

Take a good look at your new image

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Women who plan to allow their hair to go grey should take a fresh look at their over-all image, Montreal image consultant Lynda Goldman says.

"You should take extra measures to make yourself look contemporary when you decide to let your hair go grey. This is a good time to update your wardrobe. If your hair is grey and your clothes are frumpy, it puts you at a disadvantage in the workplace vis-à-vis younger colleagues."

Sallow skin needs a colour boost from clothing when hair is grey, she says. "You should wear some makeup to give you colour."

Hair stylist Anthony Vannelli, owner of La Maison Vannelli salon in Ville Emard, says women who are unprepared to go grey can opt for a champagne blonde tint.

"I haven't had many clients tell me they want to stop colouring their hair," he says. "But if you don't feel good about dyeing your hair anymore, stop."

For clients whose hair is at the "salt-and-pepper" stage of greying, he often suggests either colour or streaks. "But if you're all white and want to stay that way, I'll support it, because I think it's gorgeous."

Here are some prominent women who have started letting their grey come through, a little or a lot.

The elegant actress Helen Mirren in September.

Still-sultry actress Faye Dunaway in February.

Emmylou Harris in February 2006.

Poet and activist Maya Angelou with just a stripe of grey.

No-nonsense actress Jamie-Lee Curtis on the red carpet.

Author Margaret Atwood last month.

Former governor general Adrienne Clarkson in 2005.

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