

Grey hair is caused by the creation of hydrogen peroxide in our follicles, which, in turn, blocks the production of melanin, our hair's natural pigment. "Eat more red grapes and drink red wine," says Dr. D.J. Verret, a plastic surgeon based in Plano, Texas. "Both are known to have a special antioxidant called resveratrol, which can help to slow the greying process over time." Not that there's anything wrong with going grey (see sidebar).

HAIR DECODER:

The Best Cuts to Suit the Shape of Your Face



Square

Look towards a more rounded look, so as to soften your natural head shape. A rounded fade, with your haircut very close then tapered from your temple upwards, looks clean and classic. Make sure it's extra tidy around the ears and leave the top longer.



Oval

If you've got an oval shaped face, you can get away with anything; so don't be afraid to experiment. Go with more textured looks rather than sticking to a specific shape. A suggestion: if you've never worn longer hair, try it out. Ask for a style that'll look naturally shaggy.



Round

To offset a round face, ask for leaner sides and a good amount of length on top. What you want is balance. Square-shaped styles always work well here, as will an off-centre part. Beards and neatly trimmed mustaches help enhance the overall look.

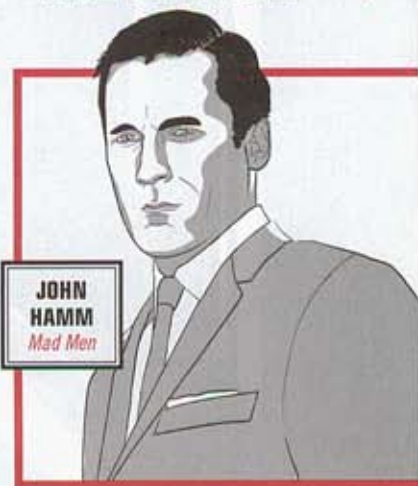


Long

Longer on the sides and shorter on top always looks best here. Ask for a layered cut with a subtle, mod-style fringe (don't worry, you won't look like Justin Bieber) but leave it a bit tousled, to avoid looking like a bowl cut.

The One Haircut That Will Never Go Out of Style:

"THE DRAPER"



JOHN HAMM
Mad Men

 The next time you go to your barber, tell him to cut your hair trim and tapered on the sides (if you don't want it too short here, ask him to use scissors—a good barber should never have to rely on clippers). As for the top, your barber may try to convince you that longer is better. If he does, resist. Tell him you want it to have fullness on top, but to trim it a little as well. You don't want there to be a lot of contrast between the top and the sides. Also, tell him you'll want your part on the left side of your head. When he's done, tell him he's the man for making you look more like one yourself.

A Word on Shampooing

No matter what anyone tells you, you don't need to wash your hair every day. At first, this might sound weird, but it's true. Here's why: Shampoos, especially the big name brands, can strip away some of the natural oils in your scalp that keep your hair healthy. We're not saying shampoo after a hockey game is bad. Sweat is sweat; it's gross and it smells and it needs to go. Otherwise, keep your lathering to two or three times a week.

With thanks to Tony Ricci, 2010 North American Hairstylist of the Year, L'Oréal Professionnel Portfolio Artist and Owner of Ricci Hair Co. in Calgary.

THE SILVER FOX: Five Reasons to Embrace Grey Hair



McDowell, M.



Danson, T.



Cooper, A.



Jarmusch, J.



Slattery, J.