

## THE HUFFINGTON POST



### 4 TRICKS: HELP YOU GO GRAY EFFORTLESSLY AND CONFIDENTLY

Whether you're barely 30 years old or well into your 60s, growing gray hair is a part of life. While many women choose to cover up their silver strands, it can be quite empowering to ditch the dye and go gray naturally.

But with parts of your hair seemingly going grey faster than others, what's the best way to go grey naturally? We asked Giovanni Vaccaro, the creative director of on-demand beauty service GlamSquad, for styling tips and tricks that will help anyone embrace silver strands with fierceness.

#### 1. Get a new haircut.

Instead of reaching for the tweezers to pluck your gray hair, Vaccaro suggests liberating yourself with a haircut. "When choosing an ideal cut and style, you should be more focused on your face shape than your hair color," he says. But if you're looking for a big change, why not go all out with a short crop.

#### 2. Try balayage.

This "hair painting" technique is a low-maintenance way to grow out your gray hairs without having to sacrifice length, according to Vaccaro. Your colorist can create a natural look by using a brush to "sweep" on other colors that will help blend your grays, from the root to the ends.

#### 3. Intensify shine and lock in moisture with the right haircare products.

For white grays... Vaccaro recommends violet shampoos like Pravana Pure Light Sulfate-Free Brightening Shampoo to give you a brighter white and neutralize the brassy, yellow tones.

For silver grays... focus on hydrating. "Silver hair is more likely to be coarse and dry so it needs more moisture," says Vaccaro. "Masque Densité by Kérastase is a high-moisture treatment that helps restore resiliency and shine to graying hair."

#### 4. Switch up your makeup.

Wearing dark, smokey eye makeup and red lipstick with gray hair can make your complexion appear dull and washed out. To accentuate your grays and warm up your skin, add a pop of color with rosy blushes and pink lip colors. And you can't go wrong with neutral eyeshadows in navy, plum or taupe to brighten up your eyes.