

StyleFLE

The best accessories and must-haves for a beautiful season!



At Nicole Miller's Spring 2004 show, the theme was "shipwrecked," but hair was hardly abandoned. Clairol Professional Creative Director, Marcy Cona, enlisted some of the country's most innovative hair designers to create one-of-a-kind looks for the Nicole Miller show. "Nicole wanted a soft, sexy look," explains Marcy. "She didn't want the hair to give the impression of being 'done,' but instead wanted it loose and tousled to keep consistent with the theme of her show. Soft curls and loose braids dominated the runway." The result was simply sensational. So take a hint from the pros and you'll be able to sport this season's hottest hairstyles thanks to Clairol Professional.



STEP INTO STYLE

Birkenstock is proud to introduce their latest collection—filled with new styles and colors that will add a touch of pizzazz to any outfit, as well as keep your feet comfortable during those long walks on the boardwalk. Here are just a few of our faves, but be sure to check out their entire collection at www.birkenstock.com.

CONAIR QUICK EXTENSIONS HAIR EXTENDER KIT

Conair takes the current sizzling hair extension trend one step further and has created the hottest new hair tool for 2004 with the Quick Extensions instant hair extender kit. This amazing new hair extender tool allows anyone with just a few inches of hair to easily and safely extend their length, texture, color or style of hair to a brand new level. You can instantly change your hairstyle or hair look completely by adding a sexy, sensuous streak or a fun, funky piece.

The Quick Extensions kit includes a very special Quick X-tension iron with aluminum heated tips. The X-tension iron attaches each hair extension piece to your own hair. The X-tension iron is held for a few seconds at the point where the tip of the X-tension hair joins the real hair strand. And it's a "take!"

Each Quick Extensions kit includes a varied collection of synthetic braids, spiral curls, twists, dreads and strands in natural and totally hot hair colors. Every hair piece included with the Quick Extensions kit has a preapplied tress clip for easy-on, easy-off application to your own tresses.

The add-on hair collection can be instantly stored away in a sectioned storage pouch, so that each piece is kept neatly untangled from the others. The complete kit also includes a ponytail enhancer, a counter stand for the X-tension iron, quick heat-up feature, nonslip grips on the iron's handle, a six-inch

professional swivel cord and two special hair clips. Also included are an instruction booklet and a styling guide. The product comes with a limited two year warranty backed by the great folks at Conair

This new hair kit is a quick winner—and after the Conair Quick Braid and Quick Wrap successes, Conair knows a hot hair happening when they see one! Available at www.hairboutique.com or by calling 1-866-4MY-HAIR.



AUSTRIAN CRYSTAL STAR PONY ELASTICS

These gorgeous Austrian Crystal encrusted star shaped 1-1/2 inch ponytail holders truly sparkle. With over 50+ Austrian Crystals, this piece is very elegant. Black elastic stretches four to five inches with silver clasp. The crystals are set into a silver metal frame for maximum shimmer. Available in brilliant ruby red, smoky black opal, light amethyst and diamond white. Available at www.hairboutique.com or by calling (866) 4MY-HAIR.

BIG HAIR IS BACK!



Rene Furterer Council Member, Philip Douglas, of Philip Douglas Salon in Naples, Florida, says volume is back in a big way and serves up some styling tips and product suggestions for sexy spring hair. For more information, visit

www.renefurterer.com or call (800) 522-8285.

Tips for increasing volume:

- While blow-drying, flip your head over and scrunch hair at roots.
- Once hair is 80 to 85% dry, flip hair back over.
- Divide hair into sections, and continue to dry hair using round brush.
- Once drying is complete, use a large barrel curling iron or add extra large electric rollers for two to three minutes to add more volume.
- For fine hair, use Rene Furterer's Fioravanti Volumizing Shampoo to give hair more body.
- To help define the shape and movement of your hair, spray Anti-Dehydrating Vegetal Styling Spritz on stands and style.

NEW LOOKS FOR 2004



Sparkling Locks

Light up your look with golden locks and a little shimmering makeup.

Hair: The '80s bob has been updated with jagged layers for a bit of pizzazz. Hair is tousled to show undefined style.

Tip: For a great pomade, combine Liquid Foam and Smoothly Defined and work through hair.

Apply a bit of Liquid Gel to ends for a pieced-out look.



Dressed for the Party

Hair: An update to the familiar shag works great on hair with natural waves. Molding the hair and letting it semi-dry before blow-drying allows the natural curl pattern to set.

Tip: Mold hair with Liquid Foam and NioGel for extra hold.

To purchase these products or for more information, log onto www.nioxin.com or call (800) 628-9890.



Bold, Rich Colored Tresses

Bolder and deeper is the direction hair is going. Actress Julianne Moore deepened her fiery tresses to a deep burnt paprika and even the sexy Cameron Diaz is a deeper dirtier shade of blonde than she's ever been. Hair: Her ebony tresses were blended with some natural-looking, bronze-toned highlights. Darker highlights are easier to maintain than the more extreme highlights that have been in voque. To prevent color fading and maintain healthy-looking locks, use Bionutrient Protectives, which was created especially for chemically enhanced hair.

For gorgeous hair and skin, we love Farouk's Arum Tea Tree Collection. Each product is formulated with nature's essential ingredients, such as Tea Tree and Peppermint, which help promote a healthy bed of tresses and healing benefits for the scalp. And just for you—we have the ultimate collection up for grabs for 101 readers! The wonderful people at Farouk have generously donated 101 Arum Tea Tree Collection Bags (that's right, one hundred one bags) for you to enter to win! Inside you'll find the Invigorating Foam Body Wash, Therapeutic Shampoo and Conditioner, Concluding Spritz, Contouring Gel and Therapeutic Drops (retail value: \$100). All are color safe, and help to replenish moisture to your skin and hair. So hurry up and enter to win this fabulous collection—your hair and skin will thank you for it!

To enter, send us a postcard with your name, address, telephone, email and age to:

Arum's Tea Tree Giveaway c/o 101 HairStyles, 1359 Broadway, Suite 1203, NY, NY 10018. Only one entry per person, per household.

Contest ends April 15, 2004.



Roed Carpet Style

Sennifer Aniston

Herritage

Sennifer Aniston

By Karen M. Shelton www.hairboutique.com

Think about it. How often do you see the top celebrities having a bad hair day? Every once in awhile, wild paparazzi might sneak up on an unsuspecting star and snap them looking less than perfectly tressed, but in general, they look beautifully coifed in all situations. And yes, it's true that most celebrities like Jessica Simpson, Carmen Electra, Lucy Liu, Pamela Anderson and Britney Spears can avoid bad hair days because they have a whole team of colorists and stylists to help them look gorgeously chic.

But don't worry! Although you may not have celebrity stylist Ken Paves or Robert Hallowell on your speed dial like Jessica, Carmen, Lucy and Pam, you can still borrow all their great hair secrets and tricks to achieve your own great hair days.

Invest in the best hair pros

Most of the biggest stars like Jessica and Carmen have separate experts that handle their color and styles. While many of the top colorists and stylists work together in a team concept, like celebrity stylist Ken Paves and colorist Rita Hazan, some of the stars work with multiple hair experts on both coasts.

Although there are always exceptions, it is commonly known that color experts are not necessarily experts at styling and stylists may not be the best color gurus. When you can afford it, find an expert that only handles your color and one for your styles. If you prefer to do your own color at home, be sure to invest in the very best products. Consider having a colorist apply the first hues to design a look for you. Then do the maintenance at home with recommended products.

2 Know what works for you

Ever notice how J.Lo's hair color and style, while they seem to change often, have a common thread? That's because Jennifer, with the help of her long time colorist, Rita, and her stylist Oribe know what range of hues and styles flatter her the most.

Follow J.Lo's lead and discover the styles and hues that work best with your face shape and natural coloring. Once you have a great style and color, stick with it.

3 Know what doesn't work

When Jessica Simpson was first breaking out with her first CD, she went very short and according to Ken was "bleached to within once inch of her life." It was not a great look for the gorgeous star and everyone from Jessica to her fans seemed to agree. Once Paves and Hazan got their hands on the lovely songbird, they slowly transformed her tresses with the right hues and longer hairstyles turning Jessica into a golden haired goddess that currently rules reality TV and red carpets coast to coast.



Follow Jessica's example and steer clear of hairstyles and colors that don't look great on you. For example, if you possess a prominent chin, avoid the super short pixie looks. If you want to go blonde, make sure that the hue works well with your skin tone and eye color.

4 Maintenance is everything

Although dark roots actually became a fashion trend proudly worn by Sarah Jessica Parker on *Sex And The City*, in reality, you will rarely see the stars strolling down any runways with dark roots, split ends or a hairstyle that needs a tune-up.

You'd never see Carmen Electra with an overgrown cut so why should you go out with a style that needs upkeep? Keep your hairstyle and color in top condition by keeping up with your regular hair appointments. If you do your color at home, be religious about applying touch-ups.

5 Invest in great products designed for your hair

Depending on their hair type, texture and condition, Ken uses a combination of Phyto, Rene Furterer and Kerastase products on his celebrated heads. Rita also uses great color lines from such manufacturers as Clairol Professional and Matrix. Even more importantly, Ken and Rita report that their star clients usually adopt their product recommendations at home to maintain stellar locks.

Although Pam Anderson is known to color her own blonde strands at home, she religiously uses the very best deep conditioners and related hair care products to keep her newly colored locks healthy, shiny and well-conditioned. Do like Pam and acquire the best hair care products within your budget.

6 Wear great hair accessories

Even the simplest hairstyle becomes

magnificent when you're wearing chic hair accessories. Jessica Simpson's bridal hairstyle was designed to be long, soft and sweetly sensual to please her groom. Her simple but elegant locks were instantly transformed to stellar heights with the addition of two elegant bejeweled hair clips carefully added to the back of her style.

A gorgeous crystal encrusted headband, hair clip, barrette or hairpins can instantly dress up any style and turn heads. Follow the example of the celebs like Jessica and Drew Barrymore who use hair accessories to add instant glamour and style.

7 Don't be a hair fashion victim

Yes, even the brightest stars sometimes fall prey to very trendy but horrible hairstyles. Britney Spears was the first to admit that following the trend towards brunette locks was a mistake of "brain fart" sized proportions that she immediately altered. The best tressed stars depend on more classic hairstyles that they gently modify with some limited trendy elements.

Jennifer Aniston and Carmen Electra are two stars that stay close to classic hair looks that are perfect for them. While they might slightly alter the length of their strands or go a tad lighter or darker, in general they resist wild hair fads. And so should you.

8 When in doubt, don't go messy

Although messy bedhead looks may be fashionable, there is a secret art to looking skillfully tousled. Meg Ryan has a team of celebrity stylists to help her achieve her signature finished but causal moptop mess.

Looking inappropriately messy can be terribly unchic. If you're unsure of what type of hairstyle is appropriate for an event always err on the side of a finished style. Hair, like shoes, can actually be too casual and ultimately be out of place.





AN Easy Updo For Every Occasion

By Karen M. Shelton



Barbara Lhotan designed this special updo for HairBoutique.com to use to kickoff Prom Season 2004, and she was so gracious to let us give it to you. This style is brand new and is specifically designed to be easy to do.

This updo style can be accomplished on any length of hair. Longer hair will result in longer "free ends." It is optional to pin the ends up, curl them or make another section with them. Hair accessories can be added or hair can be sprayed with glitter. Spot hair extensions can be used to lengthen the lool







Instructions

It should be noted that for this special updo Barbara actually used a series of foils to create this spectacular knotted style, but you could recreate the style using the new Conair Extender that comes with multi-colored strands of hair that can be easily applied to create a similar look.

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.



2. Using the tail of a rattail comb create a part that extends just above the nape of the neck. Secure the top hair with a hairstick, Leave a small amount of hair at the bottom as shown.

Model Tricia is a natural blonde with previously added highlights. For this look Paul Mitchell Red shampoo was used on the foils to create the pink highlights that are temporary. Note: If your hair is white blonde or extremely porous do not apply red to your hair without first consulting a hair expert to make sure your hair will not be permanently stained by the shampoo. It is rare that this happens but to be safe always check.



- 3. Weave out desired amounts of hair thickness and use a hair paint brush to apply the red shampoo over a piece of hair coloring foil. Wrap the foil up to hold it into place while you work around the head.
- **4.** Continue applying the shampoo and the foils from the nape of the neck to the top of the head and around the sides. When you are finished the hair should be foiled and painted appropriately with red shampoo from the very back of the nape of the neck to the very front of the hairline.
- **5.** Once the entire head is painted and foiled according to your desired, use a blow dryer to completely dry the hair.



6. Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. As you apply the flat iron to each section be sure to bevel the ends under to give a smooth finish. Allow hair to cool completely before proceeding to the next step.



7. Part off a triangular section of hair that is approximately two inches in thickness on top of the head and braid a 3/4 inch section in a three strand braid pulling the braid up and towards the face. To give this updo an even and balanced look it is important to use the same width of hair sections so that all of the braids are the same size. Braid the hair so that the hair is braided under and the braids lay flat. Underbraided hair is known as a Dutch braid.

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.



8. Secure the finished braid with a clear Blax band or a band that matches your hair color, leaving two to three inches of the ends free or unbraided (these ends are called "hair tails").



9. Hold the Blax band in the fingers of your right hand and then with the left hand gently push the braid down while using the left hand to hold down the ends of the braid from the center. The braid will contract and soften as a result.



10. After you have finished the first braid, continue to part off the same sized triangular sections of hair and create three strand braids that are a 3/4 inch of the section of hair, always leaving the "hair tails" at the ends. As you create each new braid be sure to pull it (as described in step 9) so that is softens and contracts.



- **11.** Divide the hair in the back of the head into three separate sections with zig-zag partings.
- **12.** Pulling the hair up and forward, braid the center section of the three new sections first. Braid the remaining two side sections while pulling the hair forward.



1 3. When you have braided the entire hair area go back and work from braid to braid section, pinning them right at the intersection of the hair and the Blax band.

Use tiny hairpins that are the same color of your hair if you need a secondary anchor. Pin the braids to the scalp to anchor them securely.



14. As you pin the braids twist them in a clockwise direction to form a unique updo configuration.

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

1 5. Take all the remaining "hair tails" and softly twist and fan them. Pin the fanned tails around the twisted braids to "finish" the look. Pin the fanned tails into place with tiny hairpins.

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

1 6. 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.

Strand Solutions By Karen M. Shelton www.hairboutique.com

Ask the Hair Doctor



I recently had a consultation with a new hairdresser who told me that I could make a difference with my current bob if I considered wearing it shattered instead of blunt. To be honest, I had no idea what he was talking about but smiled and shook my head saying that I would consider it. Now I am trying to figure out if that would be a good look and what shattered means when it comes to hair. Can you help me?

-Georgia

Many hairdressers have their own terminology when it comes to describing different hairstyling and cutting techniques. Therefore, it is always helpful if you can ask your hairdresser to show you images or styles that have the suggested look. That way, you can be sure you are both on the same page and can avoid a shock or disappointment after the style is finished.

In general, shattered styles are created around the bottom edges of a shorter style like a bob or shag with a razor or scissors. The hairdresser slices or cuts into the bottom fringe of the style to create uneven edges. The usual goal of a shattered style is to create texture and movement. Styles can be lightly or heavily shattered depending on the desired style. Although shattered edges can be created on most shorter styles, they can be very flattering on hair that tends to fall flat or is overly fine. Shattered styles are classic designs that never seem to completely go out of style, offering a lot of styling flexibility when combined with a volumizing cream or spray, and a little wax or pomade swiped through the ends.

If you are unsure about whether to ditch your blunt bob for a funky shattered style, ask the hairdresser to create just a few shattered edges around your face, leaving the rest of your hair in your standing style. Play with the new shattered pieces and if you like it, go for the entire head on your next visit.

I want to go baby blonde but my stylist told me that with my dark hair I would need to include a bleaching step. She also recommended that I cut my shoulder length hair shorter because she hinted that all that bleaching could be damaging. I still want to go ahead with the blonde so what do you recommend? -Cora

There is something totally irresistible about baby blonde tresses. It is an instant attention winner and can add new life to any hairstyle. Your stylist is correct that if you are starting from a dark brunette base, you will need to have your hair bleached to lift out all of the darkness and take you to the lightest blonde shade that you desire. Bleaching, like any other chemicals applied to hair, can definitely

be damaging over the long term because of how it interacts with hair.

Do you need to go shorter? While bleaching could potentially cause enough dryness and damage to warrant a shorter style, there are many things that you can do to neutralize the impact of the bleach to your strands. As an example, you can crank up the use of deep conditioning treatments and moisture-replenishing hair care products. While I don't want to second guess the advice of your stylist, why not wait and see how your hair reacts to the new blonde color and decide at that point whether shorter will be better for achieving a more flattering look

I am so bored with my chin length bob. I want to change it around but have no idea what to do. Before I go for my next maintenance cut, can you suggest a few ways that I might jazz up my do?

-Michelle

There are many different ways you can instantly tart up a look ranging from adding carefully placed highlights, low-lights or overall multidimensional color, to changing the part or bangs. Bangs are a great presto chango option. Long fringy bangs that sweep the top of your eyelashes with bold highlights can make a big difference.

Another great idea is to create texture which can make a short style look completely different. So what do I mean by adding texture? You can



ask your stylist to give you razored layers or shattered sides or edges. Lightly razored pieces added along the crown would give you the option to wax your hair into a slight faux Mohawk or pseudo updo, or create feathery spikes near the back of the crown. If you leave a few sections a tiny bit longer you can add baby curls or braids along the front and back of your bob to spice up the look.

Bottom line? The options to punch up your look are endless. You are only limited by your imagination. Keep an open mind and remember to have fun with your style and you can't go wrong.

My hairstylist told me recently that I should avoid shampoos that have any lauryl sulfate on the label because they are much harsher. However, she mentioned that I should look for other detergents. Or even better, I should investigate the all natural shampoos and hair care lines. I wrote down what she said but lost my notes. Any thoughts on what detergents are better? What are some of the all natural hair care lines?

—Diana

Many hair experts believes that lauryl sulfate, which is a type of shampoo detergent used to remove dirt, oil and grime from the hair, is very harsh and will lead to hair damage including split ends, hair breakage, static electricity and frizziness.

Some experts believe that shampoo products made with more gentle detergents like sodium lauraminopropionate or cocamidoproplyl beataine or laureth sulfate are less likely to damage hair. Not everyone agrees with this philosophy. The use of any detergents in shampoo is a point of long term controversy amongst hair and consumer experts. Some makers of more natural hair care products like Paul Penders. California Baby and Aubrey Organic believe that detergents should not be used under any circumstances on human hair. The "all natural" shampoo lines utilize different methods for cleansing the hair of toxins and dirt.

Ultimately the key to what is the right solution is to find a shampoo and product line that works best for you and your hair. When in doubt, talk with your

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stylist and ask for a list of recommended products that will work best for your hair type, texture and overall condition. If you are not sure about whether you wish to use a product that has chemicals or not, do some research and then try some of the natural products to see how they work for your hair. While many people swear by the benefits of using a detergent free product, others find that they need the detergents to get a clean hair feeling. Again, it is a personal choice.

Karen M. Shelton is President/CEO of the popular award-winning www.hairboutique.com

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, NV NV 10118



Some people forget that hair offers many possibilities for giving and receiving sensual pleasure. Even if touch is an important part of their shared pleasures, some couples may neglect hair play as part of their rituals. If you want to share a romantic time with a lover or potential lover, consider some of the following sensual hair treats you can engage in for fabulously gratifying and exciting experience!

Since touch is one of the most fundamental ways of intimate contact and communication between two people, taking turns slowly brushing, combing and touching each others hair can be a wonderfully sensual experience. Set your hair stage by playing some mood enhancing music. Light some passionate red candles scented with romance generating jasmine, sandalwood or ylang ylang. If you prefer, burn incense or add some of the authentic essential oils to your

favorite diffuser.

Once you have set the mood and you and your partner are relaxed, use a beautifully elegant all natural boar's head brush, like a Mason Pearson or Kent, that glides softly through your partner's tresses in unison with your fingertips, which you softly use to guide the brush and make contact with the scalp and face. You may wish to add a few drops of jojoba or other light oils to your finger tips and lightly oil the strands as you stroke the brush through your partner's tresses.

If your partner has short hair or does not enjoy brushing, use your fingers to very gently stroke and caress your partner's tresses. Start your stroking with the strands of hair near the face so that you can lightly run your fingers across the edges of the skin that connect to the actual hair follicles. If you stroke very lightly, the contact your fingertips make with the edges of the face and the tips of the hair will cause wonderful tingles that spread throughout the body.

Alternate your hair stroking with playful hair lifting, twirling and twisting. Apply a light nail pressure alternated with spread and curved fingers. Remember to be extremely gentle lifting random strands and moving your fingertips in random patterns. The sensual touching of the roots and strands of the hair supports relaxation as well as it provides new inspiration that can expand your partner's level of sensitivity on a physical, emotional and spiritual level.

Hair Painting
This only works with longer hair, but if your hair is short or medium in length, considering using a human hair clip-on ponytail. The key to this sensual treat is to use the point of your hair, tied into a ponytail and dipped in a non-staining water-based color, as a type of sensual paintbrush.

Visit any arts and craft store to acquire a non-staining paint that will wash out with shampoo. Starting anywhere that you choose, slowly paint long flowing designs and images on the bare skin of your partner. The key is to drape your hair softly across the sensual skin receptors of your partner. Make sure to protect any bed linens or furniture that might suffer from exposure to any type of paint.

If you are worried about using paint of any type on your strands, forgo the paint and use a bit of warm oil to dip the ends of your hair into. Slowly snake your hair, dipped in the warm oil, across your partner's body. Keep in mind that certain areas of the body are more sensitive than others like the inner sides of the arms and elbows, the stomach and the chest.

Sensual Scalp Massage

A good starting point for playing with your partner's hair may be at the scalp. If you are initially shy about offering to brush, stroke or play with your partner's hair, you can offer to provide a relaxing scalp massage.

Whether you decide to use a bit of warm massage oil on your fingertips or not, start at the back of the head and massage in small circles as you move towards the front of the head. Incorporate some hair touching, stroking and caressing as you massage the scalp. Remember to move your



fingers very slowly and alternate between fingertips and fingernails.

5 Suds It Up With A Shared Shampoo

Whether you decide to share a shampoo in a candlelight bubble filled bathtub for two or a hot steamy shower, nothing offers more potential intimacy than a shared strand sudsing. Take your time in either setting and make the shampoo session a nurturing and erotic experience. If you are not yet comfortable with the full nudity required for a bath or shower, offer to shampoo their hair at a large sink.

Turn Up The

Regardless of whether you decide to share any or all of the hair treats listed, you can accelerate the sensuality of the experience by adding additional erotic touches. While you brush, comb or stroke your partner's tresses, why not blindfold them with a satin or silk eye mask or blindfold. This allows them to block out any distractions and totally focus on your manipulation of their hair.

You can also use other objects to stroke their mane. Consider substituting a wooden or high quality faux tortoise comb for the everyday plastic variety. A comb made out of an unusual texture may create a different type of friction against the scalp and the follicles offering more tingles and tantalizing experiences.