

THE ABSOLUTE LATEST IN HOT NEW HAIRSTYLES, COLORS & CUTS

total

image

HAIR.BEAUTY.STYLE

fall into
**GREAT
HAIR**

Beach Hair
all year long

Short Solutions
5 Hairstyle makeovers to
fit your lifestyle

Keep Your
Hair Color Longer

**A New York
STORY**

OCT. / NOV. 2003



Growth Potential

Growing your hair to extraordinary new lengths

By Karen Shelton www.hairboutique.com

Although there is no overnight solution for growing your locks long and luxurious, read on for the latest pro tips on how to nurture your mane and enhance your growth potential.

“The average person has 100,000 strands of hair on their head....”

The number one question that I receive from readers is “How do I make my hair grow faster?” Many people write to tell me that they are in a hair growing hurry because they are getting married, going to prom, meeting the future in-laws or fill in the blanks. They want me to advise them on how to grow their hair from short to long in a matter of just weeks. As many of you know, I am going to tell you the truth, as I know it, about hair. So the answer to “instant hair growth” is that there isn’t any. There is no magic bullet. If you want to go from a short bob to long flowing locks in a matter of weeks then extensions are in your future. There are some very rare exceptions, but most hair on most people is genetically programmed to grow a maximum of 6 inches a year.

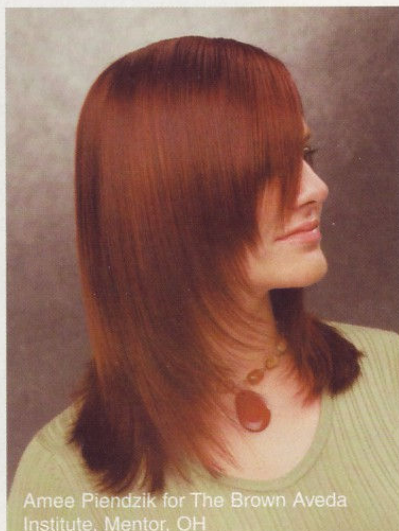
**“Your hair is dead -
Let it rest in peace”**

Unfortunately many people are not aware of the fact that while hair can be extraordinarily resilient, once it has emerged from your scalp it has no facility for renewing itself. It is dead protein.

The average person has around 100,000 strands of hair on their head, with the average growth rate of around one-half inch per month. By the time the ends of your hair grow down to your shoulders, they are approximately 2 years old.



Hairbenders Internationale’ Design Team, Chattanooga, TN
Make-up by Betty Mekonnen



Amee Piendzik for The Brown Aveda Institute, Mentor, OH

HAIR GROWING TIPS

Eliminate or cut back on smoking, caffeine and carbonated sodas that weaken the body and block maximum hair growing potential.

Eat a healthy diet. Avoid foods that are high in sugar or fat.

Treat your hair like a piece of fine old lace. Avoid any unnecessary brushing, combing or handling.

Avoid the use of really hot water, hot blow dryers or other hair care tools that may stress the hair.

Have a weekly scalp massage to provide stimulation to the hair follicles.

Do a series of ongoing hot oil treatments to protect the hair’s shaft.

Have regular trims to eliminate split ends.

MAXIMIZE YOUR GROWING CYCLE

The right 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 can turn your hair greasy and limp. The bottom line is that your hair ultimately reflects the overall condition of your body. If your body is healthy and well nourished, your hair will be too.

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

If you're healthy, 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's been found that certain minerals including magnesium, sulfur, silica and zinc are also very important toward maintaining healthy hair.

Beta-carotene, which is found in green and yellow vegetables, is also important.

Remember always consult your doctor before you undertake any type of vitamin or mineral program to make sure it does not interfere with any medication you may already be on.



Amy Castle for Details Salon, Rocky River, OH

PROTEIN POWER

Since hair is a protein, a diet that is too low in protein may cause a thinning in hair or a slowing of the growth cycle. A diet rich in proteins 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 2 tablespoons of granulated lecithin to maximize your hair's growth and strength.

One study on the results of soy products found that it not only strengthened hair but also caused it to grow. A great source of soy is tofu.

HEALTHY HAIR SUPPLEMENTS

(Remember consult your doctor before going on any vitamin or mineral program).

Vitamin B-complex - 50-mg. Of the major B-vitamins (Including foliate, biotin, and inositol)

Vitamin B-6 - 50mg.

Vitamin E - 400 to 800 IU daily.

Beta-Carotene - 10,000 to 15,000 IU daily.

One recommended daily dose of magnesium, sulfur, and zinc.

Silica (horsetail) - 300mg. daily.

Nettle - 250mg. three times a day.

Flaxseed oil - one tbsp. daily or one tablet.



Renee Massi for Avanti Salon, Chesterland, OH
Make-up by Amy DiFranco

total image 7



POP QUIZ

**Thinking about going short?
Take this true or false quiz for short hair.**

By Karen Shelton www.hairboutique.com

“Short hair grows faster than long hair.”

False: Cutting your hair won't alter its normal biologically determined growth rate or overall texture. Don't confuse short tresses that look and feel thicker with a growth spurt or sudden texture change. Thin, limp or fine hair will rarely grow thicker to respond to haircuts. If you must, plump up your hair by using volume enhancing products, experimenting with a hair fattening blunt cut or getting a texturizing perm or color treatment.

Right: Tony Anders for Kenneth's Salons & Day Spas, Columbus, OH
Bottom: Teresa McGaha for Mouton's, Bedford, TX



“Short dos demand more frequent trims.”

True: Precision cut short hair will lose its shape faster than longer hair that is not cut in a specific shape. While long hair should be trimmed every 6-8 weeks to contain split ends, short hair, especially close crops or caps need to be trimmed and reshaped every 3-4 weeks. Short hair is at its absolute worst when it starts to lose the shape of the original style.

“Curly Girls Can Look Stunning In Short Hair.”

True: In the hands of a talented stylist any texture of hair from stick straight to wildly waved can look smashing.





“Femininity is MIA on Short Tresses.”

False: There are many short hairstyle that can be designed to be feminine and soft (just look through our short hair gallery). The right cut can easily morph from

“Split Ends Are No Shows On Short Strands.”

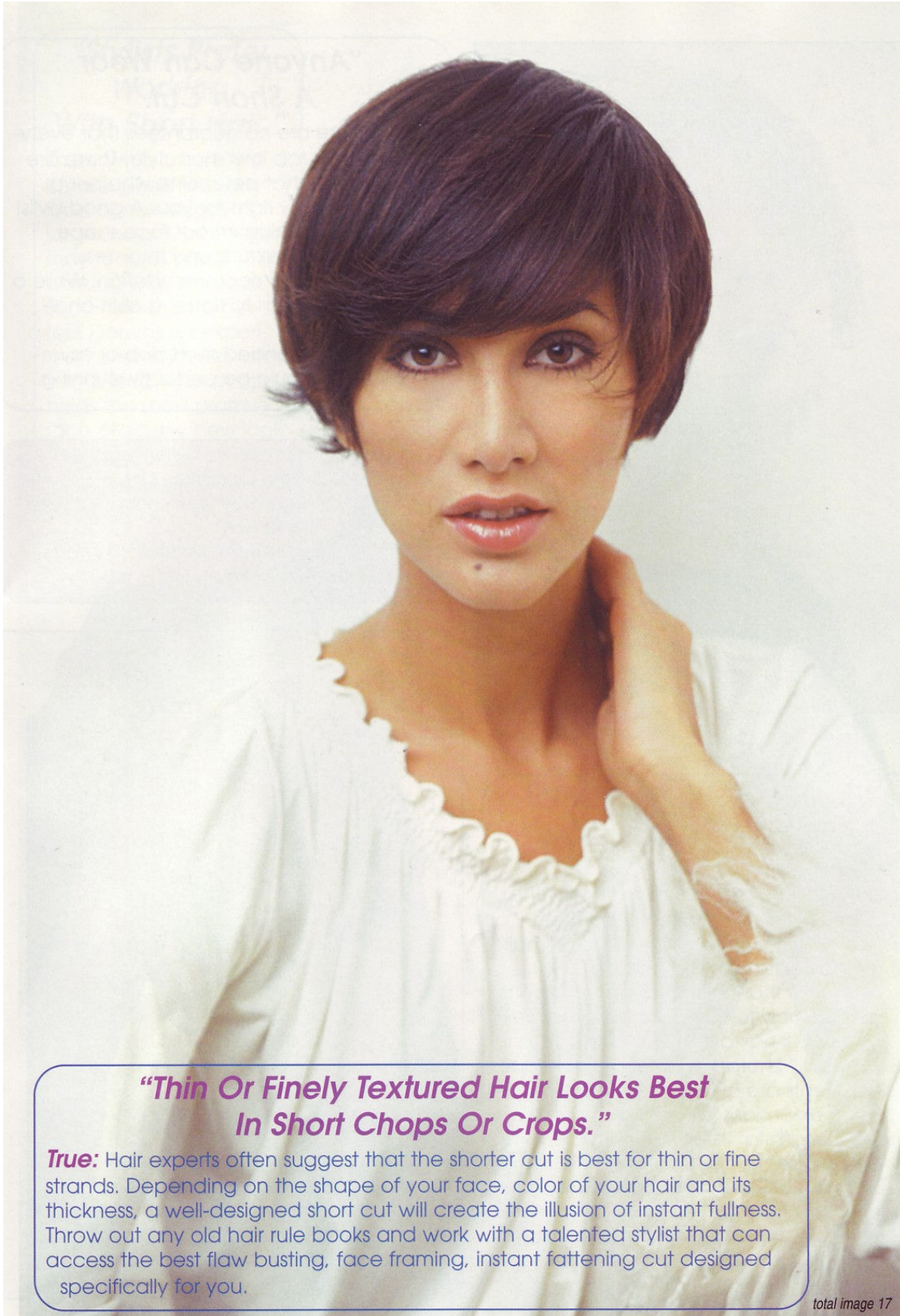
False: Tresses, no matter what length may develop splits, rips and tears if hair is not kept trimmed, coddled and well conditioned. All the standard hair-splitting dangers apply to all hair no matter what length it is.

“Fabulous Short Looks Can Be Created Without A Scissors Or Razor.”

True: The trendiest hair masters have evolved way past scissors and razors opting instead to using color as their primary tool to create fabulous hair designs that ooze depth, movement and edge. It is no longer just about the haircut but it is definitely all about the color. Hot hues are now dispatched to instantly turn up the wattage on any short style.

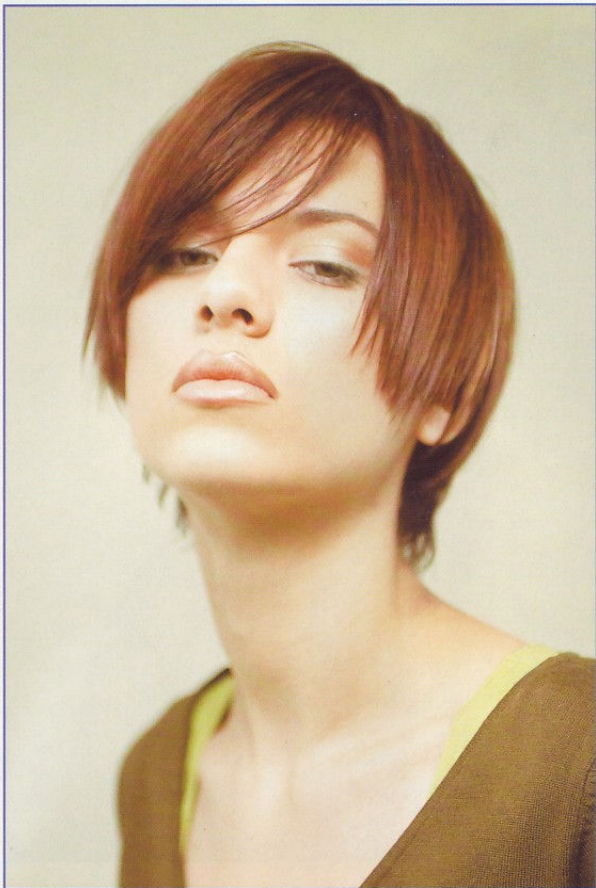
Top Left: Marisa Paterniti For Avanti Salon, Chesterland, OH / Make-up By Jill Grande . Lower Right: Douglas Carroll Salon, Raleigh, NC. Opposite Page: Hairstyling EFE, Hamburg, Germany.





***“Thin Or Finely Textured Hair Looks Best
In Short Chops Or Crops.”***

True: Hair experts often suggest that the shorter cut is best for thin or fine strands. Depending on the shape of your face, color of your hair and its thickness, a well-designed short cut will create the illusion of instant fullness. Throw out any old hair rule books and work with a talented stylist that can access the best flaw busting, face framing, instant fattening cut designed specifically for you.



“Anyone Can Wear A Short Cut.”

False: There are no guarantees that everyone will look fab in a short style. There are many factors that determine whether a short cut is really right for you. A good stylist will help you evaluate your face shape, age, hair color, texture and thickness before making a recommendation. While a short crop may fail to flatter a chin-challenged Woman, an extended short bob or asymmetrical cut could be perfectly stunning.

Left: Brenda Hewison & Phillip Pierce for Identity Salon & Spa, Cincinnati, OH
Bottom: Candy Shaw Codner for Jamison Shaw Hairdressers, Atlanta, GA
Opposite Page: Pascal Bensimon for Jamison Shaw Hairdressers, Atlanta, GA

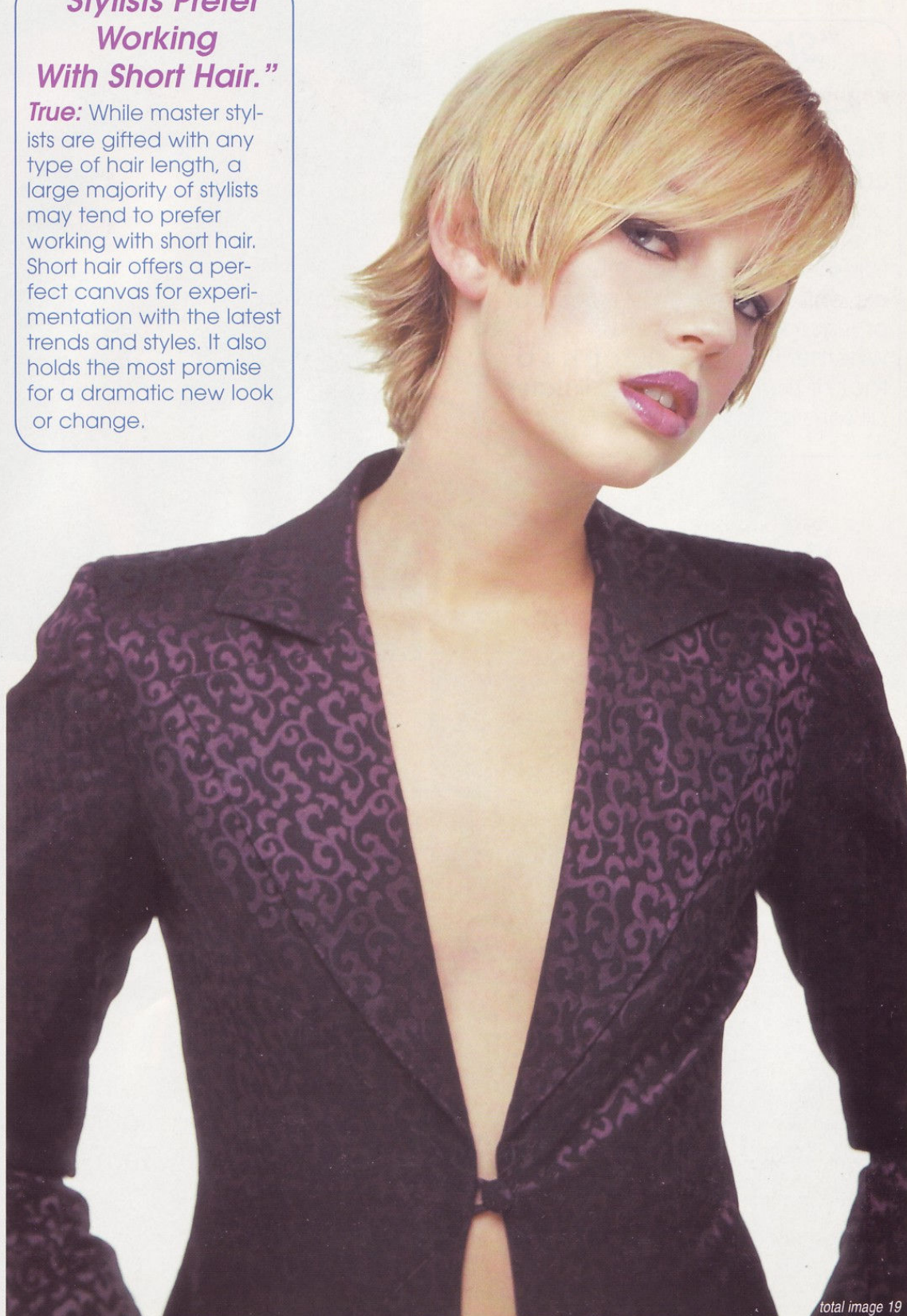
“Hair Extensions Are Not Possible With Short Hair.”

False: Barbara Lhotan, author of the popular 5 Minute Undo Book explained, “a client must have at least 3-4 inches of hair for the hair extension method to work. Much shorter than that and the extensions would probably just not be anchored well to the natural hair or not stay in place as they should.” Lhotan explained that short-haired clients are often the best candidates for extensions as long as they have enough length for the actual attachment to take place.



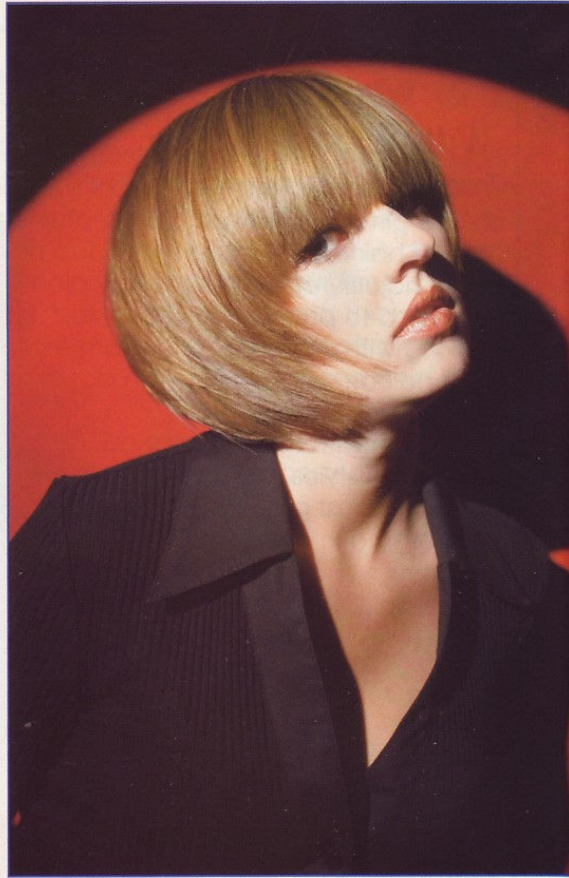
**“Stylists Prefer
Working
With Short Hair.”**

True: While master stylists are gifted with any type of hair length, a large majority of stylists may tend to prefer working with short hair. Short hair offers a perfect canvas for experimentation with the latest trends and styles. It also holds the most promise for a dramatic new look or change.



“Short Cuts Are Often Cheaper.”

True: A large number of salons charge less for a cut performed on shorter lengths. Many Cut-In-The-Box shops specialize in a no frills short chop that is much less expensive than a full service cut or trim for longer strands. Whether right or wrong, this is a fact of business life that dictates all sorts of similar rules.



Upper Right: Sean Duncan
for Bob Steele Hairdressers,
Atlanta, GA / Make-up: Ryan
Anderson

Bottom: Linda Keller for Identity
Salon & Spa, Cincinnati, OH /
Make-up: Betty Mekonnen



total image 20

By Karen Shelton
www.hairboutique.com
Photography by Tom Carson

GET
B
E
A
C
H
H
A
I
R

ALL YEAR LONG

Hair by Frank Comisso / Comco Beauty & Science for BES
Make-up by Anna Wark

In our quest for that endless summer many of us chase the hair care secrets that will transform our tortured tresses into just-off-the-beach sensual shimmer all year long. Fake that surf and sun strand look all year with these tips:

By Karen Shelton www.hairboutique.com

Keep that summer sun kissed look around your face all year with well-placed chunky high lights.

As celebrity hairstylist Ken Paves pointed out "although it is wise after summer ends, to tone down that all over sun bleached look, keeping some strategically placed gorgeous highlights will extend your beach look into the dead of winter and beyond". Ken, one of the most in-demand stylists for the celebrity crowd including Celine Dion, Pam Anderson, Jessica Simpson, Lara Flynn Boyle and Carmen Electra, recommends that "winter hair color should definitely be softer and more in tune with Winter shades" but when "matched with lighter chunky accents will keep that whisper of beach play at the forefront of your look".

Bed Head Meets Surf n Sand

Ken commented that "fun in the sun summer locks are all about letting hair be free to follow its natural tendencies". During trips to the surf, curly and wavy girls let their tresses escape into their natural ringlet or wave formations while those with short or straight locks let their strands blow in the wind. Ken suggests that you adopt, "styles that play up your natural texture". They will give you that "playful vacation look all year long" as well as save you the time-consuming hassle of fighting against your hair. Work with, not against, your hair's. Remember to wear your hair soft, loose and tousled, just as you would at the beach.

Create Your Own Texture

If your hair doesn't naturally assume a tousled look, the new soft curly styles for Fall 2003 are just in time. Ken explained "big curls can be achieved on any hair texture with a good set hot rollers and/or curling irons". Ken recommends that you use "large sized hot rollers or a curling iron to create big soft curls and waves that can then be carefully finger-separated after your locks cool down for the ultimate tousled, just-off-the-beach look". Another option is to use a wide barreled curling iron and then carefully set your hair in large Velcro rollers to cool down.

Use Great Products To Extend Your Beach Time

Ken likes to mix and match between the top-notch Kerastase, Phyto and Rene Furterer hair care lines. Ken recommends that you use "great products that help you honor your hair's natural texture, maintain your tresses in tip top condition and keep those beachwear highlights fresh and bright all year long".

Intercoiffure Stylist Edie Noppenberger of Edie's Styling Center in Clearwater, Florida recommends using salt infused sprays which may also contain seaweed or algae extract. "When applied to wet or dry hair they add volume and give the hair that separated tousled look, mimicking the spray of the water at the beach. If applied with other volume enhancing styling aids they'll really ad an extra kick to your style", says Edie.

Some of the products Edie recommends trying are Ocean II from Hairbenders Internationale', Bumble & Bumble - Surf Spray, and E- Gulf Breeze from Edie's Styling Center.

If you are unable to find professional products, Edie recommends mixing 1 tablespoon of Epson Salts to 8 ounces of water, to spray on your hair, "not as good, but effective", she says.

Fun, Flirty Accessories

There is nothing as refreshing as pulling your hair into a fun ponytail and finishing with a flirty hair accessory. Extend your play-time all year long by opting for the ever-popular pony decorated with sun worthy wraps or clips. Even in the dead of winter you can bring a little sunshine into your style with a stylish low pony decorated with a chic France Luxe buttercup or daisy pony in cotton candy pink or ocean blue. Or play with one of the chic gem encrusted double combs from EVITA PERONI that allow you to instantly pull your hair back into a spontaneous messy up do.

Beach hair is as much a state of mind as a hairstyle. As those long winter months descend, hold that image of that lazy day at the shore in your mind's eye and let your hair flow free and natural. Summer will be back before you know it.



STYLING | TIPS

IN OUR QUEST FOR ETERNAL HAIR BLISS MANY OF US PERPETUALLY CHASE THOSE INDEFINABLE SECRETS THAT WILL TRANSFORM OUR TORTURED TRESSES INTO SENSUAL SHIMMER. THE REALITY OF BEAUTIFUL HAIR LIES IN THE FOLLOWING PEARLS OF STYLING WISDOM.

BY KAREN SHELTON WWW.HAIRBOUTIQUE.COM

THIS PAGE: HAIR BY DANIELLE AYERS FOR CLOUD 9 HAIR SALON, MARTINS FERRY, OH
MAKE-UP BY JENNIFER DIAZ-FOOS'E

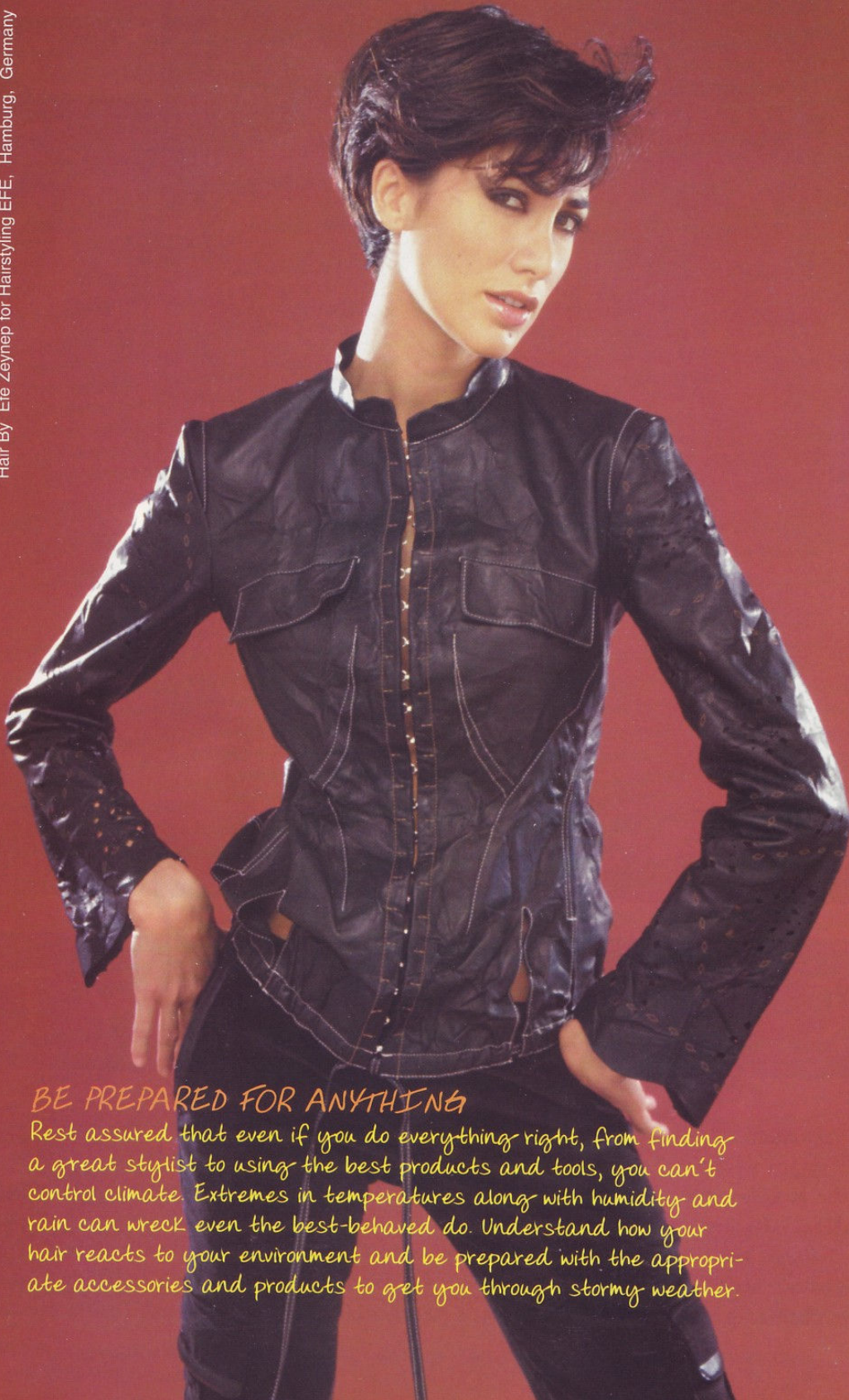


TO LIVE BY

ATTITUDE IS EVERYTHING

One of the most important secrets to having a great style is to have positive attitude. Whether you're stuck with limp locks or do-nothing strands, dream the dream of luscious locks and it will happen. If you mope about your mop you are doomed to an endless string of bad hair days. Many fabulous styling techniques have been developed to help counter challenged hair. Be open to the possibilities and know that lovely locks are doable for even the most follicle challenged.

Hair By Efe Zeynep for Hairstyling EFE, Hamburg, Germany



BE PREPARED FOR ANYTHING

Rest assured that even if you do everything right, from finding a great stylist to using the best products and tools, you can't control climate. Extremes in temperatures along with humidity and rain can wreck even the best-behaved do. Understand how your hair reacts to your environment and be prepared with the appropriate accessories and products to get you through stormy weather.

Hair By Karen Pearcee for Jamison Shaw Hairdressers, Atlanta, GA



SELECT A SIGNATURE STYLE

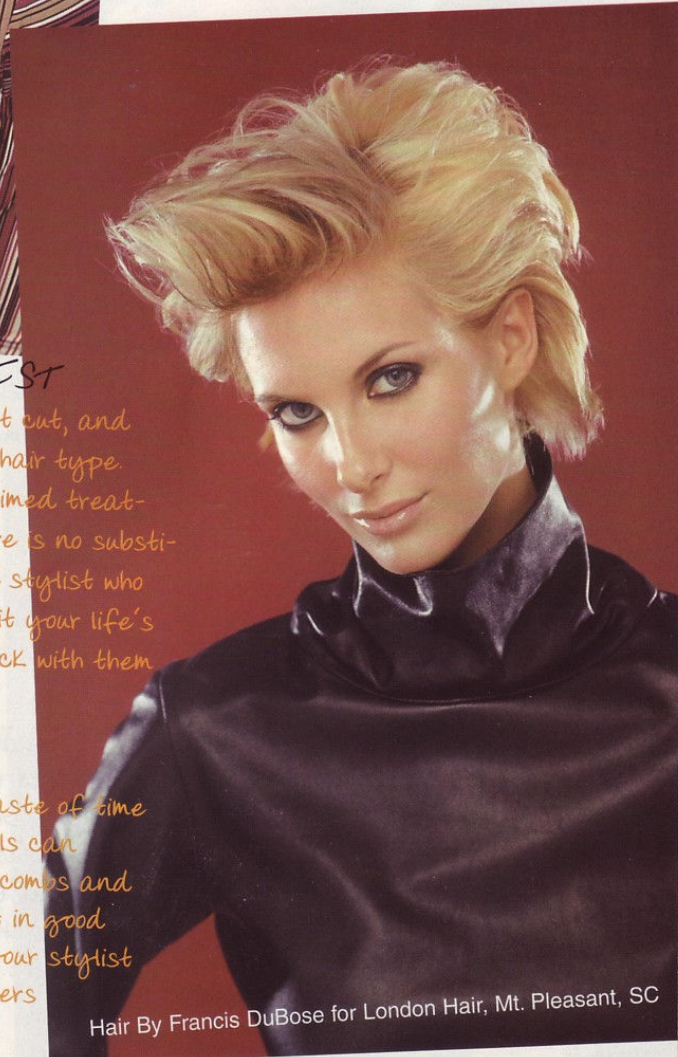
Know your hair, maximize its natural beauty and make it your signature style. Whether you love long and luscious, medium and edgy or short and sassy styles, select a realistic look that works well for you and your lifestyle.

PARTNER WITH A GREAT STYLIST

The right stylist will help you select the best cut, and color for your skin tone, bone structure and hair type. They will also coddle your follicles with well-timed treatments and styling tips. Remember that there is no substitute for quality hair care in the hands of a stylist who can make you look like a million bucks. Make it your life's mission to find a great stylist and then stick with them for the long haul.

LEARN TO USE YOUR TOOLS

The right products used improperly are a waste of time and money. Even worse, using the wrong tools can actually damage your hair. Cheaply made combs and brushes can snag delicate strands. Invest in good tools and learn to use them correctly. Ask your stylist to teach you how to shampoo, apply conditioners and utilize styling aides.



Hair By Francis DuBose for London Hair, Mt. Pleasant, SC



Trisha Hall & Carrie DeCesare for Casal's de Spa & Salon, Canfield, OH / Make-up By Christina Carson

DESIGN A CUSTOM HAIR CARE REGIME

Whether you shampoo daily or weekly, blow dry or not, how you care for your hair must be customized to your strands. The current trend is to shun shampoo on a daily basis. If your hair must indulge in a daily suds, experiment with gentle formulas that won't strip precious oils. Pay attention to how your hair reacts to your regime and then fine-tune it to perfection.



Maria Creviston
for Avanti Salon,
Chesterland, OH
Make-up By Jill
Grande

INVEST IN THE BEST PRODUCTS YOU CAN AFFORD

The reality is that you get what you pay for. Limited resources don't mean that you can't have great products. The beauty of the top shelf lines is that a little goes a very long way. Ask your stylist to recommend formulas designed for your hair's challenges that are compatible with your budget.

NOURISH YOUR HAIR FROM THE INSIDE

It's true, the foods you eat and the liquids you drink influence the hair that you wear. Glossy healthy locks depend on a nutritious diet, vitamins, good rest, exercise and lots of water. Supplement your daily food plan with lots of water, healthy herbal teas and sugar free fruit juices. Avoid hair-busting diets and radical food plans. If you must diet, supplement your food plan with hair vitamins that give you a complete balance of nutrients and herbs.



Flonnie Westbrook for Elon Salon, Marietta, GA
Make-up By Ron Guarino

PAMPER YOUR STRANDS

Book regular appointments with your favorite salon for scalp and deep conditioning hair treatments. Pollution, styling products and life's daily wear and tear will stress out the healthiest cuticles. Scalps can be abused by a variety of hair care techniques. Opt for treatments that deep clean, stimulate and nourish the skin on your scalp. Ask for a gentle detox treatment for your strands followed by a moisture rich deep conditioning application. Pampered scalps and strands result in healthy glossy manes.



Brooke Ostrander For Vanis Salon & Day Spa,
Scherverville, IN / Make-up By Rosa Frigo