

Winter Hair Guide

Written by Arizona Foothills Magazine

Arizona isn't recognized as a harsh state when it comes to winter climates. We may not get much snow or rain but 50 degree weather for Phoenixians is considered freezing. These cooler climates not only leave teeth shattering but they also leave hair split, dry and frizzy. So what is a girl to do with her hair during the cooler months to avoid these hair don'ts? Well, owner and hair expertise of Mane Attraction Salon, Kendall Ong, has a few tricks up her sleeve to help ladies maintain that fabulous do during the wintertime.



AFM: How can someone handle frizzy hair during the cooler climates?

KO: Frizz and static are your hair's cry for moisture. Go to the source and step up your conditioning with a weekly moisturizing masque. For a temporary cosmetic fix, try a lightweight oil like Bumble and Bumble's Hairdresser's Invisible Oil (\$38, available in salons).



AFM: Based on someone's face shape, what are some good hair styles this season?

KO: Short textured hair is a big trend this season, think Anne Hathaway. Of course with her perfect oval-face shape, she can wear any style. Be aware of your face shape. Better yet, find a stylist who knows how to cut a style that gives you the perfect oval shape.

AFM: What are some quick but stylish winter hair techniques for women always on the go or busy moms?

KO: After shampooing and conditioning, towel blot the excess moisture from your hair. Apply a lightweight volumizing product, loosely braid or twist the hair and pin into a side bun. This is a great look for the day. Later, take the bun down and comb out with your fingers for a wavy textured evening style.

AFM: What are other winter hair woes that women should avoid?

KO: The winter cold can wreak havoc on your hair. Hot tools like blow dryers, curling irons, electric rollers and flat irons can reach temperatures in excess of 400 degrees, further drying and damaging your hair. Try and limit your use to one tool, and be sure to use a heat protectant before styling.

AFM: Are there any particular winter hair trends you like/are popular this season?

KO: Full bangs a la Zoey Deschanel are a strong statement. Bangs are a great way to modify and enhance your features. You can elongate or shorten, widen or narrow your face all with how they are cut. For winter color, we like violets, deep reds and cooler tones.

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