

SPECIAL BONUS ISSUE SELF

127 TIPS & HOT LINES
on diets, stress relief, skin care, gyms,
vegetarian eats, plastic surgeons & much more...

The first annual
INSIDER'S GUIDE
TO LOOKING
BEAUTIFUL &
FEELING GREAT

80 jam-packed
pages listing
hundreds
of specialists
& services
nationwide to
help you get

YOUR BEST BODY
YOUR BEST HAIR, SKIN & NAILS
YOUR BEST DIET
YOUR BEST MEDICAL CARE



(continued)

Sylvia Show Skin Care, a day spa connected to it. Single-process: \$30. Don Show Hairdressers, 4505 Ashford-Dunwoody Rd., Atlanta, GA 30346.

TEL 404-393-8303

CHICAGO, ILLINOIS

Marco Bonné

A 20-year veteran who calls himself "the wizard of hair color," and rightly so. Bonné specializes in corrective coloring and works his magic on blondes in particular, creating warm, golden looks. Single-process: \$43. Blair Gordon, 701 N. Michigan Ave., Chicago, IL 60611.

TEL 312-335-8844

Philip Palmeri

Henna—natural and easy on hair—is for Palmeri. One of three owners of Chicago's Trio salon, he keeps his fast-paced clientele happy with his understated hues. Single-process: \$40 to \$50. Trio, 11 E. Walton St., Chicago, IL 60611.

TEL 312-944-6999

EVANSTON, ILLINOIS

Laurence Hegarty

Just blocks from the Northwestern University campus, Hegarty's salon steers clients toward wash-out semipermanent colors; it's easier on the hair and the budget and imparts believable color. He owns the salon with his wife Beth Hegarty (see page 119). Single-process: \$30. Art + Science, 811 Church St., Evanston, IL 60201.

TEL 708-864-4444

NEW YORK, NEW YORK

Michael Brimhall

Fourteen-foot-high windows provide the ideal light for Brimhall's color work. He likes to shift his clients' color with the seasons, tending toward sun-warmed shades in summer, earthy tones in winter. Very personable. Single-process: \$85. Coppola, 675 Madison Ave., New York, NY 10021.

TEL 212-752-7770

Constance Hartnett

A leader in hair painting—and a real color guru—she knows every hue under the sun. Hartnett has the prestige job of color director at Bergdorf Goodman's Frederic Fekkai salon. Single-process: starts at \$110. Frederic Fekkai, 1 W. 57 St., New York, NY 10019.

TEL 212-753-9500

Brad Johns

Known for his chunking technique, which involves wide bands of color rather than the strand-by-strand approach. Johns tones down his avant-garde fashion-model work for his more conservative businesswoman clientele. Single-process: \$75. The Oribe Salon Limited, 691 5 Ave., New York, NY 10022.

TEL 212-319-3910

Beth Minardi

Major-league colorist and consultant for Clairol, she co-owns New York's Minardi Minardi salon with husband and stylist Carmine. They make pricey house calls, too. Single-process: \$80. Minardi Minardi, 29 E. 61 St., New York, NY 10021.

TEL 212-306-1711

MURIEL MANEYROL

Less is more is Maneyrol's motto. Nineteen years in the coloring biz, she goes for the natural look and stresses that healthy hair is the key to good color. A pro at rescuing overprocessed hair, too. Single-process: \$42 to \$55. Salon Louis Guy D, 41 E. 57 St., New York, NY 10022.

TEL 212-753-6077

Holly Scalera

NYC's underground hair artist, along with partner Giselle Heitzner (see page 119). She never mixes the same color twice, and is tops at corrective coloring. Scalera works out of a private studio so call first for an appointment. Single-process: \$35. 251 W. 29 St., New York, NY 10001.

TEL 800-484-7780 FOLLOWED BY THE CODE 8746 (TRIM)

BEACHWOOD, OHIO

Tony Alvarez

Alvarez specializes in "dimensional" color—creating depth by painting several closely related shades onto hair. He works with his two brothers at Cleveland's Mark Frank salon, which is owned by their father. Young clientele (Alvarez is only 26). Single-process: \$30. Mark Frank, 26500 Cedar Rd., Beachwood, OH 44122.

TEL 216-464-6445

PHILADELPHIA, PENNSYLVANIA

Dee Levin

Owner of Philadelphia's busy Salon Norman-Dee, Levin likes to select shades that play off a client's skin tone. Single-process:

\$30 to \$40. Salon Norman-Dee, 1619 Grant Ave., Philadelphia, PA 19115.

TEL 215-676-0554

DALLAS, TEXAS

Paul Neinst

"Healthy hair first and foremost" is the motto of this accomplished colorist. Some of his customized techniques: fruit juice perms and color pin-striping, perfect for women who want to hide those first strands of gray. Ask about his high-frequency scalp treatments to get the circulation going. Single-process: \$60. Paul Neinst Salon, 4524 Cole Ave., Dallas, TX 75205.

TEL 214-521-4300

SEATTLE, WASHINGTON

Brenda Bergstrom

Hate the idea of being a slave to a salon? Bergstrom specializes in color that lasts longer than six weeks. Natural is her mandate even with permanent color. She creates highly individual but tasteful looks. Single-process: \$40 to \$50. Gary Bocz, 1523 Sixth Ave., Seattle, WA 98101.

TEL 206-424-9134

James Jordan

If you're in the mood for shocking color, book a ticket for Seattle. Jordan covers the color spectrum, sometimes outrageously (his own hair is currently bright orange). Single-process: \$45. Obadiah, 2125A First Ave., Seattle, WA 98121.

TEL 206-448-7820

WASHINGTON, DC

Robin Weir

Colorist to Washington's political women, including a First Lady from time to time—or so rumor has it. His conservative line on haircolor fits the capital's sense of style: well-keeled, serious, sophisticated. Single-process: first visit \$150, second visit \$60. Robin Weir and Company, 2134 P St. NW, Washington, DC 20037.

TEL 202-861-0444

MILWAUKEE, WISCONSIN

Sherri Hanes

Hair conditioning goes hand in hand with coloring in Hanes' book, and she sees to it that her clients' locks glow. Color director at Milwaukee's Erik of Norway, and a pro at overprocessed and gray hair. Single-process: \$25. Erik of Norway, 1505 W. Mequon Rd., Milwaukee, WI 53092.

TEL 414-241-5111



Hillary and Madonna notwithstanding, black is and has always been Clairol's best-selling haircolor.