

**MAKING YOUR BEAUTY TRANSITION**  
*Rethink Your Routine for Warmer Weather*

The cold, weary days of winter are almost behind us, and the bright and warm days of spring and summer are just on the horizon. Just like we change our clocks and our clothes, your beauty routine should adjust, too. The experts at Mario Tricoci Hair Salons & Day Spas gathered their best warm-weather tips to help you make a smooth seasonal transition.

For Hair	For Skin	For Face
<ul style="list-style-type: none"> <li>• <b>Rebook and reshape.</b> To keep hair healthy, plan to get it trimmed and shaped every 6-8 weeks. By removing the oldest sections of hair on a regular basis, your locks can maximize its condition. While you're at it, why not try a fresh look for spring? Short, light styles offer both form and function.</li> <li>• <b>Shift shampoos.</b> As the dry days of winter turn hot and humid, it's important to change shampoos and conditioners accordingly. Save the heavy moisture shampoo for next winter and swap in products with more protein that will strengthen and smooth hair during warmer months.</li> <li>• <b>Shield your strands.</b> Long, sunny days can fade color and zap the life out of your hair. Protect your mane by using color-preserving shampoos and conditioners. Some products even infuse an element of sunscreen like Tricoci's MATCH Radiant Spray. Pool time in your future? Protect hair and your color from damaging chlorine and other chemicals by rinsing your hair with fresh water before diving in – the strands will be too saturated to soak up those harmful chemicals.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get your skin in shape.</b> Spring and summer call for fewer layers of clothing, which means smooth and touchable skin is a must. Get rid of unsightly bumps or blemishes with a body polish, such as Tricoci's Villa Floriani Olive Oil Body Scrub, or a skin-clarifying product to remove build-up and get your skin in top shape before strapless season arrives.</li> <li>• <b>Swap your soap.</b> Warmer weather is the perfect time to reevaluate your cleansing routine. Instead of the creamy cleansers of winter, use foamy washes or gels that invigorate skin with a lighter touch. The Nature's Alternative Clarify Gel Wash and Toner are great for skin that will see plenty of the outdoors; it absorbs and controls oil while keeping skin refreshed.</li> <li>• <b>Have a sun protection plan.</b> Protect your skin from the sun's rays with hats, light clothing, and a good SPF. Experts recommend a SPF of 15-30 depending on the exposure, and don't forget to reapply throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lighten up.</b> All-over coverage may not feel as desirable during the warmer days of spring and summer, so shift to simply using a mineral powder or bronzer to lighten things up. Trade in your matte tones from winter for more lightweight and illuminating products.</li> <li>• <b>Add some shimmer.</b> Put your best and brightest face forward by using a powder, blush or bronzer with a shimmering highlight. Mario Tricoci's Cose cosmetics line is custom blended, so makeup artists can add in varying levels of luminescence based on your needs and skin tone.</li> <li>• <b>Take on the trends.</b> This spring and summer, moist and dewy textures are on the scene, especially in sheer, nude shades that complement some of the season's natural-colored fashions. But don't think color has vanished – expect to see fashions in bright shades with some eye-popping, Crayola-colored cosmetics to match.</li> </ul>