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*The Dixie Chicks*



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Transformations

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**Classic,**  
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**SPECIAL ISSUE!**

101's **Get-Gorgeous** for Spring Guide



#05 2003  
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# Style FILE

## Combination Skin Has Met Its Match



Lancôme's New Adaptive All-Day Skin-Balancing Makeup SPF 10 intuitively adapts to the conflicting needs of combination skin—matifying the T-zone, while anti-drying ingredients keep dry zones smooth and comfortable throughout the entire day. The ultra lightweight formula provides healthy, natural-looking coverage, as well as minimizes the appearance of pores. \$30. Available at Lancôme counters in fine department and specialty stores nationwide and at [www.lancome.com](http://www.lancome.com).



## Jaqua Girls Pretty Packs



The Jaqua Girls, Jennifer, Allison and Sara, understand a girl's need for beauty on the go.

The Jaquas designed their Lula Pretty Packets for easy stashing in your purse on your way out the door or running to catch your flight. The single servings make each one of these cool little packs easy to travel with and they are anti-bacterial to boot. What more could you ask for? Check out the different hustle bustle beauty aides that include the Lula Berry Facial Mask, Lula Nail Polish Remover Towelettes, Lula Cherry Facial Scrub, Lula Shimmer Body Lotion and Lula Face Cleanser Towelette packets. Once you try these little gems we guarantee you will be hooked.

### COFFEE BODY SCRUB

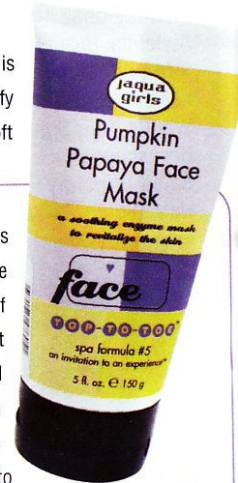
If you love your daily latte you will adore this yummy coffee body scrub from the Jaqua Girls. Coffee is used in the treatment of cellulite, and the natural acids in coffee help tonify and exfoliate tired skin and help improve cell metabolism to leave skin soft and silky. Go ahead and give your body a special java treat.

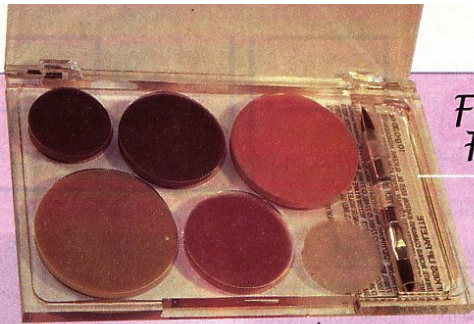


### GLAMOUR TO GO - SILK BAG

Start any glamorous night from dinner with your sweetie to a fabulous party with great tools to make going out as much fun as possible! The Jaqua Girls offer the Glamour To Go Silk Bag chock full of some of their best selling products to ensure that you'll glow as you step out that door! Each of the kits includes four ounces of Herbal Facial Steam, two ounces of the infamous yummy Cherry Facial Scrub, two ounces of shimmer body lotion and a shimmer lip gloss. After you use

every last drop of the great little beauty tools, the reversible silk bag can be used to store your other beauty favs. These and more available through [HairBoutique.com](http://HairBoutique.com) or by calling 1-866-469-4247 (1-866-4-MY-HAIR).

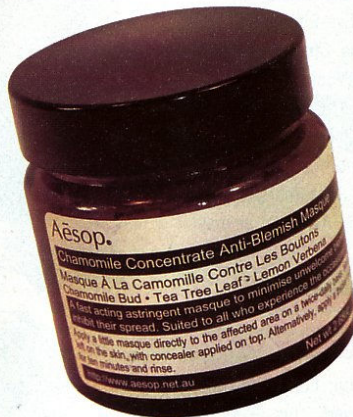




## Flavor His Lips with Hot Kisses

Alchemy's HOT KISS Lip Palette is a collection of six "fashion fabulous" lip gloss colors that glaze the lip with a spicy hot cinnamon flavor! Three sheer glosses in brown, plum and pink; and three glosses with flecks of shimmer in champagne, pink and frost, make this palette a must have

this season. Suggested retail: \$22.50. Available at Bigelow Apothecary NYC, [www.alchemycosmetics.com](http://www.alchemycosmetics.com), Bigelow Catalog, 1-800-793-LIFE, select Sephora stores and [www.sephora.com](http://www.sephora.com).



## Zapped!

Aesop Chamomile Concentrate Anti-Blemish Masque minimizes unwelcome blemishes and inhibits their spread. Designed to be either left on the skin under concealer or foundation or used as a rinse off treatment. For store information call 1-888-223-2750.



## Win!

For the girl that loves to adorn her hair with the finest hair accessories. Enter to win this France Luxe Double Loop Slide in Tokyo (\$34.00). Gorgeous hand-made double loop slide to hold a beautiful hair bun or twist snugly in place. Consists of curled loop cover and matching slide in Tokyo. France Luxe luxury hair jewels are considered to be the most beautiful hair ornaments in the world. FranceLuxe is available in a number of rich shades and designs at [HairBoutique.com](http://HairBoutique.com) ([www.hairboutique.com](http://www.hairboutique.com)) or by calling 1-866-469-4247. To enter, send you name, address and phone number to 101's France Luxe Giveaway; c/o Multi-Media International; 1359 Broadway; Suite 1203; NY, NY 10018.



## A Scents-ible Spring Must!

Don't go another day without The Healing Garden's Spa Therapy Essentials Starter Kit. Awaken your senses and raise your spirits. With extracts of tea tree, ginger, mandarin and balm mint, tangerinetherapy will energize the mind and invigorate the body. Suggested retail: \$14.95. Available at all food, drug and mass merchandisers nationwide, and can also be found online at [www.healinggarden.com](http://www.healinggarden.com).

# Strand

## Ask the Hair Doctor

*I am very confused by all the conflicting information about hair dryers and blow dryers. Some experts say you should never blow-dry your hair. Other say you can blow-dry for special occasions and other experts say you can blow-dry every day with the proper heat protection products. I am beside myself trying to figure out whether I should blow-dry or not, how often and even what type of heat to use. Can you help?*

—Elizabeth, St. Louis, Missouri

Celebrity hairstylist Ken Paves recommends that you “blow dry only on weekends or for special times when you want your hair to look absolutely stellar.” This practice allows your hair to avoid unnecessary heat style damage but still look great for nights out on the town.

Most hair experts provide hair-drying tips that are specific to hair type, overall condition and styling needs. If your hair is healthy and well-cared for, it may be able to easily handle more regular blow-drying with a protective product to offset potential heat damage. On the other

# Solutions

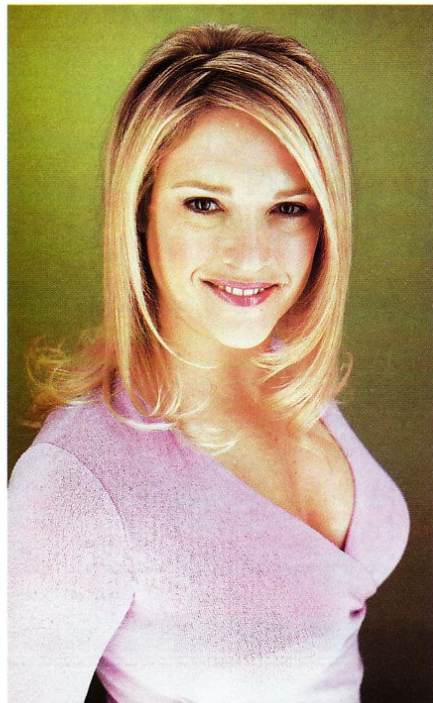


hand, if your hair is chemically treated, damaged or challenged in any way, blow-drying may only make matters worse and should be avoided except for special events.

### Here are some general tips that you can follow:

- Consult with your hair care specialist about the suggested frequency and proper drying techniques for your hair's type, condition and styling needs. Take notes and follow their suggestions when heat styling your own hair.
- Be open to alternative hairstyles that eliminate a need for frequent blow-drying. Try side or nape ponytails or ballerina buns.
- Whether your hair is super healthy or fragile, always use a good protection product. Aveda's Elixir Daily Leave-on, Phyto's fabulous PhytoStyle Heat-Protectant Spray and Giovanni's VitaPro Fusion are all designed to counter potential heat styling damage.
- Keep the nozzle of the blow dryer at least six inches from your hair. Rotate your blow dryer to make sure that no section of hair receives too much direct heat.
- Avoid utilizing high heats over 1800 watts which can definitely scorch hair. Instead, use a medium setting that will dry but not burn tender cuticles.
- When possible, finish with a cool or cold blast of air which will help to seal and set your style.
- If you feel better about your hair when you dry it on a daily basis, investigate one of the new ion dryers that promise a smoother blow-dry.
- Even better, consider rolling damp hair in pin curls and sitting under a traditional hood dryer. Conair offers a 1600 watt version with variable airflow settings and an extra large hood to fit over jumbo rollers.

Remember that ultimately you have to decide what works best for your hair, whether it is to blow-dry daily or never at all.



*My best friend has just announced her engagement. She recently asked me to be an attendant in the wedding. Sounds great except that she was very specific about the fact that she would design how I would wear my hair for the wedding. This makes me very nervous. Is this normal procedure?*

—Carolyn, Indianapolis, Indiana

Be glad that your friend has warned you in advance of her wedding hair rulership. Many brides don't spring their bridal hair design requirements on their attendants until after the big bucks have been spent on the dress, shoes and other accessories.

Is this a normal bridal request? Yes. More and more brides are going for a coordinated hair theme complete with matching jeweled hair accessories. Whether you want to comply or not, you need to let your friend know immediately. Since she is expressing her expectations regarding your hair at such an early date don't expect her to back down later.

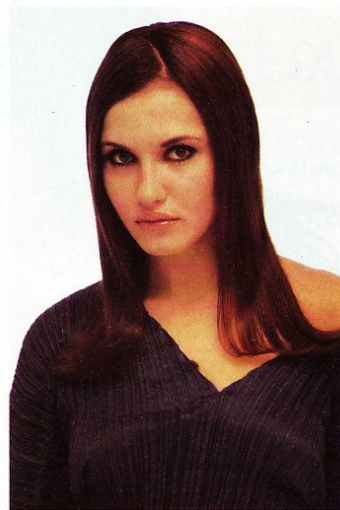
Some brides are very reasonable asking only that you wear your hair in a predetermined updo or with pre-selected hair gems. Other brides have been known to ask their wedding party to alter the length of their locks. This might be a little much depending on how you feel about your hair.

Communication is the key in this situation. Sit down with the bride and get a clear idea of what her hair designs would entail as well as who pays for what in the strand department. If you are comfortable with her plans and want to be in the wedding, go for it. If her hair ideas are too radical or too costly for you, then explain politely and enjoy your hair any way you want as a wedding guest.



*I seem to have hair static all year round. What causes this and how can I avoid it in the future?*

—Donna, Boise, Idaho



Hair static results from a lack of moisture in your hair that bumps up against air that is dry or lacking in moisture for some reason. This can happen more often in the winter months when furnaces and other heating devices suck moisture from the air. However, if your hair is naturally dry or moisture deprived you may be prone to static all the time.

Try some of these tricks to eliminate static from your strands:

1. Use a moisturizing shampoo, rinse out conditioner and a leave-in that is appropriate for your hair type and texture.
2. Select all natural boar's head brushes and high quality combs which are less likely to add to your static hair tendencies.
3. If your hair is still full of static during the day, keep a good leave-in conditioner like Phyto7 or 9 in your purse. Massage a little dab of the conditioner into the palms of your hands and lightly smooth the mixture over the top of your strands.
4. Choose headgear like headbands, hats and caps that are made of satin, silk or wool which absorbs static. Avoid any synthetic materials which encourage static.
5. Lightly spray your brush with a static guard agent then run it over the top of your hair. Spray the static guard product directly onto your hats or hoods to help hold down your tresses when you remove the object.

In a pinch you can also use a fabric-softener sheet and gently run it over your strands to make them behave.

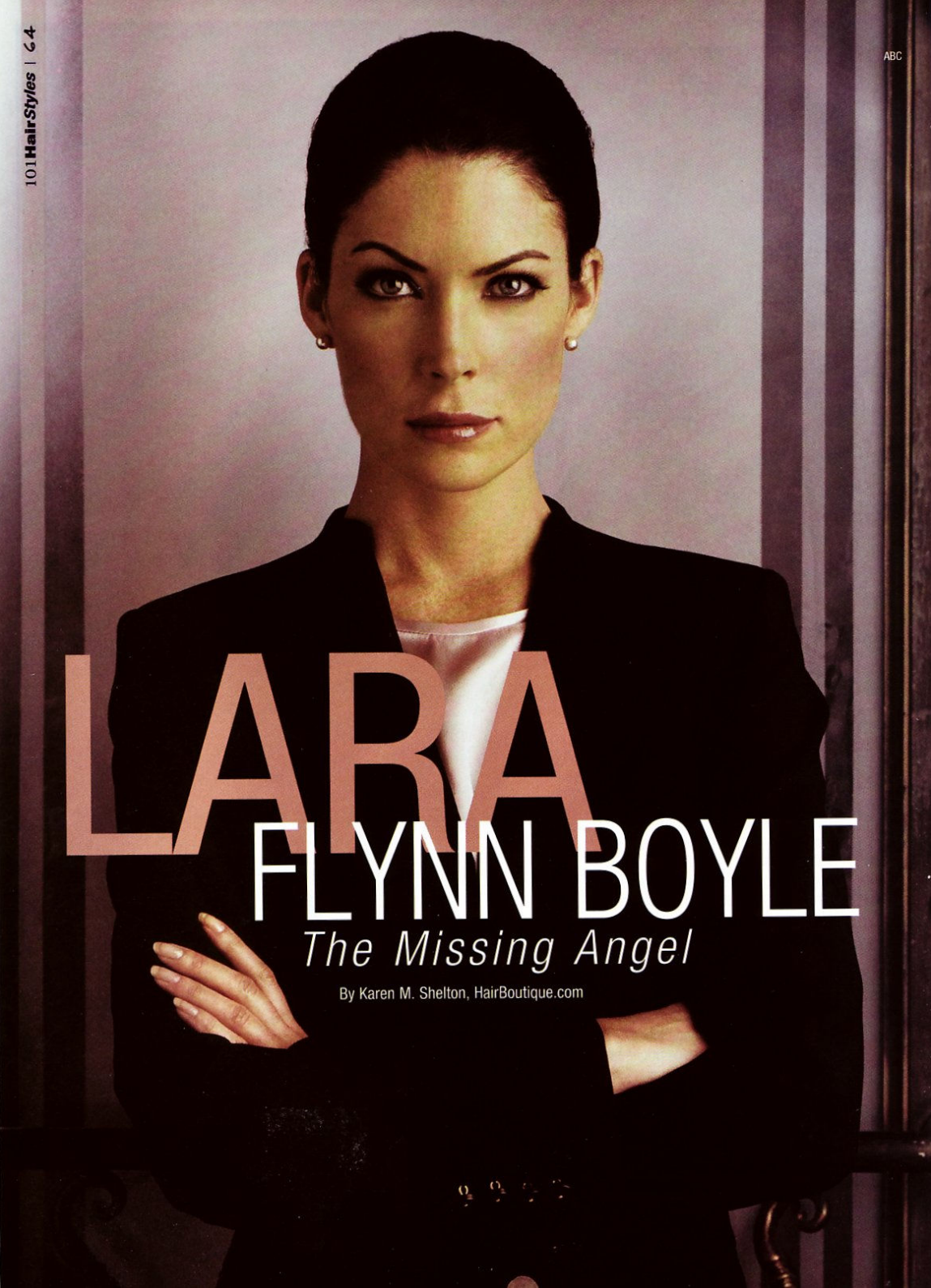
*Karen M. Shelton is President/CEO of the popular award-winning <http://www.hairboutique.com>*



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New York, NY 10018



# LARA

## FLYNN BOYLE

*The Missing Angel*

By Karen M. Shelton, [HairBoutique.com](http://HairBoutique.com)

The *About Schmidt* Hollywood movie premiere generated major media buzz about Jack Nicholson's transcendent role and odds-on 12th Oscar nomination. OK fine. So Jack did a dazzling acting job. And he looked smashingly suave as only Jack Nicholson can. No surprises there. What was surprising, and pleasantly so, was the appearance of the incredibly gorgeous, Emmy-nominated actress, Lara Flynn Boyle, who arrived at the premiere adorning Jack's arm.

So what was the big deal you ask? Not only was Lara Flynn wearing a gorgeous designer gown, her hair was positively luminous, compliments of Ken Paves and his infamous styling alchemy. Pre-show, Ken transfigured the lovely "LF" (as Ken fondly calls her) into an eye-popping, jaw dropping, winged vision of original halo-wearer, Jaclyn Smith, from her *Angel* days.

Although there is almost 25 years difference in their ages, the close resemblance of these two world-class beauties was utterly astonishing. Move over Kelly Garrett. Your wings have just been royally clipped by the beautiful Boyle.



It's important to note that although Ms. Boyle does closely resemble Ms. Smith, she is a stunning beauty in her own right. In fact, her ravishing looks and charismatic personality make her a fav with fans and celebrities alike, both off and onscreen. Whether she's hilariously hosting *Saturday Night Live*, playing the vile Serleena in *Men in Black 2 (MIIB)* or hanging out for a chat with Ken, Lara Flynn oozes class. She also has a certifiable solid gold heart. According to the man behind her hair, Lara Flynn Boyle is "a real sweetheart."

With an abundance of beauty, brains, talent, charm

### Angel Spotting

Was Lara's luscious celestial locks accidentally coiffed to look like the former *Angel* or was this a calculated tactic to offset LF's dazzling designer duds? I caught up by phone with the effervescent Ken Paves who explained "LF loves Jaclyn Smith's hair and overall look." In fact, Ken kindly pointed out that I was behind on the *Angel* Look-alike Scoop. After all, according to Ken, "Lara Flynn was tagged as a Smith reproduction in the recent past by the celeb press. The May 13<sup>th</sup>, 2002 issue of *US Weekly* had a 1999 photo of the two lovely ladies pointing out their possible shared DNA pool, which LF was thrilled to discover."

So LF's look wasn't an accident? Absolutely not. When Lara Flynn and Ken were planning her *About Schmidt* hairstyle, LF specifically asked Ken "to construct a heavenly Smith-esque do" for the big night on the red carpet. She even provided a photo of her favorite Jaclyn style for Ken's inspiration.

and piles of money, does the lovely Lara Flynn have any crosses to bear? Besides her famous Celtic cross tattooed on her left ankle, she has to deal with very naturally curly hair. Did I say curly? Yes indeed. Ken reported that Lara has lots of medium textured hair that is naturally very curly. I have to admit that I was surprised since I can only remember her with super sleek styles over the past.

Although she has naturally curly hair Ken points out "LF has true Hollywood hair and she transcends style." Comparing her to a modern day version of Elizabeth Taylor, Ken likes to say "LF is a true genius with the creation of her look. She is a genuine movie star who can go from looking like Audrey Hepburn to a Rock & Roll Princess in less than 10 minutes."

Ken, who personally "loves curly hair" and "loves working with curly hair" pointed out that Lara Flynn doesn't let anything slow her down when it comes to trying out new styles. And that includes having lots of gorgeous curls.

## Meeting Of Like Hairbrains

Ken and Lara go way back to a time "about four years ago" when Lara's publicist asked Ken "to do her hair for a special awards ceremony." From that auspicious beginning Lara has constantly "challenged and inspired" Ken to new styling heights. Just when he thinks he has outdone himself, LF nudges him a little further.

Ken "absolutely adores working with LF's hair" because she is always encouraging him to try new things. Calling her "his hair muse" Ken raves about the fact that this gorgeous woman has "no fear about changing her hair or her look." In fact, he confided "LF was the very first star he tried a wet set on." Was she game for a whole new hair styling experience? Of course, this Midwestern born and bred lady embraces change and challenges.

Speaking like a proud Pappa Ken brags "Lara is very good at doing her own hair." Really? Absolutely. In fact, Ken, who does "not do LF's hair for *The Practice* TV series" confided that her "onscreen coifs are often her own creation." As a matter of fact, while he styled her hair for all the *MIB* press and the premiere, he didn't do her hair for the actual film.

Which begs the answer to the question of why Ken only does LF's hair for press and award events. Quite simply Ken's expertise and schedule only allow for those type of situations. Also, "for *The Practice*, her look is scripted to match her character and doesn't allow for lots of diversion." When LF doesn't style her own hair she can use the show's stylists to transform her into her famous Assistant District Attorney role.



**MIB Premiere**

## Deep Dark Hair Secrets?

So how is Lara Flynn Boyle, a naturally curly girl, able to craft such gorgeous 'dos on her own with apparent ease? Ken explained that "a lot of the reason is because her hair is in such incredibly great shape." Ken believes that "anyone who has healthy hair can create beautiful styles on their own because healthy hair is gorgeous hair."

Lara Flynn pays a lot of attention to conditioning and caring for her hair. Absolutely devoted to using all of the Keratase products on her hair, Lara Flynn especially likes the benefits of using the Aqua-Oléum, Bain Oléo-relax and the Masque Olea-Relax on her locks. Ken shares Lara Flynn's devotion to the Keratase product line using it on many of his celebrity clients besides LF.

Does Lara Flynn have some deep dark hair secrets other than her true texture? According to Ken, "LF has super vibrant and luscious hair because it is so healthy and because she has: A great haircut; really healthy color and hair care products that create wonderfully conditioned locks."

Ken believes strongly that everyone should strive for having the healthiest hair possible. He does not recommend daily shampoo treatments and suggests that blow driers and hot irons only be used for weekends or very special hair events.







Image Direct

### Hairwork In Progress

So what are Ken and Lara Flynn currently focusing on for her famous mane? Ken was excited about their ongoing collaboration to grow LF's hair longer. Going for a more distinctive look, her current longer locks are a major departure from the severely cropped look of the recent past. LF's hair, according to Ken, "currently nestles four inches below her collarbone and is in fabulous condition."

Ditching the Gothic black hues of her recent past, Lara Flynn's hair is now a soft, sensuous chestnut color with wonderfully warm honey highlights, compliments of colorist Dwayne Ross, who collaborates with Ken on several of his clients. Lara Flynn's current hair color is a major change from her "one shade from black" hue that produced a completely different and rather severe look.

Although LF's look has "gone full circle from her previous hairstyles" and looks Ken points out "LF can look gorgeous in anything she does." Indeed, Lara Flynn is the darling of the fashion and glamour tomes because of her spectacular ability to morph into completely different styles with the snap of a brush.

### Steal Lara Flynn's *About Schmidt* Look

As the Fates would have it, Ken was booked the day of the *About Schmidt* premiere with a magazine shoot. Like a quick-change artist, Ken escaped from the shoot just in time to make a mad dash to LF's home to work his hair magic on her magnificent mane.

So how did he create the spectacular cherub coif? Since he was a little pressed for time, LF washed and conditioned her locks with the Keratase products. Making sure her strands were towel-dried, Lara Flynn was prepped and ready for Ken's whirlwind arrival.

Using his famous blow-dryer, he "dried LF's hair with a very large, all boar's head, round brush to create lots of volume and shape in the root area." Yielding the brush in unison with the dryer's air flow, Ken was able to create lots of hair lift and shape.

Using his handy dandy monster round brush, Ken blew out LF's lush bangs until they were soft and shiny. After the rest of LF's hair was totally dry, Ken covered her entire head, except for the front bang area, in hot rollers that positioned to create voluptuous volume and gentle waves. Using hot rollers in two sizes measuring approximately 1" and 3/4", Ken rolled backwards along the sides and up towards the crown to build in even more volume and shape.

Letting the curls completely set and cool for close to 25 minutes, Ken carefully removed the curlers and then brushed and separated her hair into sections. Using a comb, he teased each individual section at the root to create height. As he finished each section he overlaid it with the next section until he had created the desired shape and fullness.

Being careful to achieve volume and shape without big helmet hair, he also was careful to retail softness and movement that provided a hint of carefully managed tousle. When he was finished with his masterpiece he sprayed Lara Flynn's entire head with old-fashioned Elnett hairspray from France.

When I asked Ken to explain in detail how he got the soft curls and waves to softly nestle at LF's shoulders he laughed "well you know Karen, that's just what I do."

And indeed I did know, having witnessed his magical hair ways firsthand on Jessica Simpson last summer.

Don't hate her because she's beautiful but do hate the fact that she is not in the next *Charlie's Angels* film. She would be a natural *Angel* kicking some bad guy butt while looking spectacular in a retro Kelly Garrett cap. Hello? Does anyone in Hollywood hear me? OK...right. Well at least we all know where a true *Angel* is hanging out waiting to take her gorgeous wings for a spin.



Image Direct



# HAIR TYPING II



In Hair Profiling I, the first article in the Profiling series, the basic types of hair were covered including Hair Texture, Density, Type and Color.

It was also explained that although your genes control many things about your hair, you could learn to understand your hair and thus encourage optimal performance from the strands nature has given you.

This article provides helpful hints and tips for dealing with your native hair texture and achieving your ultimate tresses.

By Karen M. Shelton  
<http://www.hairboutique.com>

3. Hot tools. These range the gamut from flat irons for straightness to curling irons and rollers in a variety of sizes and shapes (Conair, Remington, Igia, Helen of Troy).

4. Combination of all options. Depending on the intensity of your hair type such as those with super curly hair or super straight locks, you may need to utilize a variety of tools from chemical treatments down to special conditioners, styling products and hot tools.

## HAIR TEXTURE

Hair texture is measured by the degree of fineness or coarseness of your hair, which varies according to the diameter of each individual hair. Hair experts generally agree that there are four major types of hair texture, which include Fine, Medium, Coarse and Wiry.

Within the four texture ranges hair can also be thin, medium or thick density and it can be straight, curly, wavy or kinky. Hair condition will also alter the ultimate equation and can be healthy, normal, oily, dry, damaged or a combination of all conditions.

## ALTERING HAIR TEXTURE

Altering hair type, either from curly/wavy to straight or vice versa requires one of the following techniques:

1. Permanent chemical applications to add or remove curls/waves. The intensity of the chemicals may range from Thermal Reconditioning (e.g. Yuko), at-home relaxers (PhytoSpecific Relaxers) or at-home perms.
2. Special styling systems (shampoo to styling) or standalone products designed to enhance curls/waves (KMS Curl Up) or provide straightness (Phytodefrisant Balm, Mine Smooth Sailing). Phyto offers a volume enhancing system that ranges from volume building shampoos and conditioners to a styling product for root lift. Many of the major hair care manufacturers have similar systems dealing with everything from thin, fine hair to curly/wavy locks.

## CONDITION OF HAIR MAKES IT TRICKY

The condition of hair can range from normal, dry, oily/greasy or chemically damaged.

Normal healthy hair that is curly/wavy or straight can usually be chemically altered under the proper conditions without damage. It is possible that chemical processing will make normal hair dry or slightly damaged. If this occurs, a series of deep conditioning treatments should be scheduled along with a switch to a product line designed to reverse dryness and/or dryness.

Chronically dry or damaged hair may need to avoid additional chemical processing until the current damage is neutralized or eliminated. While styling products can be utilized, hot tools should be used sparingly to avoid additional dryness or damage. When possible, a style should be selected that allows your damaged or ultra dry strands to take a breather from styling or processing.

Oily hair is often a good candidate for chemical processing since the formulas may actually eliminate some of the excess oiliness.

When creating your optimal hair care plan, adjust the types of hair care products your use such as shampoo, conditioners and deep treatments to be compatible with your hair's condition. Hair that is damaged will need extra care while hair that is healthy may require minimal deep conditioning treatments. You will have to be your own judge regarding what your hair needs and adjust accordingly.



## ALTERING YOUR HAIR TYPE

One thing is certain in the world of hair, many curly and wavy girls crave stick straight strands while the straight ladies crave curls and sexy waves. With the right products and hair care routine, it is possible to switch hair types, at least temporarily.

The first step in altering your hair type is to evaluate the overall condition of your hair. If you are blessed with super healthy tresses, you are a prime candidate for making a quick type change through chemicals, hot tools or specially formulated products.

If your hair is damaged or fragile, your options are more limited but still available in the form of custom styling products, foam or "hair friendly" rollers and hood hair dryers.

Some hair types, whether healthy or not, do not adjust well to chemical treatments. Super curly or wavy hair is extra sensitive and tends to be more prone to dryness and damage. Hair that is fine or thin may also suffer from chemical treatments that cause hair breakage.

When in doubt, consult with your hair care professional before undertaking any drastic type alterations.

## HAIR TEXTURE/HAIR TYPE RECOMMENDATIONS

### FINE HAIR TEXTURE

Fine hair can be so soft and silky that it can actually feel like feathers. Depending on the type of hair, treatment can vary. Fine hair can range from very thin to very thick. It can be straight, wavy, curly or wiry.

Some experts believe that a perm will help blow out the cuticle on fine hair, giving it great body and movement. Others believe that the chemicals may damage the hair.

Fine hair is often so slippery that it may have a difficult time holding a curl or set. If you lust after a head of bouncy curls,

consider using a light mousse on damp strands and using Velcro curlers to create curls.

If your hair does not hold a curl at all, try doing a wet set to lock in more tendrils. Shampoo and towel dry hair, apply a light mousse and then wrap in curlers. Sit under a hood dryer until hair is dry. Carefully remove curlers and then replace with hot rollers. Leave the rollers in until completely cool. Remove curlers and carefully arrange curls with your fingers. Spray with a good holding hairspray to retain the curls.

### FINE HAIR - THIN DENSITY

Remedies for fine thin hair should start with a great volume-enhancing cut. The hair should then be maintained with volume building hair care shampoos, products and styling tools.

The right hair care products can be utilized to give hair a thicker appearance, especially for straight strands or hair that is thinner at the root area and fuller near the ends.

The rule of thumb for fine, thin hair should be that a little goes a long way. Avoid regular or heavy hot oils and deep conditioning treatments that can flatten the cuticle resulting in limp, lanky locks. Instead, when warranted, use a light protein pack or hair mask followed by a clarifying shampoo.

Treat according to your hair's needs. If you ends are dry, apply a conditioner only to the ends of your strands.

Perms, straighteners and color applied to fine thin locks may help to swell the hair shaft. The down side to chemical treatments is that fine thin hair tends to be more fragile than other textures and types. Any form of chemical treatments should be considered on an individualized basis and keyed to your hair texture, type and overall condition.

### FINE HAIR - MEDIUM DENSITY

Depending on the growth pattern of fine, medium hair, volume-enhancing products may or may not be appropriate. A lot depends on the condition of your hair and whether it is straight, curly or wavy.



Straight hair that grows fuller at the ends but thinner at the roots can benefit from a combination of volume shampoo on the roots and a light moisturizing shampoo formula on the middle and ends of the hair. Follow with a light moisturizing rinse or a detangling spray with moderate conditioning properties.

Use a deep conditioning treatment on dry or damaged ends or middles once a month, or more often as needed. Be careful not to apply hot oils or deep packs close to the roots or you may cause them to become lank or over conditioned. Use a clarifying shampoo once a month if you acquire a lot of styling product building.

### FINE HAIR - THICK DENSITY

Although fine hair is still very soft, if it is thick, it would not benefit from a volume enhancing hair care system. Instead, use a moisturizing shampoo and conditioning rinse. A light leave-in conditioner like Phyto's #7 would be appropriate, especially for dry middle or end sections.

If the hair is thick or wavy, it will require more moisturizing treatments include bi-monthly deep conditioning treatments. Remember to concentrate any conditioner only on the ends and middles eliminating contact with the root area.

Fine thick hair is often better able to handle chemical treatments than fine thin hair. Explore options for altering your natural texture with your professional hair consultant if desired.

### MEDIUM HAIR TEXTURE

Medium hair is the most common type of texture. It also has the most styling flexibility of the three types. Depending on the overall condition of your hair you may be able to use a shampoo for normal hair followed by a light conditioning rinse or a product that is combined with a detangling spray.

While a deeper conditioning treatment may be advantageous, evaluate your hair's condition and act accordingly. If hair is chemically damaged or dry, treat with a regular moisturizing hair care regime followed by weekly deep conditioning masks or hot oil treatments.

### MEDIUM HAIR - THICK DENSITY

Medium hair that is thick can require some special expertise in achieving the proper balance and style because of the potential for excess bulkiness.

Although medium textured thick hair is ideal for almost all type of chemical treatments, it is important to keep hair well shaped and conditioned to minimize thickness. Longer hair will help compress some of the mass while gentle relaxing treatments will add bend and movement.

To maintain this hair texture and type in optimal condition use a regular moisturizing shampoo, conditioning rinse and leave-in conditioner. Utilize hot oil and deep conditioning masks on a monthly basis, or as needed to keep hair soft and to help it lay flatter.

If oiliness at the roots and dryness near the ends is a problem, use a combination of products to address each challenge. Use a clarifying shampoo on the roots only. Apply moisturizing shampoo on the middle and ends. This will provide a balanced cleansing treatment. Remember to only condition the sections of hair that will benefit directly from moisturizing.

Achieve increased resilience and shape-holding power from setting lotions, mousses and hair sprays. Medium textured hair hold sets well although the thicker the hair, the higher the risk that the weight of the hair will pull the curls or waves out.

When medium hair is in good, undamaged condition, it also benefits from flat and curling irons and hot curling tools. When used with a heat protectant product, medium thick hair can also better withstand regular blow-drying than other hair textures and types.

It should however be noted that the use of hot tools can have a drying effect on any type including medium thick hair if used too frequently or without a leave-in conditioning or heat protection product.

### COARSE & WIRY HAIR TEXTURE

Coarse hair can feel heavy and rough as a result of the way that the cuticle scales lie flat against the hair shaft. Coarse or wiry hair can also be medium or fine.

Depending on the coarseness of the hair and whether it is dry or damaged, use a moisturizing shampoo adjusted to the current condition of the hair. It may also be appropriate to perform a regular pre-conditioning treatment followed by a heavier leave-in conditioner like Phyto #9 with Macadamia oil.

Moisturizing shampoo can range from a light formula to very heavy. Different shampoos and conditioners can perform different functions. Moisturizing properties will vary by manufacturer and ingredients.

Coarse and wiry hair textures are not always the best candidates for chemical treatments. A lot depends on the shape of the cuticle and whether hair is curly, wavy or kinky. The overall condition of the hair plays a key role in the success of chemical applications.

Whether you have fine, medium, coarse or wiry textured hair that is thin, medium or thick, it can also be normal, oily, dry or damaged. Remember as you customize a hair care program that provides maximum benefit for your own hair profile, be willing to adjust according to each of the variables that define your hair. Since everyone's hair is uniquely their own, the hair care systems that they select must also be individualized and personalized.





## FATTEN UP THOSE LOCKS INSTANTLY

By Karen M. Shelton  
HairBoutique.com

Hairstyles come and go but the new century has ushered in the “Era Of Hair Independence.” This translates to mean that many hair consumers are newly empowered with Net infused hair knowledge and a budding need to “do their own hair thing.”

**O**ne ongoing hair challenge is learning to find the best products that work to maximize your hair’s natural texture. Life is never fair and people with thick hair want thinner hair while people with fine thin hair want lots of fullness and “big” hair.

Fine thin hair can be instantly helped with hair care products from shampoos and conditioners to gels and creams designed to instantly fatten up the hair by causing the hair shaft to swell. As always, the key is to identify a line of products that can provide help with a hair challenge and then find one that works best with your individual hair.

### DO YOU HAVE THIN/FINE HAIR THAN NEEDS VOLUME?

Hair is either thin, medium or thick. How do you tell the difference? If you can basically see your scalp when your hair is wet your hair is probably thin.

Hair experts suggest that a good way to measure whether

hair is thick or thin is to pull it into a ponytail. Thick hair is very full and requires both hands to hold it. Thin hair is about the size of a Naya water cap. Anything in the middle is medium in thickness, which is what most people have. Don’t despair if you have thin hair. Both Uma Thurman and Gwyneth Paltrow have thin hair and this has not stopped them from fame and fortune.

Besides being small in diameter, thin hair is often stick straight and will not easily hold a curl or waves. It also can be so soft and thin that is can be hard to control. While the good news is that thin hair is silky, it can also be prone to static electricity and weightlessness.

### FAT HAIR PRODUCTS

Although many hair specialists recommend color and perming as good “hair fattening” options, thin hair may be damaged if chemicals are not applied with extreme care. This is because thin hair is more delicate and fragile than other types of hair.

Volume enhancing products that bolster and reinforce hair

come in all forms from shampoo and rinse out conditioners to leave in creams, gels, lotions, sprays and foams. Some of the products, like Matrix Essential's Vavoom Volumizing Foam are lightweight but deliver maximum volume, lift and body to any style. Many of the maximizing products are designed to be brushable with a lasting memory and many contain thermal protectants and PABA-free sunscreen.

If your hair is color or chemically treated the volumizers may swell the hair cuticle so that the color or chemical treatments fades faster than normal.

Before you purchase one of the volume building hair care products discuss this potential problem with your stylist or one of the consultants at the beauty store where you buy the product. When in doubt write to the manufacturer and inquire if there is any potential loss of chemical color or other treatments.

Most of the volume products are light and will create a wonderful swelling and fullness. However, not all products work as well as others and some volume enhancing products are known to create stickiness, stiffness or a tacky sensation.

### **Volumizing Shampoos & Conditioners**

Edwin Paul Classic Shampoo

Matrix Essentials Vavoom shampoo or styling shampoo. and Vavoom conditioner.

Matrix Essentials Amplify shampoo and conditioner.

Natural Styling Gel Volume Plus by Schwarzkopf

Vital Nutrients BodyFusion Volumizer by Matrix Essentials

ARTec Volume shampoo & conditioner

### **Volume Enhancing Leave-In Products**

Edwin Paul Volume Gel

Edwin Paul's Gel/Mousse

Umberto Giannin's Big & Beautiful Extra Body Mousse

Matrix Essentials Vavoom Volumizing Foam, Spritzing Spray Extra, Freezing Spray

Body Styling Cream by Robert De L'anza

AMP VOLUME Leave In Thickening Cream by KMS Hair Care

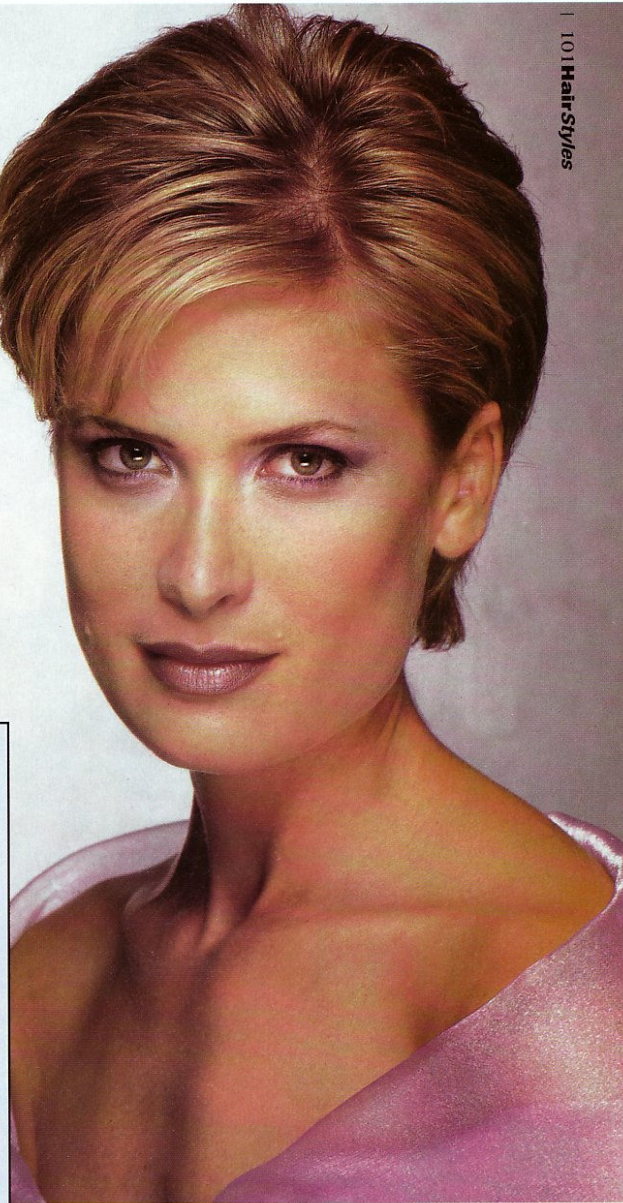
Natural Styling Gel Volume Plus by Schwarzkopf

FAT CAT Thickening Lotion by Redken

Matrix Amplify Liquid Gel, Root Lifter, Hair Spray

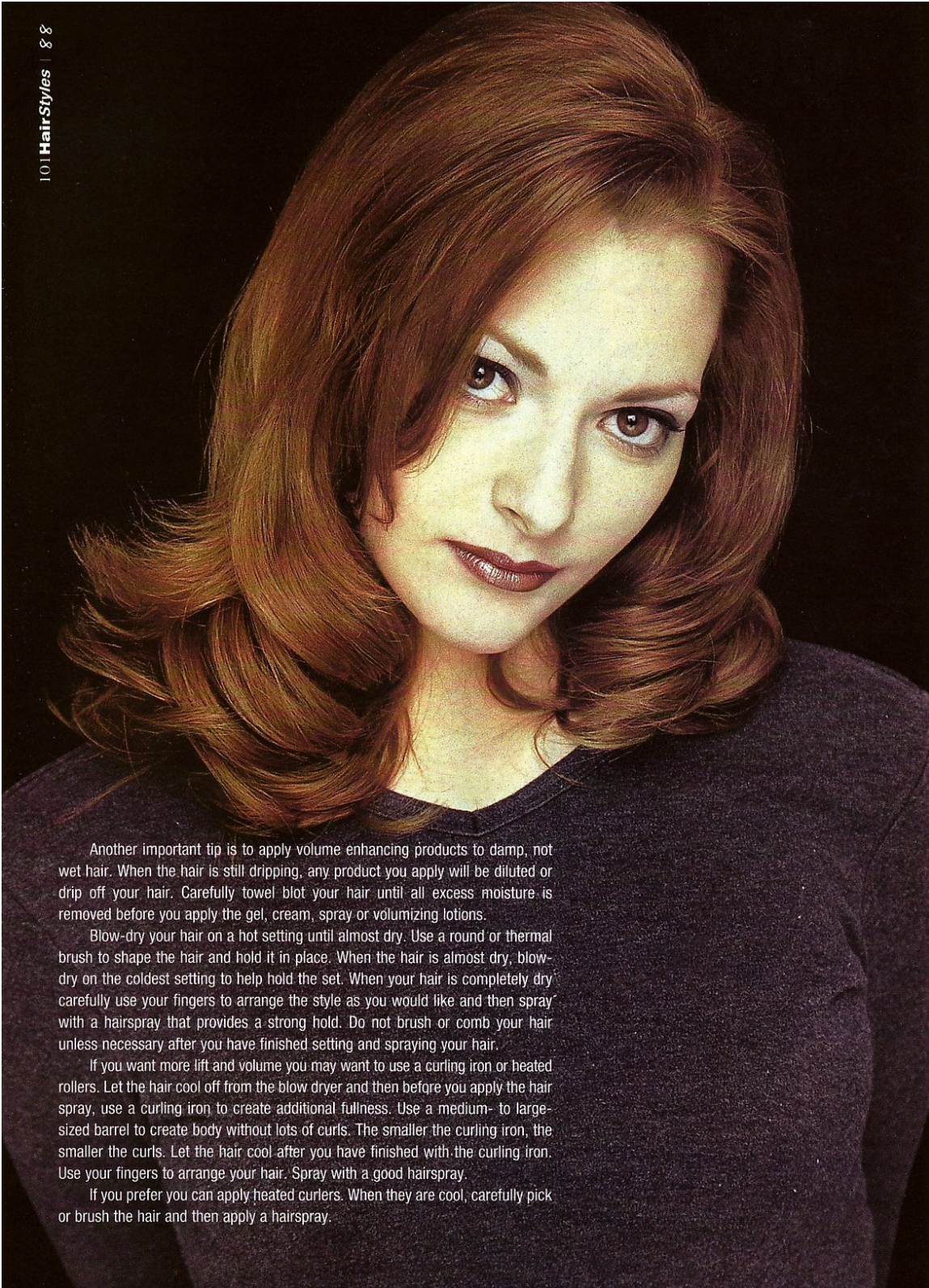
Volume Gel by ARTec

Styling Hair To Maximize Volume



If you want to try a volume product but are unsure of the outcome, buy the smallest amount you can for a trial.

The best approach for using any of the volumizing products is to first apply the product at the roots and then carefully comb it or work it through the ends. By applying the product at the roots you can give the hair more lift and separation which helps build in the volume.



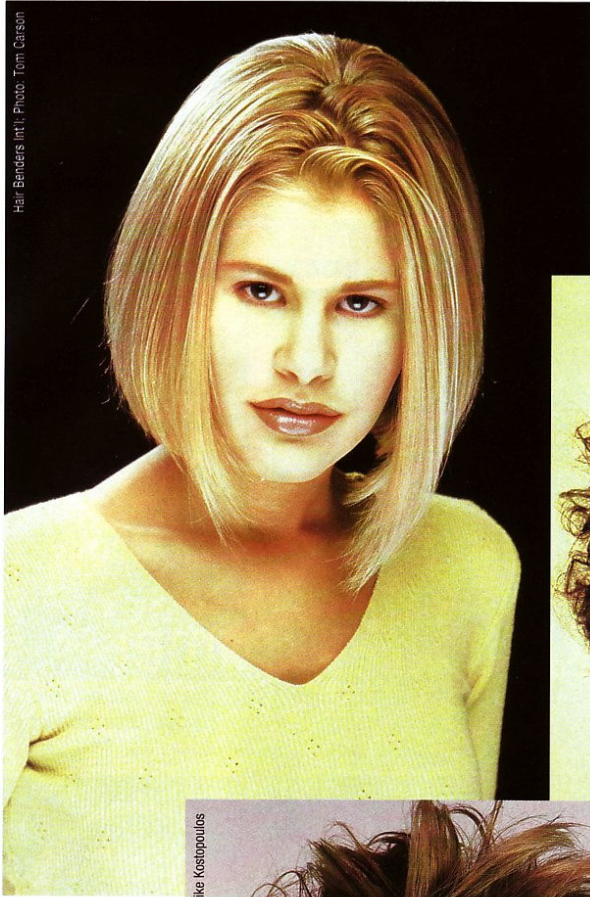
Another important tip is to apply volume enhancing products to damp, not wet hair. When the hair is still dripping, any product you apply will be diluted or drip off your hair. Carefully towel blot your hair until all excess moisture is removed before you apply the gel, cream, spray or volumizing lotions.

Blow-dry your hair on a hot setting until almost dry. Use a round or thermal brush to shape the hair and hold it in place. When the hair is almost dry, blow-dry on the coldest setting to help hold the set. When your hair is completely dry, carefully use your fingers to arrange the style as you would like and then spray with a hairspray that provides a strong hold. Do not brush or comb your hair unless necessary after you have finished setting and spraying your hair.

If you want more lift and volume you may want to use a curling iron or heated rollers. Let the hair cool off from the blow dryer and then before you apply the hair spray, use a curling iron to create additional fullness. Use a medium- to large-sized barrel to create body without lots of curls. The smaller the curling iron, the smaller the curls. Let the hair cool after you have finished with the curling iron. Use your fingers to arrange your hair. Spray with a good hairspray.

If you prefer you can apply heated curlers. When they are cool, carefully pick or brush the hair and then apply a hairspray.

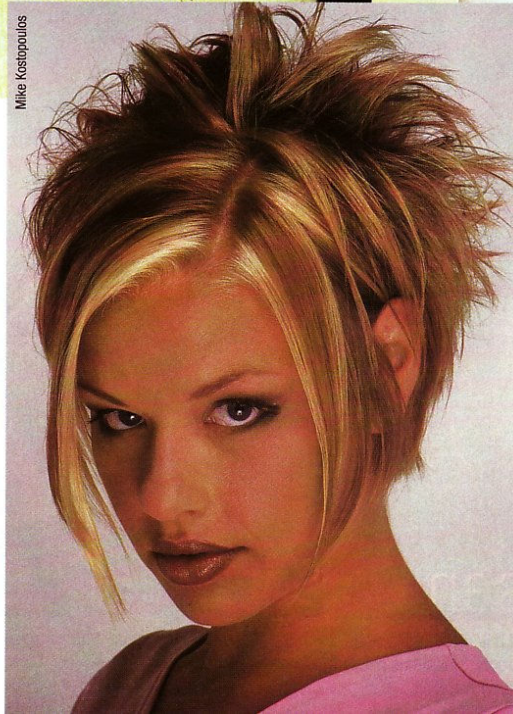




Hair: Benders Int'l, Photo: Tom Carson



Clabome's USA, Hair: Les Bouska, Makeup: Teri Clabome



Mike Kostopoulos