

# Shades of grey

Are those grey hairs getting the better of you? Don't let them! Go grey the easy way with our expert advice

**E**very woman will eventually face the same dilemma - when should you stop colouring your hair and let the natural grey show? Should you continue covering your greys into your 60s and 70s, or should you embrace the silver strands you've spent years trying to hide? Grey hair happens to everyone. It can start showing through as early as your 20s, but most women start noticing it in their late 30s and 40s. It's then that dyeing becomes a necessity for many.

'Once you start colouring at 30, 35 or 40, the insidious creep of roots perpetually growing out, lighter or darker, always threatening to show themselves and expose the ruse. You're trapped on a treadmill, and the treadmill accelerates as you age,' says Anne Kreamer, the author of *Going Gray* (Little, Brown, \$35, published February 1), who stopped dyeing her hair when she was 49.

'Particularly during the past 10 years, as my roots became greyer and my artificial hair colour even darker, I found I needed to return to my colourist every two and a half weeks to keep my brown hair looking as spiffy as I'd come to demand.'

But when a woman decides to go grey, she faces a hard decision about how to do it. Does she cut her hair short or does she grow out her old hair colour over a few months? That's why it's best to consult your hairdresser. Most advise women to keep colouring their hair but to gradually get lighter until the natural grey blends seamlessly.

'We've had a lot of success using the highlighting technique, turning going grey into a gradual process that takes a few visits and up to six months,' says Emiliano Vitale, creative director of E Salon, Sydney.

'We initially do a full head of highlights, bringing the hair to a very light pale blonde, then we use a silver-based toner to eliminate any yellow from the hair. The idea is to give the appearance of



JUDI DENCH

more grey hair than is already there and this will make it a lot easier to grow out as we lose that regrowth line pretty much straight away.'

But choosing a shade that's in harmony with your natural colour and doesn't look as though you're trying to turn blonde can be difficult for both you and your colourist. This is because grey hair has a different texture to normal hair, and different strands absorb different levels of colour.

To solve the problem, L'Oréal Professionnel has developed a salon-only colour range for women going grey called Color Supreme. It has a new complex called Densilum-R, which acts on the hair follicle from inside to out to protect it during colouring and restore density to the hair fibre for a stronger, voluminous effect. There are 13 shades, including grey-friendly colours Beige



HELEN MIRREN

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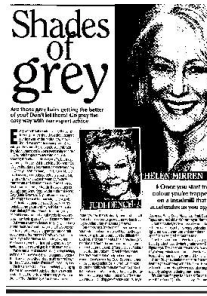
Cashmere, White Sand, Mysterious Pearl, Sparkling Topaz, Antique Gold and Champagne Diamond.

Another challenge silver-tressed women face is home care. If your hair is being professionally lightened, use a shampoo and conditioner specifically designed for blonde hair.

'The best shampoo for grey hair is a violet-based product,' award-winning hairdresser Brad Ngata says. 'The violet counteracts any brassiness or yellowing, which is common in grey hair, and it keeps white hair looking clean and brilliant.'

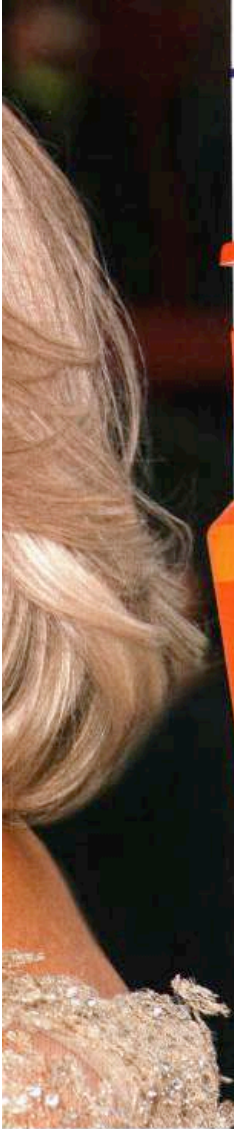
Alison Roughley, senior scientist at Procter & Gamble (the company behind Pantene, Head & Shoulders and Herbal Essences) also suggests regularly using conditioning treatments.

'It's common for grey hair to be stiffer and more wiry than your original hair,' she says. 'So anything



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**NEW BEAUTY**  
With Beauty Editor  
Chelsea Clark

**OUR FAVE FIVE PRODUCTS FOR SHINING HAIR**



**Kerastase Nutritive Oleo-Relax Elixir, \$35.50**  
This luxurious serum controls very dry, very rebellious and extremely difficult-to-control hair.



**L'Oréal Professionnel Serie Expert Shine Blonde Shampoo, \$19.15**  
This shampoo for blondes contains Ceraflash, a unique triple-action technology that will neutralise unwanted yellow tones and give long-lasting colour protection. It'll also add a brilliant shine to the hair.



**Goldwell Color Glow Live Blonde Leave-in Fluid, \$22.50** Tones and perfects grey hair. The colour enhancers add colour brilliance, while the lightweight, leave-in formula provides moisture and natural volume. Suitable for daily use.



**Pantene Pro-V Deep Fortifying Treatment, \$6.99** This effective treatment product nourishes each strand of hair to the core as well as strengthening the hair surface and cuticle.



**Wella Professional BioTouch Colour Reflex Shampoo for Blonde and Grey Hair, \$22.50** This shampoo contains mallow extract to gently cleanse away yellow tones, leaving a lustrous, silvery shine - perfect for platinum blonde or grey hair.

you can do to better condition your grey hair will help. Conditioning can make hair retain more moisture and therefore make it more flexible, which is beneficial if hair tends to be wiry.

"It might also be time to up the frequency of intensive conditioning treatments."

Although it may take a bit of work and consideration, Anne says you shouldn't be afraid to embrace your natural greys.

"In yoga class one day, a woman with whom I'd never spoken set her mat directly in front of mine, turned and said: "Your hair looks fantastic. I've been watching as it's changed over the past few months, and you've given me the courage to think about quitting colouring my own hair."  
And Anne's verdict: "She made my day!"



**WHICH GREY FOR YOUR HAIR?**



**Champagne Diamond**  
This soft gold enhances the complexion. It has a blonde-based grey tone that suits most women.



**Sparkling Topaz**  
This shade is a golden copper that suits women who are gradually going from a dark brunette or red shade to grey.



**Mysterious Pearl**  
If you are almost grey all over, this flattering iridescent cool beige shade is perfect for you as you take the final steps.



**Beige Cashmere**  
The lightest shade available in the range. It suits women with natural blonde hair.

SHADES AVAILABLE IN L'ORÉAL PROFESSIONNEL'S COLOR SUPREME RANGE