

WOW! OVER **500** SEXY STYLES

Celebrity style

An EW.com Publication



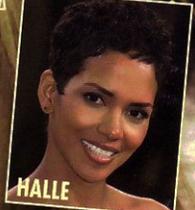
101 Hairstyles

Charlie's Angels

The On-Set Secrets To Celestial Style

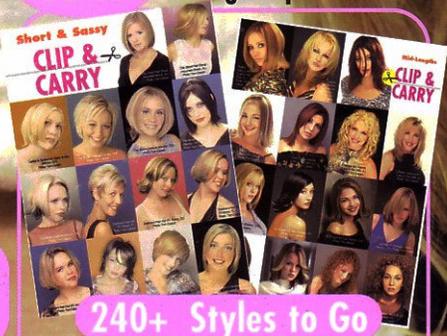
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(See page 96 for details)

Get Ready for Summer

Get ready for summer—and say goodbye to unwanted hair, inexpensively! **Lineance European Body Essentials** are a new alternative for woman who love being pampered, but prefer the privacy of their own home. The herbal botanical line contains: Leg & Body Hair Remover Kit (\$9.99), Bikini & Body Hair Remover Kit (\$9.99), Facial Hair Remover Cream (\$5.99) and Skin Nourishing Finishing Lotion (\$5.99). Available at major drugstores, mass-market and selected food store retailers nationwide.



For perfect summer legs, use **Skintimate** when shaving. Two new **Moisturizing Shave Gels** (\$2.49) with 30% more Vitamin E and valuable skin conditioners help to provide a closer, softer shave; hydrating skin and protecting against dryness. Be sure to treat your skin right with **Skintimate Moisturizing After-Shave Gel** (3.99), designed to help moisturize and soothe your skin after shaving. Available at drug, food and mass merchandise stores nationwide.

Kiehl's Rosewater Facial Freshener-Toner is a gentle freshener for after cleaning your face, or just for freshening up. Removes any debris from face, toning skin tissues and brightening your complexion. Available at Neiman Marcus and Kiehl's stores, by calling 1-800-KIEHLS1 or logging onto www.kiehls.com.



Derma-Smothe/FS Scalp Oil is an effective treatment to scalp psoriasis, targeting dryness of the entire scalp with essential oils (which target the dry and raw patches of the skin and puts moisture back into the scalp) and a steroid that targets the disease itself. Safe-to-use and FDA approved, call 1-800-344-5707 for more information or log onto www.hillderm.com.

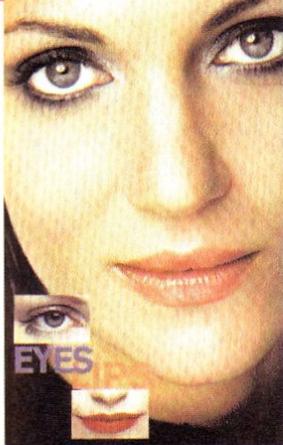
Win! Send your name, address and telephone number to the New York address listed on page 4. Make sure you write **101's Phytobrush Giveaway** above the address. Only one entry per household.



The recent catwalks confirmed that straight hair is hotter than ever. Phyto's new **Phytobrush** shampoo formula helps you achieve the silky straight strands of your dreams with nourishing, vitamin-rich ingredients that fortifies hair against the daily use of hot straightening tools like blow dryers, flat irons and brushes. Phytobrush was carefully designed to work for hair that requires hot styling tools to achieve perfect straightness. Phytobrush protects hair against blow-dryer heat and daily traction wear and tear while restoring radiance and shine. The Phytobrush retails for \$20 and the **Phytodéfrisant Balm** for \$22. Available at Hairboutique.com or fine department stores. This chic new Phyto product is already being snapped up for the strands of beautifully tressed heads. For more information call 1-866-4MY-HAIR.



make-up made easy



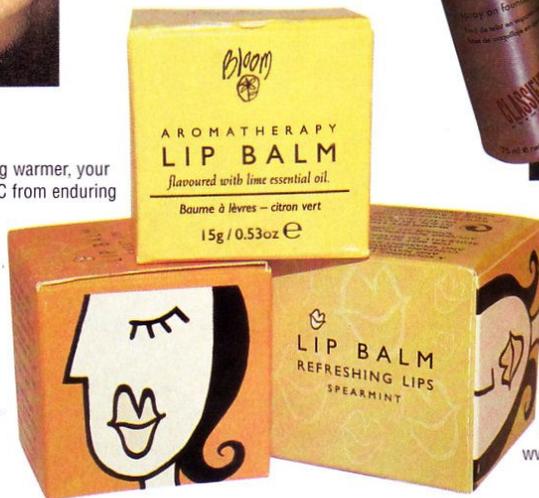
Make-Up Made Easy is perfect for the gal who loves make-up, but needs help when it comes to application. This must-have VHS tape created by Christian McNally gives valuable tips on getting the look you want with ease—step-by-step. Whether you dazzle during the day, or light up the night, you'll learn how to transform your own look from drab to fab instantly. For more information or to purchase, log onto www.makeupmadeeasy.com.

The Look



Wire Image

Pucker Up! Not that it's getting warmer, your lips need need some extra TLC from enduring those cold, harsh winter months. **Bloom Lip Balm**, in flavors like Orange, Lime and Spearmint, provides relief and contains cocoa butter, beeswax, sunflower seed and of course, sun protection. Available at select Sephora stores, at www.bloomcosmetics.com or by calling 1-800-400-0692.



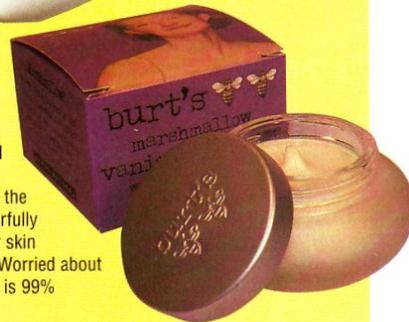
Moore, Moore, Moore! Word has it that Miss Demi Moore just can't do without **Classified Cosmetics' ERA Face Spray On Foundation**. She specially ordered a full case just for *Charlie's Angels: Full Throttle*. We don't blame her. It's water-resistant, stain-proof and light as air for a flawless finish from head to toe. (\$55) Available at exclusive department stores or www.classifiedcosmetics.com.

Creating an eye-opening experience, the **Seki Edge SE 41 Total Control Eyelash Curler** pushes lashes past the curling limit. Not only does this curler showcase an open-ended design to impact every last lash with ease, it has a flip-top cover and an easy-to-clean anti-bacterial silicone pad to cushion the lashes. Retail for \$15.00. For more information or to order, call 1-888-965-2824.



Win! Send your name, address and telephone number to the New York address listed on page 4. Make sure you write *101's Burt's Bee's Marshmallow Vanishing Crème* above the address. Only one entry per household.

When you think of marshmallow you probably think of those soft puffy white confections that melt perfectly over a roaring fire or in your steamy cup of hot chocolate. But marshmallow is also skin candy. **Burt's Bees Marshmallow Vanishing Crème** is infused with the dried root of the perennial marshmallow (officially known as *altea officinalis*) along with yummy mango butter, rose water and rosehip seed oil, to name just a few of the many natural but luscious ingredients. This succulent emollient formula not only wonderfully soothes and tones the skin's surface but it is so light and silky that it vanishes into your skin leaving a smooth and moisturized surface that's perfect for a spectacular healthy glow. Worried about putting chemicals on your skin? Never fear, Burt's Bee's Marshmallow Vanishing Crème is 99% natural. 1.5 ounces. At HairBoutique.com. For more information call 1-866-4MY-HAIR.



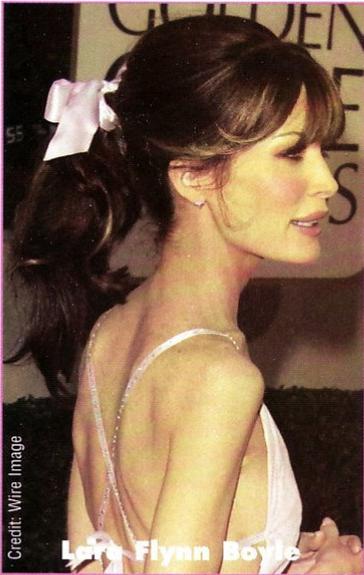
Perfect Ponies

By Karen M. Shelton • <http://www.hairboutique.com>

Hot hair trends often take root at the annual celebrity awards shows like the *Emmys*, *Golden Globes* and *Academy Awards*. Stars and celebrities often walk the red carpet with tresses that signal the latest style movement—and ponytails are one of the hottest new hair fashions. From the slicked back pony worn by Jennifer Aniston to the flirty barrette anchored tail worn by Sarah Jessica Parker, ponytails have been sizzling.

Creating A Long Pony Sans The Growing Pains

With the current offering of natural hair extensions, short and medium length hair can instantly be transformed into a longer or thicker flirty tail like the one worn by Lara Flynn Boyle at the recent Golden Globes.



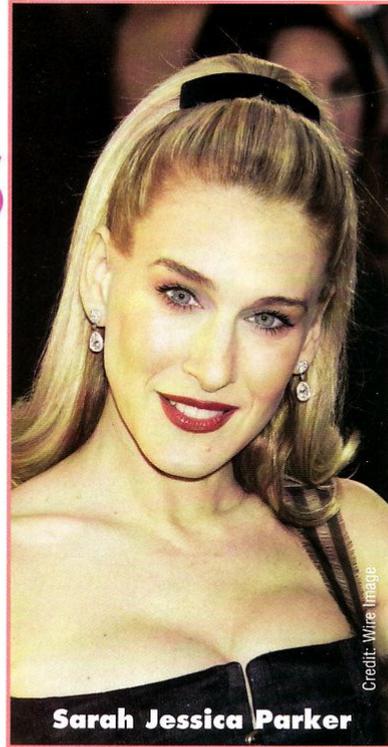
Credit: Wire Image

Lara Flynn Boyle

Celebrity hairstylist Ken Paves was tasked with creating a divinely fun ponytail for Lara Flynn Boyle. Since her hair is currently medium length with layers, Lara Flynn needed some add-on hair for fullness and length, which customized extensions instantly provided.

Starting with Lara Flynn's "pre-washed and towel dried" hair, Ken trimmed her famous bangs which he then blow-dried into a soft veil of hair using his famous big round boar's brush. After applying shine enhancing Keratase Oleo Relax to her tresses, Ken blew out the rest of her naturally curly mane, directing the airflow up the cuticle to build fullness and lift into the root area.

Working with approximately two-inch sections of Lara's hair, Ken rolled each newly dried chunk into large, layered, Velcro curlers. As Ken carefully unwound each Velcro roller, he immediately replaced it with very large hot curlers to guarantee tons of fullness.



Credit: Wire Image

Sarah Jessica Parker

Letting the curls completely set and cool for close to 25 minutes, Ken carefully removed the curlers and then brushed and separated her hair into sections. Using a comb, he teased each individual section at the root to create height that was "several inches" off Lara Flynn's head. As he finished each section he "overlaid it with the next section until he had created the desired shape and fullness around the front and the crown sections."

Before he added Lara's ponytail hair extensions, he crafted the front and sides of her locks to give them sexy movement with a hint of carefully managed tousle.

Ken created Lara Flynn's add-on pony to perfectly match her natural hair texture and hue. Ever the perfectionist, Ken took time to personally blend hair from four different (and customized) pre-colored swatches until he had the right composition of hair. He then meticulously cut, glued and sewed the extensions by hand into a perfect ponytail that beautifully cascaded from LF's voluminous crown.

When he was finished with his masterpiece he sprayed Lara Flynn's entire head with old-fashioned Elnett hairspray from France and attached a fabulous pink ribbon bow.



Jennifer Aniston

Tips For Instant Add-on Tails

While you may not have Ken Paves on hand to create the perfect pony, you can still achieve the same instant award-winning style.

Follow these steps for creating your own version of a great ponytail:

- 1.** Purchase an add-on ponytail or hairpiece in a length, thickness and color that is compatible with your current hair color or the look you wish to achieve. Add-on ponytails are available at many large beauty supply centers in a wide range of colors, lengths and styles. Hair extension experts can also craft a custom ponytail for you and your hair.
- 2.** Prepare your hair by drying, curling and brushing so that the front and sides smoothly and seamlessly merge with the ponytail to give a natural look.
- 3.** Anchor the hair carefully and securely to the rest of your head. Whether you attach the pony to the top of your scalp or near the nape of your neck, take your time to make sure the pony is firmly attached. When possible, use hairpins that match your hair color to minimize detection. Consider using a long piece of your own hair to wrap around or overlay the top of the pony to create a more natural looking connection.
- 4.** Camouflage the area where the add-on ponytail merges with your natural hair by adding a gorgeous jeweled ponytail holder like a silver or gold HairLoop, crystal encrusted barrette or other hair babbles to draw attention away from any obvious seams or attachment pieces. (HairLoops are available from HairBoutique.com or by calling 1-866-4MY-HAIR).
- 5.** Apply a light shine product to the palms of your hands and carefully glide over your own hair and to the ends of your ponytail to add shine and remove frizz. Use a curling iron to carefully curl the ends of the ponytail to give it a finished look.
- 6.** Try other ponytail related looks for an instant change. Wrap the ponytail into a topknot, ballerina bun or soft nape-hugging chignon.

Note: Ponytails are often easier to style when hair is slightly aged from the last shampoo. Newly washed soft or slippery hair can often be trickier to work with than "day old" hair.

Elegant Curled Updo



Stylist: Barbara Lhotan
Technicals: Karen Shelton
Photography: Eric von Lockhar
Makeup: Catherine Raffaele
Model: Corrin

This dressy hairstyle is an elegant updo that combines a sleek front with chic curls and loops that are carefully sculpted and pinned close to the head to give this style an elegant look.



INSTRUCTIONS

1. Begin by using a soft boar's head brush or similar natural bristle brush on your hair. Make sure that all knots and tangles are completely removed.



Although this elegant style was designed with an off-center part, if you prefer, experiment with a different type of part for a different look. The current fashion trend is for deep side parts which may or may not work for this particular style. However, the look can be modified to accommodate a center or other type of part. This style can be worn with or without bangs according to preference.

2. Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.

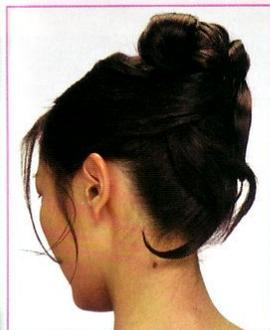


3. Using the tail of a rattail comb create an off-center part that extends from the hairline to the crown area of the head.

4. Starting behind the left ear, use the comb to create a vertical part along the crown to the right ear. Clip the hair to keep separate from the front hair. In essence you are separating the front of the hair and the back into two separate sections.

5. Take the back section of hair behind the vertical part. You will have four equal sections of hair that extend from the apex of the head to the nape of the neck.

6. Create four equal ponytails. Secure with Blax, cords or hair bungees or other "hair friendly" elastics the same color as your hair.



Note: Apply a light gel or setting lotion to each section for hair that is fine, slippery or does not hold styles well. This will help to anchor the hair better.

7. Starting with the top ponytail (ponytail #1) create a soft roll with your fingers. Pin the final rolled ponytail at the base of your scalp creating a large loop that nestles at the back of the part and the top of the crown. Use a tiny hairpin that is 1/4 to 1/2 inches in the same color of your hair if you need a secondary anchor.

Note: Experiment with more or less ponytails and rolls to get a slightly different look. Remember to focus on creating the rolls the same size so that the updo has a balanced look.

8. Take ponytail #2 and pull it up to the left and feed the ponytail through the loop from ponytail #1. You will be pulling #2 through the #1 loop from left to right. Then wrap the remainder of ponytail #2 around the base of ponytail #1. Leave a few ends out. Pin well.



9. Take ponytail #3 and create a loop that nestles against the base of ponytail #1. Pin the loop securely in place.

10. Take ponytail #4 and feed it through ponytail #3 from the right. Wrap the remainder of ponytail #4 around the base of ponytail #3. Secure with pins being sure to leave some "tail" loose.

11. Unclip the front section of hair. Divide it into two sections. Leave a few tendrils to flow free around the face.

12. Take the hair on the right section of the front and softly drape it up over the ear and back to the looped sculpture. Pin it to the base of ponytail #2 leaving a few inches of "tail" loose. Repeat the process on the left front section. Drape and pin.

13. Take all the remaining "hair tails" and softly twist and loop them, and pin around the looped tails to "finish" the look. Pin into place with tiny hairpins.

14. If you desire, leave a few tendrils flowing freely around the hair sculpture or at the nape of the neck. Use a curling iron to add a slight curl to the tendrils.

15. Apply a medium to heavy holding spray to the finished style. Add a light sprinkling of glitter gel for added dazzle or jazz up the sides or back with hair jewels. Feel free to use tiny bobby pins to help anchor any loose hair.

Experiment with adding more or less sections of hair for different looks. For a different look try braiding the tails of each knotted section or making knots with pre-braided locks.

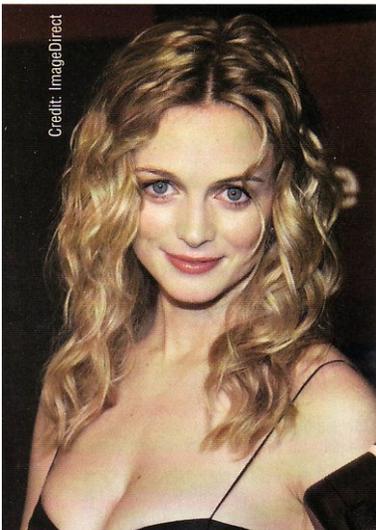
Note: Recommended for hair that is shoulder length or longer with medium thickness. Straight hair or any type of hair that has been pre-straightened is ideal since the look is about smoothness. If you wish to try this look on fine hair, be prepared for hair slippage with gel, strong holding spray and extra bobby pins. For the best results, style on hair that is not freshly washed. When possible allow your hair to "age" at least 24 hours from your last shampoo. The natural hair oils will help the knots and parts hold tighter and last longer.

This style is more complicated than other updos and would require the assistance of a professional stylist or a friend that has hairstyling talents. It would be difficult for most people to create this style completely by themselves because of the complicated hair twists that are crafted at the back of the head. A stylist or friend can help with the placement of the curls and loops.

Life As A BLONDE

By Karen M. Shelton
HairBoutique.com

History is chock full of famous blondes from the chaste fairytale princess Cinderella to the blonde bombshells like Veronica Lake, Julie Christie and Brigitte Bardot. Being blonde can take on many meanings from classy to trashy, icy to sizzling or somewhere in between. Hair color can be used to express a mood, temperament or current mind set. In our current culture blonde is no longer just a hair color. It is also a type or image that encompasses everything from hair shade and style to make-up, clothing and personality. What type of blonde are you? Are you a classic bombshell or a demure angelic blonde? Find out how your fairness rates according to other blondes.



Credit: ImageDirect

HEATHER GRAHAM

1. Bombshell Blonde

Although many hair historians considered Marilyn Monroe to be the quintessence of blonde bombshell it could be argued that Jean Harlow actually created the concept. While Marilyn's mega-bleached white hot blonde hair played a key part in her sex queen image, her skintight clothing, sensuous makeup and breathy little girl voice completed the message.

Famous for attracting handsome, rakish, possessive companions, bombshell blondes are often just as famous for marrying white hot celebrities like Marilyn's string of famous husbands.

Many blondes have followed Marilyn's bleached example including Madonna, Pamela Anderson, Heather Graham, Brittany Murphy and Britney Spears.



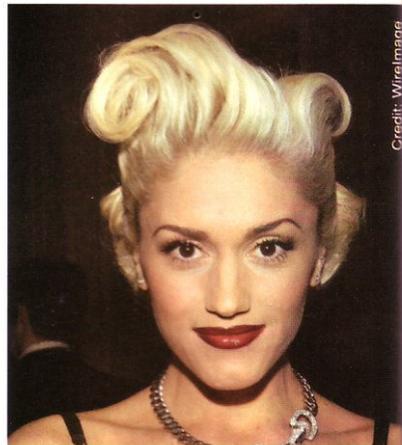
Rene Furterer Color Enhancing Mask in Chamomile/Turmeric (\$22.00) is perfect for blonde tresses. Since color-treated hair needs extra care, plant extracts and Vitamins B5 and E help enhance color, hydrate, restructure and deeply nourish hair. Available at salons nationwide or by calling 1-800-522-8285. For more information or a salon near you visit www.renefurterer.com.

2. Brassy Trashy

Ever since Mae West introduced the ultimate platinum trash blonde look, bottle blondes have emulated her sass with styles ranging from big haired celebrity Anna Nicole Smith to current singers like Gwen Stefani and Christina Aguilera.

To truly morph into trashy blonde status you have to embrace total outrageousness with your styles and hues. Although most brassy trashy blondes walk on the platinum side, some, like Christina, spice up their blonde tresses with multi-hued dips and tips which compliment their extreme eyebrows or intense tans. Like Mae, today's blondes understand the importance of the total flashy look from outrageous, cut-to-there cropped fashions to ruby red manicured nails and pouty lips.

To graduate to this "come up and see me sometime" school of blondeness, you have to be willing to have fun with your hair. You also have to love bad boys, because that is the type of men that brassy blondes attract.



Credit: WireImage

GWEN STEFANI

3. Cool Blondes

Grace Kelly showed the world that a blonde could be intelligent, super-sophisticated and alluring with the ability to capture the heart of a royal. Princess Diana patterned her blonde tresses and fashion style after her real-life friend, Princess Grace.

Cool blondes often telegraph a celestial, delicate image—Renée Zellweger, Estella Warren and Mena Suvari are all classic cool blondes.

Cool blondes ooze elegance with classic suits and tailored fashions. They also have their pick of the male litter ranging from royalty and movie idols to blue bloods and old money.



Fudge's new **Beach Bum Blonding Shampoo** (\$12.95) cleanses hair with natural fruit juices and citrus acid, lightening hair in conjunction with **Blonding Creme**. **Beach Bum Blonding Conditioner** (\$ 12.95) is an everyday moisturizing conditioner that enhances hair's natural body for manageability and shine. **Beach Bum Creme** lightens your blonde strands when hair is exposed to direct sunlight or a blow dryer. (\$12.95). Available at salons nationwide. Call 1-888-FUDGE-US or visit www.fudge.com.

4. Sunny Girl Next Store

Gwyneth Paltrow is the definition of a traditional sunny blonde with sun-kissed golden highlights and subtle blonde streaks. It is easy to imagine this type of blonde as the girl next door. Singer/actress golden blondes favor soft sleek styles

coupled with fresh, natural makeup. They are most likely to be attired in chic feminine casual looks that range from tailored jeans and soft sweaters to a ultra romantic frock like the pink fairytale gown worn by Gwyneth when she captured her Oscar.

Sun kissed blondes like *Bachelorette* Trista Rehn, Sarah Michelle Gellar, Kate Hudson and Jennifer Aniston attract successful Renaissance men who are sensitive, artistic and soft-spoken.

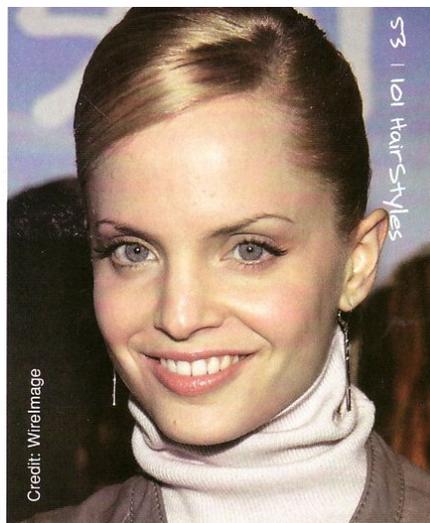


TRESemmé Colour Care Healthy Highlights Shampoo and Conditioner (\$3.29 each) works for highlighted or blonde colored hair. Removes residue from conditioners, styling agents, hard water, minerals and other deposits that can dull bright hair. Citrus Extracts gently cleanse and condition keeping hair bright and healthy. Available at drug, mass merchandise and grocery stores nationwide.

5. Ditzzy Blondes

Giving true meaning to the famous blonde jokes is the category of dizzy blondes. Goldie Hawn made the term famous with her original flaky role on TV's *Laugh In* during the late sixties. Meg Ryan shot to stardom in her ultra cute *When Harry Met Sally* role. Reese Witherspoon's blonde in *Legally Blonde* and Tara Reid's *Josey And The Pussycats* role has solidified the image of the adorable yet ditzzy blonde.

Ditzzy blondes come in a range of hues from champagne to honey blonde. These blondes avoid any over-groomed look from clothing and hairstyles to makeup. They are the most fun giving new meaning to tousled hippy chic. They also attract strong silent wealthy men that can take care of them and make sure they make it to their highlighting appointments.



Credit: WireImage

MENA SUVARI



Credit: WireImage

KATE HUDSON



Credit: WireImage

GOLDIE HAWN

All Dressed Up

**Fun.
Elegant.
Sophisticated.
Enhance your
bombshell
status with
these beautiful
styles.**

Note: Recommended for hair that is shoulder length or longer with medium thickness. Straight hair or any type of hair that has been pre-straightened is ideal since the look is about smoothness. If you wish to try this look on fine hair, be prepared for hair slippage with gel, strong holding spray and extra bobby pins. For best results, style on hair that is not freshly washed. When possible allow your hair to "age" at least 24 hours from your last shampoo. The natural hair oils will help the knots and parts hold tighter and last longer.

Credits:
Stylist: Barbara Lhotan
Photography: Eric von Lockhart
Technicals: Karen Shelton
Makeup: Catherine Raffaele
Model: Stacy Jamaitus
Hair jewelry provided by HairBoutique.com
Jewelry provided by
www.alltherageonline.com



Sweet Honey Bun

This updo is decorated with gold plated HairLoops that are tied around the base of the ponytail that supports this unique style. From some views this style hints at Oriental elegance, combining a half French Twist in the back with a soft rolled pony bun.

INSTRUCTIONS:

1. Start by using a soft boar's head brush or similar natural bristle brush on your hair. Make sure that all knots and tangles are completely removed.
2. Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.
3. Using a paddle or similar brush carefully separate hair into three separate sections. Form a "V" shaped parted section that runs from right above each ear to the very nape of the neck. Take the hair from the section and create a very high ponytail.
4. Carefully pull the ponytail through the band to create a big top loop. The original ponytail should have a small tail underneath the loop. Attach the HairLoop at this point before making the larger bun loop.

Note: Apply a light gel or setting lotion to hair that is fine, slippery or does not hold styles well. This will help to anchor the hair better into the top looped bun.

5. With thumbs inside the new pony loop, gently pull the hair to either side, spreading the loop and fanning it completely out to form a soft poufy bun.
6. Gently position the bun up and to the side of the crown. Pin softly into place.
7. Gather the remaining bottom hair into a pony and brush until all hair is smooth. Do not tie off an actual ponytail. Instead, twist the hair clockwise and then pull it up and under to form a French Twist section. Pin the hair into the Twist using hairpins the same color as your hair. The top bun should lay right overlapping the top of the French Twist.
8. With a tail comb, carefully remove one strand of hair from the top of the bun and carefully pull it completely out. Smooth the section so that it lays against the side of the head as an accent piece. This is optional. If you prefer, you can finish the 'do without the extra accent strand.
9. Make sure both the bottom French Twist and the top bun are securely pinned into place. Spray will with strong hold hair spray being careful to avoid spraying near the HairLoops.
10. Arrange the HairLoops to lay against the side of the updo near the top of one ear.



**All
Dressed
Up**



Swept Away

This dressy hairstyle offers the elegance of a modified updo style that is half up, half down. Although part of the hair is actually pinned up, the rest of the hair is allowed to cascade softly down around the shoulders and back—combining chic hair rolls with a hint of long smooth bangs.

INSTRUCTIONS:

1. Start by using a soft boar's head brush or similar natural bristle brush. Make sure that all knots and tangles are completely removed.
2. Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.
3. Using the tail of a rattail comb create a small side part that extends from the front of the hairline approximately two inches back to the crown of the head.
4. Brush all the hair from the part to the opposite side of the hairline and pull the newly created section of hair behind the ear. Continue to use your hands and a paddle brush to smooth the hair so that all random hairs are contained in the new section.
5. Temporarily clip the hair behind the ear. If desired, pull one small strand of hair from the newly created section (near the eyebrow) for a small accent piece that can be slightly curled or left straight.
6. Brush the other side of the hair until very smooth. Brush it behind the other ear and clip in the back temporarily.
7. Unclip each of the two back sections of hair one at a time (behind the ears) and separate each of the sections into equal top and bottom sections. Each section will in essence become two sections. Pull each bottom section into a loose ponytail to keep out of the way.
8. Take the first of the two top sections and brush towards the middle of the back of the head. Roll into a soft fairly flat horizontal type of hair roll. Pin firmly and flatly into place against the scalp.

Note: Apply a light gel or setting lotion to each section for hair that is fine, slippery or does not hold styles well. This will help to anchor the hair better.

9. Take the remaining top section and roll to the middle of the back of the head making sure to slightly overlap the first newly formed hair roll. Pin the second roll so that it hides the first roll. Spray with hairspray to help hold the style in place.
10. Attach a flower, large decorated clip or other hair accessory to decorate and also disguise the overlapping hair rolls. Add a light sprinkling of glitter gel for added dazzle or jazz up the sides or back with hair jewels.
11. Take remaining two ponytails and remove temporary elastic or clips holding them in place. Use a curling iron or hot rollers on the ends to give some soft bend to the ends.
12. Spray ends only to hold.



Strand Solutions

By Karen M. Shelton
www.hairboutique.com

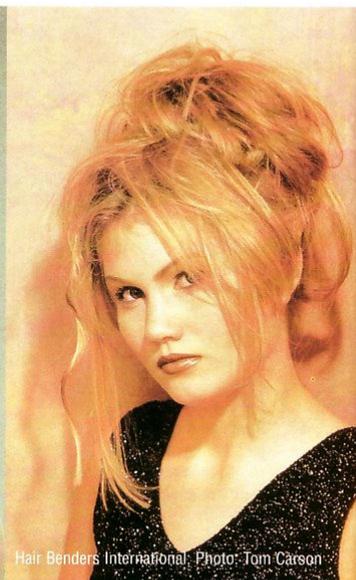
Ask the Hair Doctor



Fantastic Sams; Stylist: Alexandria Newlin;
Photo: Taggart-Winterhalter for Purely Visual



Fantastic Sams; Stylist: Esther Morales; Photo:
Taggart-Winterhalter for Purely Visual



Hair Benders Internacional; Photo: Tom Carson

I am getting married in approximately six months and my bra length hair is totally fried from constant color mishaps. I have flipped from blonde to red to brunette back to blonde all in a matter of months. My hair is completely parched and the ends are a frizzy mess. I am not sure if I should just cut all the hair off and grow it back for the wedding or if I should go ahead and try to have it colored into a more appropriate bridal color. Any suggestions?

—Ellie, Houston, Texas

Congratulations on your upcoming wedding. It is always wise to try and plan your hair care for a big event as far in advance as possible.

While dealing with damaged, frizzy ends is definitely a priority, I would suggest that you keep as much of your length as possible. Cutting your hair more than a few inches to remove damaged ends might be regrettable. Most hair only grows an average of 1/2 inch per month and a loss of several inches could not be regained in time for your wedding in six months. A much shorter or completely different style may be too dramatic for your wedding. This can especially be true if you have already selected your dress and headpiece for the nuptials.

Color correction can be miraculous in the hands of an expert. Existing colors can be stripped and more appropriate colors can be reintroduced removing brassy, trashy hues.

Why not make a formal appointment with your most trusted stylist or hair care professional for a consultation to discuss your current color and other strand problems. Book a paid consultation AS SOON AS POSSIBLE and explain that you want to use the time to formulate a long-range color and conditioning plan for your wedding. Stress

the fact that the consultation will only be for talking and planning and not taking any hair actions.

Regardless of what you and your hair consultant decide to do for your own hair, consider the following tips for dealing with your bridal hair:

- Don't try and correct your current color problems by yourself. Your bridal status puts you front and center of your wedding and demands expert assistance from a knowledgeable stylist or colorist to achieve spectacular hair color results.
- Be prepared for your consultation by providing your hair consultant with your wedding date along with photos of your dress. If possible, provide some ideas of how you wish to have your hair styled for your wedding.
- Stick with a hue that is soft, shiny and subtle. Healthy glossy hair works perfectly with just about any bridal attire. Keep in mind that selecting completely different hair color will impact your makeup and jewelry.

Keep in mind that it took you some time to trash your color and your hair's



Fantastic Sams; Stylist: Rashidah Thomas Eady;
Photo: Taggart-Winterhalter for Purely Visual

It is very true that not everyone looks good in updos. There are many reasons from face shape, hair texture, hair length and even the size of facial features. Some types of chins and the size of ears can definitely impact how well an updo works for someone.

Unfortunately many people believe that the only way to dress up their hair is to wear it in an updo, regardless of how well it looks on them. And yes, this can definitely be a touchy situation.

Try having your daughter do several "dress rehearsals" with different updo styles and suggest she ask her friends to help her pick the best style to match the event.

If your daughter still insists on wearing her hair in an updo, consider trying the following tips:

- 1.** Suggest that a clear type of tacking tape (like they use to hold breasts in place for low cut gowns in Hollywood) or makeup adhesive is used to tack the ears close to the head.
- 2.** Strongly encourage your daughter to wear a light veil of "tendrils" around her hairline and face. Make sure the tendrils nestle around the ears to minimize them and that the ear area remains covered.



condition. Understand that it may take a series of appointments before your hair looks at its best. The actual initial color correction process may also take many hours to complete. Be sure to discuss all of these issues at your initial paid consultation. Not only can you budget the necessary time for your appointments but you can examine how it will impact your overall wedding budget.

How do I convince my beautiful daughter that she shouldn't wear her hair in an updo because she has inherited her dad's large ears? She's a beautiful young woman, but doesn't seem to realize how much better she looks with her hair down.

—Mrs. L, Phoenix, Arizona

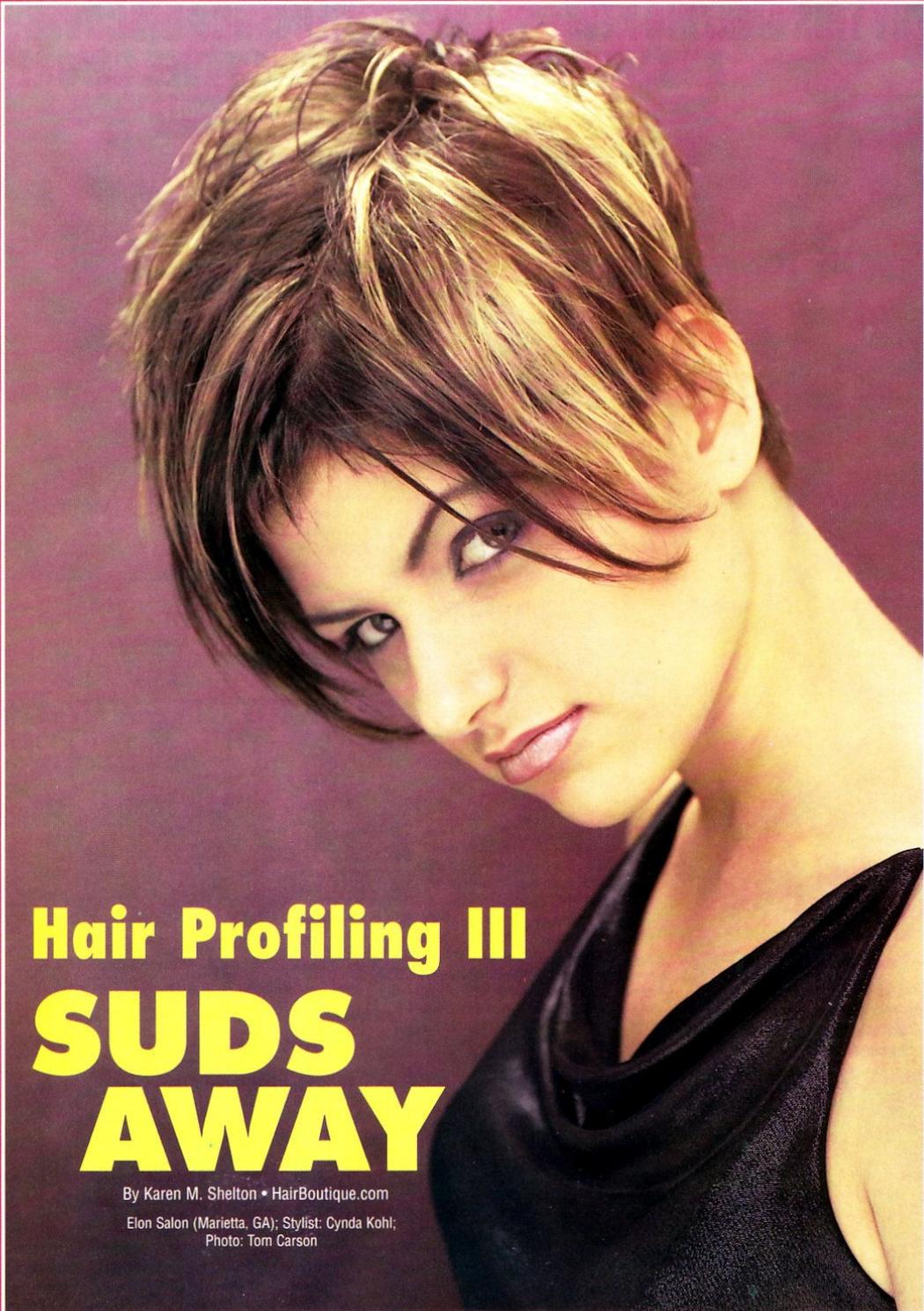


Jennifer & Co. (Mentor, OH); Stylist: Jennifer Hall;
Photo: Tom Carson

- 3.** Suggest that your daughter wear her hair in an updo with the sides smoothly pinned over her ears in a smooth sweep. Flowers work wonders with an updo when pinned down around the face line and near the ears to minimize.

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Have a question for the hair doctor? Email Karen at shelton@hairboutique.com or Cheryl at cheryl@celebinsider.com. Or send your question to: Hair Doctor, 101 HairStyles, 1359 Broadway, Suite 1203, NY, NY 10018



Hair Profiling III

SUDS AWAY

By Karen M. Shelton • HairBoutique.com

Elon Salon (Marietta, GA); Stylist: Cynda Kohl;
Photo: Tom Carson

In the first Hair Profiling article we examined the basic types of hair including Hair Texture, Density, Type and Color. The second article focused specifically on Hair Texture. This third article examines cleansing and related care requirements according to type, texture and condition. And next month, the follow-up to Suds Away—an in-depth analysis of conditioners, what's on the market and recommendations for your hair type.

SHAMPOO FROM A-Z

Go to any establishment that sells shampoo, from the local drugstore to the finest boutique, and you will see a vast area of products designed to do everything from simply cleansing hair to performing a vast array of additional services like preserving color treated hair and swelling fine hair shafts, or assisting with problem scalps and hair loss. Shampoos and related products are available for every conceivable hair type, problem and model. The selection is often mind boggling. So how does a mere hair mortal find the key to selecting the best shampoo for their hair's needs? The best plan is to start with a clear understanding of your own hair's needs.

Before you select your own hair cleansing formula and routine make a descriptive list that covers your hair's texture (fine, medium, coarse, wiry) and density (thin, medium, thick) to type (straight, medium, curly, wavy) and special needs such as whether your hair is naturally dry or oily, chemically colored or otherwise treated, damaged or you suffer from dandruff or other related scalp issues like eczema.

CLEANSING SCHEDULE

Whether your hair requires a standard off-the-shelf product or a specialized formula designed to add or manage your hair's special needs, the first question is how often you shampoo. Although many trichologists recommend daily shampoos to help clear scalp debris, some hair experts suggest that you should shampoo only according to the unique needs of your hair. People with oily scalps or hair may need to shampoo every day to help keep hair oil-free. Thin or fine tressed folks may also benefit from a daily sudsing to help prevent hair from flattening or matting. Dry, chemically treated or damaged strands may benefit most from weekly or infrequent shampoo schedules.

If you have the psychological need to wash your hair every day but you have problem hair that is dry, damaged or has a scalp condition, another option is to clean more often but use diluted or very gentle shampoo formulas or treatments. Daily shampooing also calls for daily rinse out and leave-in conditioners to replace any lost moisture. Regular deep conditioning treatments are also a must for hair that is washed every day.



Elon Salon (Marietta, GA); Stylist: Lachane Lee; Photo: Tom Carson

How often should you really shampoo your hair? You can easily determine your hair's cleansing needs by taking some time to experiment with different shampoo routines and schedules. If you are sudsing daily, try switching to alternate days to see how your hair reacts to less frequent cleansing. You can also experiment with diluting your current shampoo formula or simply rinsing your hair with water and applying diluted shampoo to strands that are oily or dirty. However, if your current cleansing program works for you and your hair, you are probably right on track.

One fact that almost all experts agree upon is that you should always use lukewarm water when you shampoo. Water that is too hot can be drying to hair while water that is too cold may work against your cleansing goals. Regular use of hot water may also speed the fading of chemically enhanced hair color hues.



Elon Salon (Marietta, GA); Stylist: Flonnie Westbrook; Photo: Tom Carson

Another agreed upon fact is that it is extremely important to rinse away every last drop of detergent residue from your hair. Sometimes problems with hair and scalp can be directly tied to hair that contains shampoo or product buildup. When in doubt, rinse a few more times. When possible, always finish each cleansing session with a cool, clear rinse to seal the hair's cuticle.

CLEANSING ACCORDING TO PROFILE

While perms, straighteners, bleaches and other chemical products can be some of the biggest hair stressors, your cleansing routine can potentially make things worse. Establishing good care habits will lead to healthy, beautiful tresses. Selecting the best schedule and products are just part of a good hair care journey. Adding the proper rinse-out, leave-in or deep conditioning treatments are also important for a well rounded hair care routine.

OILY HAIR

Do you have an oily scalp or hair? If your scalp generally feels greasy and your strands tend to accumulate oil near the roots, you very well may have oily hair. If you have oily strands, keep in mind that your hair can range from slightly oily to very oily. Some hair can actually have oily roots combined with dry middle and end strands.

Shampoo Suggestions: Shampoo daily if your hair is oily from the roots to the ends. Experiment with mild or light "clarifying" or cleansing shampoos formulated to help with oil control. Look for formulas that contain alcohol to help dissolve the oil or for products that contain malic or citric acid for extra help with oil build-up. Avoid products with added "cones" or oil, or products that combine shampoo with conditioners.

If your hair is a combination of oily scalp with dry middle and ends, consider using two formulas when you shampoo. Concentrate the formula for oily hair on the roots while using a moisture enhancing formula on the dry sections of your hair.

Product Options: Phytopenama which contains panama wood to cleanse oily scalps while respecting the hair's natural moisture. Phytolactum for gentle scalp balancing. Phytopolleine scalp treatments are helpful for managing oil balance. Also helpful is Aesop Dual Scalp Cleanser, Alberto VO5 Clarifying Formula Shampoo and Suave Daily Clarifying Shampoo for Normal to Oily Hair.

Additional Tips: For persistent oil slicks try leaving shampoo on the oiliest parts of the hair for up to five minutes to help absorb the oil. Herbalists recommend an after shampoo rinse of brewed peppermint tea. Others find help by rinsing with a combination of one to two tablespoons of apple cider vinegar in a cup of warm water followed by a cool water rinse.

DRY TO VERY DRY HAIR

Dry hair is caused by a variety of factors from genetic to extensive weakening of the hair fiber due to chemical damage from excessive perms, straightening or bleach that causes progressive porosity. Generally dry hair is unmanageable, lifeless, dull, frizzy and/or flyaway. Dry hair can extend to the scalp causing general sensitivity or a scalp that may feel tight, irritated or itchy.

Shampoo Suggestions: Experiment with less frequent cleansing to give the hair's natural oils time to build-up. Ideally dry hair should be shampooed less often. Concentrate on formulas that are moisturizing, nourishing and rehydrating. Look for a shampoo with gentle detergents that won't strip natural hair oils, or a product with conditioning agents like protein or balsam to coat hair strands and seal in moisture.

Product Options: Intense hydrating Phytojoboba and Phytonectar formulas for dry to very dry hair. Also helpful is Aveda's Shampure, J.F. Lazartique Yucca Shampoo, Rene Furterer Carthame Cream Shampoo, Thermasilk Moisturizing Shampoo and Infusium 23 Shampoo Moisturizing formula for Normal to Dry Hair.

Additional Tips: Remember that less is not necessarily more. Focus on formulas with the proper balance for your hair type and texture. Your goal should be to find products that add hydration without weighing down your strands. Since heat can add to dry hair problems limit your use of blow dryers and hot tools to give your hair a rest. Experiment with leave-in conditioners like Phyto 7 and Phyto 9 that will protect your hair without weighing it down.

NORMAL HAIR

The good news is that your hair is neither oily nor dry. In general normal hair has body, bounce and shine and a good overall balance of natural oils.

Shampoo Suggestions: The goal for normal hair is to find a mild shampoo that keeps strands balanced and looking great. Experiment with less frequent cleansing to give the hair's natural oils time to build-up. Look for a shampoo with gentle detergents that won't strip natural hair oils.

Product Options: Phytoneutre Cream Shampoo for Normal Hair, Burt's Bees Baby Bee Bar Shampoo, Origins Mint Shampoo, Paul Mitchell Creatives Moisture & Shine Shampoo. Also helpful is Suave Daily Clarifying Shampoo for Normal to Oily Hair.

Additional Tips: If you have healthy normal hair you can experiment with a variety of formulas that provide special benefits like added shine, color enhancement or root fattening. Remember to buy small sample sized product offerings, when available, during your experimentation phase.

CHEMICALLY TREATED HAIR

If you have indulged in perms, straightening, bleach and/or color treatments your hair falls into the category of chemically treated. Some hair responds well to chemicals while other hair may become stressed or damaged. Depending on a variety of factors your hair may be dry and brittle and suffer from breakage or split ends. Hair that has undergone extensive chemical treatments for an extended period of time may be structurally weakened, very dry and unmanageable. The outer hair fiber may have deteriorated and the hair may have high alkalinity.

Shampoo Suggestions: The goal should be to re-hydrate and restore the hair's natural pH balance. Try limited hair cleansing about once or twice a week to give the natural hair oils time to build up.

Product Options: Phytonectar nourishing formula, Phytorhum fortifying shampoo for stressed, porous, brittle, dry or chemically processed hair, Rene Furterer Okara Repairing Treatment Mask for Permed/Damaged Hair.

Additional Tips: Chemically treated hair, whether damaged or not, is more fragile than any other hair type. As a result, chemically treated hair should always be treated with a series of conditioning treatments that range from rinse out and leave-in conditioners to regular deep intensive conditioners.



Elon Salon (Marietta, GA); Stylist: Lachane Lee; Photo: Tom Carson

DANDRUFF

Dandruff can occur as a result of poor vascularization, illness, improper diet, emotional stress and anxiety or from a fungus known as oval pityrosporum. The result is an itchy, scaly scalp. White scaly flakes collect on your shoulders.

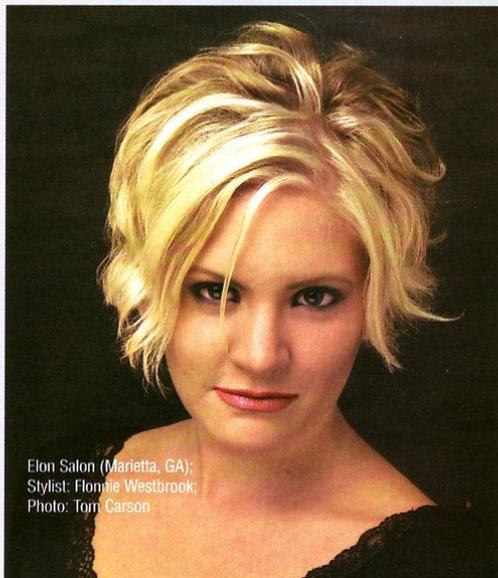
Shampoo Suggestion: Depending on your condition you may need to shampoo more or less frequently. Experiment with shampoo timing along with products and formulas specifically designed to purify and calm the scalp and provide serious flake fighting. Look for shampoos that include allantoin, zinc pyrithione, selenium sulfide or natural ingredients like willow leaf, cedar leaf or juniper oil. Look for a dandruff

shampoo that will treat your problem efficiently but as gently as possible.

Product Options: Phytosylic shampoo with Willow Leaf Extract, Burt's Bees Herbal Treatment Shampoo with Cedar Leaf and Juniper Oil, Denorex, Neutrogena Healthy Scalp, Nizoral and Rene Furterer Anti-dandruff Shampoo.

Additional Tips: Dandruff formulas come in a range of strengths from mild to extra strength. Depending on the severity of your problems, start at the low end of the range and work your way up until you find a formula that works for your condition. For persistent or serious problems consult a dermatologist or other specialist. Some conditions require doctor prescribed treatments and formulas.

When possible, always use a cleansing formula formulated for your own particular hair type and needs. If you can combine the right products with a good shampoo schedule you are on your way to healthy, fabulous strands.



Elon Salon (Marietta, GA); Stylist: Flonnie Westbrook; Photo: Tom Carson