

As **MMI** Publication  
**Celebrity style**

# SHORTCUTS

## THE SEXIEST HAIRSTYLES FOR 2005

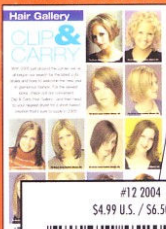
# 500+

Cuts, Colors & Trends

Special  
Makeover Issue  
**50 Before-  
and-Afters**

**Enter to Win!**  
2005 Cover  
Model Search

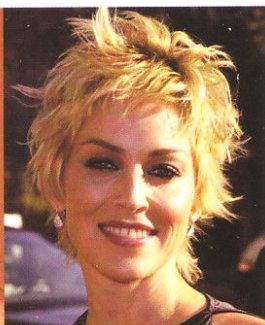
**BONUS!**  
Clip & Carry  
Hair Gallery



Heather



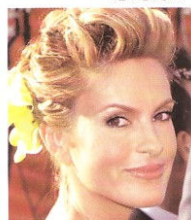
Courteney



Sharon



Christina



Mariska



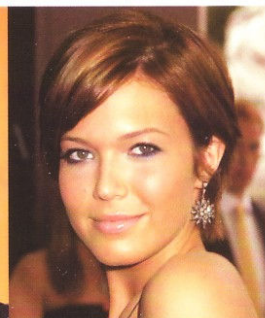
Kirsten



Cynthia



Alyssa



Mandy



Carmen

**Celebrity Glamour Guide** Styling secrets behind the best-tressed stars!



# Bejeweled Hair

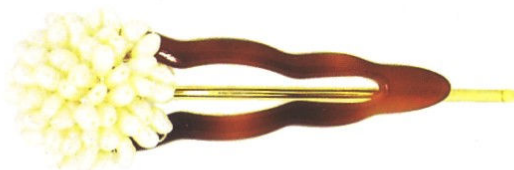
By Karen M. Shelton  
HairBoutique.com

Although hair jewelry has been around since Adam tucked a flower behind Eve's ear, knowing what is the right babble for your hair type will mark the difference between stunning and blah. Whether you go for romantic curls or a short sleek shattered 'do, you can add instant dazzle with the right hair jewels and accessories. Available at [www.hairboutique.com](http://www.hairboutique.com) or call 1-866-469-4247 to purchase.



## Eve Reid ▲

This line of silver-hued, traditional bobby pins, are literally dripping with authentic pieces of deep sunset red coral, sultry brown topaz chips as well as an array of other semi-precious stones from rose quartz to carnelian (\$37).



## Jane Tran ▲

Jane Tran's intense love of the sea is reflected in her hand-crafted tortoise hued bobby pin/hairclip bursting with a cornucopia of authentic miniature fresh water pearls hand placed in a circular design (\$35).



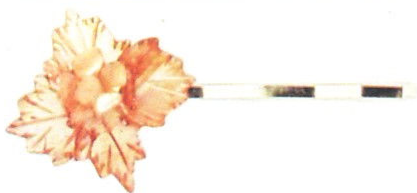
## Linda Levinson ▲

Linda Levinson's hair accessories incorporate gems such as authentic garnets, baby pearls and chunks of turquoise with designs that are carefully plated with antique gold or silver finish. We love: Brooch with Amber stone (Tiny baby pearls, Swarovski crystals and turquoise crystals around a center amber crystal stone; \$172); Snake (Swarovski Peridot crystals and Turquoise crystals on an antique gold plated barrette; \$152); Silver flower pin (Five petaled flowers accented with clear Swarovski crystals and a center European pearl pistil; \$64).



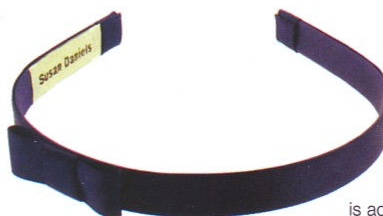
## France Luxe ▲

This sleek mini oval shaped hair clip is covered in elegant hand-crafted faux tortoise finish in black and white Opera Silver (\$11; available in a variety of hues).



## Bijoux Luck ▲

Designer Vanessa Dominique Constanti adds fun, flirty and vibrant hues to silver metal bobby pins with Lucite flowers in a variety of colors (\$8). This tiny silver metal hair clip is covered with an adorable clear white crystal heart (\$8).



## Susan Daniels

Have a little brooch with your satin headband. A silvery gray satin headband is adorned with a super shimmering circular brooch style crystal encrusted pin that instantly glams up any hairstyle (\$44). If you prefer, try a skinny satin headband in plum (\$35) with a classic Coco Chanel inspired bow.



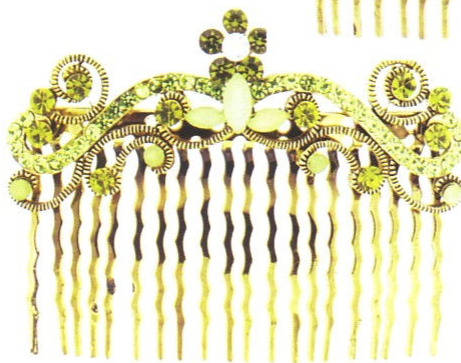
## Alex & Ani

Small golden metal hued hair combs (\$18) are vintage infused with crystal encrusted Cameo figures in traditional amber orange and soft black motifs



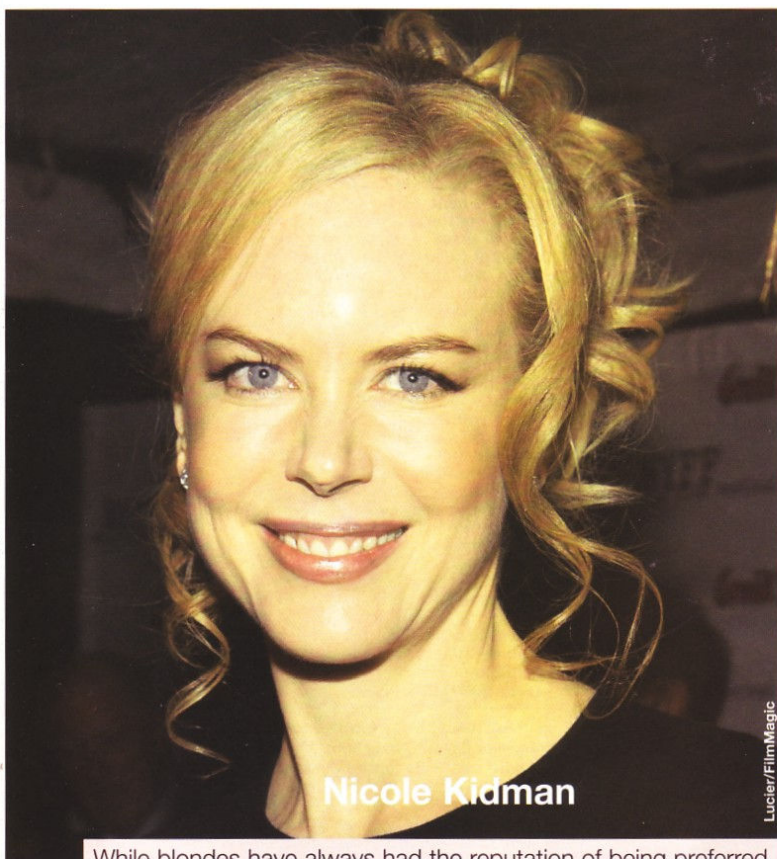
## Karen Marie's Jewels

A very delicate twisted bridge looped barrette encrusted with four crystal flowers separated by three round creamy glass pearls. Each of the four crystal flowers has a white AB center and 5 white Austrian Crystals petals. (\$6). Mixed Austrian and Swarovski crystal encrusted gems in alternating light and dark hues adorn the bridge of small hair combs with wavy gold hued metal teeth. (\$10 to \$17).





# HAIR COLOR THAT LASTS



Nicole Kidman

While blondes have always had the reputation of being preferred by gentlemen, and brunettes are admired for their dark mysterious persona, redheads garner attention for their spicy personalities, fiery tempers and untamed sassiness.

Celebrities like Nicole Kidman, Julianne Moore and Lindsay Lohan have made their marks as sizzling hot redheads in the film world. While shades of brilliant red are stunning, red hues, especially chemically applied, have a known tendency to fade much faster than any other color. Why? It has been proven scientifically that the color molecules in ruby tones are much smaller than those in other color molecules. As a result, they tend to fade or wash out much more quickly than other hues.

Although red hues fade fastest, every shade of color is subject to premature fading. Millions of us enhance our hues, but then do nothing to preserve the life of our expensive hair enhancements. Whether you pay dearly for a top colorist or color your hair at home, here are some valuable tips that will maintain your gorgeous haircolor for as long as possible.

## How you can avoid foil fadeouts!

By Karen Marie Shelton  
[www.hairboutique.com](http://www.hairboutique.com)

### 1. Home Vs. Salon Color

Home haircolor kits, especially semi-perms and demi-perms are fabulous for trying out new hues without a long-term commitment. The truth of the matter is that at-home color, whether temporary or permanent, will never last as long as color applied at a salon.

While L'Oreal, Clairol, Garnier and Revlon are all great brands, as a rule, the colors are not designed to last as long as professional salon strength colors. Just like with everything else in the hair world, some formulas work better for some types of hair. If you find that your color fades quickly, you may wish to switch to another brand to see if that makes a difference.

### 2. Permanent Or Semi-Permanent Product

At-home color manufacturers generally suggest that permanent colors can last six to eight weeks. The reality is you will probably start to see the total color fading after the first few shampoos.

While root growth brings a definite need for spot touch-ups, the overall color will also fade to the point that you may feel the need for an overall color infusion before six weeks is out. It is generally not recommended that the entire head of hair be recolored after the first application of permanent color. However, overall color can be refreshed with demi-color washes or perked up with color shampoos and conditioners.

Re-color every four weeks or at the first signs of fading to keep that vibrant color glow intact. Consider using a demi or semi-permanent shade or other temporary shade that gradually washes out with repeated shampoo sessions to punch up the depth of your red hues.



### 3. Compatibility Of New Shade To Natural Color

Extremes in color change will cause hair to fade much faster. If you go from a dark brunette to a blonde shade, the blonde will generally fade much faster than if a dark blonde goes just a few shades lighter. Choosing a hue in the same family as your natural color will last longer. For example, if your hair is a warm medium brown and you choose a beautiful shade of auburn, the new warm red hue will tend to last longer and look more natural. It will also be more flattering on your eyes and skin tones.

### 4. Overall Condition Of Hair

The overall health and condition of the follicles plays a part in how long the color will last. Strands that are overly porous from previous overuse of chemicals can either resist deep color absorption or may over absorb. This means that some sections of your color may fade more quickly than others. When hair is damaged it may be best to work with a professional colorist to guarantee the best coverage and prevent rapid fading.

### 5. Frequency Of Washing Strands

The hotter the water and the more often you wash, the faster precious color will escape. Hot water helps to open the cuticle and allows pigment to take a hike.

Cool water temperatures keeps color looking vibrant. Using cool to cold water to rinse newly colored hair helps to close the hair cuticle and slow the escape of color molecules. Waiting two or three days between shampoos will also help your color last so much longer.

### 6. Products Used On Colored Hair

Whether you color at home or at the salon, keep it lasting longer by using specially formulated shampoos and conditioners that won't strip color. Starting with the very first shampoo after you color, utilize products designed specifically for color-treated hair. Color shampoos, conditioners and even styling products are avail-

able from all the major manufacturers and will definitely help extend the life of your hue.

Color-enhancing shampoos work to freshen or tone the color. Blue Malva is for all shades of blonde, Chamomile for sunny blondes, Black Malva for brunettes, Clove for brunettes and Madder Root for redheads.

Avoid harsh shampoos that are designed to clarify, control dandruff, remove oil, add volume or have a high level of acid or sulfates. Hot oil treatments and some deep conditioners will also eat away at your pigment. Good ones to try: Mine Sunny Sunday or Blue Monday for blondes, as well as Rene Furterer, Mine, Paul Mitchell and ARTec by L'Oreal for all shades.

### 7. Color Baking

When you bake your body with prolonged unprotected exposure from the sun, surf or wind, you literally cook your hair and its delicate color. Too much fun in the sun can lead to damaging over-exposure causing hair to fade quickly and/or change color. If you're out catching some rays, riding free in a convertible or hanging by the surf, pop on chic headgear to keep your beautiful hue from fading.

If hats aren't your thing but you still want to protect your hue, spritz a sunscreen enhanced leave-in conditioner on your strands. The sun's heat will activate the conditioner while the sunscreen will prevent UV rays from causing damage to strands. For even more sun protection, wrap hair in a tight knot on top of your head.

Salt from the ocean can alter or damage delicate hair color by literally leeching out color. Chlorine can cause havoc with any hair but is even more explosive when mixed with colored tresses. In some extreme cases, exposing color hair to pool chemicals may result in unusual or unnatural hues such as pink,

blue or green.

To protect your hair, saturate your strands with chlorine-free water before you take a swim in the pool or ocean. After you finish your swim, immediately rinse your hair with apple cider vinegar and finish with a club soda rinse. The carbonation from the soda will lift excess chlorine and salt water out.

### 8. Use Of Hot Tools

Daily or constant use of a blow dryer can speed up color evaporation. This is because prolonged blow dryer heat may cause color to oxidize, turning dull and brassy. Experiment with blow-drying only the perimeter of your strands instead of all of your hair. When possible let your hair air dry. It is recommended to let newly colored hair, at least for the first week, air dry at room temperature for longer lasting and best results. If you must blow-dry your colored strands, be sure to use a good heat protection product or a good leave-in conditioner, and opt for using a blow dryer with a slow or cool setting.



Gina James/Retna

Julianne Moore





Kenneth's Hair Salons & Day Spas  
(Columbus, OH); Stylist: Tony Anders;  
Courtesy of Global Hair & Fashion Group



# Tress

By Karen M. Shelton  
HairBoutique.com

*Although I love my short bob, I have fine hair and struggle with getting balanced volume and hair fullness where I need it, at the roots. What products should I use to get lift and fullness near my roots. Are there any tricks that celebrity hairdressers or stars use that might help me achieve more fullness and movement?*

—Sara in Kansas

Laurent D (Dufourg), owner of the fabulous Privé salons and celebrity hairdresser to stars such as Uma Thurman, Gwyneth Paltrow and Paris Hilton, has reported he "recommends drying hair upside down to add volume." He also suggests "pulling up random pieces around the crown, spraying roots with a flexible hairspray and then pointing a blow dryer at the treated hair for a few seconds."

Britney Spears and other superstars use volume enhancing products like Phytovolume Actif sprayed right at their roots to get fabulous fullness where it counts.

Celebrity stylist Charles Worthington has reportedly added volumes to the strands of celebs like Kim Basinger and Mel Gibson by lifting "hidden sections of hair right under the top layer and crimping the two inches of hair closest to the head to add instant texture."

Other known hair plumping tricks include utilizing volume enhancing shampoos like Phytovolume and Phytovolume Mousse, skipping on super moisturizing rinse-out or leave-in conditioners, which can leave hair flat, and using cold water finishing rinses to naturally plump up hair follicles. Blow dryers used on a cold setting will also add some fullness to skinny cuticles.

Experiment with a combination of hair fattening tricks ranging from volumizing shampoos, cold water rinses, root thickeners and celebrity hairdressing styling tricks to find a tress fullness regime that works the best for you and your strands. With a little practice you will have fabulously luscious locks.

*About a year ago I got my hair relaxed with a chemical straightening treatment. However now my hair has thinned out tremendously and balding has occurred. I would like to know if there are any products I can use to regain the thickness in my hair and if my hair will grow in back in the areas it has become bald. Also I would like to know if my hair will ever have the curls I use to have before I straightened. Thank you! —Rouzanna*

I am sorry to hear about the chemical damage that you have experienced over one year ago to your hair. Please understand that I am not a licensed professional but a consumer hair advocate. I can make suggestions and give my opinion but can not ultimately professionally diagnose your current hair loss issues. To be completely honest, there is no way to accurately predict if or when your hair will grow back in the areas where it has become bald as a result of the chemical damage.

You may wish to visit a dermatologist who specializes in hair loss to see if they can look at your roots to see if growth is still possible or if the roots have been permanently damaged. Sometimes hair will grow back just fine but there are no guarantees. Some people have had success regrowing their hair by taking hair growth formulas such as Viviscal and hair vitamins designed to help damaged hair. Others have had limited or no success. A lot depends on the degree of damage you have experienced to your scalp and hair roots.

Unfortunately the bad news is that sometimes chemical treatments will damage hair to the point that permanent damage occurs at the root and there is no guarantee that any treatments will reverse the problems. Although I do not wish to scare you, there are also some isolated instances where the use of chemicals will cause dormant genetic hair loss. If this is the case, your best chance for hair regrowth is to investigate Rogaine and/or Propecia. Although the treatment can be challenging, both treatments have proven to help many regrow lost hair.

Propecia must be prescribed by a doctor that can first determine if you are a good candidate. Rogaine is an over the counter treatment that may or may not help depending on the extent of the hair loss and how long hair has been shedding.

It is also impossible to determine, if your hair grows fully back, if you will still have the same curl pattern. Hair relaxing treatments break the natural bond of the hair that causes the hair to curl. In most cases when the hair regrows from the roots, the new hair

will retain the original curl pattern. This is not always the case but usually is true. Again, only time will tell as your hair regrows whether or not you will gain back the original thickness and the curls.

In the meantime, consider consulting a dermatologist that specializes in hair loss treatments and ask the doctor some hard questions. Ask if your current hair thinning and baldness is temporary because of the hair relaxing treatment or if this is the beginning of genetic hair loss disease. If your dermatologist advises you that the hair loss is temporary, begin a long term "healthy hair growth" program. This program should include eating a healthy diet, getting plenty of rest, drinking at least eight glasses of water a day, taking a good vitamin source, letting your hair rest from any other types of chemical treatments from hair color to perms and other straightening or relaxing treatments.

Again, I am so sorry to hear of your current hair challenges. While you are investigating your hair loss issues, you may wish to camouflage the problem with cute caps, scarves and other trendy head wraps that are currently in fashion for everyone.



Xena's Beauty Company (New York, NY);  
Stylist: Alexis Wheeler; Courtesy of  
Global Hair & Fashion Group