

Spice Up the Holidays with a Sparkle and Shine

Your holiday decorations don't have to be the only things that sparkle and shine this holiday season. With a few tips from the experts at Mario Tricoci Hair Salons & Day Spas, your looks can shine too:

- **Hair:** Color-treated hair needs a little TLC, especially during the winter months, to look its best. A Cellophanes treatment will do wonders to lock in your color and give tresses an added kick of shine. And a few well-placed highlights will give your hair another layer of glimmer and glam.
- **Skin:** While we may cringe at the thought of *shiny* skin, skin that *shines* is a different thing altogether. Your daily cleansing ritual, however, can only do so much to achieve a healthy glow. Facials and peels make a great complement with their power to cleanse pores deeply and produce more visible results, in addition to a healthier shine. Talk to an esthetician to decide what kind of facial or peel will work best for your skin type.
- **Make-Up:** 'Tis the season to put aside your everyday eye shadows and liners, and try a more festive look. There's no better way to add a dash of sparkle to your face than playing up your peepers with a fun, sparkly eyeliner like one from Nouba's line, which offers a wide selection of colors.
- **Body:** Of course, it's hard to sparkle and shine if you're stressed by the season. Massage is one of the best ways to restore balance and well-being to mind and body. Think you're too pressed for time to enjoy a little therapy? Many spas offer abbreviated sessions (25 -30 minutes) that focus on specific areas, like your back, neck and shoulders, for people on the go.

Mario Tricoci sources:

- Cheryl Santucci, Director of Beauty and Retail
- Elaine Sauer, Corporate Spa Director
- Dan Johnson, Color Director

For more information on this topic or to get in touch with a Mario Tricoci expert, contact Katie Hasse at khasse@cushmanamberg.com or 312-263-2500.