



## HOW TO SHINE IN 2009 FROM THE INSIDE OUT

Isn't 2009 your time to shine? The experts at Mario Tricoci Hair Salons & Day Spas have an inside-out perspective on how to achieve glowing skin and lustrous locks this year, and beyond.

For Skin	For Hair
<p><b>1. Mind over matter.</b> Stress shows on our faces, so staying positive can be the first step toward shining this year. Take time to re-center yourself each day to maintain that upbeat attitude and get plenty of sleep, so your body has time to relax and repair. Remember, a smile makes an excellent accessory for any outfit.</p> <p><b>2. H<sup>2</sup>O glow.</b> More than two-thirds of the human body is made up of water, so drink up! Consuming six to eight glasses of water a day helps rid the body of toxins and keeps skin clearer. Being well hydrated is the best starter for great, naturally-glowing skin.</p> <p><b>3. You are what you eat.</b> Consume a diet with nutrient-rich foods to put your best face forward. Seek out foods with plenty of antioxidants; cantaloupe and berries, for example, are rich in water and packed with vitamins. Also make sure to take in essential fatty acids to keep skin lubricated from the inside. Treat yourself to fish oil supplements and fresh salmon to get your EFAs.</p> <p><b>4. Exfoliate and lubricate.</b> Once you have a good foundation on the inside, you can focus on the outside. Turn to at-home scrubs like the Nature's Alternative Grape Seed Complexion Polish or more sophisticated chemical exfoliation treatments to remove dead skin cells. A fresh layer of skin provides a clean base to apply the appropriate serums and moisturizers for your skin type. Committing to a regular facial from a professional also can be the best, not to mention most relaxing, way to tackle this.</p>	<p><b>1. Product principles.</b> When it comes to shampoo and conditioner, experts recommend only a dime to quarter size amount, depending on hair length. Both should be left on for at least three minutes to enable the product to really do its job. Combing conditioner through the hair also ensures even distribution from root to tip.</p> <p><b>2. Get to know your hair.</b> Did you know your hair changes every seven years? The texture, weight, volume, and even the color can change multiple times in our lifetime, so why stick with the same routine? Talk to a Mario Tricoci professional to determine which shampoos and conditioners are right for your current hair type, texture, and density. Choosing a shampoo and conditioner without the guidance of your hair care professional is akin to selecting medicine without a doctor. Knowing your hair and using the right formulas are the prescription for vibrancy and shine.</p> <p><b>3. Work it out.</b> Just like our bodies, hair needs exercise. Regular brushing stimulates the scalp and helps distribute healthy nutrients from the roots through the hair shaft, adding luster to the strands. It can also help hair grow faster and stronger.</p> <p><b>4. Shine solutions.</b> For even more luster, try an in-salon or at-home conditioning treatment for your <i>hair</i>. A <i>conditioning treatment such as</i> Tricoci's MATCH Repair and Renew Mask can infuse hair with essential nutrients in your own shower. Color-treated hair? Ask your stylist for a glossier treatment, which not only covers your locks with a layer of shine, but preserves color up to 70 percent. Still crave more shine? Mario Tricoci's Hair Therapy treatment saturates hair with protein, producing silky smooth hair with unbelievable manageability and luster.</p>