



## Hair Care SOS

### Temporary Solutions

Your hair is your crowning glory. Whether it is coloring with chemicals or maintaining a certain style, your image and how you feel about yourself is often dependent upon your hairdo.

### Root Touch Up

There are various color sticks or sprays you can purchase at drug stores or online. Color sticks that wash out have more control for certain areas such as your temples and hairline. Match your color.

### Permanent or Semi- Permanent Color

Brand name home coloring kits can be purchased at drug stores, grocery stores or online. If you're not a hairdresser, coloring your entire head can be labor intensive. A person at home with you can become an assistant making the application easier. Wear gloves and a cape. Be sure NOT to pull the color through to the ends for the first few applications or the color will be darker than you expected.

### Transitioning to Gray Hair

Use root touch ups initially. Headbands, scarves and hats can extend the demarcation for a while. Many women usually resort to hair cuts along the way so you can watch [www.youtube.com](http://www.youtube.com) videos for instructions. There are many Facebook groups with hundreds of people transitioning to gray hair that share support and great ideas.

### Wigs

This is a perfect time to up-level your image with the simplest solution, wigs. It is not surprising to see how many gray color choices are sold out. Synthetic wigs are easy care, last 4-6 months and are inexpensive especially if you catch a sale. Some online options: [www.wigs.com](http://www.wigs.com) ; [www.voguewigs.com](http://www.voguewigs.com); [www.wigsalon.com](http://www.wigsalon.com). These companies online provide excellent service and quality synthetic wigs.

Contact me if you need assistance in choosing the best color and style: [support@agelessiconicstyle.com](mailto:support@agelessiconicstyle.com).

### Hair Cuts

If you have short hair, six weeks is usually the time for a trim. There are many [www.youtube.com](http://www.youtube.com) videos for men and women on how to cut hair.