

AUSTRALIA'S NO.1 WEEKLY MAGAZINE

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# Woman's Day

Sonia Kruger at 47

## MY BODY SECRETS

Her tips & tricks that will work for you too!



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# Colour your way

# YOUNGER

Beauty editor  
**Mary Zavaglia**  
visits LA's most  
famous salon to  
let celeb colourist  
**Johnathan Gale**  
work his magic

**I**t's like something out of a movie... blow-dryers blasting, fresh juices flowing and A-listers sitting by a sparkling pool with heads of foils. Celebrity salon Serge Normant at John Frieda, in Melrose Place, has rock star glamour – which is not surprising, since it was once the home of Neil Diamond! We're here to learn first-hand how top colourist Johnathan Gale keeps his clients staying forever young. A bad cut can be ageing, but the wrong colour can make you look a decade older, says Johnathan, who looks at "the skin, eyes and eyebrows of the whole person" before choosing a colour.



**BEFORE**



**AFTER**

"I really love the flattering darker hue and super shine."

## STEP 1

"Being a blonde was very high-maintenance, because I needed a touch-up every four weeks," says Mary, who, despite the effort, has been a long-time loyal blonde. But Johnathan persuaded her to go darker. He dispels the myth that all-over lighter hair equals younger-looking skin, and reveals his secret is to create a halo effect of light shades around the face by colouring the baby-fine hairs around the hairline.

## STEP 2



Foils were applied with different shades, to break up the blonde block colour and create shine

and movement with warm caramels and chestnuts, and fine highlights on a natural base. "Subtle balayage is a great tool," says Johnathan. "I use it sometimes in combination with foils, as I've done with Mary."

## STEP 3

"After the foils, Johnathan used his balayage technique on mid-lengths and ends, for a more natural finish," says Mary. Johnathan – who worked with actress Diane Keaton, 66, as she gradually went from blonde to silver strands – says, "I love enhanced grey hair". He advises blending greys with champagne and creamy shades of blonde.

## STEP 4

"I loved the mixture of shades used to achieve a sparkling colour," says Mary. Super shine is key. "When your hair reflects light, you instantly look younger," says Johnathan, who also advises using a glossing cream and mega-shine spray while blow-drying – as pro stylist Caille Noble (below) did for Mary. "Always ask your hair colourist for a gloss, use hair oils about two weeks after colouring and keep out of pools!"



## Get megawatt shine at home



Polish up flyaways on the run using **John Frieda Pull Repair Touch-up** (hair mascara), \$15.99, **John Frieda Brilliant Brunette Liquid Shine Shock Perfecting Glosser**, \$16.99, keeps brows' locks lustrous. **Alterna Caviar Anti-Aging Volume Conditioner** (centre), \$39.95, combats dull, dry hair. Mary's blow-wave was finished with **John Frieda Frizz-Ease Secret Weapon Finishing Crème**, \$16.99. **Apply Hair FX Self Gripping Rollers**, 70mm, 6pk, \$7.50, to hair and blast with the 2000-watt **Remington Gelati Dryer D2027**, \$24.95.