

Comments

Dear Jeff, I just picked up a copy of the At Face Value magazine and saw your column (love it and the magazine) Do you have much experience with thinning hair? I am only 38 and I am already thinning on top and I don't know what style would work best for me. Do you have any advice.

Kathryn, Aurora

Hi Kathryn,

Thank you for your compliment on the column in the magazine. We work very hard to bring as much information to the public as possible. As far as your thinning hair, I have had experience with clients who are in the same situation, regardless of age. Such things as, stress, diet, genetics or even applying too much hairspray in the same spot everyday can cause thinning hair. A product line called Nioxin for men and women can be used to help control it. There are nutrients, shampoos, conditioners, styling aids, and tonics in the line that are formulated to help with thinning hair.

As for the style, a perm or color can give the hair a more dense appearance. If you come in to the Yellow Orange Salon & Spa, we can customize a look just for you.

Look forward to seeing you soon!

- Jeffrey

Dear Jeff,

My extensions hurt so bad. Is this normal? Also how bad is my hair going to look after I get them out?

Adrianna, Unionville

Adrianna,

It is normal to have some discomfort with new extensions. It may take a few weeks for you to adjust to them. I've had extensions myself and it took a while until I was used to them. Gently massaging the scalp can help. Your hair will have some damage depending on the type of extensions you have. If you can, persevere through the pain, it will go away and you will be able to enjoy the length and fullness that you were after in the first place.

- Jeffrey

Dear Jeff,

My daughter is 12 and wants to highlight her hair. Is there a problem for a pre teen to dye their hair? Will thing go wonky because of all the hormonal changes teens experience?

Thanks,

Deborah, Richmond Hill

Deborah,

thank you for your questions. They are very good questions. In my experience, I have never had any of my younger clients encounter a problem with highlighting their hair as long as they are using a high lift color such as 'Oreal Maji blondes. It is great that your daughter is taking an interest in fashion and her personal appearance. Highlighting her hair is a great way to allow her to express herself in a non-permanent way. It is easy to change and will grow out.

Remember Deborah, pick your battles!

Sincerely - Jeffrey

Hi Jeff,

You really sound like a guy who knows what he is doing. I really love your column. I have a question. I have very blonde highlights and would like to go darker. Not black like what happened the last time I tried this, but a softer blond/light brown. I have dark brown hair and my highlights now are a faded light blonde. How do I get a nice look without going greeny black.

Rachel, Maple

Rachel,

Thanks your for the compliments. I appreciate the,. If you are just trying to deepen the highlights to a caramel blonde. 'Oreal Richesse semi-permanent color can be used as a toner to deepen the highlight color without going green. I would suggest that you start with adding some chocolate brown low-lights first and gradually add more each time you have your color done. This way the change won't be as dramatic and scare you off. Unless dramatic is what you want, then have your stylist use a golden violet based colour on all your hair and it will darken the high lights and at the same time lighten your natural hair color.

For this kind of change, I would definitely recommend that you see a professional stylist rather than try to do this at home.
- Jeffrey