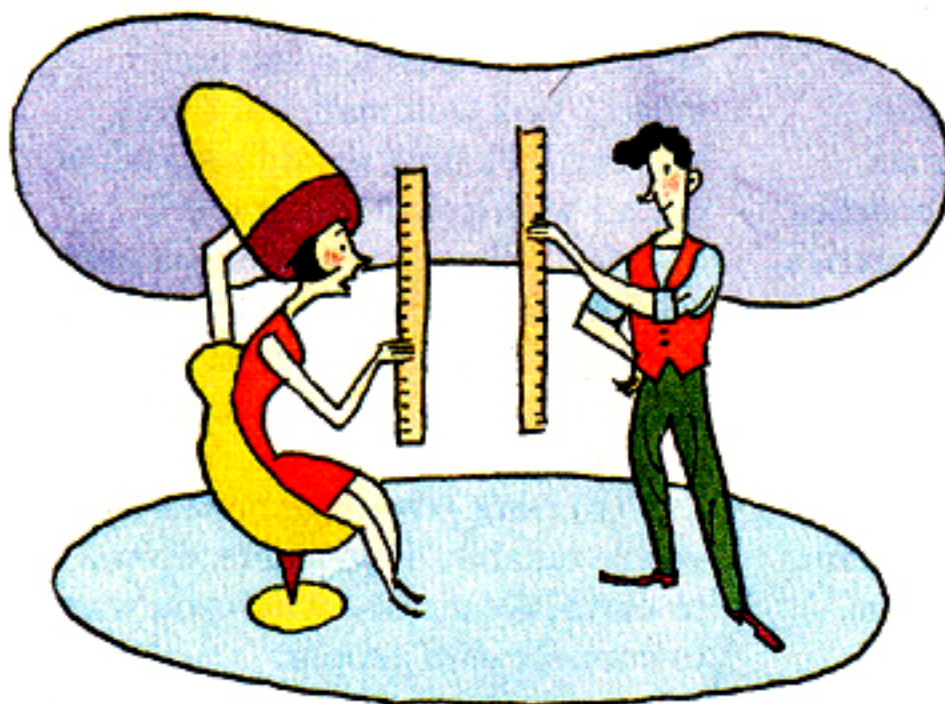
She's the Doctor of LOVE

June 2003
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RDYOU

Hairdresser Communication 101



EVER go to a salon with a hairstyle in mind but, to your chagrin, come out with a completely different do? These tips from Ugo Tabardel of Montreal's L'Ultime Coiffure-Spa may help you get the style you actually came in for.

1. Don't head straight for the sink. When you arrive at the salon, drop by to see your stylist

first. He needs to see your hair dry, to know what it looks like when you've styled it.

2. A good cut fits your lifestyle. Your stylist needs to know what you do in life. "If a client says she has young kids, I won't give her a style that requires 30 minutes of effort each morning," says Tabardel.

3. What's your fash-

ion style? Is your wardrobe classic? Funky? Alternative? Your stylist needs to know, to give you a haircut that fits.

4. "But I only wanted a trim!" Says Tabardel, "An inch to one person is a foot to another." Give a visual guideline.

5. Give feedback. Tell your stylist how you liked your last haircut. Often a minor adjustment to the cut can help. A style is often a work in progress that evolves over a few visits into a perfect look for you. JULIA SLATER

Cider Rules

Next time you wash your hair, rinse it with apple cider vinegar. One tablespoon of vinegar with one cup of water will give your hair added body and will leave it shining.

The Vinegar Institute

fast fact

50% of Canadians say that after the face, hands are where the signs of aging are most visible.

Lubriderm Skin Renewal
National survey