



► By JOANNE ZAPANTA-ANDRADA

Salt and pepper



Gray and white hair tend to be resistant, so leave the dye on for the maximum amount of time.



Pick a shade close to your natural color; your roots will be less obvious.

Q Help! I am in in my mid-30s and am beginning to have gray hair! What can I do to hide it properly without damaging my hair altogether?

PATIS G.
Sto. Niño, Marikina City

A Relax Patis! We all get at least some gray hair sooner or later — it's in our genes, and there's not a thing we can do to prevent it. However, there are ways you can tone it down, blend it in, or cover it up if totally natural is a bit too natural for you.

For complete coverage of hair that's more than 50 percent gray (or if it grows in patches), you'll need to use a permanent process. But, unless your gray hair is very premature (and in your case, believe it or not, it is not very premature!), resist the temptation to go darker than your natural color; it will just look harsh. Instead, pick a shade close to your natural color — your roots will be less obvious, and your friends will still recognize you.

If your hair is less than 50 percent gray but still fairly noticeable, you can probably use a strong semi-permanent process (*L'Oréal*, *Revlon*, *Bigen* and *Clairol* are brands that come to mind and can be bought in any supermarket or Mercury Drugstore).

If you use either of these products yourself, keep in mind that gray and white hair tend to be resistant, so you might have to leave the dye on for the maximum amount of time. Do a strand test first to get it right.

Tooth or consequence

Q I have always dreamed of having fabulous looking, movie star teeth. How can I achieve this?

MARIE P.
Santolan, Pasig City

A Honey, you will love me because I will direct you straight to the source. If you are talking about just whitening your teeth, then I am assuming you are happy with their shape. There are a lot of bleaching packages in the market.

Be warned though, some people are actually allergic to the bleach and it does tend to weaken your teeth's enamel.

When I was small, I had the most awful teeth (at least to my mind!). They were so small, like pebbles, and they were far apart. I had a gap in the middle of my top front teeth that was anything but flattering. To cut to the chase, I can proudly say that I have that movie star smile (great looking teeth, great shape and Hollywood white!) thanks to my dentist **Pio Tripon**. You can say I have been "triponized."

Pio's talent is in adding veneers to your existing tooth (therefore, your teeth are NOT *pustiso!*) in the shade of your choice. He carefully measures every angle of your face to find out what shape of teeth suit you best. In fact, I think he is most concerned about how your teeth register when you smile. He is a true-blue (true-white?) cosmetic dentist and he is damned good at it!

Take it from me! I smile so often now! And just in case you are going to say it costs a leg and an arm to get your teeth looking gorgeous, honey, think again! Make an appointment by calling (0917) 890-3114 and say Joanne sent you!!!!

Be careful with bleaches because they tend to weaken your teeth's enamel.



Movie star teeth, like those of Oscar Best Actress Halle Berry, can now be achieved!