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How To Dye Your Hair: Transition Color Chart Tips For Summer To Fall Makeovers

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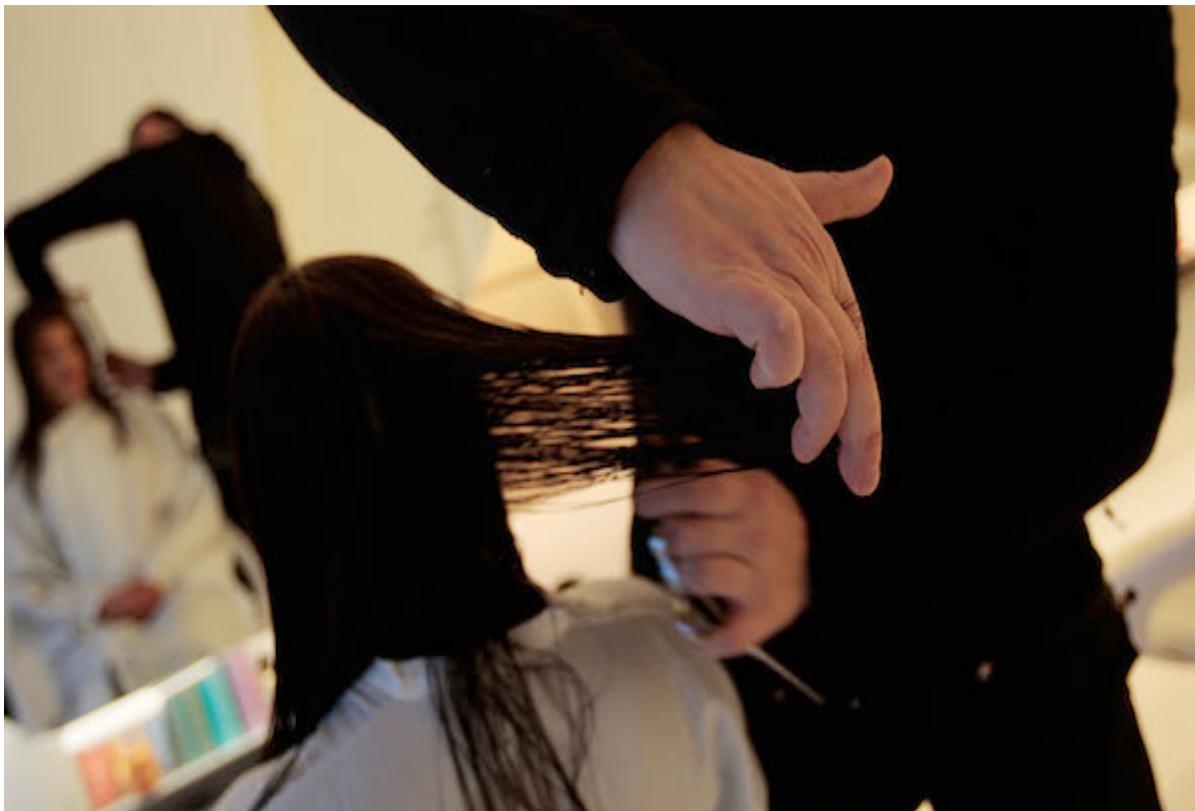
BY KIM WEST



(PHOTO : INDULGENCE PUBLIC RELATIONS)

So we only have a couple weeks of summer left, which means women everywhere are starting to think about how to switch up their hair for the cooler climate season. Hair-stylist **Roman Kusayev**, owner of the **Roman K Salon in New York City**, gave us his best style tips on freshening up your look for fall.

GET A TRIM. Treat your long summer locks to a fresh cut. Fall is the perfect time to try that new shorter 'do you've been thinking about. "Summer coming to an end most likely means your hair is damaged from the constant sun exposure and chlorine. A good trim can go a long way. It's time to get rid of those split ends," Roman suggested.



(PHOTO : GETTY)

GO DARKER. Go over to the dark side for the cooler months. "Try taking your hair from platinum blonde to golden blonde. The fall is a great time to take your hair color down a notch. For platinum blondes, try getting highlights that have a warmer and golden tint," Kusayev said.



(PHOTO : GETTY)

GET LOW. Roman says it's now time to switch up your routine. "Change your highlights to lowlights. If you're a brunette and thinking about changing up your look, try adding a red tint to your highlights or lowlights," he advised. Kusayev says to talk to your colorist about mixing the perfect bronze tone for your skin. Why not even dare to be a redhead this fall?



(PHOTO : GETTY)

GET GLOSSY. Wondering how to hold on to your summer shine for the fall? Consider a gloss treatment. "It is important to do treatments that will promote shine, moisture and protein back into your hair. I recommend getting a gloss to tame down the brassiness of damaged summer tresses," Roman recommended.



(PHOTO : GETTY)

Switch Things Up. Do a product swap. Switching up your hair regime once the season changes is important. It ensures your hair does not become resistant to the products you're using. "In the summer, you should use more UV protectant and texturizing products, but fall is another story. In the fall, it is best to use more moisturizing restorative products that will nourish the hair," Roman noted.