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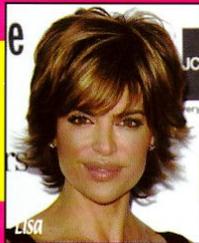


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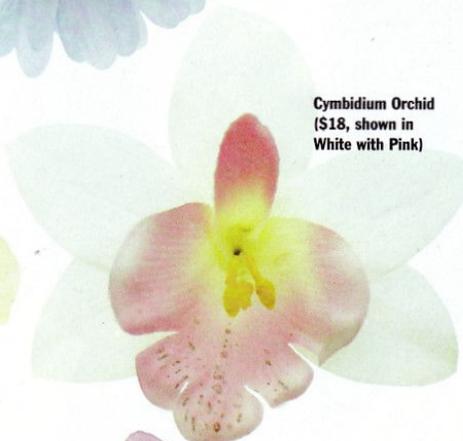
Cosmos Bobby Pins
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TRESSRX

ASK THE HAIR DOCTOR

By Karen Shelton • HairBoutique.com

Is there a correct way to blow-dry your hair?—Christina, Cape Cod, MA

Although blow-drying hair seems like it should be a simple undertaking, there can be a lot of hidden gotchas that result in home blow-outs that are less than salon perfect. I asked three famous hair pros to share their blow-drying secrets: Ken Paves (Jessica Simpson, Eva Longoria, Jennifer Lopez), Robert Hallowell (Geena Davis, Jennifer Love Hewitt, Mary Louise Parker) and Paul Mitchell Premiere Educator Barbara Lhotan.

Ken Paves, who wears his famous red blow dryer literally slung like a gun from his belt, explained that “the trick to perfect blow-outs is using the right styling products and learning how to use the right sized brushes in conjunction with the blow dryer for the desired results.”

Robert Hallowell commented that “there are lots of short cuts he uses every day” and that “perfect blow-outs take lots of practice, which professionals have because they blow-dry hair every day.” Robert pointed out that it is “always easier to get great blow-outs when someone else is doing them for you.”

Barbara Lhotan laughed and confessed that “even she doesn’t get her hair as stick straight or sleek as when it is done by a fellow stylist.” The reason? There are several secrets about blow-drying that Barbara (along with Ken and Robert) agreed to share in the steps below:

1. Proper Direction of Air Flow

Barbara explained that to get that super sleek, straight look, the air flow from the blow dryer needs to be directed “down” the hair shaft from the roots to the ends. That may sound relatively simple but in reality it means that you need to elevate the nozzle of the blow dryer above your head. Not only is this a challenging task for some short armed people, it can be quite tiring to hold a blow dryer up

above your head for an extended period of time. Barbara suggested sitting on a chair and holding the blow dryer over the top of your head will make it easier on the arms.

2. Learning Balance Between Your Blow Dryer & Styling Tools

Another trick, according to Ken, “is learning to skillfully utilize a brush and a blow dryer at the same time.” Many people have to practice using a brush in one hand and a dryer in the other to successfully anchor the section of hair being dried with the brush while still directing air flow from the top down.

Robert recommends the “divide and conquer” method. By dividing hair into several manageable sections that are two to four inches in thickness, the rest of the hair can be “clipped out of the way” and there is less hair to worry about for the moment. This allows easier coordination between a brush and blow dryer because less hair is in play at any one time.

3. Select Best Styling Products

The three experts made recommendations according to desired blow-out texture (straight, curly, wavy). For stick straight blow-outs, utilize temporary straightening products such as straightening creams, gels, balms, glaze or other liquids. Enhance curls with products designed to give them body and definition. Encourage natural waves with mousse, gel/mousse and gel products. All three experts suggest that you use a heat protectant product if hair is prone to damage.

4. Utilizing the Proper Brush

Ken, Robert and Barbara agreed that hair consumers should “always use the highest quality brush possible.” Since hair is most fragile when wet, extra care should be taken when styling wet or damp strands. When possible, use a natural boar’s bristle brush or similar.

Remember that a paddle brush is for blow-drying straight styles while a round brush is for encouraging bend, volume and texture. Vary the size of the brush



“head” according to how much hair you are working with and how loose or tight you want the look or texture.

When the goal is to blow-dry straight, Robert uses “a good quality boar’s bristle paddle style brush because it covers the most hair territory at one time and cuts down in drying time.” When using a paddle brush, Robert finds that he can work with “bigger individual sections” which helps him finish quickly.

5. Avoid Over Blowing Your Hair

Robert warns against using a blow dryer that is either too hot or used at full speed. He points out that “too much air flow” or “too much heat” may over-blow the style and remove natural curls and/or waves if you are blow-drying to encourage texture. When blow-drying straight, too much heat can dry out the strands and cause them to lose that silky finish that the pros build into their salon blow-outs. And finishing a section with a blast of cool/cold air from the blow dryer will help to close the newly created texture or lock in the straightness of the section.

6. Tackle Hardest Part of Hair First

Robert recommends that consumers tackle the most difficult sections of their hair first, whatever section that might be for them. Therefore, if the front tends to wave, curl or develop odd drying patterns, those areas should be dried first—and vice versa if it’s the back.

7. Some Clips Cause Wrinkles

When Robert blow-dries his celebrity clients, he makes sure that if he is using any type of metal or salon clip to hold the finished section into a curl shape, he places a piece of tissue paper between the curl and the clip. This prevents the formation of any ridges in the newly blown-out strands.