

TO REACH US: lifestyles@suntimes.com

GOOD HAIR DAYS

A week of more mania

BY SARA FIEBELDICKT
Staff Reporter

For summer 2004 when it comes to hair, the word is effortless.

"Hair should look more random, but it shouldn't be sloppy or messy," says Marianne Strokkirk, owner of the upscale salon hair salon in Chicago. "But it definitely should have a relaxed look."

"We are all sick and tired of fattening our hair and taking so much effort to make it straight. We want it to have a wave. We want it to be soft and easy."

In order to achieve the right look for you, it's important to communicate with your hairdresser. Strokkirk suggests you talk to your stylist about your lifestyle and what you are and aren't willing to do.

She notes that customers who clients come to the salon and see all the different hairstyles, they think they should try them.

But, Strokkirk says, you have to be honest with who you are and the type of life you lead when choosing a hairstyle.

SUMMER 2004:



BEFORE

Strokkirk says give the hairdressing and all the fuss a rest this summer and opt for a softer, sexier look, like the one her salon has applied to Stacy Woodford.



AFTER

When the weather gets warm, don't sweat: The ponytail and bun are back. "When you pull up your hair, never use a brush. Use your fingers. Allow some of the hair to fall around your face. Allow it to be loose and casual," says salon owner Marianne Strokkirk, shown at left with Stacy Woodford, whose hair was styled into the loose low bun in the inset.

Soft, sexy hair, no matter the length



BEFORE



AFTER

"It isn't about the length of the hair, it is about the shape," says Strokkirk, whose salon has softened the shape of client Kelly Clow's sharp geometric cut for summer by styling it into loose waves.



It is all about texture. The spring/summer haircut is a tapered style with lots of fringe (bangs), as shown here on Kelli Nix.

HAIR CARE TIPS FROM A PRO

Stylist Marianne Strokkirk shares some don'ts when it comes to hair care.

- Don't use a comb or brush. Always use your fingers as your brush.
- Hair doesn't like to be washed every day. If you go to the gym and sweat, just rinse the hair really well and use conditioner.
- Don't go for trends. Go for style. Find a cut that flatters the shape of your face. It's like clothes, we avoid certain styles because of our particular body shape. Hair is like fashion. You should wear what suits you.