

# COLOUR ME CRAZY

Stylists may not sing praises about colouring your hair at home, but if you still want to be daring and experiment, read this first! **Rhea Dhanbhora** brings you the basic do's and don'ts for a dye job at home

**W**ant a new look and can't wait for your next salon appointment? Getting a salon finish, shiny new do is tempting and there's nothing that can replace it — but it can be expensive. Colouring your hair at home on the other hand is always risky business but it can be really satisfying if you get it right. If you've decided to try a do-it-yourself experiment, it's always best to know the facts. So, read our quick tips, simple mistakes you should avoid and how to take care of your hair after the job is done.

## TYPECAST

It's important to pick the right kind of dye, so before you head out to the store, make sure you know what you're looking for. Here's a quick guide to the different types of dye available:

**PERMANENT:** This stays much longer, usually contains ammonia (which can cause dryness and damage) and is applied to the roots of your hair. It's not recommended for first timers.

**SEMI-PERMANENT:** While the obvious disadvantage here is that it doesn't last as long, it's best for those colouring their hair for the first time because even if you have a mishap, it will start to fade after about 12 washes.

**LONG LASTING SEMI-PERMANENT:** This type of dye stays longer than semi-permanent and is a good option if you want long lasting colour and have coloured your own hair before.

## TIP THIS

Don't start colouring your hair till you've read our tips!

- The most obvious tip is to follow the instructions on the box. Read about it first, get all your questions answered and

## STYLIST SPEAK

While Runah Salon's owner and stylist Akshata Honawar doesn't recommend colouring your hair at home, she can give us a little inside information about what can go wrong. "Using colour the wrong way can cause a lot of dryness, build up of colour and leave your locks patchy and uneven." And, if you're wondering about the latest entrants to the hair colour circuit, flash colours, she tells us, "Temporary flash colours leave your hair with one wash, whereas colours that are applied on pre-lightened hair last for 2-3 weeks." Take a tip from professional salons, where, she tells us, they stay far away from any sort of bleach, using instead a pre-lightener, which bleaches your hair without damaging it the way bleach does. Akshata recommends a salon as she thinks it takes skill to colour hair without any negative effects on the quality of your hair. After you've coloured it, she advises a shampoo and conditioner meant for coloured hair.

## AMMONIA LESS

Wondering what the big deal with ammonia is? "Colours with ammonia give out fumes and some people are allergic to ammonia. Ammonia free colours have another product that does the same job but are odourless," says Runah Salon owner and stylist Akshata Honawar. They're a lot better for your hair at the end of the day.

be absolutely certain before you dive in.

- Always start with temporary colour on small patches. If you want to go all out and change the colour of your entire head of hair, we recommend a salon for newbies.

- Practice applying the colour with a cream or conditioner before you get started. This helps you know exactly where on your hair you want to place the colour.

- If you're highlighting, make sure you separate the sections of your hair with clips that will hold, to avoid mishaps in between spreading the colour on the rest of the strands.

- Don't apply colour on freshly washed hair because it can become itchy and tingly. You'll have to wash it afterward anyway.

- Make sure your hair is dry before applying colour to it.

## COMMON SLIP-UPS

However much you prepare yourself, sometimes, you may slip up. Here are a few

common errors that you may want to stay away from while colouring your hair at home:

- Picking the right shade is important. You don't want to end up with colour that is too light or too dark. The simplest and safest thing to do is pick a colour that isn't more than two shades darker or lighter than your original hair colour.

- Think the model on the box has great hair and want to look just like her? Don't bet on it! A test patch or a swatch is always a better option when you're trying to judge the colour you want.

- You don't want to colour your skin do you? One of the most common mistakes people make is forgetting to save their foreheads. Cover your hairline with moisturiser so the colour doesn't stain it.

- You're causing your hair to fall if you don't rinse the colour out in the stipulated time with cold water. Colour will not last longer or look brighter if you keep it on your hair longer.

- Now we know this can seem a bit contradictory, but if your hair is too dirty, dry or filled with split

ends, your colour is going to turn out patchy.

- Not pre-lightening your hair properly is another mistake people make. If your hair is not white and resembles brown, orange or a murky yellow, it's not ready to lift the colour properly and you could end up with something completely different from what you wanted.

## PROTECT & PRESERVE

If you've managed just about right, here are a few tips on how to keep the colour on for longer and your hair safer:

- Wash your hair with cool water. Hot water strips your hair of natural oils as well as makes the colour fade faster.

- Use shampoo and conditioner meant for coloured hair.

- Use a root touch up kit in order to make your hair colour last longer.

- Use a serum. It protects your hair from UV rays and keeps colour raked in for longer.

- If you don't want to re colour, you can use a colour glaze on fading colour.



Images Shutterstock

## « CELEB HIT OR MISS: GLYNDA ALVES GIVES YOU HER VERDICT ON THE BOLLYWOOD BABES THIS WEEK



### « PARINEETI CHOPRA

You would think that someone in the spotlight would know better than to wear Bangkok-maal clothes to an event. The dress is a nice colour but the cut out shoulders makes it look cheap. The ugly sandals are an eye sore too. Also, use a moisturiser the next time your legs are on display.



### « AANCHAL KUMAR

We think that the dress is gorgeous and especially love the sheer neckline. It's a flattering length and the colour suits Aanchal beautifully. Our only gripe is the shocking pink lipstick and the textured heels which take away from the elegance of the dress.



### « GUL PANAG

Yes, we know girls rule... but why then is Gul dressing like a teenage boy? The outfit would have been cute if she had chosen open sandals because these sneakers are making her legs look short! We like the shades, but think her hair could do with some clips or styling.



### « ANUPAMA VERMA

You know those bad dreams where you leave the house without your pants? Well, dreams have turned into reality for Anupama! The dress is too short and instead of carrying it with confidence, Anu looks like she's just waiting for the cameras to stop clicking.



### « PERIZAAD ZORABIAN

The pretty actress is looking as lovely as ever! The champagne coloured Grecian style gown has a nice detailing at the neck and we like that the belt defines her waist. However, she should have skipped the white shoes because they look stark in comparison to her dress.

## « TOP 5: PEACH PRODUCTS



### 1. REVLON

The peach shade from Revlon's Colorburst lipstick range will make it to your list of daily shades in no time. It's light and subtle so you don't look like a blob of orange and is the perfect shade of peach. It will tint your lips and it's long lasting too. **PRICE: ₹580**



### 2. BATH & BODY WORKS

Not only does the Cilantro Peach pocket sanitiser keep your hands fresh and clean on the go, it also has an uplifting peach scent which makes your hands smell peachy, with a bit of lemon for zing. **PRICE: ₹500**



### 3. LUX

The Peach & Cream body wash from Lux makes having a bath a luxurious event. With silk protein and peach cream extract, it lathers beautifully, leaving you smelling like peaches and cream all day long. **PRICE: ₹55**



### 4. LAKME

The Fruit Moisture moisturiser from Lakme has deep moisturising properties that penetrate into your skin, moisturising them for hours on end. And we love the Peach Milk one in particular for the heady scent it leaves you with. **PRICE: ₹80**



### 5. TOMMY HILFIGER

Looking for just a sweet hint of peach? Tommy Hilfiger's Peach Blossom is a fragrance that includes bergamont, peach, blackberry, iris and mimose with musk, tonka bean and coconut as base notes. **PRICE: ₹2,200**

## « 5 WAYS TO ROCK: PATTERNED TIGHTS

### 1. DON'T MIX PRINTS

Patterned tights are a huge trend this season but also a little tricky to pull off. To keep the look classy and clean, avoid mixing prints. However, if you are feeling bold and edgy, make sure you stay within the same colour family or go for contrasting colours.

### 2. ANIMAL PRINT

Animal prints keep coming back in fashion and you will find a lot of leopard print tights in the market. If you plan on wearing animal print tights, keep everything else simple and subtle.

### 3. PICK THE RIGHT LENGTH

The most versatile length for your patterned tights is ankle length. Mid-calf or knee length is generally not very flattering. Short and plump women should stay far away from them.

### 4. TOPS YOU CAN TEAM

Oversized t-shirts, slouchy sweaters, tops and tunics work best with patterned tights. The shortest top or tunic should reach your mid-thigh area, anything above that looks tacky. Also, avoid sheer



>> Try these cute alphabet print tights along with wedges for a funky look

material tops so the pattern of your tights is not see-through.

### 5. SOLID ELEMENT

A solid element is important to complete the look. Wear a solid coloured jacket, shoes, tunic or purse to make your tights stand out subtly.

## « JUST OUT!

### COLORBAR PRO NAIL LACQUER

A lot of nail polishes promise a perfect salon finish and Colorbar PRO Nail Lacquer is no different. They've got a wide range of shades to choose from and this also means you'll never run out of options. For those who love a good red nail polish, the Kiss Me Darling is a good choice. It delivers mostly everything it promises to. The polish glides onto your nails, is glossy, not patchy and doesn't clump on your nails. It doesn't chip too easily, so you've got at least a week of rich colour. The one thing I noticed was that it was almost as easy to remove as it was to apply. And it didn't stain my nails. It dries a bit too slowly, but that's a small glitch in an otherwise great red nail polish. **PRICE: ₹350**

**WHERE:** Colorbar

