

Katarina Scola

height	180		5'11
bust	86		34
waist	61		24
hips	89		35
shoes	41		10
hair	braun		brown
eyes	braun		brown

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Jersey azul de cuello profundo (119 €), de TIGER-SEE. Camiseta blanca (119,95 €), de SANDERSON. Sandalias negras de plataforma (119 €), de SANDERSON. Cadenita triple dorada y plateada (80 €), de PEPITA IS DE... En la otra página, camiseta de hombre negra azul (80 €), de TIGER-SEE. Pantalón corto de hombre de color café con detalles azules (107 €), de CH. Sandalias negras de tacón alto (119 €), de SANDERSON.



REFLECTIVE NATURE

Naturally brilliant when it's a sign of hair health, youthful cuticles that bend easily and lay flat reflect more light. With time, a natural weathering process occurs that lifts the cuticle, causing dulling and brittleness. Aside from the accrued wear and tear on older locks, hormonal changes (from puberty, oral contraceptives, pregnancy, and menopause) can also cause hair texture transformations, according to NYC trichologist David H. Kingsley, PhD. "Straight hair may grow in curly or vice versa," he says. "And dips in scalp oil production can lead to frizzy, dehydrated hair." Since curls and frizz reflect less light, Jeffrey Miller, MD, an associate professor of dermatology at Penn State College of Medicine in Hershey, Pennsylvania, suggests using a deep-conditioning mask once a week. "The products smooth the cuticle, so hair looks shinier." Although extra glossing seems to be a logical way to restore shine, New York City salon owner Rita Hatan admits: applying too much oil or at-home gloss treatments every six weeks at most because overuse will cause dulling buildup. —NINA CHAO

Full service: According to Robert Kishner, founder of styling firm Kishner & Associates, the key to achieving salon-quality shine is to use a good hair oil. For extra shine, he suggests using L'Oréal Professional Volumizing Spray.