

Mandy Moore's PRETTY PONY

By Karen Marie Shelton • HairBoutique.com







andy Moore has morphed from a not too distant past life as pop tart blonde (in 2001) to a beauty with bittersweet chocolate hues and accents of deep cherry highlights.

Adopting a longer hair length than her previous short crops, chops and bobs, Mandy appeared at a red carpet event in one of hair's hottest fashion trends—the elegant yet slightly messy mid-back looped style ponytail. Yes it's true that Mandy has access to the very top hairdressers and hair colorists. Mandy also has a lot of hair style transitions under her belt—the beautiful and very talented star continues to excel at refining her look. Combining sleck sophistication with simmering below the surface sexiness, Mandy looked absolutely stunning in this sexy look.

Steal Mandy's Hairstyle

The good news for us mere hair mortals is that Mandy's red carpet pony can be duplicated with ease. Follow the steps below to steal Mandy's look.

1 Shampoo with a product designed to address your hair type, texture, color and current condition. Remember to pamper damaged strands and use products to help extend colored or highlighted tresses.

Apply the appropriate rinse-out conditioner remembering to go heavy with damaged, rough or dry strands and light with fine, thin or naturally oily strands.

Finish with cool/cold water final rinse.

4 Towel-blot to remove excess moisture. Detangle hair completely working from the ends to the roots.

Apply a cocktail of styling products that address frizz, potential blow-drying or hot iron damage and your natural texture. For added volume at the crown apply a volumizing product directly to the roots. If you wish to guarantee stick straight hair either apply a product like Phytodefrisant or a temporary straightener like Robert Hallowell's Flat Factor or Paves Professional Relaxing Balm

6 Distribute styling products completely from 1/2-inch from the roots to the ends.

7 Blow-dry hair stick straight utilizing pre-separated one- to two-inch sections and a large boar's head paddle brush. Celebrity hairdresser Robert Hallowell points out that a wide paddle brush will dry hair faster and thus prevent the development of frizz, waves, curls or hair wrinkles.

Once hair is completely dry create a short side part near the front of the head and direct a full sweep of hair across to one side. Pull a few loose strands out around the hairline to fall seductively around the face.

Make a part that runs from ear to ear and separates the front of the hair with the back. Direct the hair behind the part back towards the crown with a brush or your fingers. Pull the side and back strands up to create a loose ponytail with a base that is positioned mid-head and forms a soft "loop" profile. Push lightly with your hands to create a fuller crown area or a "mini" pouf formation.

10 Capture the ponytail hair in a "hair friendly" elastic that is the same color as your natural strands or wrap one strand of hair from the pony around the base and secure with a open ended hairpin or bobby pin in the same color as your hue.

1 Finish with a shine serum or spray. For light hold try a soft hairspray. Add desired hair accessories.

Ponytails are sizzling hot, especially when created with soft shiny strands and worn slightly tousled and framed by tendrils or strands around the hairline or face. Mandy Moore is the perpetual hair icon always dazzling with the latest hot hairstyles. Her latest messy looped style pony was no exception.

CARPET MAKEOVERS

By Ken Paves Salon & Benefit Cosmetics • Technicals: Karen Shelton; Photographer: Georgia Cobb

he stylists at the Ken Paves Salon and Benefit Cosmetic's National Makeup Artist Arianne Damboise, as well as Benefit's Beauty Artists Patty Himinez and Tina Arezomanian, worked together to transform these lucky 101 HairStyles Red Carpet Makeover winners into versions of their celebrity idols. Congratulations ladies, you look fabulous! Now, get ready for your close-up!

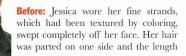
Call the world famous Ken Paves Salon at (310-499-7122) to schedule your own jaw-dropping transformation. To purchase HairDo extensions by Jessica Simpson and Ken Pavés, log onto HairBoutique.com. Log onto BenefitCosmetics.com to purchase any of the products featured in our shoot.



Martina McBride

essica specifically wanted to be transformed into a version of the lovely Martina McBride. Debunking the myth of the big-hair country western performer of years gone by, Martina has become famous for being one of the glam stars of the new country music circuit.

Martina combines a beautiful voice with gorgeous tresses, a stunning face and spectacular eyes.



was shorter on the top with longer strands along the sides and in the back.

Jessica has a classic heart-shaped face although her chin is softer and less pointed than some heart shapes. Jessica has beautiful wide set eyes framed by well shaped brows along with great skin tone.

Cut: Since the ultimate goal was to add length to Jessica's hair with clip-in extensions, celebrity hairdresser Riawna Capri carefully shaped the frontal fringe which works beautifully with Jessica's face shape, eyes and skin tone. She also skillfully trimmed around Jessica's hairline and ends slightly to remove any split ends and to make sure that they blended well, creating a sleeker hair profile.

Color: Riawna focused on making the necessary changes to Jessica's current copper hair color which was punctuated by a series of contrasting white blonde chunks. It was decided to completely eliminate the white blonde streaks by covering with a filler. The base was colored a lush chocolate hue with hints of contrasting colors that added beautiful dimension, movement and shine.

To Style: To maximize the beauty of her gorgeous new chocolate base, Riawna washed Jessica's hair with a color enhancing shampoo that would protect the gorgeous new hue. She coated Jessica's freshly washed and towel-dried strands with a light styling product. Riawna avoided using any heavy styling products that might weigh down Jessica's fine strands.

After letting her tresses air dry for a few minutes to remove excess moisture, Riawna used a blow dryer and a round boar's bristle brush, and dried Jessica's hair straight and smooth. Separating Jessica's hair into individual sections, she used the round brush to build in extra volume and body along the face and the crown.

Adding HairDo Human Hair Extensions:

Once Jessica's hair was completely dry, Riawna created a part just below the crown which extended vertically from temple to temple and twisted the bottom strands into a secure bun. She back-combed Jessica's hair to give it extra texture to hold the clip-in extensions. Riawna added a 21" 100% Human Hair Clip-In Extension from the HairDo Collection attaching it at the newly created part.

Once the HairDo extension was added, Riawna cut the extension piece to





fit Jessica's profile. She then spritzed the extension lightly with Kerastase Double Force spray before wrapping individual sections around a large-barrel curling iron. After releasing the newly curled strands from the curling iron, Riawna used her fingers and pinned the newly formed curls in place to cool and set. She sprayed each newly curled and pinned section with Phytolaque Aerosol Hair Spray to set the curls.

Once the newly formed tresses were completely cool and set, Riawna released the curls and finger-picked them into place allowing the newly created curls to cascade down over the top of Jessica's shoulders. She then used her fingers to carefully arrange and finish Jessica's style. Riawna finished off Jessica's style by using a light layer of gloss product to kick up the shine.

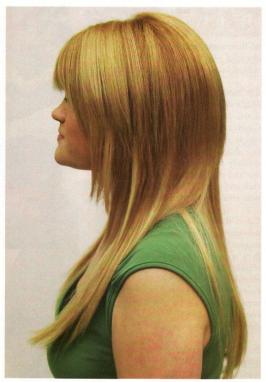




The Makeup: Once Riawna was finished creating a masterpiece of style and color, Benefit Cosmetics' National Makeup Artist Arianne Damboise, as well as Benefit's Beauty Artists Patty Himinez and Tina Arezomanian, applied a beautiful palette of hues to compliment Jessica's sensual new look. See page 59 for the products used for Jessica's gorgeous glow.

The Finished Look: Jessica's celebrity makeover was truly magical. Rocking glossy chocolate tresses, Jessica was transformed from having an everyday short hairstyle to va-va-voom glamour with below-the-shoulders ethereal curls and waves courtesy of the clip-in HairDo extensions. Jessica's makeover visually demonstrates that any length or type of hair can be instantly transformed into long luscious strands with the help of clip-in extensions.











Katie as Reese Witherspoon

atic specifically wanted to be transformed into a version of Reese Witherspoon. Debunking the myth of the dumb blonde, Reese is almost as famous for being one of the New Age power blondes who possesses great business acumen, earns top dollar in Hollywood and wraps the entire package in an aura of sizzling sexiness.



Before: Katie arrived for her makeover with her medium textured blonde highlighted/low-lighted tresses swept off to the side of her forehead with long strands nestling into her cheeks. Katie's face consisted of a mixture of traditional shapes. Although her jaws and cheeks

are square, her chin tapers to a point that normally is typical of a heart-shaped face. The top of her face appears to be more oval in profile. It is uncanny how much Katie resembles Reese even before her makeover.

Cut: Celebrity hairdresser Diana Folino, who

works with A-list clients such as Eva Longoria and Ashlee Simpson, focused on enhancing, rather than dramatically altering Katie's existing style and color. This was a great starting point for channeling Reese. Diana skillfully performed a precision dry cut on Katie's hair focusing her attention on the perimeters of the hair. She meticulously

trimmed the ends making sure that that they blended well with the rest of the lengths. She also carefully removed some of the hair's bulk to create a sleeker profile and to facilitate easier long term styling. She finished by slightly layering and shaping the frontal fringe which worked beautifully with Katie's face shape, eyes and skin tone. Katie's face shape worked perfectly with the newly crafted bangs which opened up her entire face.

Color: After completing the cutting and shaping of Katie's hair, Diana determined that Katie's existing blonde base did not need any additional enhancements. Instead, Diana decided to create radiant Reese shimmer by adding highlights and lowlights. Cranking up Katie's natural glow, Diana wove in a series of painstakingly placed honey-gold based highlights and light caramel lowlights that added instant warmth and pizzazz. Katie's color instantly morphed to a golden version of Reese. A contrasting beige-blonde was added in the front for definition and bright dazzle which perfectly played up Katie's eyes

To Style: To maximize the beauty of Katie's gorgeous new highlights and low-lights, Diana washed Katie's hair with a color enhancing shampoo designed to showcase the gorgeous new hues. It also provided anti-fade protection. Diana coated Katie's freshly washed and toweldried strands with a light styling product.

After letting her freshly washed tresses briefly air dry to remove excess moisture, Diana used a round boar's bristle style brush in combination with a blow dryer to dry Katie's hair. Working with small sections, Diana used the brush to build in volume and swing.

Adding HairDo Human Hair Extensions:

Once Katie's hair was completely dry Diana worked around the perimeter of





the hair with a straight iron to create an ultra sleek finish. It was agreed that Katie's hair would be extended to a similar length as Reese Witherspoon's hair with clip-in style extensions. Diana then created a horizontal part that extended from ear to ear a few inches below the crown of Katie's head and twisted the bottom strands into a secure bun. Selecting a few strands, Diana lightly back-combed to create a natural hair anchor for the 21" 100% Human Hair Clip-In Extension piece that was added to Katie's hair. The color was carefully selected to integrate with Katie's base, highlights and lowlights.

After the gorgeous human hair extension piece was clipped into Katie's hair, Diana used her fingers to carefully arrange, smooth and finish Katie's style. Diana also placed smaller pieces from the 10-piece extension kit to add dimension to Katie's look.

The Makeup: Benefit Cosmetics'





National Makeup Artist Arianne Damboise, as well as Benefit's Beauty Artists Patty Himinez and Tina Arezomanian, applied a beautiful palette of hues to copy Reese's look for Katie. See page 59 for the products used for Katie's stunning look.

The Finished Look: Katie had indeed morphed into a look-a-like version of the famous blonde bombshell movie star. Katie's pre-makeover blonde bulky hairdo was transformed into a sleek shimmering golden-blonde masterpiece with luscious long cascading strands along Katie's gorgeous face. The combination of the luscious highlights and lowlights with the sleek revamped fringe provided a rich and luxurious new image. Katie's look went from sweet to fun and flirty due to carefully planned and executed changes.











Kelsey as Julianne Moore

elsey specifically wanted to be transformed into a version of the lovely Julianne Moore. Julianne is famous for her tousled long red tresses which have run the gamut from cherry red to her current trendy copper with hints of warm peck-aboo peach. Kelsey has some features that are similar to Julianne's including an oval-shaped face, a similar rounded chin and rich auburn hued tresses.



Before: Kelsey arrived for her makeover with her medium fine auburn red tresses swept completely off to the side of her face originating from a deep side part. Her strands extended several inches below your shoulders.

below your shoulders. Even though her hair is fine, she has lots of tress density.

Cut: Celebrity hairdresser Riawna Capri set about reshaping Kelsey's tresses and open-

ing up her face by skillfully carving some face-framing layers around the hairline. Riawna also trimmed slightly around the edges of Kelsey's hair to make sure that all of the ends blended well. She carefully shaped the frontal fringe which works beautifully with Kelsey's face shape, eyes and skin tone.

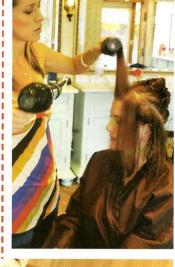
Color: Starting with Kelsey's preexisting auburn hair as the natural base color, Riawna wove in a series of lighter and darker dimensional hues being careful to avoid damaging Kelsey's hair. Her goal was to keep the majority of Kelsey's original color but add richness and movement with contrasting and complementary hues.

To Style: To maximize the beauty of Kelsey's newly created highlights and lowlights, Riawna washed her hair with a color enhancing shampoo that would protect and showcase the gorgeous new hues. She coated Kelsey's freshly washed and towel-dried strands with Kerastase Mousse Nutri-Script.

After letting her freshly washed tresses air dry for a few minutes to remove excess moisture, Riawna used a blow dryer and a round boar's bristle brush and dried Kelsey's hair. Separating Kelsey's hair into individual sections, she used the round brush to build in extra volume and body all along the crown.

Once Kelsey's hair was completely dry, Riawna separated her strands into individual sections. She spritzed each section with Kerastase Double Force before wrapping the strands around a medium-barrel curling iron. Her goal was to create soft sexy curls throughout Kelsey's strands. After releasing each newly curled strand from the curling iron, Riawna used her fingers and clipped the newly formed curl against Kelsey's scalp to cool and set.

Adding HairDo Hair Extensions: Once Kelsey's hair was completely cool and set, but still clipped into place, Riawna released the bottom curls. She created a part just below the crown which extended vertically from temple to temple. She twisted the bottom strands into a secure bun. Riawna then added a 23" Wavy Synthetic Hair Extension from the HairDo Collection, attaching it at the newly created part. Synthetic extensions have been specially processed so that



they hold gorgeous waves; hot styling tools should not be used on them.

After the color matched hair extension piece was clipped into Kelsey's hair, Riawna released the remaining clips and allowed the new curls to cascade down over the top of the piece. Picking up a few pieces of hair, she lightly back-combed to completely cover the hair line where the extension was clipped into place. She then used her fingers to carefully arrange and finish Kelsey's style.

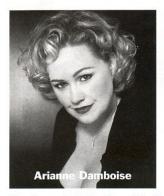
The Makeup: To complete the look of Julianne, Benefit Cosmetics' National Makeup Artist Arianne Damboise, as well as Benefit's Beauty Artists Patty Himinez and Tina

Arezomanian, applied a beautiful palette of hues on Kelsey. See page 59 for the products used for her sassy new look.

The Finished Look: Pairing rich raspberry with voluminous waves was the perfect plan for creating Kelsey's sexy makeover style. Long lush locks allow the



raspberry hues to mix together and look wonderful when worn free-flowing with just a hint of finger-styling. Kelsey's premakeover side part has been softened and volume has been incorporated into the hair framing her beautiful face. The softer part and added fullness plays up loose waves.



enefit Cosmetics' National Makeup Artist Arianne Damboise gives you the scoop on getting that gorgeous red carpet glow! To purchase any of these products or to check out the entire line, log onto BenefitCosmetics.com.

How does red carpet makeup differ from everyday makeup?

The main thing to remember about red carpet makeup is that you have to be camera ready. With all those flash bulbs, the focus is a flawless face and accentuating your best features. It's about correcting skin imperfections with concealer, foundation, highlighters and powder.

Do you use any products specifically to achieve this difference?

Yes. In order to create the flawless finish, you need heavier coverage. Creating a fabulous base is key, so it takes more and thicker coverage of foundation, concealer, highlighters (to bring a natural glow) and powder to set the base. A dark mascara draws attention to the twinkle in your eyes!

What products do you use to combat shine for the cameras?

Loose powder is best at keeping your skin matte. Benefit's Dr. Feelgood is a great tool for shine, since it fills pores and mattifies the skin. Be sure to bring a compact along for touch-ups—all those lights can make you HOT!

What should women avoid when doing "red carpet" or evening makeup?

Over-blending will lead to no coverage and remember you don't have to look too colorful, or try to do something totally out of your comfort zone. Accentuate your best features using contour, a brow highlighter, like Benefit's High Brow, and Benefit's Babe Cake Eyeliner is great at opening up your eyes and making your lashes look great. It's a great time for a little color on the cheeks (just a little though) and glamourous lips with a fresh coat of lipstick or a hot gloss.

Before an event, how should we prep our skin?

Two words: exfoliate and hydrate. If you







opt for a facial, don't do a lot of

extractions or intense masks, which tend to leave the skin red and blotchy. You want healthy, refreshed looking skin.

What are your favorite three must-have products of the moment?

My three favorite products never change. I love a good concealer to erase blemishes and dark 'circles. Cake liner can be daytime easy and you can spice it up for nighttime by drawing the line a little thicker with more dramatic ends...it's totally versatile. And always, always a mascara!

For summer, how should our makeup application differ?

Let your skin shine through in the summer. Light coverage makes your skin look healthy and glowing. Go for a tinted moisturizer like You Rebel (one that has an SPF is great to cut down on steps). Go for creme-based products, like cream or liquid blush and cream shadow; it looks

more natural and glowing. Also, go for a gloss, or a sheer, glossy lipstick.

Is there anything we should be doing to take care of our skin during the summer months?

Always wear an SPF 30 when out and about in the summer—sun protection is key to maintaining healthy skin. As always, exfoliate and keep your skin well hydrated.

Are there any new makeup trends for summer? Dark lips, light lips, eyes, etc?

It's really all about fresh and effortless. Think of what the word "radiance" means to you. It's about being natural, glowing and sun-kissed. Save dark lips and smoked-out eyes for fall and winter. Go for light and natural eyes and lips in the summer.

Is there anything else we're missing that you'd like to comment on?

Take pictures during sunset—it creates a golden light and makes everyone look their best!



Kelsey as **Julianne Moore**

Benefit's Makeup Palette

- · Boi-ing 01
- Play Sticks in Tea Party
- · Sheer Cream Blusher in Hush!
- Creaseless Cream Shadow/Liner in Get Figgy
- · Creaseless Cream
- Shadow/Liner in Busy Signal
- · Babe Cake Liner
- · Get Bent Mascara
- Moon Beam
- · Silky-finish Lipstick in Hold It







Katie as Reese Witherspoon

Benefit's Makeup Palette

- · High Brow
- · Ooh La Lift
- · Play Sticks in Spin the Bottle
- Georgia
- · Benetint
- 10
- · Creaseless Cream Shadow/Liner in Tattle Tale
- · Creaseless Cream
- Shadow/Liner in RSVP
- · High Beam









Jessica as **Martina McBride**

Benefit's Makeup Palette

- Boi-ing 02
- · Eye Bright
- Brow Zings Dark
 Play Sticks in Paper Dolls
- Big Beautiful Eyes Bad Gal Lash
- · High Beam
- Babe Cake Liner
- · Flush Lip Liner
- Silky-finish Lipstick in Good to Go



Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

I want to grow my hair long and healthy. Do you have any tips to make my hair journey easier?- Shelley W., Richmond, VA

Consider adopting some of the following secrets to encourage the growth of new strands that are healthy, shiny and less prone to dryness or breakage.

1. Drink Recommended Daily Amount Of

Coffee, tea, sugar drinks or beer does not count in your daily water count. Water means exactly that-water. Carbonated and caffeinated drinks may actually speed up dehydration which means that the body is not functioning at optimal levels. Not only can dehydration make you feel drained and exhausted, it can be a hidden factor in hair growth stoppage, dry strands or tresses that break off.

Adjust your daily levels according to the seasons of the year (hot weather may require more daily water consumption) and the amount of stress in your life.

When pressed for exact formulas, most experts can't give a simple answer to how much water humans should drink every day. A general rule of thumb is for women to drink between 2 and 2.6 liters of water a day. For men the rule of thumb is 2.8 to 3.5 liters.

There are many exceptions to this general rule of thumb which are tied back to age, lifestyle, weight and climate. In essence, experts advise that you replace all the water that you excrete every day.

2. Drink Green Tea

As always, experts disagree with the merits of green tea and whether or not it does conclusively help hair health and encourage growth.

Experts who believe in the hair health benefits of green tea point to the fact that certain compounds found in green tea cause the relaxation of blood vessels, helping overall cardiovascular activity through increased circulation. Of course increased circulation will naturally help nourish hair roots and scalp tissues.

3. Take A Brisk Walk Several Times A

Experts have discovered that walking at a quick pace for just 15 minutes will help to raise your normal heart rate which improves circulation to your entire body, including to your scalp and hair follicles. It also helps shake out the cobwebs and aids in a feeling of alertness and energy.

The ideal time to take a walk is about one hour after a meal. This allows your body to digest and puts less overall strain on your system. Of course it is important to always consult with your personal physician before beginning any new exercise routine that would be strenuous in any way.

It is also best to avoid walking at the hottest times of the day. And yes, don't forget your sunscreen, regardless of the time of year that you walk, which is why many people have become devoted mall walkers.

4. Get Enough Sleep

Many people are sleep deprived. As a result of daily stresses and strains studies have found that humans are getting less and less sleep. For the body to function at optimal capability, which includes having the necessary energy to nourish and grow hair, humans need enough sleep.

Unfortunately there is no right answer for how much sleep is enough. Again, it depends on the individual. Most sleep experts recommend an average of six to eight hours for active adults. Depending on age, health conditions and other factors you may need more than eight or be able to survive on a little less.

As a result of more people being sleep deprived, cat naps are becoming more popular. A great way to get a daily energy boost is to schedule a 20 minute cat nap. Be sure not to sleep longer than 20 minutes though or else you will be more tired than you were before you napped. Studies have shown that 20 minutes is the very best amount of time for getting maximum benefit. So set an alarm for exactly 20 minutes and catch that mid-day snooze.



5. Eat Energy Snacks

When hunger hits between meals, eat to nourish your hair roots. Reach for one handful of unsalted natural cashews or a few almonds. Almonds are loaded with magnesium which is an essential mineral for growing healthy strands.

Other good hair healthy snacks include yogurt, hard boiled eggs and tofu which all have great nutrients to help hair grow.

6. Indulge In Daily Aromatherapy

Many studies have been done on the effects of aromatherapy when used in daily or regular scalp massages for both healthy hair and scalp as well as overall health.

A study performed by the Archives of Dermatology in 1998 by Scottish researchers found that aromatherapy can promote new hair growth. Patients who massaged various aromatherapy oils on their scalps every day enjoyed significant and measurable improvement in their hair growth.

7. Laughter Is The Best Medicine

Attitude is everything. Studies have shown that chronic negative moods can impact the human body and cause all human systems to slow down or become sluggish. This includes the circulatory system which feeds the roots of the hair, helping them to grow and remain properly nourished. When life gets you down, rent a funny movie or read a humorous book. Take a break and have some fun to lighten up your mood.

8. Eat Power Foods

Extreme diets that eliminate major food groups can be detrimental to healthy hair and can actually cause a slow down in new hair production. Diets that are too low in calories or completely eliminate either proteins or carbs can stimulate a form of alopecia that causes hair loss. Always eat a balanced food plan that incorporates healthy amounts of proteins and carbs. Don't forget to take either your daily vitamins or your hair growth vitamins like HairTopia vitamins (HairBoutique.com).



