

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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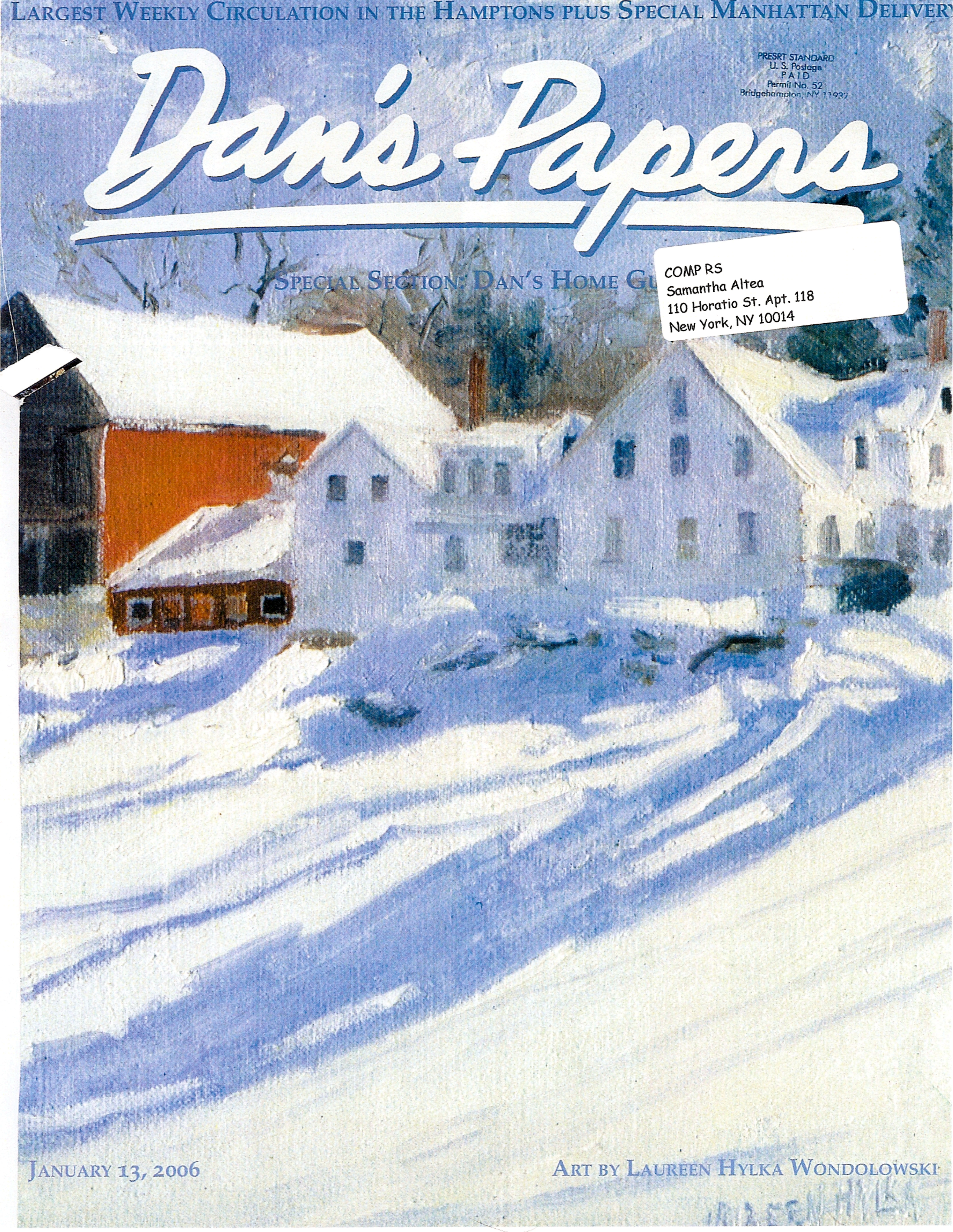
# Dan's Papers

SPECIAL SECTION: DAN'S HOME GU

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# HEALTH, BEAUTY & FITNESS

## Skin deep with Samantha Altea

### Getting to the root of the problem.

Root! It's a funny little word. It can be so positive. Roots suggest family, the putting down of roots. Roots are the very objects that enable things to grow and flourish - the beautiful trees in the Hamptons, the flowers and veggies at the farmers market. So why, oh why, does the word "root" make me want to scream? I used to be blonde, (naturally, honest) but since turning 35, I've had to highlight and then highlight some more. Lo and behold, within a month, there they are again, those pesky, horrible, never ending.....roots!

It got me thinking. Perhaps I need a change. What's the hair look for 06 - maybe roots are in. Could it be true? I called the fantabulous hairstylist to supermodels and stars alike, Michael Angelo, at Wonderland in NYC, to find out what we should all be looking like in 06 and, what's more, what we can do to maintain our locks in chilly temps.

First, we have good news. "Winter is great hair weather," says M.A. "There's no humidity, so you can set curls, they'll stay, blow straight - it'll last." Result. But what about my roots?

"Shorter hair is a really exciting change this year," continues M.A. Errrr, hello, my roots? "We've had so much long hair for so long and then you see Sienna Miller and Kiera Knightly chopping off their hair and looking amazing. Yes, long hair always looks good. But what about a short sassy change?"

The retro look is also making a come back this year according to M.A. - it's the Madonna 70s wing. Jessica Simpson's followed suit, too. It says party, disco, Saturday Night Fever..... lighthearted, but with a sexy flair. So get with the wing thing.

Finally! Roots, yes, grown-out roots is another look that's very of the moment this season. Yipeee. Sounds great, but, dash it all, they're not my kind of roots. It's a more polished, relaxed root look, says M.A. The highlighted color is closer to the natural color, but with a grown out look that gives a feeling that's more relaxed. The reason? "It seems sexier to men," laughs Michael, who thinks this relaxed styling makes women more accessible and touchable. So, the bed-head, slightly grown out look is key, single gals. Remember, V-Day's just around the corner.

This season, whatever color you usually are, roots an' all, a subtle shade or two lighter is great to brighten winter days. I got a second opinion from Antonio Prieto who also has a salon in NYC, who added that highlights should be a buttery, two-toned, dimensional look. But the big color news for fashion forward femmes is that red is B.A.C.K! But it's a bright red not for those shrinking violets. According to M.A., though, all of the model agencies he works with stop him from making models red, because it's hard to use in shoots, he's been seeing a huge red trend in his salon, none the less. "This year, red'll be for the daring, fashionistas, by next, it will have toned down a bit and seem more accessible." Prieto agrees that red this year is reminiscent of poppies.

Hair Maintenance: I asked M.A. what we can do in winter.

Getting trims is the most obvious first step. But then he suggested getting a gloss.

"In winter it's prettier to see hair that's shiny, clean, smooth and polished and a clear gloss will do that. It works like a clear coat would on your nails and lasts for 4-6 weeks."

There's also a Silicone product called Laminates Drops, by Sebastian, which helps with static caused by cold dry weather.

I asked about hat hair - M.A. suggested ear muffs with a giggle. But seriously, for longer hair, brush straight back, for shorter hair - flatten in the direction

you want to wear it and put the hat on gently.

Great advice from my two fab stylists, but I still don't know what to do about my darn roots!

Finally I got an answer. Both M.A. and Prieto's color director, Whitney Lewis, gave me similar advice. Low lights are a quick fix for a darker blonde look and give fewer grow-out issues. Or try an "underlighting" technique, which involves coloring more on the underneath layers and



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only incorporating a few hi-lites on the top of the head. This can be done with heavily concentrated block sections or a more natural weave of highlight.

There we have it..... I'm either going short and sassy, darker blonde, or daringly red. I'll keep you posted. How about you?

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