

## Local Voices



**Nadwa Yono**

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## Cooling Spring Hair Styles

I know it doesn't quite feel like it, but warm weather is on the way and you'll definitely want to prepare your hair for warmer weather.

In fashions that'll look great, there are styles that are practical as well — styles that will keep you cool when those 80-, 90, and even 100-degree days arrive.

The most important thing is to keep your hair up and pulled tight, out of your face. Leaving your hair down will hold heat do nothing but raise your body temperature in already-blistering heat.

Firstly, slick your bangs back. Take three-inch-wide sections from your temple and pull it all the way back to your crown and secure it with a barrette. Another option is a chignon (which in French translates to “Nape of the Neck”).

Start by slicking all of your hair back and pull into a smooth, shiny pony tail to the back of your head at the nape of your neck. Then, create the chignon. Do so by making a knot with the tail of it, or simply wrap the hair around itself, band and pin.

You can even decide to go formal with this (never let your hair stop you from having a fun night out!). For an evening, it's easy to “fashion up” your hair by adding sparkling accessories — a flower or a subtle ribbon can go a long way.

Lightweight headbands or a silk scarf will also work well in keeping your hair out of your face and pulled back, and can be more convenient if you find yourself short on time.

*Nadwa Yono is a professional hair stylist and owner of Nadwa Hair Spa in West Bloomfield, making Oakland County her home. More info on Nadwa and Nadwa Hair Spa can be found at [NadwaHairSpa.com](http://NadwaHairSpa.com) and on Facebook.*