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Life Time LifeSpa Celebrity Stylist Michael Boychuck Presents Hair Trends for Fall 2013

Deep colors, highlights and deconstructed buns among the stylist's predictions

CHANHASSEN, Minn.--(BUSINESS WIRE)-- As the summer season transitions into fall, [Life Time – The Healthy Way of Life Company](#)sm (NYSE: [LTM](#)) is tapping its expert LifeSpa stylists for fall's hottest hair trends. Michael Boychuck, [Life Time LifeSpa](#) stylist and colorist to the stars has predicted deeper colors, highlights and new hairstyles will be hot even as temperatures cool down.

Boychuck, who has partnered with [Summerlin LifeSpa + Salon](#) in Las Vegas, believes women with deep brunette manes can transition into the fall season with rich, cinnamon shades, creating a warm and flattering look. The hair guru predicts that women with lighter hair tones will be in-style with subtle, face-framing highlights to refresh their color.

"This summer's hair was laid-back with color, ponytails and beach waves," Boychuck said. "For the fall season, we can anticipate bold, rich hues to be popular as we transition into the season. Even though the relaxed summer season is lingering away, we can still expect to see undone waves and deconstructed buns as hot hairstyles for fall."

These hairstyles give hair a variety of looks ranging from simple and classy to fun and edgy. Undone waves have a similar look and feel as beach waves, but provide a more polished look for the fall season. The hairstylist extraordinaire explains how these soft, loose spirals can be achieved by twirling strands of hair around a hot curling rod and running a comb through them. For those looking for a hairstyle that can be dressed up for a night on the town or dressed down for everyday activities, Boychuck believes the deconstructed bun is the way to go. This spin on the classic bun gives women a fresh look for fall while pulling hair away from the face.

After a season filled with beach days, chlorine and sun, Boychuck stresses the importance of deep-conditioning treatments as a quick-fix for summer's hair damage which can be found at all [Life Time LifeSpa destinations](#).

Life Time LifeSpa operates 84 full service spas across the country. Located inside select Life Time destinations, LifeSpa is open to both members and non-members and offers a full range of convenient services including massage and body care, skin care, nail care and hair care. Those who indulge in LifeSpa services can also take advantage of up to two hours of complimentary supervised play for their child at the [Life Time Child Center](#).

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and

fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time’s distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company’s Healthy Way of Life approach enables customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of August 19, 2013, the Company operated 106 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

About Michael Boychuck

Michael Boychuck helped ignite the Las Vegas salon industry 13 years ago when he helped open a branch of Laurent D’s Beverly Hills salon, Prive at Bellagio. He went on to direct the Salon at Canyon Ranch at The Venetian for several years where he secured his status as the city’s leading beauty expert. In 2001, Boychuck branched off and partnered with business mogul and hotelier George Maloof to open AMP salon at the Palms. Boychuck opened his largest salon, COLOR, in late 2007 at Caesars Palace which was recently named a “Top 100 Salon” by Elle Magazine. In 2008, he opened PRIMP located in the plush Palms Place. With his latest salon, Boychuck has partnered with Life Time to create LifeSpa + Salon by Michael Boychuck, providing upscale beauty in Summerlin.

Best known for his work with longtime clients and friends Paris and Nicky Hilton, Boychuck and his salons have an impressive celebrity client roster that includes Jennifer Lopez, Gwen Stefani, Eva Longoria, Lindsay Lohan, Kirsten Dunst, Fergie of The Black Eyed Peas, Jennie Garth, Willa Ford, Shannon Doherty, Donna D’Errico, Jayde Nicole, Kathy Hilton and Leann Rimes. Boychuck was also named “Colorist of the Decade” by leading hair care company Schwarzkopf. The celebrity hair colorist has also been featured in Paris Hilton’s hit TV show “Paris Hilton’s My New BFF” and “The World According to Paris.”

To learn more about Michael Boychuck, visit www.michaelboychuck.com. Follow Boychuck and his salons on Twitter at www.twitter.com/michaelboychuck, www.twitter.com/LifeSalonLV; or on Facebook at www.facebook.com/michaelboychuck.

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