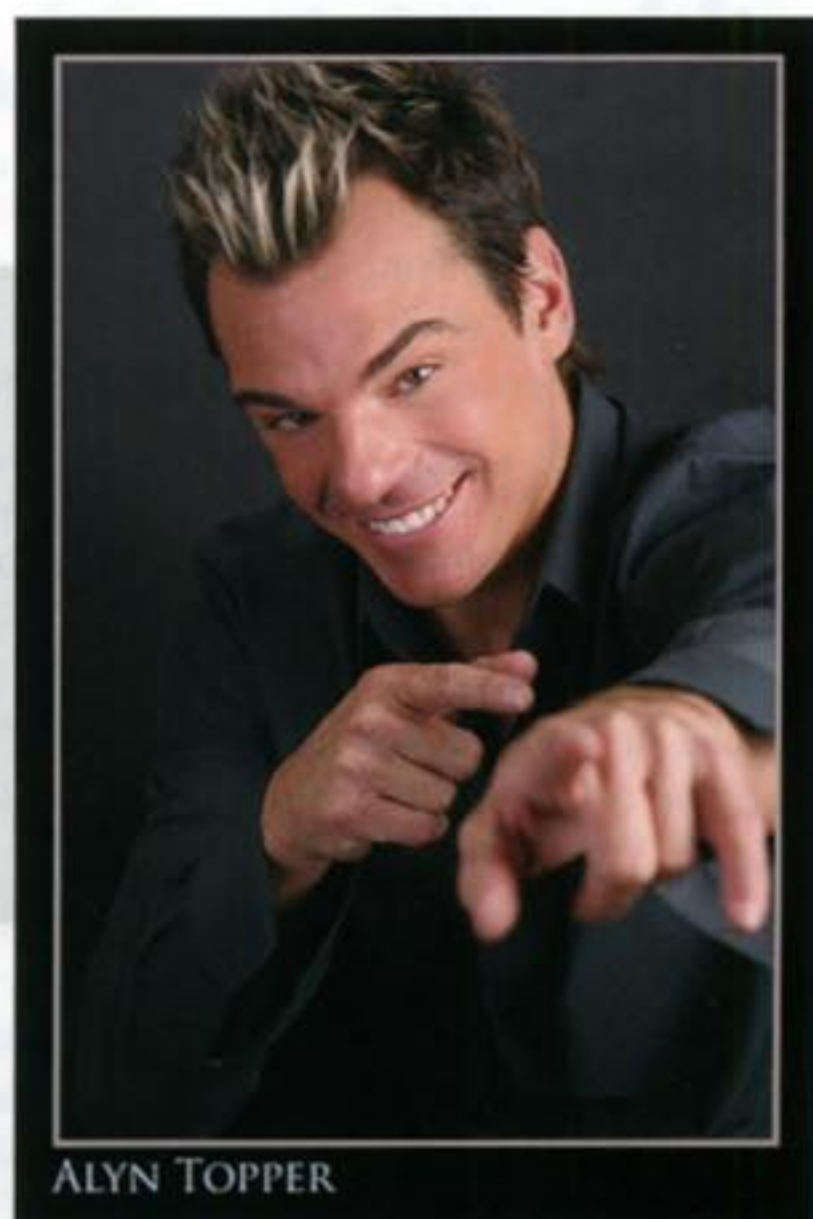


Topper's Tips

You know him from Bravo's "Blow Out." Alyn Topper is a member of "Blow Out" star Jonathon's team at the Jonathon Salon in Beverly Hills and Chicagoans can catch him for a cut at the Paul Rehder Salon on Rush St. He is truly the man with the scissors for all seasons and reasons.

He is known to Hollywood celebs as the go-to guy for great cut & color. Ms. Fitness readers have read his tips in previous issues. We caught up with Alyn just before Oscar week and asked him what the well-coiffed head should be showing and wearing this summer. Here are his tips:



ALYN TOPPER

1 Generally every colorist in the world loves to make all you lovelies lighter in the summer and I disagree with that. I like to do less highlights in the summer and let the sun do its natural thing. This keeps dimension in the hair color and keeps it from being bleached out and looking one color. Do more highlights in the winter when the sun is less present to keep dimension in your color. This way you can also help the environment by using less foil.

2 If you take up lap swimming or tend to lounge in a pool all summer long, a great tip is to wet your hair before you jump in the pool. Hair is porous, like a sponge, it can only absorb a certain amount of moisture and if the hair is full of moisture it makes it much more difficult for the chemicals to get into the hair shaft. Also rinse or shampoo your hair immediately after getting out of the pool- this will minimize any leftover chemical residue that could potentially stay in the hair. Also, if you're sunbathing, wet your hair and put on a nice conditioning treatment and let the natural heat of the summer sun open up the cuticle on the hair shaft for a deep penetrating conditioning treatment.

3 Accessorize your permanent accessory with a beautiful flower. All the spring runway fashion shows were filled with floral scents as the lovelies walked down the runway with their favorite flower attached to accent their hair. For all you non green thumbs, there are all kinds of headbands and clips with realistic flowers attached. But remember, less is more. Don't wear too many flowers or you may end up finding yourself being displayed as the floral centerpiece at a banquet! ■