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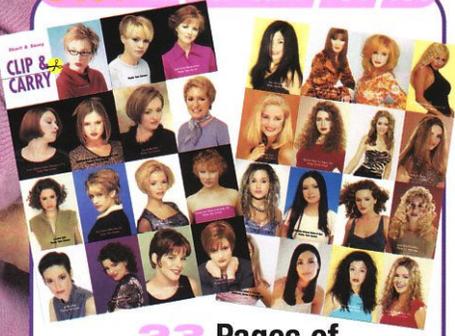
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By Karen M. Shelton
www.hairboutique.com

Ask the Hair Doctor

I have been having my stylist color my brown hair a bright shade of red for the last two years. Now that everyone else in the world seems to be going red, I want to go back to my natural color of chocolate brown. However, I don't want to walk around with huge roots or multi-toned yucky colors during the growing out process and I am not sure if my stylist can help me get back to my original color without all the growing out agonies. Do you have ideas on what I can do?

—Fredricka

Never fear, not only is transitional hair color one of the hottest color trends of the moment, as demonstrated by Sarah Jessica Parker on *Sex And The City*, but there are many great new options for making any hair color changes virtually painless. You are correct in your hair color trend observations. Red and bright golds are the hottest hair colors for fall 2003. However, you do have many options to maintain a unique hair color appearance.

Scott Cole and Linda Yodice of Paul Mitchell Systems have won awards for their new Strap and Block hair-coloring techniques. These new color processes involve creating either a block or strap of color that contrasts with the rest of the hair. In reality, your current red could be painted with carefully placed blocks or straps of chocolate brown that is close to your original hair color. As the current red tones grow out, the blocks or straps could be seamlessly extended to give the illusion of a carefully planned color masterpiece that is very hot and chic.

Make an appointment with your stylist for a color consultation.

Inquire whether the block or strapping color technique is something they might apply to your current red color. Although they may not follow the Paul Mitchell method, they might have their own formula for adding contrasting color to help you avoid a painful root process.

My hair is baby fine. No matter what I do it always looks thin and wispy. What can I do get a hot new look?

—Gesselle

A combination of the right cut and hair care products can create the illusion of thicker, fuller hair that rocks. Ask your favorite stylist to create a strong blunt shape coupled with well placed texturizing all along the perimeter of the cut. Your stylist should work to create the image of chunky layers and slices without actually removing any of your strand's limited bulk. Careful texturizing can provide solid shapes and a fuller look. Custom designed, strategically placed highlights, lowlights and color can provide instant depth, movement and richness.

Improve the fullness factor with volume enhancing shampoos and styling products. Many celebrities swear by PhytoVolume shampoo and PhytoVolume Actif maximizing volume spray for fine, limp hair. Matrix Amplify is also a favorite for adding instant hair fatness. When in doubt let your stylist guide you.

My face shape looks terrible when I don't wear bangs. So I have been wearing bangs for year. Now bangs seem to be back in fashion with celebrities and I love how they look. Unfortunately my bangs look old and stodgy. Can you please advise me of some new ways to update my bang style?

—Katie

Yes it's true, many celebrities and stars from Carmen Electra and Nancy O'Dell to Reese Witherspoon are opting for a wide range of bangs that work with their individual face shapes, coloring and overall style.

One of the biggest bang trends at the moment is the block-layered fringe that can be worn softly swept to one side or finger tousled as an eye-skimming accent. Another trend that is popular is the modified asymmetric fringe that can instantly change the entire look and feel of your eyes, face and hairstyle.

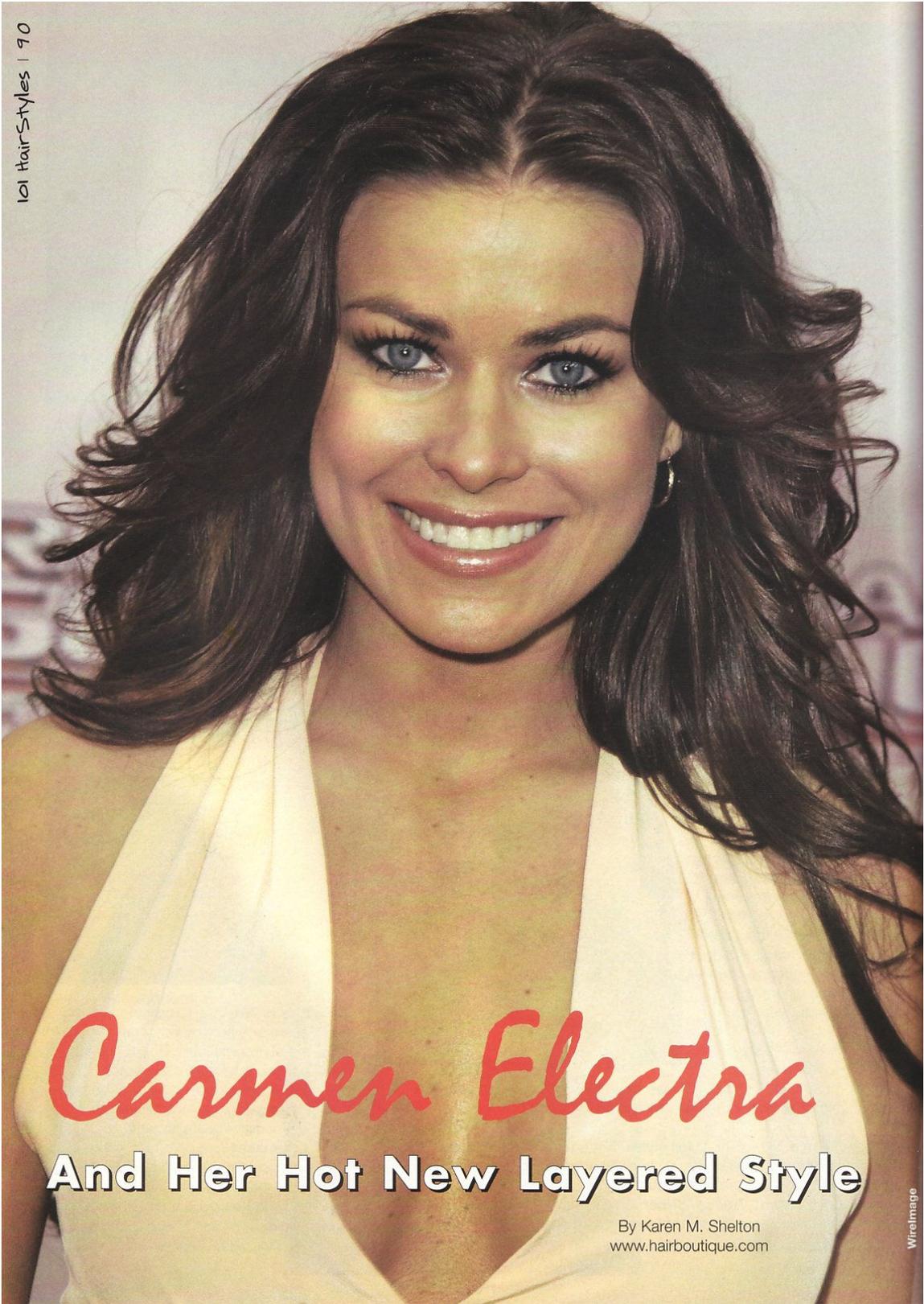
Update your ho-hum bangs by having them layered, shattered or texturized to give you lots of style flexibility. Accentuate your bangs with contrasting yet complimentary colors that give your fringe a completely new look and feel. Be really daring and have the main hair panel of your fringe colored a deep color that is contrasted along with the edges with a vibrant hue in a much lighter shade. This will show off the lines of the fringe and help the hair to pop.

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Carmen Electra
And Her Hot New Layered Style

By Karen M. Shelton
www.hairboutique.com

After days of playing insane phone tag with celebrity hairstylist Ken Paves, I finally tracked him to his home in LA where he had just completed a whirlwind week flying cross country to create his signature hair masterpieces for songbird Celine Dion and actresses Carmen Electra and Jessica Simpson.

Nursing a persistent raspy cough related to his ongoing insane schedule and lack of sleep Ken excitedly shared the details of his very recent trip to New York with Celine Dion. He also excitedly spilled the beans on his creation of a very hot new style for long time client Carmen Electra that morphed her coif from "sex kitten to sensuous bad girl with attitude."

Ironically Celine and Carmen were both in New York to appear at different times on *Live With Regis and Kelly*. Ken reported that Carmen, who is a long time cherished friend, as well as a favorite celebrity client, had been recently ribbing him that he was "just too busy" to get together with her to "give her a new look." Ken laughed and told me that Carmen teased him by saying "enough is enough, it is time for you to come see me and give me a hot new style."

Midnight Hair Madness

Once Ken arrived in New York and juggled his schedule he was able to honor Carmen's request by heading over to the "really amazing" Trump Towers, where Carmen was staying, arriving at midnight to give her a spectacular new cut and style. Did I say midnight? Yes, that is precisely what I said. I can almost picture Ken sprinting through the lobby with his bag of trusted hair tools.

Although celebrity hairstylists have the fantastic opportunity to work with some incredible celeb personalities, what most people don't know is that their day never ends. A successful celeb hair wizard like Ken Paves is basically on call 24 hours a day, seven days a week!

Does Ken ever complain or even mumble a single negative comment about his schedule or life? Never! In the year that I have gotten to know this wildly talented, fun loving, brilliant hairdresser so well, I have never heard anything but gratitude for the many opportunities that his clients offer him to do hair, which is his life's true love and passion.

Once Ken managed to get together with Carmen in the wee hours of the morning he set to work with his magical scissors and lovingly transformed her "below the middle of the back" long strands into a sensual masterpiece of graduated chunky layers strategically arranged to draw attention to her gorgeous eyes and beautiful face. He reported that he "created a soft face framing layered fringe that can be worn softly swept to one side of her face."



Flexibility Is Ken's Styling Motto...

The new style allows Carmen to have lots of flexibility with how she wears her hair for a variety of different appearances and events. She can wear it with or without the bangs. Flexibility is a major requirement for Ken's styles since he wants his clients to enjoy their styles and feel comfortable playing with their own hair, if they desire. Since Carmen Electra is considered by many



to be one of Hollywood's most versatile stars, it seems only fitting that she have a versatile look that can work with her many different roles.

So is Carmen going to continue to wear her hair longer? Yes, according to Ken, "she will keep most of the length." Carmen just wanted to "change her current look" around to get a new dimension and feel.

Longer Locks With Caramel Hues

Ken pointed out that since "long hair is back with a vengeance" and "many women want their long locks back" he only trimmed about four inches off the bottom of Carmen's medium to fine strands, which are now completely extension free. Ken said that Carmen has a lot of hair but that it is basically straight. Like most of his celebrity clients, Carmen uses a combination of Kerastase and Phyto hair care products to keep her gorgeous hair in great condition.

Carmen's dark chocolate brown hair color recently captured at the premiere of *Charlie's Angels 2*, was specifically created for her role as Owen Wilson's girlfriend in the big-screen adaptation of the classic 1970s *Starsky and Hutch* police action film. While visiting New York, Carmen also stopped by to see her celebrity colorist, Rita Hazan at the Adir salon, and was lightened back to a softer and much lighter caramel hue.

If you missed the gorgeous Carmen on *Regis and Kelly*, you can see her hot new style on ABC Family's *Dance Fever*. Carmen will be one of the judges on the revamped reality dance show.

Besides *Dance Fever* and *Starsky and Hutch*, Carmen appeared in Miramax's comedy *My Boss' Daughter* with Tara Reid, Ashton Kutcher and Molly Shannon. Carmen will also be the host with Kadeem Hardison for *Living Large* on The Heritage Networks.

BRAIDED LACE UPDO



Model: **Alison**
Stylist: **Barbara Lhotan**
Photographer:
Eric von Lockhart
Technical: **Karen Shelton**
Makeup: **Denessa Myricks**

This wistful braided style whispers romance. The look works best on hair that is shoulder length or longer with medium thickness. Hair that is short can adapt to the style with extensions or other add-on hair. Naturally straight strands or hair that has been pre-straightened is ideal. Highlighted hair beautifully complements the braided hairstyle, which forms crisscrossed ribbons of hair that end in a soft-knotted bun at the back of the nape of the neck.

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. This style is designed around hair that is brushed back off the forehead without bangs or a part.

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 Starting on one side of the head near the hairline use your fingers to select two sections of hair that are approximately half an inch to one inch in diameter and are positioned with one section on top of the other.

4 Tie the two hair strands together making a hair knot. Tie the knot tightly or loosely depending on the look you are trying to achieve. Experiment to find the tension that is best for your hair and the ultimate style.

Note: Use tiny hairpins that match your hair color to help anchor slippery or soft hair in a firm knot.



5 Gather the remaining two ends of the hair knot and merge them into one strand.

6 Holding the combined strand in one hand, pick up another strand the same size as the original strands.

7 Tie the new strand with the existing merged strand. Form a second knot like the first one.



8 Gather the remaining strands from the new knot and repeat the process of selecting new strands. Continue making knots until the entire hairline area from ear to ear has been knotted.

Note: You will knot sections of hair as you move in a half circle across the top of the crown.



9 After the last strand is knotted into place, secure the final knot with a clear Blax or similar plastic band. Pin the section to anchor tightly to the scalp.



10 Starting on the right side of the head, create a part that extends from the right ear to the left side of the head behind the left ear.



11 Using your fingers, pick up the section of hair created by the new part. Separate the hair into two individual strands.

12 Loop the two sections of hair together and tie into a knot two times. Pull the knot tightly to anchor. Use hairpins if necessary to help hold the finished knot.



13 Pin the knotted hair to the scalp at the back of the crown.



14 Pull the end of the front section to the back of the crown and pin to the newly knotted hair.



15 Continue working with the remaining hair at the back of the head.



16 Repeat Steps 10 through 13 until all remaining hair has been tied and pinned to the main hair knot positioned off the nape of the neck.

17 Spray the updo with firm hold hairspray.

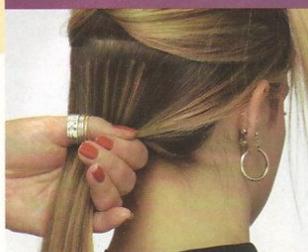
Totally Twisted Chignon



This classy chignon is updated with a twist. The look works best on hair that is shoulder length or longer with medium thickness. This look can be easily adopted for waist length or longer hair with some modifications at the end of the styling process. Hair that is short can adapt to the style with extensions or other add-on hair. Naturally straight strands or hair that has been pre-straightened is ideal.

Model: Lindsay
Stylist: Barbara Lhotan
Photographer:
Eric von Lockhart
Technical: Karen Shelton
Makeup: Denessa Myricks

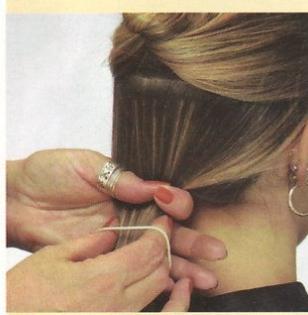
Instructions



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 Separate hair into different sections consisting of the back, the front and the top. Clip all sections temporarily.



4 Separate out a section of hair near the nape of the neck and secure with an elastic band.



5 Twist the hair in a clockwise direction. Twist hair tightly.



6 When finished twisting secure the ends or "hair tail" with a Blax or elastic band and pin securely to the scalp.

Note: Use tiny hairpins that match your hair color to help anchor slippery or soft hair in a firm knot.



7 Unclip the middle section of hair in the back and repeat Steps 4 and 5 remembering to twist tightly.



8 Take top section down and twist tightly.



9 Pin to scalp.



10 Leave strands on the sides free or pin back towards the chignon if desired.

11 Pin the new chignon tightly to the scalp near the nape of the neck to hold in place.

12 Leave strands on side flowing freely or curl.

13 Spray the finished bun with firm hold hairspray.

Messy Layered Braided Do



This messy braided style works best on shoulder length or longer hair with medium texture and thickness. Naturally straight strands or hair that has been pre-straightened is ideal.

Model: Alison
Stylist: Barbara Lhotan
Photographer: Eric von Lockhart
Technical: Karen Shelton
Makeup: Denessa Myricks

INSTRUCTIONS



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

2 Smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.



3 Starting on the left side of the head separate three strands and begin a simple lace (overhand) braid. As you braid continue to grab hair and braid to the middle of the nape of the neck. Keep the braid loose.



4 Take a strand of hair near the middle of the top of the crown. Make a tight three strand overhand braid.



5 Moving to the right side of the head separate three strands and create an English braid like on the left side. Remember to keep hair loose.



6 Grab a small strand from the center of the braid's ends. Hold the braid tightly with one hand while pushing the braid towards the scalp.



7 Pin the braid to the scalp at the middle of the head.



8 Spray finished style with strong holding spray.



9 Pin the top single braid over the top of the style in the back.

10 Add accessories as desired.

INSTRUCTIONS FOR ENGLISH OR OVERHAND BRAID

1 Separate a strand of hair into three equal sections. Smooth each section for easier and more uniform braiding.

2 Create the braid by crossing the left section over the center section of the braid. Pull strands tightly. Cross the right section of hair section over the newly created center strand. Pull strands tight and smooth.

3 Continue this crossing, tightening and smoothing process until all remaining hair has been merged into the desired braid.

4 Leave a small section of hair "tail" free at the tip of the braid. Tie off the braid above the "tail" with a hair friendly bungee, Blax or other hair safe elastic band.