

Style

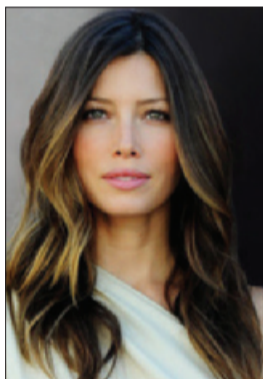
His and hers summer hairstyles



Celia Leung
Fashion Stylist

The warmer the weather gets, the less time we want to spend fussing with blow dryers, straighteners and curling irons. Keeping a low-maintenance, yet stylish, hairstyle will ensure more time will be spent playing in the sun than primping in front of the mirror. This month I talked to the experts at Suki's in Richmond to get their take on the most popular styles for the season.

For colour, ombre hair is the hottest trend of the summer, according to Suki's colour designer Esther Kim. Seen on the likes of Jessica Biel, Jennifer Lopez and Lauren Conrad, Kim said the soft and sexy ombre look works for every hair type and length.



Jessica Biel wearing the ombre hair trend. Source: thefashionspot.com

Ombre is the lowest in maintenance as far as colour goes because the whole effect of the ombre is darker towards the root area and gradually lighter toward the ends, said Kim. There are endless possibilities in the way that we can make this look achievable by customizing which areas of the hair and face you'd like to enhance.

For women with longer hair, volume is still very in for the summer season, as spotted on the runways of Versace and Anna Sui. Stylist and Suki's salon manager James Valiant suggested pairing voluminous hair with a centre part to showcase one's features. To achieve this look, Valiant said to start by towel drying clean hair and applying a blow dry enhancing cream.

Using products will protect your hair from the heat and it will ensure you have texture and hold, said Valiant. Then separate hair into sections and blow dry using a round brush, brushing away from roots to create volume.

Once the hair is dry, make a centre part and brush the hair out, continued Valiant. This will give bounce and fullness to the hair. He said an alternative to the brush and dryer technique is to use Velcro rollers. The smaller the roller the more body and curls; big rollers will create volume but less body. Valiant suggested the use of medium-size rollers to achieve the right balance.

The summer hair trend for men is the undercut style. Popularized by celebrities such as David Beckham and Michael Pitt from HBO's Boardwalk Empire, the undercut is short and tapered on the sides and back, but the top is left longer. Valiant said the bold undercut look is very versatile and can be styled slicked back, in a pompadour, or given the indie rock treatment.

For a slicked back look, use gel to hold the hair in place. To get the rocker style hair with an undercut, Valiant recommended using lightweight gel or paste.

Sweep the hair forward and create details on top as you wish, said Valiant. The end result will be a relaxed style.

The pompadour takes a little more effort but is well worth it. Valiant called it the coolest style for men. A look where the hair is swept upwards



David Beckham's undercut styled in a modern pompadour. Source: thefashionspot.com

from the face to create height on top, he said the pompadour can be worn textured or smooth for guys with straight hair.

Blast a blow dryer on high and use your fingers to work the hair upwards while drying, instructed Valiant. Pull the hair forward and then bend it back so you get the quiff shape, and ensure you don't miss the roots while drying. The main trick is to keep working your fingers through the roots—this will create an insane amount of movement from within.

Whether you end up colouring your hair or making a drastic cut, wear it with confidence. Don't be afraid to experiment with different styles this summer.

One of the key factors when looking for activewear is fabric. Read the tags to see what material the item is predominantly made out of and whether it will suit the type of exercise you'll be doing. For

moderate activity where you're less likely to sweat, such as hatha yoga, try activewear made with a combination of spandex (or Lycra) and other breathable fibres. Spandex is durable and ideal for workouts dependant on flexibility. Keep in mind that although cotton is breathable and popular, it also loses its shape easily and absorbs perspiration, making the garment feel heavier at the end of a workout.

For high-impact, sweat-inducing activities such as running, hiking the Grouse Grind or hot yoga, look for moisture wicking fabrics. These are designed to move perspiration away from the skin and through the fabric where it can be evaporated quickly, leaving you dry and cooler in body temperature. There are a variety of synthetic, moisture wicking fabrics, with some of the major names being Coolmax, made from polyester fibres, and Supplex, made from nylon.

Also, bigger companies carry products made with their own moisture wicking fabrics—Nike has Dri-FIT and Adidas uses Climalite—so check the labels to see if the item is made with the performance fabric you need to stay comfortably dry.

If you're looking for a more eco-friendly alternative, there are a lot of green options as well that don't just cater towards yoga tops and pants. Many of them are locally-based, such as brands Tonic, Silver Icing and Public Myth, to name a few. All three use bamboo jersey in their designs and two (Tonic and Public Myth) even do their manufacturing locally. A good eco-friendly fabric to look for when shopping for gym clothes is Tencel—it's soft, breathable and absorbent, so it'll keep you dry in the sweatiest of workouts. Tencel, which also goes by the name Lyocell, is durable yet

biodegradable.

The other factor to consider is fit. Make sure the activewear you throw on is supportive, comfortable and allows for plenty of movement. The last thing you'd want is to be distracted by your clothing when you should be focusing on downward dog. Avoid loose, long pants in cycling or running, where it can get caught up in pedals or under the heels. It's also a good idea to dress in layers for any outdoor activity. An easily removable zip-up jacket is a must have; bonus points if it includes enough pockets to stash your iPod, keys and other necessities.

Keep in mind the conditions and alter your activewear accordingly. The weather is fickle even in late spring, so look into gear with water repellant properties if you exercise

outside often. Moisture wicking fabrics are great for both the heat and the cold. Don't forget about your accessories either: a cap for the rain or sun, a watch for time trials, reflective details for those jogging or biking at night and, most importantly, shoes with ample support.

A majority of stores now carry activewear lines so gym gear is readily available at all price points. And with the athletic look in demand on the runways this season, you'll be looking on trend as you work toward your fitness goals.

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