

# New You

## FASHION BEAUTY & SPA



# Summer Hair Tips: Don't fear the frizzy hair fiascos



This summer, don't be one of the 45% of women who pull their hair back in a ponytail to hide a bad hair day.

(NC) Summer can be a challenge for the hair - and for some of us, it is a time just riddled with frizzy hair fiascos. "Summer weather and the fact that we tend to spend more time outdoors in summer can impact the appearance, and behaviour of our hair," says John Donato, Infusium spokesperson and celebrity stylist. "With the products available to us today there is no reason to have to suffer with frizz or unmanageable hair, and yet 20% of Canadians tell us that this is their biggest hair problem." So this summer, don't be one of the 45% of women who pull their hair back in a ponytail to hide a bad hair day. Identify the cause of your summer woes and find out how you can banish the frizzies:

- **UV Rays:** The summer sun's strong UV rays tend to dry out hair strands leaving them moisture deprived and dull. Prevention Tip: Help protect hair on a daily basis. Use shampoos and conditioners that are specially formulated to hydrate during days of hot summer sun, such as Infusium Leave-In Treatment Heat Activated. Wear a sun hat when possible to help protect your colour, protect your hair from drying out - and protect your skin.

- **High Humidity:** Excess moisture in the air makes hair swell. As it absorbs the extra moisture, the hair expands creating a frizzy, unpolished look. Prevention Tip: Use products designed specifically to fight frizz on a daily basis, conditioner and leave-in treatment. The advanced technology helps prevent bad hair days before they begin. Control products help to smooth out hair and transform hair into shiny and manageable hair.

- **Water Woes:** Both salt water and chlorine can damage hair leaving it feeling dry, coarse, and brittle. Prevention Tip: Drench your hair with a Leave-in Treatment before you swim. Afterwards, always remember to rinse thoroughly with tap water.

- **Dry Air:** The parched days of summer can damage hair by depleting its vital moisture and leaving it dry, dull and brittle. Prevention Tip: Before blow drying and styling, apply an anti-frizz treatment to help keep hair smooth. Don't scrunch or fluff your hair when drying. Rather finger comb your hair when it's wet, then dry and style it with the dryer set on low heat. When you can, let your hair air dry.



Markville Shopping Center  
5000 Hwy 7 E. and McCowan  
Upper Level (on SEARS wing)  
Tel: 905-470-5972

### The Latest Designs

- \* Prom and Evening Dresses
- \* Mother Of The Bride
- \* Bridesmaids
- \* First Communion and Flower Girl
- \* Jewelry and Hand bags





[www.lamodeboutique.com](http://www.lamodeboutique.com)



## Sophie

Formerly of Regime's & Newwave Salon

**Come Visit Me at My New Location in the Heart of Unionville**



Zoe's Hair & Esthetics  
4441 Hwy #7  
Unionville  
416-550-2726  
Tuesday & Wednesday 10-6  
Thursday 11-7  
Saturday 9-5

**20% Off**  
Colour and Foil for New Customers with this Ad

**NEW**

## NO SWEAT

### Exercise & Body Sculpting


8 min. workout = 1 hr. workout  
Brand New Exercise & Body Sculpting Machine  
EXCLUSIVE TO MARKHAM & LOCATIONS



- No fitness Apparel Needed: Black Tie Optional
- 1 minute = 100 sit-ups. Takes the place of weights, situps & pushups.
- Good Vibrations with The FitVibe
- Takes the "WORK" out of Workout. Simply stand there and wish your cellulite away.
- Used for years by the world's top professional sports teams, and medical professionals - originally developed to fight osteoporosis.
- Only costs \$1.00 per minute!



**FREE** One session of **FULL BODY WORKOUT**  
Expires May 31/05




## Hawley Wood DENTAL

### Star Care... Star Smile

Services

- General Dentistry • Children's & Esthetic Dentistry
- Minor Orthodontics • Invisalign Orthodontics
- Convenient On-site Dental Lab

Office Hours  
Mon. & Tues. 11:00am-8:00pm  
Wed. 8am-8pm • Thurs. 7:30am-3:00pm  
Fri. 8am-2:00pm



- 7676 Woodbine Avenue
- Markham
- 905-474-9205


Insurance on EDI Accepted

(Located at 14th & Woodbine Ave., S. of Tim Horton's and Wendy's)

CONSUMERS CHOICE AWARD WINNER 2005

## LASERCOM LASER HAIR REMOVAL


FOR WOMEN & MEN




**FREE** Consultation & Patch Test  
\$75 value

**May Specials**  
**25% OFF** on all New Plans  
Expires May 31/05

Canada's Leader in Hair Removal  
Over 250,000 Treatments Performed  
Exclusive to LCI: Skin Cooling Machine for Pain Free Treatment



**LCI MARKHAM**  
905 415-2737  
Hwy 404 & 7



**LCI RICHMOND**  
905 831-1110  
Hwy 401 & Brock Road

**OPEN WEEKENDS & EVENINGS FOR YOUR CONVENIENCE**