

THE HAIR OF SUMMER

by Vivien Santana Hughes

When you think of sunscreen you probably imagine slathering SPF 15+ cream all over your body. But aren't we forgetting something here? "You need to treat your hair as delicately as you do your skin," says renowned hair stylist José Eber. Known for his celebrity clients—like Elizabeth Taylor, Cher and Farrah Fawcett—as well as his own trademark cowboy hat and long ponytail, Eber says great texture is today's trend: "In the Seventies and Eighties, women neglected their hair with over-bleaching, perms and too much sun. Now hair has to look healthier." But you don't have to become a night owl (not exclusively, anyway). Says Eber, "Don't hide from the sun, just be prepared."

Here are his tips for great summer hair.

- **Use a conditioner with sunscreen** to protect your scalp and hair. Various brands offer this feature; Eber uses Biolure products (from France, of course) at the salon. Remember—the sun can burn your hair, as well as your skin. It will lighten untreated hair, while permed or colored hair can be discolored in undesirable ways (green, maybe?).
- **Hot oil treatments** are "like a facial for your hair," says Eber. Use them once a week to once a month (depending on your sun exposure) to prevent dryness.
- **Don't part your hair** when you're out in the sun. Slick it back with gel or wear it up. A sunburned scalp, besides being painful, can cause dandruff and flaking.
- **Wear hats and scarves** as a fashion accessory, as well as to protect scalp, hair and color.

Win A Whole New Look!

My goal is to bring out the best in every woman," says José Eber. Want (need?) a makeover from the stylist to the stars? A one-on-one consultation with the man who says, "I help [women] appreciate what they have because it is unique, one-of-a-kind ... I encourage all women to recognize their own beauty." (All uttered in that sexy, French accent....) Makeovers at José Eber Salons average \$250 and up—three readers will get one free! First, briefly tell us what type of information you'd like to see covered in "The Woman's Pages" of *L.A. Parent Magazine* (i.e., relationship issues, health/beauty tips, financial planning, etc.), then write—in 100 words or less—why you want a new look. Don't forget to include a current, close-up photograph of yourself (add profile and back views also, if possible).

Our editorial staff and José Eber will select the three grand prize winners whose great new looks will be featured on these pages in an upcoming issue of *L.A. Parent Magazine*. You'll first have a personal consultation with José at his Beverly Hills salon, then his staff will treat you to a new haircut and style; color or perm, if desired; and a professional make-up application.

Send your entry by July 31 to Makeover Contest, *L.A. Parent Magazine*, P.O. Box 3204, Burbank, CA 91504.

Here's to a new you!

Heat and hair don't mix, but José Eber tells us how to combine the two successfully. Read on—you can win a makeover from the stylist to the stars

- **Get a body wave.** If your hair is stick straight and you usually curl it with heat, try a light body wave to provide lift at the roots. It's less damaging than daily styling since you can let your hair dry naturally.

- **Shampoo** hair as soon as possible (with a gentle shampoo) after swimming in chlorinated water.

- **Brush hair often** to increase body and shine, promote a healthy scalp and prevent dryness. "Not enough women do this," says Eber. Use long, natural bristles that brush deeply through your hair for best results.

- **Use a wide-tooth comb** when combing wet hair—it helps prevent tangling and split ends.

- **Try Velcro rollers** to add curl. Just let your hair air dry in the summer heat, says Neil Letham, partner of José Eber Salon at South Coast Plaza.

- **Apply a "gel mousse"**—recommends Letham. A new hybrid of the two products, gel mousses have the texture of a mousse with the strength of a gel, and no drying alcohol.

- **Braiding hair when wet** can create a wavy, romantic look when dried and combed out (as well as protecting your hair from the sun).

