



HAIR & BEAUTY

## Gorgeous, Look-Younger Hair in an Instant!

Is your hair adding years to your face? The right cut and color can make all the difference when it comes to looking younger.



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Your hair is your crowning glory — but it's not so glorious when an outdated style, a too-harsh color or stubborn grays add years to your face. Along with moisturizer and makeup, your hair goes a long way toward helping you look younger and more vibrant. For tips on helping your do get you looking younger, we talked to Raphael Reboh, a celebrity stylist and owner of the Femme Coiffure Hair Spa in Miami. Here's what he said:

### 1. Contrast your color.

Hair color can make you look younger and more vibrant — or just the opposite. “When a woman’s hair color is the same tone as her skin or eyes, it makes her look older, pale and tired,” says Reboh. Going too dark when your skin is light can also look too stark. Instead, go with a subtle contrast — a warm medium chocolate brown or dark blond if you have pale skin or light eyes; lighter blond or red highlights for brown eyes or darker skin.

## **2. Stay on top of the gray.**

Taking the time to maintain your roots can make all the difference when it comes to looking younger. Reboh recommends talking to your stylist about ways to hide the gray for longer periods. "If your hair is lighter, putting blond highlights into the gray mixes up beautifully and looks natural," he says. "For darker hair, regular root touchups are essential, plus a gloss to help maintain the color." Between salon visits, keep a root touchup wand handy for a temporary fix.

## **3. Get the right cut.**

A shorter do or better layering can take years off your face by adding youthful movement. "If your face is long, a bob a little higher than your shoulders will make you look amazing," says Reboh. "On the other hand, if you have strong cheekbones, you can get away with long hair with bangs, and round faces can look good with any cut that elongates the face." Layering is important too, says Reboh: Go with "shorter layers for shoulder-length hair, longer ones for longer lengths. Hair needs to move."

## **4. Consider extensions.**

Fine, straight hair tends to go flat, creating an older appearance. Adding extensions makes your do fuller and livelier. "I use tape-on extensions that don't break the hair," says Reboh. "Then I can add highlights or even an ombre effect that's lighter on the bottom."

## **5. Trust your instincts.**

If you feel that your stylist isn't invested in de-aging your look, don't be afraid to find someone who will. "Your stylist should check your hair and discuss your lifestyle before starting to work," says Reboh. "If you don't feel that he is really into it, don't let him do your hair."