



Okay, so you're working out and taking care of your body. It builds not only strong bodies, but also strong minds and confidence. There is one more thing to consider when getting yourself in 'shape', how's your hair?

If it's not shiny, healthy and beautiful, then it's time to rethink your look. The two biggest questions we are asked are "How do I know the right color for me?" and "Will hair color damage my hair?" What you should know about the shade choice is that the placement of your color is just as important. For instance, the only way Jennifer Lopez can be a great blonde is if all the lightest locks are an inch or so off her hairline. The right placement can slim a face, make eyes pop and create illusions through the magic of a great colorist.

As much as trends are relevant, the biggest movement in shades is wearing what looks the best on you. Keep a lot of dimension, not crazy chunks. That variance is beautiful and natural. The question of who has more fun, blondes, brunettes or redheads, is a great debate. I guarantee you that the common thread is a superior color that looks best on you.

Now, as far as the condition you're in. Your hair should be more vibrant and brilliant through color. There is so much new technology that companies like Goldwell and Wella have to offer. They virtually eliminate fading and damage. Hard to believe maybe, but trust us and try it! Ionic haircolor is the future, and the future is now.

The best rule of thumb is if you have not had a compliment on your hair in the last week or two, then maybe it really is time for a change. The way your hair looks is the mirror through which the world views you. Funky, sexy, bold, or conservative, your look is in your hands. Well, maybe it's in our hands, but versatility is key. Remember, most importantly, it's not just about the way you look, it's about the way you feel about how you look.