

# MailOnline

## Rewind those beauty disasters

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*You've overdone the peroxide, the trout pout and the fake tan. Here we show you how to reverse your grooming disasters:*

In the quest for beauty, some people will stop at nothing. And that's part of the problem. The first hint of spring and we're suddenly swept up in the idea of new year, new season, new me, and being the all or nothing types we are, we'll go to any lengths to ensure that we're plucked, waxed, groomed, coloured, scrubbed and smoothed to perfection.

But, with our Christmas credit cards still to pay, paying top dollar for the top people isn't always an option and it's all too easy to fall into the wrong hands (be they yours or some slapdash so-called professionals) in your desperate pursuit of a cut price skin saver or body blitz.

The result is rarely pretty - a Botox botched job that gives you a beautiful, line-free forehead but means you can't actually smile, a tan that doesn't so much hint at a few weeks in the Caribbean but more at a few too many carrots, and hair so over-bleached it that last week in the post office they thought you were there to draw your pension.

Stop overdoing it, let 'less is more' be your mantra, and your therapist's, and, if the worst has come to the worst and you really have overdone it, let Lifestyle come to the rescue with some top tips from the professionals.

### HAIR DYE

**THE PROBLEM:** Maybe you're a wannabe blonde who's ended up more platinum trash princess than sun-bleached babe, perhaps DIY highlights have left you with orange streaks rather than the subtle, natural effect that the box promised, or your dark dye job has transformed you into an anaemic Morticia Addams who wasn't exactly the sultry brunette you had in mind. Panic not.

**THE SOLUTION:** Hair dye disasters, whether self-inflicted or salon slip-ups, might seem like the end of the world, but are fairly easily remedied. Get yourself to a decent colourist pronto.

Celebrity colourist, Daniel Galvin Junior, says: 'If you've gone OTT on blonde, resist the temptation to chuck more dye over it to tone it down or you'll leave the salon with your hair in your hands. Bleaching strips the colour from hair, leaving it vulnerable to damage. Instead, think about an intensive conditioning course and in the meantime, opt for a vegetable-based dyes.

These aren't permanent but are much kinder so will help you maintain a colour you love until your hair is strong enough to withstand a permanent colour change. A vegetable colour will also sort out something that's gone orange rather than auburn. If, on the other hand, you've gone too dark, it's a bit trickier as it's harder to go lighter than it is to go darker. A few strategically placed highlights should help to lighten the overall impression.

*Time taken to reverse the damage: Between one and three hours.*