

Great Lengths
HAIR GALLERY

"Where Beauty Becomes You"

Official Salon of the TORONTO RAPTORS DANCE TROUPE



(905) 944-1312
Hwy 7 & Kennedy

New You

An Advertising feature of The Markham Economist & Sun/ Stouffville Sun-Tribune

Great Lengths Hair Gallery

Debbie Shane, this month's New You Makeover winner, was thrilled to try something a little different at Great Lengths Hair Gallery in Markham.

In fact, Great Lengths is more than just a name and describes how far the talented team of stylists, colourists and makeup artists will go to provide a look that is refreshingly different, yet trendy and adapted to the individual tastes and needs of each client.

For this month's winner, the staff went to great lengths to create a stunningly different and versatile look that left Debbie feeling younger and stylish while relishing the attention and positive compliments from friends and family.

"I had a great time, and the people there are amazing," comment-

ed Debbie. "They gave me something totally new; something I would have never thought to try and it's excellent!"

I wanted to emphasize her piercing blue eyes and warm up the skin tone for winter

Debbie, whose hair was described as plain with dull colours before she walked through the doors of Great Lengths, received bursts of vibrant colours, including copper and saffron, and a layered cut with wonderful versatility.

Karyne Mckean, Senior Artistic Stylist at Great Lengths, said Debbie's hair was originally grown out, had dried ends, and faded out colour.

"I wanted to emphasize her piercing blue eyes and warm up the skin tone for winter," explained Karyne. "I decided to use warm coppers and saffron's on a deep auburn base. The warm colours added tone to her cheeks."

For the cut, the hair was shortened to shoulder length and layers were added to create lift and volume. Karyne explained that hair attracts attention wherever it's allowed to fall, so a fringe was created around the face to further emphasize the eyes. The layers around the face also created a light, airy feel.

"I also used a foil technique to accentuate the hair cut," revealed Karyne. "This helps emphasize the texture and layers around the face, and the highlights peek out at the bottom near the back."

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Name _____

Address _____ Phone _____

Make Over Contest

Send to: Markham Economist & Sun/Stouffville Sun-Tribune
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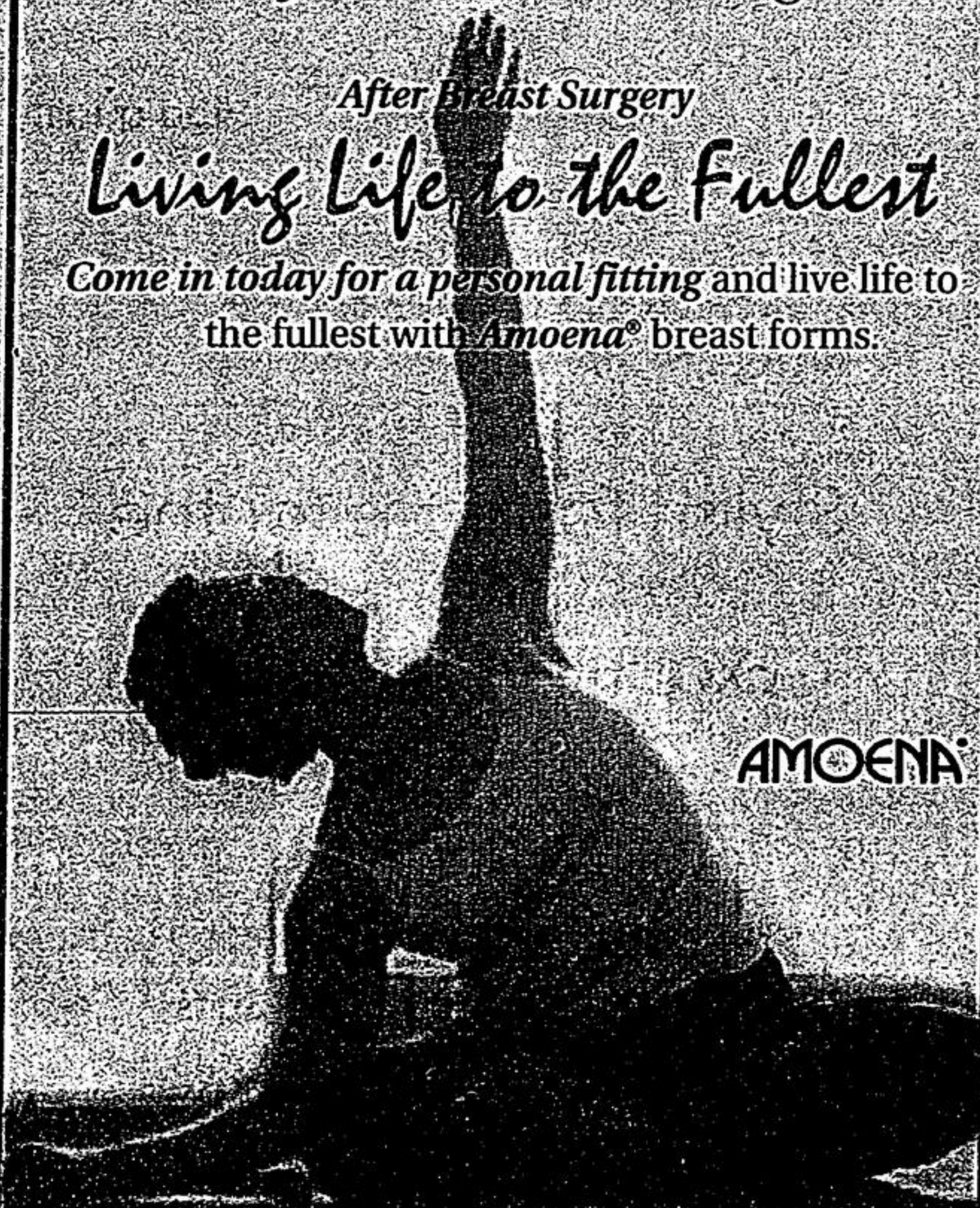
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Get gorgeous with grapefruit

There is a growing trend among spas in Canada to incorporate natural products, such as grapefruit, into their treatments. Spas are adding grapefruit rind to body scrubs, grapefruit slices to foot baths and are using grapefruit essential oil in aromatherapy massages to help rejuvenate and invigorate their clients.

While it may not replace a visit to the spa, grapefruit treatments can also be easily enjoyed in the comfort of your home. Experience the beauty benefits of grapefruit with the following easy-to-make treatment:

Florida Grapefruit Sugar Body Scrub

- 1 tbsp demerara sugar
- 1 tbsp finely grated Florida grapefruit
- 1 tbsp olive oil
- 10 drops grapefruit essential oil

In a small bowl, mix all ingredients together and let sit for 12 hours. Use the body scrub within 3 days. Add more sugar, if necessary, to increase the exfoliating effect.

Other simple ways to enjoy a spa-like atmosphere at home include:

- Adding a couple drops of Florida grapefruit essential oil before getting into the bath - it's guaranteed to revitalize your senses
- Using Florida grapefruit essential oil in aromatherapy diffusers to spread its revitalizing scent throughout your house

Whether spending a day at the spa or at home, Canadians can be sure they'll feel rejuvenated after experiencing the beauty benefits of grapefruit. For more information about grapefruit, visit www.FloridaJuice.com.

- News Canada

