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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How To Cover Gray: Your Complete Guide**

**By Jenny Andrews B**

Gray hair is stubborn and it can sometimes be difficult to color. In some cases it turns a smoky unnatural color and in other cases it simply does not cover at all. So, how do you get 100% gray coverage each and every time you color your hair?

The key lies in choosing the right color for your hair type. There are several types of colors including temporary (washes out with 1 shampoo), semi-permanent (washes out gradually over about 4 weeks) and permanent hair color (will not wash out). The main difference of each is the strength of the developer used in each. Color developer is the ingredient that is responsible for pushing the color beneath your cuticle layer so that it cannot be washed out.

In gray hair, this cuticle layer is extremely compact and difficult to open making it hard for the color to get inside the hair strand. If you don't succeed at doing this, the color will not take or will wash out very easily and fade over the next few shampoos. To make sure that you get your color into the hair strand, use a permanent color with at least 20 volume Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) as the developer.

Difference of hair color is caused by the amount of pigment that is in the hair strands. Blond hair has the least amount of pigment, then there is red followed by brown and black. Gray hair is lacking color pigment altogether. In order to get color back into gray hair, you need to go through all of the stages depending on what color you want to achieve. If you want blond hair, the process is quite simple. All you need to do is use a golden color. If you want brown hair, on the other hand, you need to choose a color with a red or warm base so that you can get a natural looking brown. If you use a green or ash base, you will end up with a greenish or smoky cast.

When coloring gray, you should also leave the color on for the maximum amount of time allowed by the instructions. Doing so will give the color sufficient time to deposit in the stubborn and coarse gray strands. The only time that you can skip on time is if your hair is 30% gray or less. In those cases, the gray hair will absorb enough color to make it look like you have natural highlights and you can avoid the rest of your hair going too dark.

## How To Cover Gray: Your Complete Guide

So, if you have had poor results when it comes to covering your gray, follow these tips to get complete coverage and you will have beautiful results every time.

Jenny is a hair expert, and the author of an incredible free minicourse, that explains how to find your unique style, how long or short you should have your hair, how to find the right hair color for you, how to find the right salon, and a lot more. Go to

<http://www.hairstylevillage.com/>

now and get this amazing

hair minicourse - absolutely free

### **San Diego Whale Watching**

**By Burt Cotton**

It's no secret to anyone that the coast of San Diego is the ideal place to watch the annual migration of the gray whale. Looked upon as one of nature's ultimate spectacles; the migration of gray whales is nothing short of breathtaking. The coastline of San Diego is one of their migratory points as they travel from the waters of the Arctic to the warmer regions of the Baja (California), where females also give birth.

Every year, roughly 26,000 gray whales will make the long journey of 10,000+ miles from the Arctic to the Baja and back. If you look at this journey and compare it to any other mammal, you'll notice that the gray whale by far has the greatest amount of traveling at hand.

If you've never experienced whale watching, you'll be happy to know that anyone will find it memorable – young or old. Spotting a gray whale along the coastline is something that is truly a memorable moment, making you stop for a second and truly appreciate these awesome mammals.

If you ask the Birch Aquarium in San Diego, you'll find that gray whales are seen most frequently from December through March. While they travel in dozens normally, it's nothing to see pods of them (2 – 3) as they travel during migration. Throughout the coast of San Diego, you can easily spot these whales as they are somewhat slow swimmers.

During their swimming, they will normally dive to a depth of 100 feet or more for a few minutes, then surface and blow. Then, they will do a few shallow dives, before making that deep dive again. When watching whales, figuring out this pattern makes the success of watching them all the more fun and exciting.

While there are many common places to watch whales, nothing seems to compare to the excitement of watching them from aboard a cruise. There are many cruises that take place in San Diego, many of which offer unbeatable deals. From H&M Landing to the Birch Aquarium, cruises are some of the best ways to see the beauty and tranquility of the traveling gray whales.

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The beauty of the gray whales can also be seen from many points of the San Diego coast, including the Cabrillo National Monument on Point Loma or the cliffs of Torrey Pines State Beach. Along these points, you can see the whales as they make their travels.

Whether it's a cruise or just watching from the coast, whale watching in San Diego is something you truly have to see to appreciate. You can take your kids, family, or even your friends. Whale watching can definitely be exciting, all you have to do is plan your day and enjoy everything that the beauty of the gray whale will provide you with.

Burt Cotton

<http://www.about-san-diego.com>



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