

specialfeature

Sligo Weekender GOLDEN SCISSORS competition – sponsored by



The Radisson SAS Hotel & Spa, Rosses Point, Co. Sligo

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It's a snip! We're looking for Sligo's best stylist



Search for Sligo's • Bbest hairdresser • Best salon

(and while we're at it, we want to find the county's best community hair salon - and we need YOUR help)

By Niamh Mullen

THE Sligo Weekender is this week proud to launch *Golden Scissors* – with the aim of finding the best hairdresser in County Sligo, plus the best community salon.

The **BEST HAIRDRESSER** will win a holiday for four in Marbella. The winner will also receive a stylish *Golden Scissors Award of Excellence* wall plaque.

The **BEST SALON** will receive the *Golden Scissors 'Best Community Salon'* wall plaque.

A judging panel will decide the winners,

BUT FIRST, we need YOUR HELP!

We need nominations from YOU for both categories – Best Hairdresser and Best Community Salon – using the **NOMINATION FORM** printed on the right side of this section. When you fill in your form, please make clear whether it is for the hairdresser or the salon (just tick one of the boxes).

NOTE the closing date for nominations, which is Tuesday, April 17.

A shortlist of six stylists will be drawn up based on the nominations we get out from readers. We will select six candidates for the community salon award, also based on the nominations we receive. A list of the nominees in each category will be printed in the paper.

A judging panel will select the winners. This panel will include *Weekender* marketing manager Lydia Rogers, *Weekender* reporter Niamh Mullen, a professional hairdresser from outside Sligo, and a representative of the sponsors, Radisson SAS Hotel & Spa.

For readers, however, it doesn't end there...

YOU COULD WIN A FREE STYLING!

At the foot of the nomination form you will see another box asking whether you would like to be considered as a HAIR SPY. If you tick this box, your nomination will go into a hat, and 12 hair spies (six to "spy" on nominated hairdressers and six to "spy" on nominated salons) will be chosen for a free hair styling.

The 'spies' will be sent for their hair appointments the week after nominations end.

The judges will rate the hair style when the hair spies return. Comments from the spy and a checklist of items on how the spies were treated will also be considered when choosing the overall winners.

WE URGE YOU TO NOMINATE YOUR HAIRDRESSER OR SALON TODAY ... WITH A FULL EXPLANATION OF WHY THEY ARE SO GOOD!



Six of the best: Tips to finding a good hairdresser

HOW do you choose the right hairdressers for you? With over 50 hairdressers in the Sligo area it is difficult to decide on one to transform your tresses.

FAS hairdressing instructor **MARTIN DOONEN** has trained many of Sligo's top stylists. Here are his top tips to help make the decision.

- If you are new to town you should take a walk around and have a look inside as many salons as possible. It is a good sign if a salon is consistently busy.

- Word of mouth is very important. Ask work colleagues and friends where they get their hair done.

- Get a wash and blow dry at a salon you think might be good. This will show you how professional they are without you committing to a full cut or colour.

- Choose a salon that is accredited. You need evidence that the stylists have been through a recognised training programme. There should be certificates on the walls.

- Trial and error plays a part in finding a hairdresser that suits you. Shop around.

- It all comes down to communication. You should feel comfortable and your hairdresser should be friendly. Their job is to make you feel good.

Handy hints for taking care of your hair

SOME simple steps to care for your hair from Sligo stylists:

- Before conditioning your hair towel dry it. This prevents the conditioner from being diluted.

- For fine textured hair always use dry hair products like pastes that are not oil based. These will give more body to the hair.

- Don't just use your straightener for poker straight hair. Use it for curls, waves or flicks – all very 2007.

- Use a clarifying shampoo every now and again. Products, colours, and minerals can build up in your hair over a period of time. The weather and medications can also affect the hair. A clarifying shampoo will strip the hair leaving it clean and revitalised.

- Diet plays an important role in keeping your hair healthy. Both your hair and nails are made from a protein called keratin. Eat one portion of a food rich in beta carotene everyday like sweet potato, butternut squash or carrots. Liver, spinach, and oily fish like salmon, trout and mackerel contain the essential omega-3 fatty acid, which helps reduce dandruff and itchy scalps.

The nomination form

GOLDEN SCISSORS

NOMINATION FORM

For a hairdresser For a salon (tick just one box)

I wish to nominate (name of hairdresser OR salon):

of (name of hairdresser's salon)

(address of salon)

Because (could continue on separate sheet)

My name

Address

Daytime phone

SEND TO: Golden Scissors, Sligo Weekender, Waterfront House, Bridge Street, Sligo

CLOSING DATE: Monday, April 9, 2007

I WISH TO BE CONSIDERED AS A 'HAIR SPY'

(tick box if you wish to be considered)

Their crowning glory: What Sligo women are looking for from their hairdresser

HAIR care is a pivotal part of every woman's beauty regime.

Beautiful, healthy hair has been long associated with female sexuality. And the image of a woman without hair still has the power to shock – just think about fuss when Britney Spears shaved her head last month.

We spend hundreds of euros each year on our hair – from shampoos to straighteners – because what's on our heads really is our crowning glory.

The words 'hair' and 'hairstyle' have become two of the most searched for keywords on the internet. There are a staggering 257 million results for 'hair' and 16 million results for 'hairstyle' on Google alone.

Customers trust their hairdresser to make them feel good. They often become friends and customers sometimes tell their hairdresser



secrets they wouldn't tell anyone else. We spoke to Sligo women about how their hairdresser makes them feel.
1. SARAH WOODS, from Culleens, said it was important to feel comfortable with

your hairdresser. "My hairdresser can always fit me in. I feel great after I have had my hair done. I would love to go out somewhere now," she said.
2. KATHLEEN SMITH, from Ballytivnan, has been

going to the same hairdressers for years. "I know the hairdressers well. I trust them and that really is the most important thing. It is a great treat for me."
3. PAMELA KEENAN, from Ballymote, loves getting her hair done. "They listen to what I want and they are friendly. I am ready for a night out afterwards. "Your hair is the number one thing about your appearance," she said.

4. MARY O'BYRNE, from Elphin, keeps going back to the same hairdressers because "the hairdresser does my hair just the way I like it."
5. AND BARBARA TOWEY, from Ballisodare, said a hairdresser had to make you feel confident. "The reason I would come back is if I like the way they do my hair. It is about making people feel good."

