

## Four Signs it's Time to Refresh Your Locks

If you've worn your current hairstyle long enough for it to make a comeback, then it's time to make a change. That's probably the easiest clue. But are you missing other hints that you need to shake things up? Here are four signs you should try something a little different and how to get the results you want:

- **Has your hair seen better days?** If your hair's lost its luster, you need to get it into shape before you get a cut. Treatments like Hair Therapy Express can transform your hair immediately, keeping it frizz-free, healthy, and shiny for weeks by feeding it the nutrients it craves. Then once the treatment has had a chance to do its job, talk to your stylist about that new cut.
- **Are you feeling the fade?** If your hair is chin length or longer, hold your ends up to your roots. Notice a difference in the color? Then you can thank sun damage and other environmental factors – the signs of which can linger for months. If the difference between the root and end color is about two shades, then you need an overall color refresh and a Cellophanes service to fight future fade. Cellophanes seal and protect color to ensure it looks like new for weeks to come; the service also offers an effective refresh in between visits to your colorist. Women with highlights will love Wella's Relights, which renews color on treated tresses and adds shine to natural hair.
- **Have your laugh lines started to invite their friends?** Forget the myth that women have to cut their hair short or conceal their grey as they age. Instead find a length and color that flatters your lifestyle and look. For example, if the darkest of your hair begins to bring out lines in your face try lightening your locks in a shade that complements your skin tone, according to Dan Johnson, director of the color department for Mario Tricoci Hair Salons & Day Spas. A lighter hair hue is also the best bet for women who want to eliminate their grey.
- **Does your hair just feel different?** You're right – it probably does. That's because age and life events, such as pregnancy, naturally cause your hair's texture to change – sometimes even drastically. The answer to keeping your hair healthy and manageable as texture evolves can be as simple as switching up the products you use, from shampoos and conditioners to styling aids, when your hair starts to feel different. Ask your stylist for recommendations.

The key to making the right changes at the right time is a good relationship with your stylist, according to John Gialluisi, creative director for Mario Tricoci. "By looking at a woman's purse and shoes, a stylist can tell what suits her," he said. "But for the best results, a stylist needs to really get to know you to understand what will work – not just with your face shape and skin tone – but also with your lifestyle."

Mario Tricoci sources:

- Dan Johnson, director of the color department
- John Gialluisi, creative director

*For more information on this topic or to get in touch with a Mario Tricoci expert, contact Christie Zielinski at [czielinski@cushmanamberg.com](mailto:czielinski@cushmanamberg.com) or 312-263-2500.*