

ARE YOU
MEN'S HEALTH
ENOUGH?

A CUT ABOVE THE REST

THE RUMH ENOUGH? FINALISTS GET A NEW LOOK.

IN PREPARATION FOR THE RUMH ENOUGH? FINAL, the guys were taken to Casey Inc. hair salon to get a haircut and hair colour treatment. The goal, of course, was to get our guys looking their absolute best for the big event. Chin Hock, Jerry and Terence wanted to try a different look, while Martin wanted keep the "tail" at the back of his head.

Redken, the RUMH Enough? hairstyling sponsors, hooked us up with hairstylist Casey Chua and his team. Casey shared

his personal philosophy on how to choose a "right look" for a man. "It involves three factors," he said. "Firstly, I would consider the guy's lifestyle. Most men have professional jobs so it's important that they keep a neat appearance," he explained. So that rules out the indie band look.

"If they're sporty and spend a lot of time outdoors, an easy-to-manage hairstyle will be fuss-free and not get in the way of their activities," he added. This holds true for all our guys who



TEXT MIRZAMALIK • PHOTOGRAPHY ELLEN LIM



Casey tells the guys what he has in store for them.



have professional jobs and are fitness enthusiasts. As all our finalists have very busy schedules, they do not want a hairstyle that will take too much of their time before they head out.

However, a practical hairstyle need not be boring, elaborated Casey. "The hairstyles that I create for guys must also be versatile. This will enable him to achieve two to three different looks. So, he has the option of something formal for work, and also something more funky when he goes out in the evenings and on weekends."

There are also "technical" considerations, said Casey. "Different men have different hair types, thickness and textures, and different face shapes. A hairstyle that looks good on one person may not work on another."

Casey also wanted to colour the guys' new hair. "We won't be going more than two

shades lighter or darker for each guy because we just want to enhance the texture of the hair and help the hairstyle stand out subtly," he said.

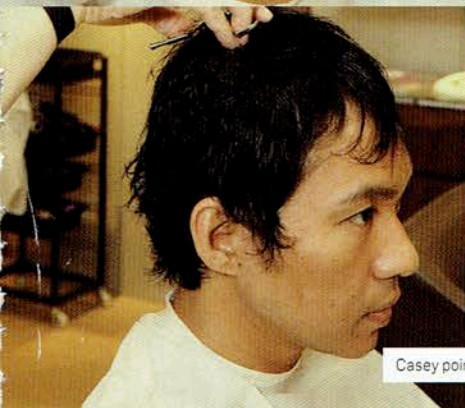
Starting with Jerry, Casey noted that his hair was soft and straight. "Jerry's slightly angular features would work well with a short crop," he suggested. Casey also recommended colouring Jerry's hair a darker shade of brown. "Jerry spends a lot of time outdoors, which has lightened his hair naturally, so a darker shade will add richness to the appearance of his hair."

"Stanley has slightly wavy hair", observed Casey. "For him, I want to create a sense of proportion," he said. "This will help when his hair grows out so that it won't end up looking too untidy."

"The texture of Raikal's hair is fine and he has a high forehead," said Casey. "His hairstyle should be one that can help to 'break' the squareness of his face. The layers that I'll cut will create the illusion of a fuller head of hair, as will the soft highlights that I



A good massage is what I need.



Casey points out that it's been a while since Raikal's last trim.

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will add during the colouring process.”

Chin Hock's hair is thick and coarse, said Casey. “He's also had his centre parting for so long that the line has been fixed on his head. To make his look more stylish, I'll cut layers at the sides to soften the angles of his face, and also give him the option to part from the side if he wishes to try a different look.

Terence scribbled on his notepad: “I want to have straight hair.” What Casey did instead was to cut his coarse-textured hair so that it looked neater and recommended that his hair colour be evened out for a sleeker finish.

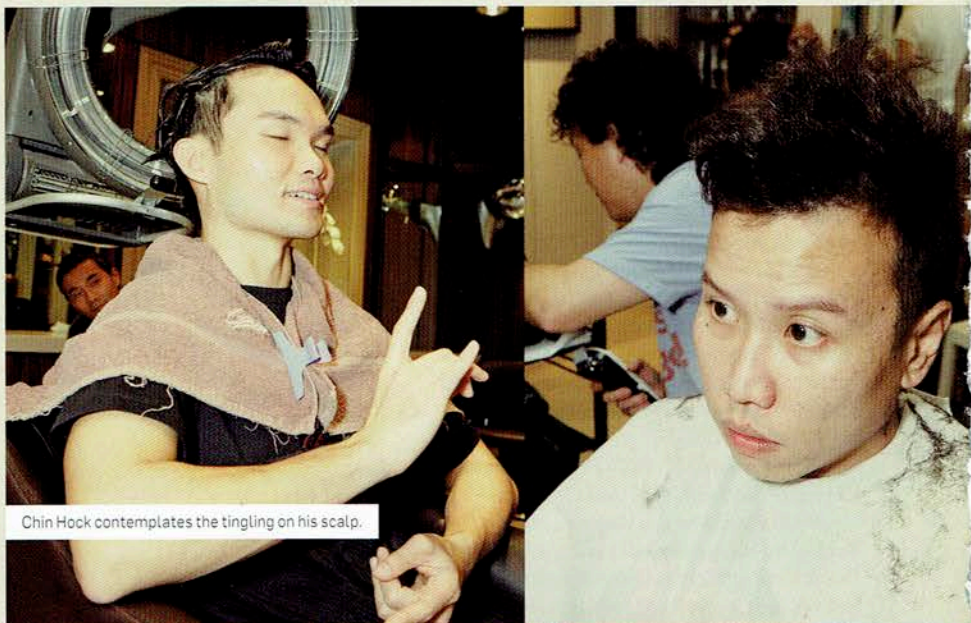
“Joel has a youthful appearance and can get away with a more daring do,” said Casey. “I intend to cut his hair really short and colour it a light ashen brown. As Joel is fair-skinned, he will be able to pull off the hair colour quite easily.”

Martin was adamant about preserving his signature look. “What I'll do is to give him a trim so that he keeps the shape of his hairstyle,” said Casey, “I'll also have his hair coloured jet-black. This will help to make his hairstyle stand out even more.”

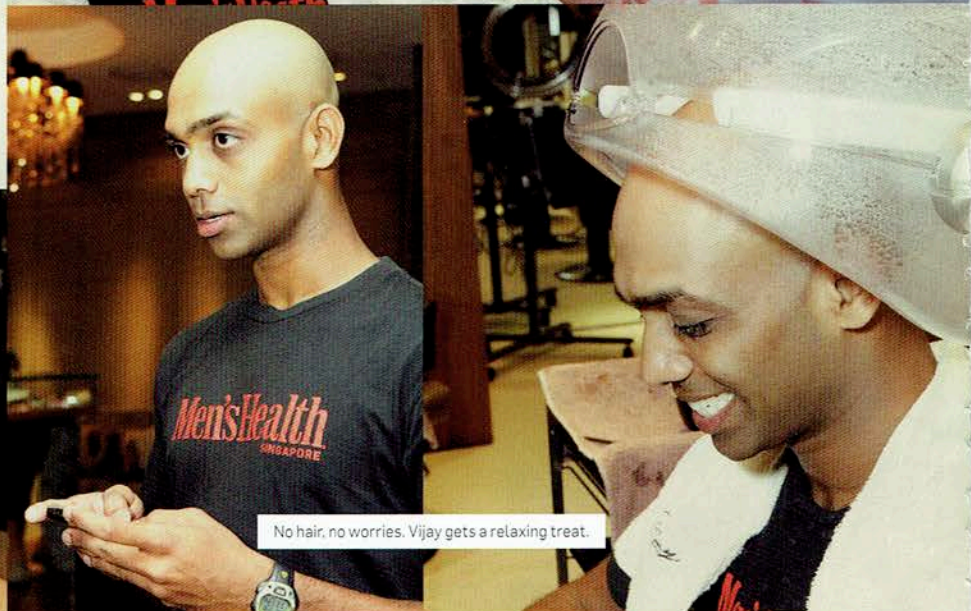
Collin asked for a simple hairstyle. “He's a mature guy,” said Casey, “So I'll give him a fuss-free crop that he can still play around with to achieve a neat and yet youthful look. I'll also add some colour to enhance the shade of his own hair colour.”

“Francis has thick straight hair, which works well for his spiky style,” Casey said. “What I'll do with Francis is to add texture to his hair and also shape the sides to minimise the roundness of his face,” said Casey.

Finally, there was Vijay, who always prefers a clean-shaven head. “For Vijay, we have a special relaxing treat,” said Casey. “We'll put him through a scalp treatment session that will include washing, massage and also streaming to improve the blood circulation in his scalp.”



Chin Hock contemplates the tingling on his scalp.



No hair, no worries. Vijay gets a relaxing treat.



Styling comes easy with Collin's hair.