

Notebook

Beauty in Bloom

Violet is the story for spring. So says makeup artist **Gregg Hubbard**, who helped give eyes a wash of shimmering violet and cheeks a pop of purple at Cynthia Rowley's spring 2007 fashion show in New York. "It looks fresh and vibrant," he says, "like you just exercised." Though bold, Hubbard says anyone can wear lilac and purple. The key is staying away from heavy foundation and using either a soft, pearly gloss in a similar shade or a neutral color on the lips. —C.W.



CYNTHIA ROWLEY

Your Name
Professional Brands
Lavender Ice

Make-up Designory
Sugared Violet

Your Name
Professional Brands
Wisteria

You Are What You Wear

In the belief that spreading positive thoughts, messages and energy can impact the world in tremendous ways, two lifelong friends, Linda Horwitz and Alison Smetana, created **be.ology**, a line of T-shirts emblazoned with inspiring messages. Add one to your wardrobe or retail them at your salon or spa. It's an easy way to make your corner of the world a brighter place—no foils required. beologyonline.com —C.W.



Add a sweet touch to any updo with one of these Colette Malouf headbands. 212/941-9588

A wash of shimmering violet or lilac eye shadow looks fresh and vibrant for spring.



Head Turner

From the red carpet to the runway, headbands are turning up everywhere, on all sorts of styles. "Headbands can be as classic as Audrey Hepburn or as punk as Debbie Harry," says stylist **Guido Palau**, who used them to add structure to the models' hair at Narciso Rodriguez. Palau says headbands look best with hair that is a little messy and not too slick. He suggests using Redken Thickening Lotion to add texture. "A headband can give you a chic look in minimal time," he adds. "Every girl should have one." —C.W.

CHOCOLATE GOODNESS

Researchers are discovering that eating dark chocolate in moderation can be part of a healthy lifestyle because it contains beneficial antioxidants and flavonoids that lower high blood pressure and increase circulation. For those looking to capitalize on dark chocolate's heart-healthy benefits (and who isn't?), **BISSINGER'S Handcrafted Chocolatier** recently introduced **Spa Chocolate**, a collection of dark-chocolate creations available in three different assortments made with additional healthful ingredients like blueberries, almonds, green tea and soy nut butter. bissingers.com —C.W.



Turn the Page

Renato Brunas, president of Renbow International, has had a long and storied career. Now you can read about it in his new book, **The Relativity of Truth**, which mixes philosophy—he quotes Blaise Pascal and Immanuel Kant—with stories about a life well lived. He tells about how members of the royal family were clients at his London salon, and also shares an amusing tale about dying the coats of three small *bichons frises* to explain color-mixing theories on television. Animal rights groups raised an outcry about exposing the innocent animals to hazardous chemicals until they found out that he had used food coloring. Make it to the end of this surprising book and you'll find 20 fabulous recipes from his native Italy. 610/374-4845 —M.D.

