



Health & Family

Hair & Skin

How To Achieve “Springtacular” Hair & Skin

Renowned New Jersey Hair Stylist Address Frequently Asked Questions

The winter can wreak havoc on your hair and skin, so David Ezra—renowned hairstylist/colorist and owner of Faces Plus Salon (www.facesplussalon.com)—and his team of beauty experts want to help! For tips on how to get started with your “spring cleaning” makeover, read on as David and his team address your questions.

What’s the best way to repair my hair after winter damage? ...And to update my hair for spring? The first thing you should do is to get a good trim to get rid of damaged dead ends (length of trim will vary on length and condition of hair). To brighten up your hair, highlights are a great bet. For a natural look, ask your hairdresser to make highlights only one or two shades lighter than your natural hair color. A deep conditioning treatment will help repair dry, damaged hair from the cold.

My hair color always fades more quickly in the spring /summer months from all the sun exposure. What can I do to make my color last longer and remain brighter? Wet your hair with bottled spring water before getting in a chlorine pool, as it will dilute the harsh chemicals. Be careful in the sun. For best protection, wear hats, scarves or products with sunscreens to help prevent color fade and the drying effects of the sun. If you’re going to be in the sun for prolonged periods of time, on the beach for example, use a leave-in conditioner. They generally contain sunscreen to protect against color fade. Shampoo gently with a shampoo specially created for color-treated hair. Rough shampooing can strip color or dry out hair. Also, condition regularly with an intensive conditioner to restore vital moisture and luster to color treated hair. Use color-enhancing conditioners as color grows out to help blend root areas. An easy tip for everyone: Alternate wearing your hair parted on different sides to expose different sections of your hair to the sun. This will prevent natural fading in just one area of your head.

Are there any low-maintenance haircuts that I should request for the spring? The heat and humidity that comes after winter cannot only require a lifestyle adjustment, it can wreak havoc on your hair, causing the hairstyle you wore during the winter to become lifeless or out of control. In order to avoid endless days of bad hair, it’s important to adapt your hairstyle to the time of year. The key to spring/summer hair is to keep it simple. Your hair should look fresh and natural rather than looking like you slaved over it for hours. The bohemian trend that has swept through Hollywood may be the perfect hair solution. To achieve this look, I always give my clients long layers throughout their hair. This adds texture to hair and requires less effort. Style your hair with your fingers and a small amount of pomade to create tousled tresses, which is perfect for a soft, unfussy spring/summer style. Another style that will never fail you is the low ponytail. It requires virtually no effort and looks elegant, but never messy.

Should I change my skincare regime from winter to spring? When winter comes to an end, you should switch from heavier moisturizers, which are better for colder months when the skin is drier, to an oil-free and lighter moisturizer with a built in SPF (although SPF should be worn year-round). Also, it’s important to start with a clean slate, so to speak, by removing dead skin cells that are lingering on the surface. Try the Faces Plus Renewal Facial, which will create a peeling effect that will yield smooth skin that looks “like new.” The fruit enzymes smooth and refine leaving you with younger looking skin. Also, try switching to an oil-free face wash that’s less heavy and that promotes “skin-balancing,” so that it still provides moisture but will protect your skin and help it transition to the warmer weather (as well as absorb any oil when its more humid out).



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What are the best makeup colors for spring? For spring you should stick to pink/peach and nude colors. When your skin is naturally tanned or flushed (common during spring and summer) it's nice to simply highlight your natural skin tone with natural colors. There's less of a need to use dark or bright colors when your skin is sun kissed. For lips and cheeks, sheer tint foundation and tinted moisturizers are a great alternative to the heavier foundations that most of us wear in the cold weather. Once again, because your skin has a natural glow in the warm weather months, your blemishes are less visible naturally. As for your eyes, also stick with natural shades, such as browns and nudes. Brush a skin highlighting powder or cream on your cheekbones and around the eyes for perfect glowing skin.

The stylists at Faces Plus specialize in precision cutting, (most have trained in Europe and the Mid-East). Their color-ists have over 50 combined years of experience in color, highlighting, baliaage and corrective color. And for those special occasions they have specialists in up-do's, braiding and bridal styling. While in the salon, pamper yourself with a complete skin analysis and facial. Your skin will feel revitalized and healthy after specifically designed skin treatment. Make-up applications, waxing and body massage services are also available. End your visit with a professional manicure and pedicure. Faces Plus originated as a nail salon and are still the best in the area.

Faces Plus is located at 229 Berdan Avenue in Wayne, New Jersey. For more information about Faces Plus visit the company website at [HTTP://www.facesplussalon.com](http://www.facesplussalon.com) or call 973-628-7803.