



What you must do

THE Sligo Weekender last week launched Golden Scissors – with the aim of finding the best hairdresser in County Sligo, plus the best community salon.

The BEST HAIRDRESSER will win a holiday for four in Marbella. The winner will also receive a stylish Golden Scissors Award of Excellence wall plaque.

The BEST SALON will receive the Golden Scissors Best Community Salon wall plaque.

A judging panel will decide the winners.

BUT FIRST, we need YOUR HELP!

We need nominations from YOU for both categories – Best Hairdresser and Best Community Salon – using the NOMINATION FORM printed on the right side of this section. When you fill in your form, please make clear whether it is for the hairdresser or the salon (just tick one of the boxes).

NOTE the closing date for nominations, which is Tuesday, April 9.

A shortlist of six stylists will be drawn up based on the nominations we get out from readers. We will select six candidates for the community salon award, also based on the nominations we receive. A list of the nominees in each category will be printed in the paper.

A judging panel will select the winners. This panel will include Weekender marketing manager Lydia Rogers, Weekender reporter Niamh Mullen, a professional hairdresser from outside Sligo, and a representative of the sponsors, Radisson SAS Hotel & Spa.

For readers, however, it doesn't end there...

YOU COULD WIN A FREE STYLING!

At the foot of the nomination form you will see another box asking whether you would like to be considered as a HAIR SPY. If you tick this box, your nomination will go into a hat, and 12 hair spies (six to 'spy' on nominated hairdressers and six to 'spy' on nominated salons) will be chosen for a free hair styling.

The 'spies' will be sent for their hair appointments the week after nominations end.

The judges will rate the hair style when the hair spies return. Comments from the spy and a checklist of items on how the spies were treated will also be considered when choosing the overall winners.

WE URGE YOU TO NOMINATE YOUR HAIRDRESSER OR SALON TODAY... WITH A FULL EXPLANATION OF WHY THEY ARE SO GOOD!

Lowlights! The confessions of our hairdressers

By Niamh Mullen



Search for Sligo's • Best hairdresser • Best salon

EVERY time you get your hair cut, coloured or permed you put your trust in your stylist to do a good job. You expect to leave feeling confident, and ready for a night out on the town.

But once in a while, no matter how good your hairdresser is, things can go wrong. A number of Sligo stylists confessed their disaster stories to us.*

"I was in charge and a stylist was doing blonde highlights. The customer was wearing a rubber cap and the stylist was pulling the strands of hair through the holes in the cap using a steel prong. The stylist accidentally stuck the prong into the woman's earlobe. The customer was all right but the girl doing her hair fainted," said John.

"The worst thing that ever happened was when I was training. I turned a girl's hair green. It was bright blonde and I was darkening it. I should have used a hint of red to cover it but forgot. I was able to fix it though. Luckily she was one of the girls I was training with," said Sarah.

"When I was training I cut one side of a girl's hair up shorter than the other. It was awful. When I'm doing someone's hair I am worried. You never know how a colour will take," said Lisa.

"There was a woman who came in and always got her hair cut very short at the nape of her neck. I was shaving it with about a four blade and the top of the razor just flew off and went to the zero setting. I shaved a patch bald. I had to go over the rest of the area with a one blade. Luckily

she didn't mind because she liked her hair very short. Needless to say, she got her haircut for free," said Brian.

"I have no major disaster stories but there is one group of people who are always very difficult to please – teachers. They always complain. I think they must like to be in control. Other friends who are hairdressers would say the same," said Noel.

"A girl was getting married and she was getting blond highlights. I was supervising a stylist doing the colour. I was called away to do first aid on someone and when I came back I realised they had been left on too long. The bleached hair fell out when it was being washed and blocked the sink. The other stylist nearly

died but the girl didn't notice," said Joe.

Fortunately, horror stories are not that common these days. Many salons now insist that new customers have a skin test for allergies before they have their hair coloured.

It is also uncommon to have your hair bleached and permed on the same day. Years ago, such procedures were done regularly and caused clumps of hair to fall out.

There is a bigger emphasis on caring for you hair now. For insurance reasons hairdressers are more cautious. They will refuse to do some procedures if they think it will damage the hair badly.

*The names of the stylists have been changed.



HIGHLIGHTS: Years ago, colouring hair was a lot more fraught with difficulties than it is now.



MIXING DYE: Many salons insist customers have a skin test for allergies before applying.

Key role that diet plays in keeping your hair healthy

DIET plays an important role in keeping your hair healthy. Both your hair and nails are made from a protein called keratin. A diet deficient in protein can cause hair to thin, or it can slow up the growth cycle. The reverse is also true.

If you eat a protein rich diet it can often result in improved hair growth. Make sure you get your weekly requirement of red meat, poultry, dairy products, and cereals.

Try to eat one portion of a food rich in beta-carotene everyday such as sweet potato, butternut squash or carrots.

Liver, spinach, and oily fish like salmon, trout and mackerel contain the essential omega-3 fatty acid, which helps reduce dandruff and itchy scalps.

Water makes up a quarter of the weight of a strand of hair. It is needed to keep your hair soft and shiny. Do not wait until you are thirsty to drink. Thirst means that your body is already beginning to dehydrate.

The minerals Iron and Zinc are vital for healthy hair, as are Vitamins A, B and C.

As well as eating a healthy balanced hair diet exercise is also important. It promotes blood flow to the scalp and will aid the growth of hair.

Home-made hair remedies



CAMOMILE SHAMPOO

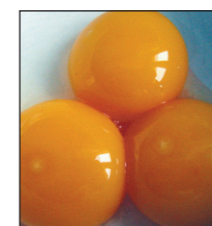
Ingredients: Four camomile tea bags, four tablespoons of pure soap flakes (available at good supermarkets), one and a half tablespoons of glycerin (available at chemists or selected health food stores).

Method: Let the tea bags steep for one and a half cups of boiled water for 10 minutes. Remove the tea bags and add the soap flakes to the remaining liquid. Leave standing until the soap flakes soften. Stir in glycerin until the mixture is well blended. Pour into a bottle. Store in a cool, dark place.

PROTEIN CONDITIONER

Ingredients: One teaspoon of baby oil; one egg yolk, one cup of water.

Method: Beat the egg yolk until it is frothy, add the oil then beat again. Add water. Massage into your scalp and throughout your hair. Rinse well. Refrigerate for up to one week.



HOME-MADE CONDITIONING TREATMENT

Ingredients: One small jar of mayonnaise; Half an avocado (which contains vitamin E and vitamin B6).

Method: Mix together in a medium sized bowl and squish together until it is a minty green colour. Smooth into your hair, concentrating on the tip. Wrap your hair up in a warm damp towel. Leave for 20 minutes.



GOLDEN SCISSORS

NOMINATION FORM

For a hairdresser For a salon (tick just one box)

I wish to nominate (name of hairdresser OR salon):

of (name of hairdresser's salon)

(address of salon)

Because (could continue on separate sheet)

My name

Address

Daytime phone

SEND TO: Golden Scissors, Sligo Weekender, Waterfront House, Bridge Street, Sligo
CLOSING DATE: Monday, April 9, 2007

I WISH TO BE CONSIDERED AS A 'HAIR SPY'

(tick box if you wish to be considered)

