

IN THE STYLIST CHAIR

AN INTERVIEW WITH HAIR STYLIST: ADAM BOGUCKI

I don't know about you, but I love getting my hair done! It's a great way to take care of myself and take personal time to decompress. What better way to give yourself some TLC? I also love the one on one time I get with my stylist! I actually get that personal one on one connection because my stylist is part of the SOLA Salon Studios where stylists have their own individual suites. Never heard of it? Well, Adam Bogucki is helping putting salon suites on the map. With 12 years in the industry, Adam has worked at most of Chicago's top salons. He has now decided to take his career to the next level and work in a more private setting. I had the chance to ask Adam all types of questions including what is on trend for the fall as well as what is so great about working in an intimate private salon suite. Read on for the full interview!

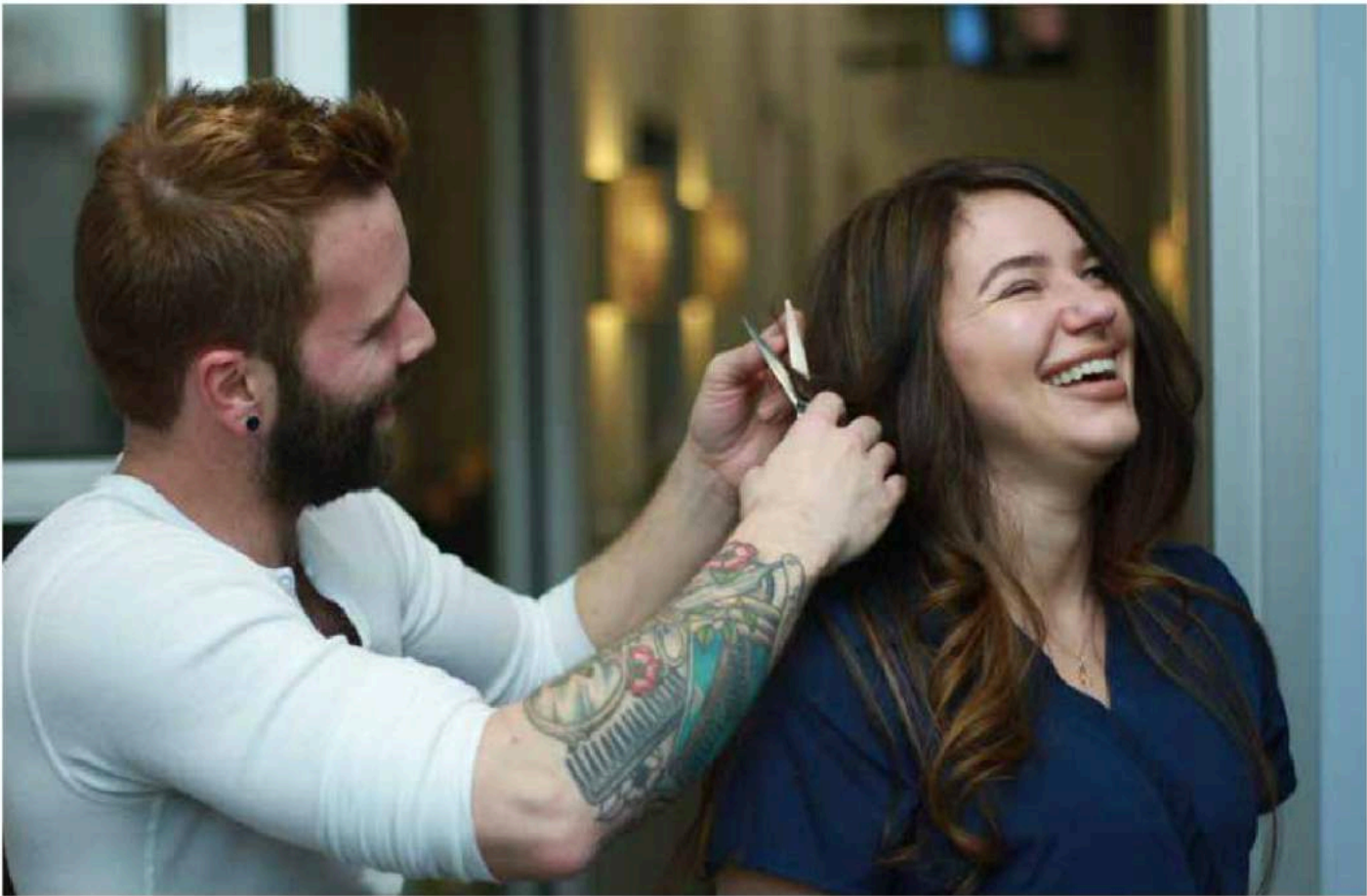
HSM: What color(s) do you see become trendy with hair this fall?

AB: I love fall because people become adventurous with their color choices. Hair colors tend to get richer and deeper. This fall we will see a lot of Auburn. From copper, rust and cinnamon, women will be testing out shades of this crimson hue.

HSM: Color is always a big trend, what can one do to prevent their color from fading?

AB: Choosing a color protective shampoo and conditioner will make a huge difference. My go-to is the Living Proof Timeless Shampoo and Conditioner. Also doing a pre-shampoo treatment will help too. Living Proof's version prevents and corrects the signs of aging much like a retinol does for your skin while also protecting and enhancing your color





Extend your hair washes by not shampooing every day. If this is new to you, try going every other day and work your way up to every 2-3 days. Use dry shampoo in between washes and try out some fun up-styles for those transition periods.

Use a deep conditioner more often. I advise using it once a week. Healthy hair holds moisture and prevents the color from looking dull. Finally, if you are going to be in the sun, always use product with SPF and/or wear a hat. The sun is the number one cause of fading hair.

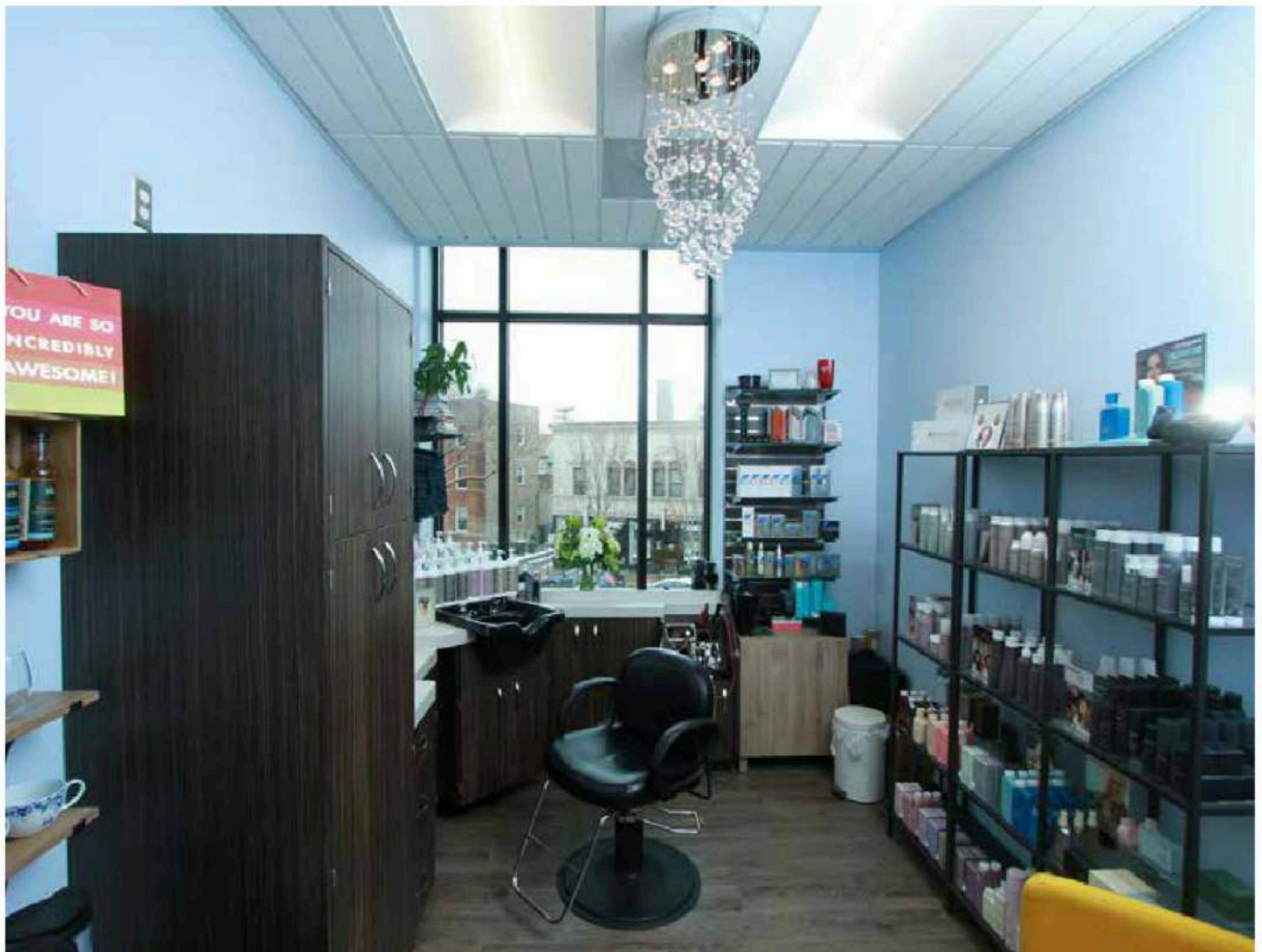
HSM: How often do you recommend someone get his or her hair colored?

AB: Overall, it depends on how long it takes for the hair to grow. I recommend that my clients get their hair colored every four to six weeks.

HSM: What kind of hairstyle trends do you see up and coming for fall?

AB: The Brazilian Shag is my favorite cut for fall 2016/winter 2017. It creates a look full of movement and free flowing layers. This cut is best for people with medium to long hair.

HSM: If someone is trying to grow out his or her hair, how often do you recommend getting a trim?





AB: Again, this depends on the person's hair growth cycle. The go-to is about 10 to 12 weeks. Remember, it is good to cut off the dead ends to help hair growth and keep it from looking ragged.

HSM: I love that you are in a personal suite, what made you want to work in this environment vs. a standard salon setting?

AB: I personally love connecting and working with my customers. In a big salon, I was constantly getting pulled away or interrupted. By opening a personal suite, I am able to fully devote my time to my customers and customize the experience accordingly.

HSM: What are some dos and don'ts that you can advise people on when it comes to taking care of their hair?

AB: Do invest in your shampoo and conditioner. Also, make sure they are the correct formula for your hair type. Do make sure your hair is fully dry prior to applying hot tools such as a straightener or curling iron. Do get your hair cut every 4/6 weeks or 10/12 weeks depending on your haircut.

Don't aggressively brush your hair. Start at the ends and gently work your way up towards the roots to get rid of knots. Don't rough your hair with a towel while wet. This technique can literally rip the hair cuticle open, leaving split and broken hair. Don't wash your hair daily!