

# Hair Trends

## Decadent Chocolate Without Guilt or Calories

(NAPSA)—Giving in to chocolate cravings can be a delicious idea—especially when it comes to luscious hair colors. Coloring your hair a rich, decadent shade of chocolate brown can be an enjoyable, confidence-boosting indulgence without the accumulation of carbs or calories.

Sensual new cocoa-inspired shades have even prompted some of Hollywood's most famous blondes to become brunettes. Exploring the possibility that brunettes may actually have more fun have been Jennifer Aniston, Renee Zellweger, Brittany Murphy, James King, Jaime Presley and even Paris Hilton (thanks to a brown hairpiece). Even Britney Spears and Reese Witherspoon have indulged in decadent shades of chocolate before returning to life as a blonde.

If you're thinking of following the Hollywood chocolate trend, Garnier celebrity colorist Marcello Paglionico offers the following tips. If your current shade is a very light blond, it is recommended that you make a gradual switch to brunette. Bright blondes have to pick darker shades that won't wash out their complexion. Dark blondes, however, can indulge head first in rich chocolate shades, and red heads are perfect for a chocolate infusion as browns neutralize reds very well.

For the richest, delicious chocolate hues, try Garnier Nutrisse's new Chocolate Collection for long-lasting, radiant shine. The decadent color result is long-lasting, radiant, shiny and head turning.

The collection includes Chocolate Peanut Butter (a medium



**From caramel to chocolate cherry, gorgeous chocolate brown hair color can turn heads.**

mahogany brown), Chocolate Cherry (dark reddish brown), Chocolate Almond (medium golden mahogany brown) and Chocolate Caramel (light golden mahogany brown).

Like all Garnier Nutrisse hair color, the Chocolate Brown collection is level 3 permanent hair color infused with deep conditioners to nourish hair as you color—because nourished hair takes color better and holds it longer, root-to-tip. Enriched with avocado oil, vitamin E and grape seed oil conditioners, it penetrates hair fiber to protect against dryness, lock in color and leave hair silky-soft and healthy looking.

For more information, visit [www.garnierusa.com](http://www.garnierusa.com) or call 1-800-4GARNIER.