

#PERSPECTIVE

AGEING GRACEFULLY is a thing

On a certain birthday morning, you wake up only to realise, by looking at the mirror and scrutinising your wrinkles and creases, spots and grey hair, that you have aged. Do you panic or do you accept age and play along with it? Well, I think ageing gracefully is the hottest trend now. As the popular saying goes 'grey hair, don't care;' many of us are embracing our salt and pepper locks and even our ageing skin.



With age you are aware that a new hairstyle will not suddenly make you look like a dashing 30-year-old, but a new colour



Salt and pepper is a successful mix of grey, silver streaks or natural highlights and black hair, more like a light-reflecting grey that lends you a very suave and flattering profile. There is something about the look we love so much in older men and women equally.

There is a certain charismatic, magnetic pull that draws these men towards you; and a flair of elegance in women, that make you think 'when I grow up I want to be as elegant as her.' This look is the most modern fashion trend in 2021. Grey shades are no longer stereotyped as ageing, instead a clean-looking grey is considered stunning.

There was a time when we wanted to hide our grey strands by applying jet black hair colour and or a cranky shade of orange with mehndi, but that's long gone now. In fact, we are ready to show off our sign of maturity even if it's just a strand of grey.

From what haircut and colour you pick, your hairstyle can have a big impact on the age you look. In men, slightly longish layers look great, a decent crew looks clean, short layers give you an aura of handsomeness. In women, the long or short bob complements the salt and pepper look. Even long hair in a plain bun looks agreeable.

and cut would certainly give you a fresh and contemporary look, taking you away from your dull and frumpy former self.

You must be mindful of the ageing mistakes you do, and instead focus on what amps up your salt and pepper crowning glory. One important tip is to take care of grey hair, which tends to be coarse and rough naturally. So using hair conditioners, hydrating creams and masks, scalp nourishment and other softening products will make the grey full of bounce and fluff, that you need so much.

Few dressing tricks that go best with salt and pepper look are to go for clear vibrant shades like black, navy blue, pure white, emerald, and fuchsia. These neutral colours will help your grey hair pop, no matter what shade it is. Move away from pastels like ivory or creamy shades or earthy tones like rust. Yellow gold and bronze, tan and earth tones do not complement the salt and pepper silvery look. Wear a bold eye glass frame and avoid rimless or pastel frames.

Let's face it, the texture looks gorgeous and there are so many ways in which you can style your greying tresses. Simply, rock that salt and pepper look!

— RBR
Photo: Sazzad Ibne Sayed
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Grooming salt and pepper hair

Ok so you have drooled over Milind Soman and George Clooney for years now, especially for that gorgeous grey hair! But did you also know that it takes effort to show off the ever-popular style statement?

Of course you didn't and that's why we are here for you.

A GOOD CUT

They say every hair styling begins with a good cut and we agree as well. For salt and pepper hair, the saying stands on a firmer ground.



If you really want people to notice your greys, your hair must be cut in a style that really suits your face. Our personal favourite is the short haired style where the greys really gleam through.

PRODUCTS FOR GREY HAIR

You might have natural greys or you might have put them up at the salon, it doesn't matter. In both the cases you have gorgeous grey's that need to be taken care of. The routine of hair care for greys usually begins with a treatment of anti-yellow shampoo. To simplify you need to wash and condition your hair with products that have purple and blue pigments, which will help to cancel out the tacky yellow tone and make the whites and greys shine brighter.

Expert tip: Always use a thin comb to style your hair or even while you are slathering on gels: it helps create the gorgeous strand effect on silver hair

OVERALL MAINTENANCE

The mantra is same like any other hair type: lead a healthy life, eat good food, oil your hair regularly, shampoo, condition, and apply a hair mask at least once a month.

Finally, all we can say is that for men and women should start experimenting with the salt and pepper look because once you go grey there's just no turning back!

By Fashion Police