

STYLE FILE HEALTH & BEAUTY



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Hot Look for volumes of **wavy tresses** and **soft cascades**. **Layering** and **texturizing** are the keys to achieving these looks. Hair must be healthy, so trim away those dry winter ends and go for a fresh, new style. Lengths that range from bobs to the bottom of the neck are making a comeback. Give yourself an extra boost by **refreshing your colour** with some natural highlights or a colour wash. Use a chiffon ribbon or bold print scarf to **ponytail your lovely locks**. Men, **healthy hair is a must** and style is key. Start your spring with a great cut but don't trim away too much; **longer, tousled hair is hot** for men. Diversify your look and create new styles by using **texturizing products**.

Not The sleek, obsessively **flat-ironed** look of *Friends* is finally passing, and it's about time. Over-structured, over-processed, **over-anything is out**. Keep your hair soft and beautiful.

Must Have Add volume by using **Aveda Pure Abundance Hairspray**, \$22 and **Aveda Phomollient Styling Foam**, \$19. **Aveda Brilliant Damage Control** detangles and protects hair, \$23.50. **Aveda Humectant Pomade** for shine and moisture, \$30. **Aveda Colour Conserve Foaming Leave-in Conditioner**, \$20.



Dr. V. Bhandari

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Hot A **great smile** says a thousand words. Keeping teeth healthy is the first priority. Brush, floss, rinse and get regular checkups. The dentist is your friend. Mercury fillings are being replaced by **white resin fillings** — white resin not only looks better but it bonds more securely to the tooth. To get that bright white smile of the celebrities, try **professional whitening systems** provided by your dentist. The initial cost may be more but the results are sure to please. **Over-the-counter whitening products** can help maintain your professional whitening.

Not **Tooth decay**, **bad breath** and **mercury fillings** are ultimately unpleasant. **Teeth stained yellow** from tobacco, tea, coffee, et cetera are sure turn-offs. Over-the-counter products that make **false claims** are, too.

Must Have **Meta Tray Whitening System**, \$500.

Opalescence Trés White, \$175. **Opalescence Take Home Whitening**, \$350. **Nite White Whitening Touch-up Kit**, \$85. **Over-the-counter products**, \$1.30-\$29.99.

