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The Beauty Vibe: *Girly Glamour*

Spring is in the air, ladies and visions of luscious locks and soft angelic lips come to mind. Simply put, it's about uncomplicated beauty—a face of sheer femininity with delicious touches of color.



The Look: Purple-gray dusted eyes paired with coral cheeks and lips.
The tools: Paula Dorf - Eye Pencil in Maribo (a black gold); Swing Eye Color Glimmer (a shimmery pinky-purple); Nymph Eye Color Glimmer (a shimmery purple-gray); Licorice Mascara (black); Doll Face Cheek Color Cream (a pink-coral); Tootsie Cheek Color (a bright coral); and Chiffon Lipstick Cream (a shimmery peach)



The Look: Highlighted eyes, stained cheeks and light bite-me-now glossed lips.
The tools: Vincent Longo - Naples gold highlighter shadow; black mascara; Neo Aura Lip/Cheek Gel Stain (a brown-red); Amore lipgloss (a pink-mauve)



The Look: Metallic gold-dusted lips with flushed pink cheeks and super glossy lips.
The tools: Sephora Collection All Over Color in #106 (a shimmery gold shadow); Mascara in Black 91; Sephora Collection All Over Color in Sheer-Fuchsia #58 (a pink blush); and Sephora Artist Lipgloss in Clear 0



The Look: Light reflecting makeup—glittery gold lids, shimmery highlighted gold cheeks and metallic gold lips—give face a candlelit glow.
The tools: Sephora Collection Jumbo Crayon in Gold #317 (a bright yellow-gold eye pencil); Sephora Artist Glitter in Gold 888; All Over Color in Cream-Gold #106; Lipstick Palette & Brush in 09



Hot Spot

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Stylist: Ruthy Jeanniton for Udat Salon; **photographer:** V. Cayenne; **Model:** Anna



Stylist: Ruthy Jeanniton for Udat Salon; **photographer:** V. Cayenne; **Model:** Isis

Strands in the City

What's new in your city? Here are a couple of hot 'do's out of Brooklyn, NY:

For more information contact: Vincent (718) 622-1400



12 Ways to Hair Nirvana

—Karen M. Shelton

The New Year often brings about a need to chase after hair related resolutions involving words like improve, commit and focus. Why not throw out those types of words and exchange them for embrace, nurture and play? If you've got a hair resolution list for 2002, lose it. Instead, give yourself permission to achieve instant hair bliss!

Here's a list to start you on your path to enjoying your tresses in 2002:

- 1.** Beautify your private hair care den. Clear the clutter, organize your hair care tools and add little touches of elegance. Stock up on super thick, luxurious towels that you reserve just for your wet tresses.
- 2.** Pamper your strands with a splurge on that sumptuous hair care line (Kusco Murphy, John Sahag, Phytotherathrie, Philip B) you have been lusting after. Lock yourself away in your beautiful hair palace while you soothe your senses with a long, sensual shampoo and deep conditioning treatment. Add your favorite music, scented candles and soaps to totally overwhelm your senses.
- 3.** Be adventurous and whip up a homemade hair recipe from an aromatherapy beauty cookbook. Try peppermint or ylang ylang hair oil for

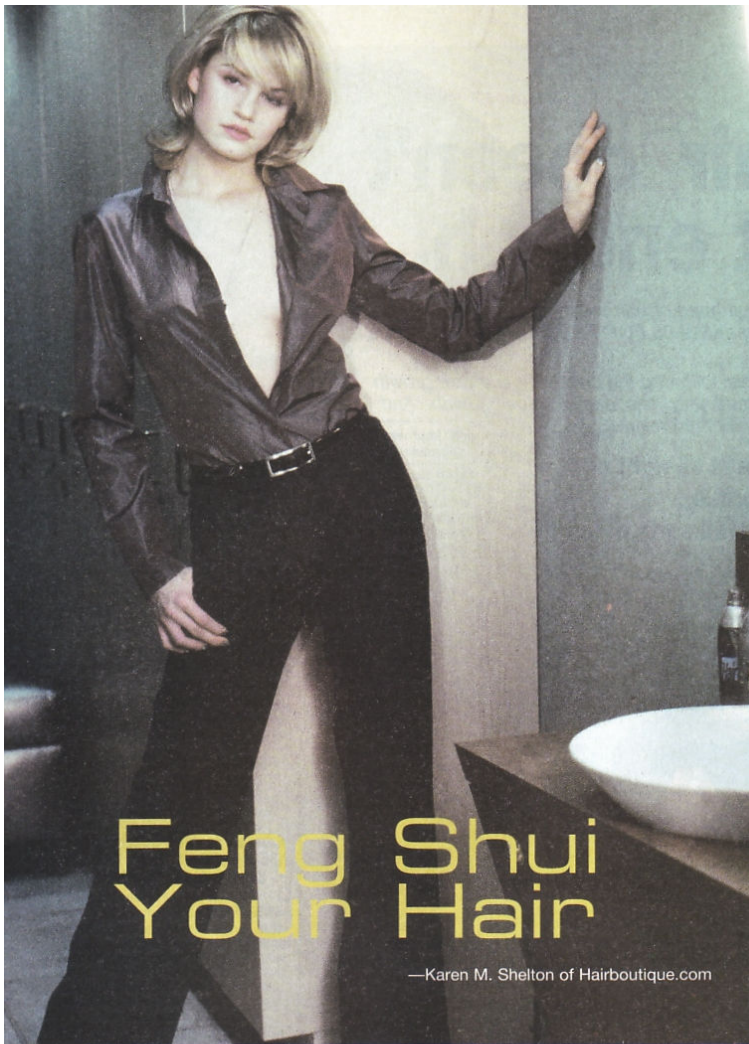
a new hair conditioning twist.

- 4.** Wrap your locks in satin while you float off into dreamland. Invest in sensual satin pillowcases or a silken nightcap to keep your hair soft and tangle free while you slumber.
- 5.** Discover the Zen of scalp massage. Put your favorite tunes on your CD, light your favorite relaxation candles, put on your comfy PJs and get ready to connect oil-dipped fingertips with your appreciative scalp.
- 6.** Grab a mane giggle by loading up on videos about hairstylists (*Shampoo, Diner*) or flicks that have a hair related theme (*Steel Magnolias, Legally Blonde, Runaway Bride, Johnny Suede*).
- 7.** Roam aimlessly through an antique mall with the sole purpose of discovering unusual hair combs, jewels or styling tools from years gone by. Imagine your hair adorned with some of the rare gems you discover.
- 8.** Invite a lover to play with your hair.

Luxuriate in the feel of having your hair washed, brushed or braided.

- 9.** Surround yourself with hair buddies and have a *mane* makeover party. Try on each other's conditioners, blow dryers and styling irons. Play with hot new styling tools like automatic braiders and hot twisty curlers.
- 10.** Surf to all the hot hairboards (HairTalk, NaturallyCurly.com, TLHS Guestbook) on the Net and chat endlessly about your follicles. Acquire some new strand fans.
- 11.** Go wild with a crazy style that will make you smile. Gel your ringlets up into a perky ponytail or revisit your childhood with zany pigtails. Let your hair styling imagination soar.
- 12.** Set aside a special time every day to express your innermost thoughts in your own private hair journal.

For more interesting tidbits log onto www.hairboutique.com.



Feng Shui Your Hair

—Karen M. Shelton of Hairboutique.com

Feng Shui (pronounced fung shway, fung shui or feng shway depending on your roots) traces its origins back several thousand years ago to the beginning of farming and agriculture in China. When it is literally translated, the words mean wind and water and are based on living in perfect harmony with nature.

There are different published opinions about the beginnings of Feng Shui. Some writers believe that it was discovered by Chinese farmers who noticed that the success or failure of their annual crops could be directly linked to how they planted it. Others state that it was related to the location of burial grounds. Whether you believe the burial ground or the farmer's theory, the focus was to experiment with elements to uncover

the relationship of the land's energy or "Chi" (pronounced chee).

The experts believe that Feng Shui works by analyzing and altering the flow of energy in our environment to produce designed changes. Feng Shui teaches that every physical object in our surroundings has an influence on our lives. By altering how energy of "Chi" flows around and through these surrounds, we can promote happiness, prosperity, good

health and good hair.

Balance In Your Hair Care World

So, it occurred to me one day that if Feng Shui could benefit businesses it could possibly help hair, skin and other personal beauty challenges. After some discussion with my Chinese friends I contacted Wanda Merrill, a Dallas based Feng Shui consultant, who explained that in general there are three basic Feng Shui principles that are required for a successful outcome of any kind. These goals include:

1. A connection to a specific purpose
2. Balance of emotions and power
3. Proper vitality to accomplish your mission

Remember all three of these major goals must be identified and pursued for successful results.

Connect to the Purpose

Chi energy moves through the human body as well as making its way through all areas of life including working and living spaces. Thus, the area where you shampoo, style and care for your hair and appearance is impacted by Chi. Good Chi can energize and inspire great results or it can dampen and destroy the efforts. If you are interested in creating a more pleasing appearance or promoting positive change in your hair, you qualify as having a specific purpose.

Please note: Feng Shui can be quite complex and involves many different variables and considerations. It is important to note that Wanda's suggestions were designed to provide general guidelines and ideas.

Creating Balance

Since balance is a key to positive results and direction of power, Wanda pointed out that the room where all hair and beauty treatments are performed should adhere to basic Feng Shui rules starting with the shape of the room. When possible it is best to do hair and beauty care in a space that is rectangular or square.

Although many Feng Shui experts would probably tell you to avoid using a bathroom as your beauty work area, Wanda advised that a room be

used that is separated from the com- mode by a door that closes. A large vanity area that is separated from the actual restroom would be an excellent choice.

Clutter, chaos, dirt and dust are definite negatives for creating pleasing beauty experiences. Dust bunnies hiding in corners can impact the balance and prevent positive chi to flow. The first step is to select the room where you will spend the most hair and beauty care time and then clean it avoiding the use of lots of air-clog- ging chemicals.

Remember that neatness counts. Throw out unused bottles and old hair and beauty products past their prime. Also, untangle cords and put hot curlers back in their case. Clean out cluttered cabinets and throw away any junk that you can find.

Make a commitment to yourself that you will keep wires and cords from blow dryers untangled, neatly coiled and in their place. Adopt a regular weekly cleaning schedule to police and clean up your hair and beauty care areas.

Keep any mirrors clean and bright. If you are using a looking glass mirror for styling purposes, it should be positioned the same height as your head. Oval mirrors that are plain without any engraving or printing are best.

By adding a few simple objects and following some basic Feng Shui placement guidelines, your beauty space will look more attractive and you will reap the many benefits of a more positive, auspicious energy flow. When you utilize the Chinese art of



placement it can definitely help achieve great hair results.

Balance Emotions and Power

The way the beauty and hair care area is arranged can either work to create ultimate goals or impede them. Establishing a special beauty care sanctuary that allows for nurturing is important. The nourishment of hair and skin is as much a product of focus and intent as it is on the tools that are used. Wanda explained that Feng Shui principles utilized in beauty care areas helps bring about an ener-

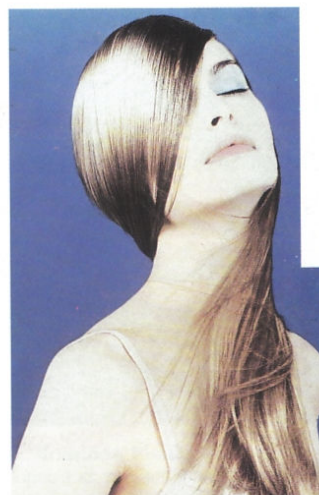


getic transfer from the hands to the body.

Build a beautiful beauty care work area that stimulates your visual senses and empowers you on all levels. Keep the entrance to your hair and beauty sanctuary completely uncluttered so that the energy can flow.

Your shampoo and styling stations should be positioned so that they feel relaxed and you don't feel rushed or uncomfortable. The idea of focusing solely on creating a special beauty and hair experience is hard for many people to consider because of busy schedules and rushed timelines.

Make your space into a comfortable refuge where you feel completely pampered, relaxed and cared for. Use colorful candles or accent pieces to add beauty and warmth to your special treatment room. Select colors that feel good to you. Although blue is soothing, yellow is the color of acuity and red is the color of power.



Generate Proper Vitality

Life's daily pressures take their toll wearing down mental, physical and emotional energies. Psychologists have discovered that the human mind has the ability to shape physical reality. If you focus on changing your mind you can change your life. Generating proper attitude and vitality will take you the last mile towards your goals.

Other ways to improve your beauty creation area is through the addition of natural elements such as water, aromas, full spectrum lighting, curved lines and special protection from electro-magnetic energies.

Add any appropriate symbols that reflect your personal signature. Plants work well to bring chi energy. Lucky Bamboo is an excellent way to attract positive energy. For centuries, Asians have considered it to be a very lucky and positive symbol. While a seven stalk Bamboo promises overall health, 21 stalks offer powerful all-purpose blessings.

In addition, bring in anything that inspires you and reminds you what you are trying to accomplish. This can include photos of the hair you would love to have, special soothing music or other comforting tools. Use your time in your new sanctuary to stay relaxed, calm and in control.

For more on Feng Shui check out books "A Master Course in Feng Shui" by Eva Wong or "The Feng Shui Handbook: A Practical Guide to Chinese Geomancy" by Derek Walters

Strand Solutions

Hair guru and a true gem, Karen Shelton of HairBoutique.com provides the goods for your hair woes.



Tom Caron

Q I have a question with regard to razored layers. I presently have a one-length bob (chin length). I was thinking of having razored layers cut into the style. Is razoring damaging to the hair? Also, what is the difference between razored layers and just having long layers cut into this style?

—Vicki Shapiro, via e-mail

A Razoring is a fabulous option for someone like you! The current razoring craze is actually just an updated version of the old technique that has been around for years. Completely safe, razoring can give spectacular movement to hair when just the right amount of weight is removed. When done correctly by a knowledgeable stylist, razored layers can be choppy, and more fractured than long layers cut with a scissors. The key difference is that stylists gifted with a razor are able to achieve more inspired texture than with a scissors. If you decide to try a razored look, make sure you find a stylist that has special expertise with a razor.

Q I am a 60-year-old petite woman (size 4) with VERY thick, coarse, naturally wavy/curly dark brown hair. I also wear glasses. I have had my hair short, medium and long. I have also tried layered and same-length hair. I haven't had a satisfactory haircut for years. My current beautician has absolutely no idea what to do with my hair. Consequently, it now resembles a shaggy mop. Help! I have shown

several of your issues to friends, but no one seems to see a hairstyle that they think is suitable for me. I forgot to tell you that everywhere I try to get my hair done I wind up with the proverbial "old lady" haircut. People tell me I am an attractive woman—but I don't want to be an "old lady" nor do I want to be punk. I would just like it if, when I enter a room, people would say "now, there is a striking woman"

—Mamalo

A Still gorgeous Jane Fonda, born in 1937, is a classic example that hair can be ageless with the right attitude and style. The secret to Jane's ever fabulous hair is that she follows the first rule of thumb to work with her natural hair texture. Finding your fabulous hairstyle is not impossible if you are committed to searching for the right stylist to help you. In your case, you should find an innovative hair expert that will take the time to help you select a style that incorporates your hair's naturally curly/wavy locks while keeping an eye on your face shape and lifestyle requirements. Since top hair experts are busy and expensive, book a "consultation only" with a new hair stylist. A consultation guarantees that the stylist is paid for their time while offering you a chance to explore your styling options without the



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pressure to select a style until you are absolutely comfortable. Do your own pre-consultation research by flipping through a variety of magazines to find looks that you are attracted to and show the stylist.

Pay special attention to soft bob styles that might be able to incorporate your hair's movement and weight. Once you have found a stylist that you like and trust be willing to be patient and work with them to achieve the best look for you. Communicate your wants, needs and fears about your hair and then be willing to listen to what your stylist suggests.

Q I need your advice — I want a hairstyle that is pretty, feminine, sexy, modern

and will go with my hair type. It doesn't need to be too terribly hard to style, either. My hair is medium brown, about three inches past my shoulders, and super straight. It is not damaged. Please help!

—Alison, via e-mail

A Thank you Alison. Straight hair like yours is a prime candidate for the new razored shaggy look that Britney Spears wore in her televised HBO special from Las Vegas. Not only does the style look modern, it can be worn soft and pretty or sexy and edgy. It looks great on hair that is short to long and is perfect for healthy, shiny locks. The beauty of the new razored looks is that it can be wash and wear or you can use your fingers to play with the new styling hair helpers like Kusco Murphy's yummy Beach Hair which can be used on wet or dry locks for calculated, yet stunning, messy styles. Whether you wear it sleek and sassy or edgy and shattered, you can't get a style that is hotter right now.



Karen M. Shelton is President/CEO of the popular award-winning HairBoutique.com consumer hair care web site.

Have a question for the hair doctor? Send it to:

Hair Doctor

Celebrity Style 101 Hairstyles
1359 Broadway, Suite 1203
New York, NY 10018 or email us at
visualmaster@aol.com

Grow Your Tresses Long & Strong

Maximize the potential of your hair growing cycle.

—Karen M. Shelton of Hairboutique.com



Yes it is really true—anything in life worth having takes time, commitment and focus.

However, people with fine, thin, or severely damaged hair may have a difficult time growing hair past a certain length. Due to some hair-deafening factors including serious illness, ingesting some prescribed medications and a variety of environmental conditions, each can hinder hair growth.

But all is not lost. Remember that the average person is genetically programmed to grow hair at the rate of six inches a year. So, if you want to

grow 30 inches of hair, plan on waiting approximately five years to experience that length. Is it worth it? Only you can be the judge.

Patience Is A Virtue

Although it is always a good idea to measure your hair on a regular basis, avoid the urge to measure more than once a month. Growth spurts can vary widely. Hair tends to grow more rapidly in the summer while slowing down in the winter.

To sanely track your progress start a hair growth diary with a baseline measurement. Ask someone to help you acquire a good starting hair measurement. Have your hair buddy use a soft measurement tape to measure from the very tip of your roots to the very end of your strands. Remember that hair growth is volatile so don't get discouraged by monthly patterns. To avoid growth stresses consider only measuring your hair a few times a year rather than monthly.

Start With A Clean Slate

Ditch the damaged parts of your hair at the very beginning of your growing cycle. If your heart is set on flowing locks then be willing to start off right.

Visit your hairdresser and explain your mission for longer, stronger tresses. Request that your stylist give your hair a proper growth launch by trimming off all damaged and split ends.

Discuss proper handling of any other damaged hair with your hairdresser. Although cutting may not be necessary, starting with a good conditioning program may be essential to reverse long term damage leftover from environmental, chemical or other ravages.

It is very important that you have a supportive stylist that will help you as you travel on your long hair journey. If your regular hairdresser is not supportive to your goals, there are many excellent long hair experts that can assist you. To find a list of long hair consultants check out the list at HairBoutique: <http://www.hairboutique.com/links/longhairspecialists.htm>.

Grow With Grace

Once your hair is ready to grow, make sure you keep it trimmed every 8-10 weeks. Regular trims keep your hair looking and feeling healthy. It will also give your hair a great transitional shape as it grows through the many different stages. Don't fool yourself

into thinking that you don't need regular trims—You do.

Some long hair specialists will be willing to "dust" your ends which means that they will remove as little as possible from your ends focusing only on split ends. If your hair is in great shape, dusting will trim the minimal amount of hair preserving as much of your hard-earned growth as possible.

Many people prefer to trim their own ends. This is perfectly acceptable as long as high quality, professional scissors are used. Dull or scissors that are not designed for cutting hair can rip or tear delicate ends.

Make the Investment

Invest in the best hair care products you can personally afford. Salon products are generally better than the products sold at your local drugstore.

Finding what works for you and your hair type is the key. Some of the top product lines for assisting with the creation of healthy hair include Phytotherathrie, ARTec, Aveda, Edwin Paul, Matrix, Rusk and Philip B.

Furthermore, many of the chemicals used in the majority of over-the-counter products contain sulfate-related ingredients, which can be quite harsh and drying to delicate hair.



These nasty additives can also accelerate breakage and split ends. Other products may contain harmful versions of silicon which can suffocate hair and ultimately cause all sorts of hair related problems.

Eat Right & Take Your Vitamins

Vitamins and minerals play a major role in keeping your hair healthy. Any nutritional deficiencies can lead to thinning hair or even total baldness. It is a well-known fact that an under active thyroid can result in frizzy or brittle hair while an overactive thyroid turn hair greasy and limp.

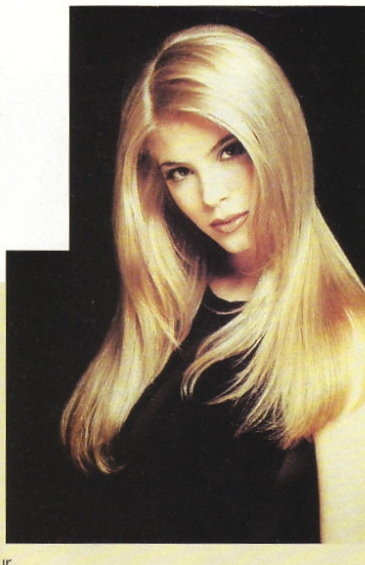
The bottom line to this thread is that your hair ultimately reflects the overall condition of your body. If your body is healthy and well nourished, your hair will be your shining glory.

If you are having any health problems or suffering from any nutritional deficiencies, your hair may stop growing or show damage.

If your body is in good health, you can maximize your genetic growth cycle through taking the proper blend of amino acids and B-vitamins.

It is also important to include B-6, biotin, inositol and folic acid in the supplemental program. It has been found that certain minerals including magnesium, sulfur, silica and zinc are also very important toward maintaining healthy hair.

Beta-carotene is also important to hair growth. This is because beta-carotene is converted to vitamin A as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Beta-carotene is found in green and yellow vegetables and fruits.



Protein Is Important

Since hair is protein, a diet that is too low in protein may cause a thinning in hair or retard the growth cycle. The converse is true, if you eat a protein-rich diet it will often result in improved hair growth.

Some nutritional experts suggest the dietary utilization of calves liver, brewer's yeast, wheat germ and a daily dose of two tablespoons of granulated lecithin to maximize hair growth, strength and beauty.

Other good food sources for protein include fish, eggs, beans and yogurt. Soy protein has also been found to be helpful in stimulating hair growth. One study of the results of soy on the hair found that it not only strengthened the hair but also caused it to grow. A great source of soy is tofu.

Growth Blockers

Excessive stress and some medications are conclusively known to slow hair growth. If you have a medical condition and your physician has prescribed medications it is imperative that you follow your doctor's orders regardless of the impact to your hair.

Warning: Always consult your doctor before you undertake any new type of vitamin or mineral program to make sure it does not interfere with any medical treatment you may currently be on.

However, if you are under severe stress it is helpful to reduce the stress



- Vitamin B-complex—50 mg. of the major B-vitamins (including folate, biotin and inositol)
- Vitamin B-6—50 mg. of vitamin B-6
- Vitamin C with bioflavonoids—one to two grams daily
- Vitamin E—400 to 800 IU daily
- Beta-Carotene—10,000 to 15,000 IU of beta-carotene daily
- One recommended daily dose of magnesium, sulfur, zinc
- Silica (horsetail)—300 mg. daily
- Nettle—250 mg. three times daily
- Flaxseed oil—one tsp daily or one tablet
- Beta-Carotene—10,000 to 15,000 IU of beta-carotene daily

Pursue Growth With Passion

Knowledge is power when it comes to grow-

ing gorgeous hair. Learn everything you can about the tricks and techniques of growing lovely long locks. The Internet offers a wealth of information of hair growing tips. Sites like HairBoutique.com and The Long Hair Site at <http://www.tlhs.org> can provide you with effective advice on growing long hair.

as much as possible. Consider meditation or relaxation as a way to cut back on any major stress in your life. Your hair will love you for it. Another secret hair helper is rest and sleep. It has been discovered that to grow faster, hair needs an adequate amount of sleep (seven to nine hours are suggested).

Hair Growing Supplements

I have personally had some success (at least for me) with HairTopia vitamins. This product was designed to assist the body with the maximum hair growth building blocks. (Get more details about HairTopia at the HairBoutique.com website.)

While eating the proper foods that contain all the necessary vitamins and minerals will help, it is a lot more difficult to guarantee that you will get all the vitamins and minerals you need from the foods you eat.

List of Supplements

In addition to making lifestyle changes, taking the following supplements every day can boost hair growth for many people:

ing gorgeous hair. Learn everything you can about the tricks and techniques of growing lovely long locks. The Internet offers a wealth of information of hair growing tips. Sites like HairBoutique.com and The Long Hair Site at <http://www.tlhs.org> can provide you with effective advice on growing long hair.

Brush Properly

Treat your hair like a piece of fine old lace. Handle it carefully avoiding any unnecessary brushing, combing or handling.

Invest in the best brush you can afford. Never ever use a brush that has tiny knobs on the end of the bristles. Those little knobs are famous for ripping and tearing out unsuspecting hair.

Be careful not to brush your hair excessively. Brush only as much as you need to style your hair or remove knots. Too much hair brushing can lead to split ends and ripped hair.

When you must brush, follow proper brushing techniques. Start by bending forward allowing all of your hair to gently fall over your face. Use a

brush with natural boar bristles and when possible, a wooden base. (Gently brush the ends of your hair out first to eliminate tangles, snag, etc that can often occurs as you're brushing or combing strands.) Carefully brush your hair from the nape of the neck over your head and down to the ends of the strands. After each brush stroke, use your hands to smooth your hair to reduce static. Allow your hair to fall normally. Continue to brush your hair in this position until you are finished.

Remember that hair should only be brushed when it is 100% dry. Hair is in its weakest condition when it is wet. Brushing wet hair can damage it.

Comb It Right

When you comb your hair always separate the hair into small sections. Whether your hair is wet or dry use care and a wide-tooth comb. Start at the bottom of the hair near the ends and carefully work in a downward direction.

A wooden comb is always an excellent choice for hair's health. Avoid the use of hard rubber combs that can tear or rip hair right out of the scalp.

Use Your Fingers

When possible use your fingers as "picks" or "rakes" to remove snarls and tangles. Fingers are the softest tools you can use on your hair to prevent pulling and snagging.

Always Start At The Ears

No matter what the pros say, daily shampooing can be damaging to some types of hair. Wash only when necessary for your hair's needs. If your hair is excessively brittle or dry, consider using pre-conditioning treatments before you shampoo. Apply hot oil or rinse out conditioners to wet hair before you shampoo. This will protect fragile locks!

When applying shampoo never apply it directly from the bottle to your hair. First pour a dime to quarter size of shampoo into the palm of your hands and mix with a little warm water. Gently lather your hair starting at the roots. Let the bubbles and suds from the shampoo gently flow down your hair length to create easy cleansing without unnecessary hair friction.

Use the pads of your fingertips to massage your head to help increase the blood supply to your scalp and hair roots. Unless you have very fine or thin hair, always follow your shampoo with a rinse out conditioner.

Remember to apply conditioners from the top of your ears down to the ends of your hair. It is important to keep conditioners away from the scalp unless your hair is severely tangled at the root. Conditioners applied to the scalp may cause clogging of the hair follicles, which will slow growth.

If hair is dry and doesn't need to be washed every day, skip a day or two between shampoos. You can always take a shower without using shampoo. You also have the option to dilute the shampoo so it is less harsh. Use your judgment and experiment to determine the best dilution formula based on the product you use and your hair's texture.

Another option is to apply a very light coat of hair conditioner to pre-wet hair, rinse well and let hair "air dry". This will add moisture to the hair without any risk of causing dryness from too frequent shampoos.

Keep It Cool

Avoid hot styling tools as much as possible, but if you must blow-dry, always first coat and protect your hair with a leave-in conditioner. Never focus the airflow on one section of the hair longer than a few seconds. Rotate the dryer back and forth to prevent burning your hair.

When possible, use a blow dryer on medium speed, cool heat, with the airflow directed from the roots to the ends. This is the least damaging way to use a dryer and still achieve good results.

If your blow dryer doesn't have a cool setting but does have a cold shot button, use this at the end of your drying cycle to seal and protect the hair.

When possible, limit your use of the blow dryer to just your bangs or limited sections of your hair. Look for ways to get maximum coverage with minimal heat exposure.

Grab The Rags

Avoid hot rollers, curling irons and

other hot tools that can cook delicate hair. If you crave curls, use soft rag rollers or sponge curlers that will not tug or pull precious hair.

Use your imagination. There are many ways to roll your hair on soft tools that will not harm your hair. Some alternative rollers include Popsicle sticks, pipe cleaners and empty toilet paper or paper towel rolls.

Other Hair Growing Tips

Here are some other general hair growing guidelines:

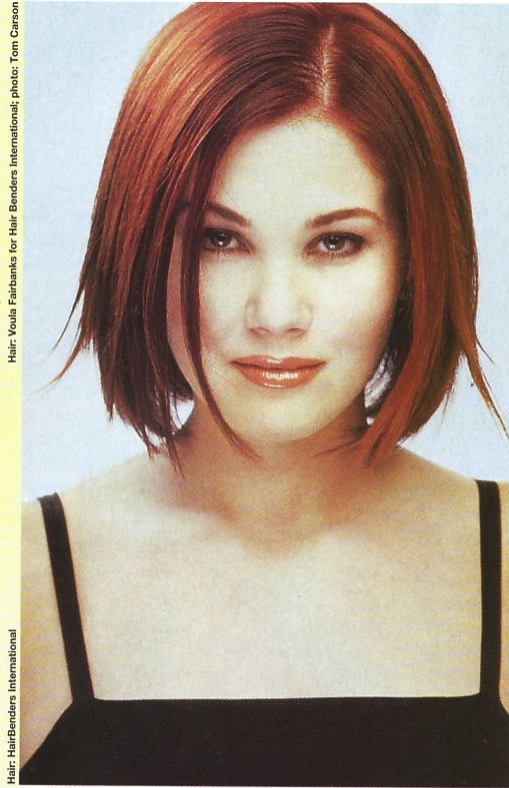
- 1.** Eliminate or cut back on smoking, caffeine and carbonated sodas, which weaken the body and block maximum hair growing potential.
- 2.** Minimize intake of alcohol and try to avoid foods that are high in sugar or fat.
- 3.** Avoid the use of hot water, hot steam or saunas that may stress the hair.
- 4.** Have a weekly scalp massage to provide added stimulation to the hair follicles.
- 5.** Perform a series of weekly hot oil or deep conditioning treatments to protect the hair's shaft.
- 6.** Keep the environment in mind. Before taking your hair for a ride in a convertible or for a day at the beach, comb a protective conditioner through the hair. Protect your hair from sun, wind, heat, salt water and pool chemicals.
- 7.** Exercise for your hair. Any form of physical activity will increase blood circulation to the scalp, helping nutrients to flow more easily down to the individual hair follicles.
- 8.** Get enough sleep to allow your cells to renew and refresh. To avoid breaking hair while sleeping, consider using satin pillowcases. Another option is to invest in a hair sock that will keep the hair from twisting, breaking or snagging if you happen to be a restless sleeper.
- 9.** Allow your hair to breathe. Avoid constricting your hair with tight bands, hats, cornrow braids and the like. These also lead to split ends and hair breakage.
- 10.** If you must use chemicals on your hair, go to a professional and try "spot" treatments to get maximum results with minimal damage.
- 11.** Use "hair friendly" hair accessories like elastic covered bands, smooth hair clips and snag less barrettes.
- 12.** Avoid boredom. If you get the itch to clip, divert your attention with a new or zig-zag part, new or altered bangs or wild clip on hair.

Keep in mind, growing long hair is not an instant gratification project. It is a way of life that requires time, passion, commitment, work, focus and attention to detail. Hey, you'll know the rewards were worth the effort the first time you feel silky tresses brushing past your shoulders, gliding across the middle of your back or tickling your waist.



7 Steps To Fabulous First Hair Impressions

—Karen M. Shelton of HairBoutique.com



Hair: Youla Fairbanks for Hair Benders International, photo: Tom Carson

Hair: HairBenders International

1. Define Your Own Personalized Style

Whether business or pleasure is your goal, ask yourself what impression you wish to transmit to the world. Do you desire a fresh, playful, unstudied image or do you want to be viewed as intelligent, serious and driven? Can you be sexy and intelligent at the same time? Yes, if you plan your look well. Create your style with the professional expertise of your hairdresser.

Do you care about your image? Hair is a major defining element in any personal style. How you wear it or don't wear it will impact every first impression you ever make. Hair supersedes clothing, body shape and facial characteristics.

Hairstyles throughout history have proven that leaders form opinions based on haircolor, length and style. Joan of Arc chopped her locks to appear more powerful while Lady Godiva let hers grow to form a seductive midnight cover.

Regardless of your current image, follow these 7 steps to snag great hair everytime.



Photo: John Russo

2. Be Unique—Escape The Clones

Take a lesson from celebrity beauties like Madonna and Gwyneth that constantly capture the spotlight with gorgeous styles

designed just for them. Whether you go for soft, clean lines or face-framing layers, dare to wear a do that is perfect for your own face shape and hair texture. Avoid wearing looks like all the other Meg, Britney and Jennifer drones.



Giovanni Mele of Pileggi/Giovanni & Pileggi Hair: Yellow Strawberry Salon
Hair: Bobby Fairbanks for Hair Benders International; photo: Tom Cannon

3. Focus On Vibrant Hair Health

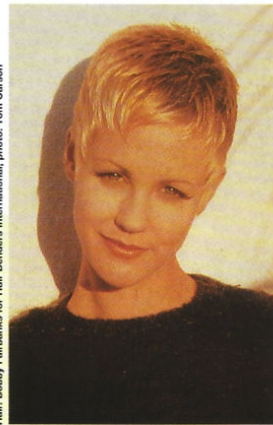
Nothing turns heads faster than a smooth, shiny, swingy head of locks that radiates health. Whether you choose to wear your hair long or short, straight or curly, be sure that you crank up the health quotient. Remember that healthiness comes from within. Eat a well-balanced diet, take your hair vitamins and log lots of rest and relaxation for guaranteed gloss.

4. Take A Shine

The key to brilliant shine is working with your locks, not against them. Deep conditioned strands provide a major link to ultimate flash. Remember that the smoother and flatter the surface of your style, the more brilliant the shimmer. Go for a combination of great products and a stunning shape for guaranteed radiance.

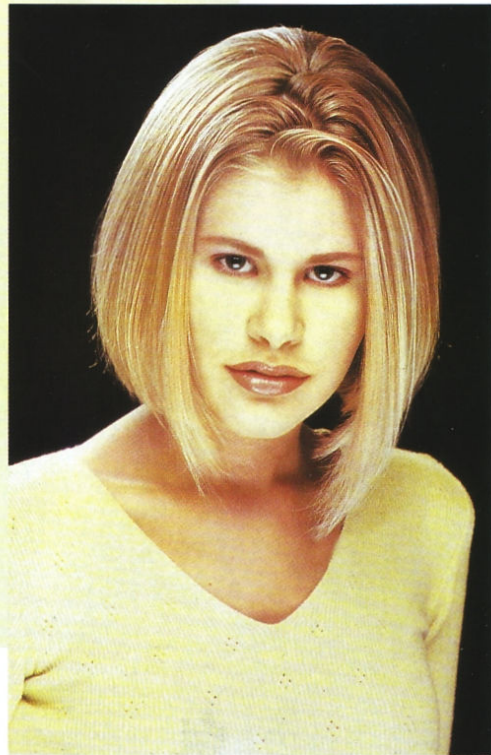
6. Make It Wearable

When you're choosing a new cut or color, looks aren't everything. The style needs to suit your lifestyle. Remember that your ultimate do has to be wearable, as well as desirable. Versatility, flexibility and maintainability are key for good impression brownie points. Even with a clever cut and color, you need the right styling products and appliances to keep hair in just-left-the-salon style.



6. Color Yourself Gorgeous

A hot new color, matched with a spectacular style designed for you, can instantly create a dazzling, brilliant and alluring signature. While playful blonde shades are often viewed as the must-have color, select a shade that suits your eyes and skin tone. Whether you adopt buttery yellow, fiery red or alluring brunette, go with a smoldering hue that injects the perfect color and vibrancy into your hair.



Hair: Pileggi On the Square (215-627-0565)
Hair: hairBenders International

7. Feel Fabulous

Whether it's a precision cut, long retro waves or a cat-walk chop, once you've perfected the best style for you, play with alternative styling tricks that give your image pizzazz and sizzle. Gel your hair back, morph into a messy bun or let curls cascade down your back. When you feel self-confident about the image you project, your first hair impressions will always be stellar.