

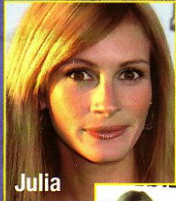


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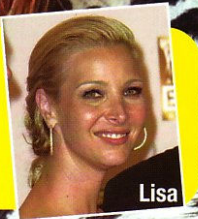
14 Quick Fixes
for Unruly Locks



Jennifer



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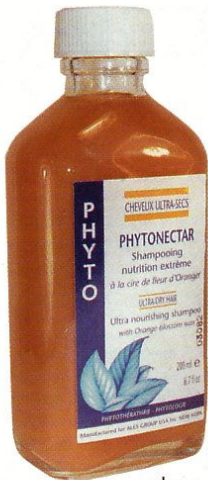
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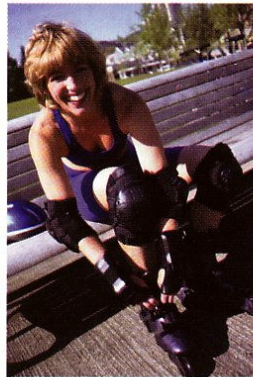
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Phytonectar

Phytotherathrie's new Phytonectar shampoo is a revolutionary super conditioning shampoo designed to provide intense nutrition to damaged or ultra dry strands while restoring the hair's hydrolipidic film. Loaded with aromatic hair goodies like orange blossom wax, Phytonectar cleanses very gently. Soybean amino acids coat and repair the hair shaft, providing lush volume and body. Hypercium extract hydrates and softens while witch hazel extracts and wood cellulose derivatives detangle and tone the hair. Phytonectar is just what the hair doctor ordered for rejuvenating hair that has been through the chemical hair care wars. Available at Hairboutique.com or fine department stores. For more information call 1-866-4MY-HAIR.

We have one to giveaway—enter to win Phytonectar. Turn to page 3 for how to enter.



5 Simple Steps for Beginning a Workout Program

Back to Basics by Celebrity Fitness Trainer Ashley Bordon

1. Find a reasonable picture: Look through magazines to find a physique that is similar to your body type, making sure it is a realistic goal (i.e. if you are 5'1" tall, Gabrielle Reece you are not). Put this picture on your refrigerator for inspiration.

2. Find a committed workout partner: Motivation is key when working out.

With someone to get you in gear when you feel like quitting, you won't skip workouts; in addition, it is more rewarding to meeting our goals together.

3. Begin a consistent, reasonable workout. Don't over do it. Work at a comfortable place in the beginning to help your body adjust to the change. Working too hard can cause burnout and you can become emotionally and physically discouraged.

4. Incorporate good nutrition, appropriate to your goals. If you want lean muscle, restricting your calories could leave you "skinny fat!"

5. Find a balance. Take a realistic approach to your body when getting in shape. Don't expect a new bod in one week! Meet your various small goals along the way and your focus will stay fresh and healthy...with a new body to boot!

To schedule an appointment or consultation with Ashley, fitness trainer to stars such as Christina Aguilera, Lauren Graham and Annabeth Gish, call 310-277-0437 or visit www.AshAshley.net.



HAUTE CROCHET

With fashion's return to romance using intricate patterns and materials—an art has re-emerged that once was the style of the day—crochet. However, the latest designs aren't like grandma used to make, crochet has emerged as a runway accessory using super plush, high-end materials. The hottest designs are from the hands of Southern California designer Gina Brown, whose pieces have made fans out of celebrity clientele including Halle Berry and Drew Barrymore.

The newest collection by Brown consists of her signature scarves, shawls and four new poncho designs (accessorized by fringe, beads and leather). Predominant hues include more traditional blacks, mixed browns, golds, denim blues and beautiful wintry whites

For more information on hand-crocheted designs by Gina Brown, contact: 866-RU-Booghee (782-6644) or visit the web at www.hutchinsonbrowndesigns.com.

Bio Ionic Presents: Ion-Restoring Home/Travel Dryer

A revolutionary concept in blow-drying hair. The Bio Ionic Ion Dryers are patented hair dryers that utilize Natural Ion Complex technology to deliver millions of natural negative ions to the hair. Negative ions break water molecule clusters into micro-fine particles, infusing moisture into each hair shaft and sealing the hair cuticle. Hair's natural moisture balance is restored, leaving the hair silky, shiny and healthy—controlling frizz and fly-away hair. Maximum benefits are obtained when used with Bio Ionic Ion-Soothing. For more information or to find out how to purchase, log onto www.bioionic.com



We have one to giveaway—enter to win the Bio Ionic Ion Home/Travel Dryer. Turn to page 3 for how to enter.

Flush Fat For **Great Strands**



By Karen M. Shelton
HairBoutique.com

There are many reasons I started the HairBoutique.com website so many years ago. By far the key motivator was my personal lust for gorgeous hair. In that vein, I have been exceptionally fortunate. My true-life hair investigations have helped me grow and maintain my cuticles at optimal length and health since 1997. Along the way I have attempted to share my hair related experiences with the thousands of HairBoutique.com visitors along the way. Which is why I am now writing about my current fat flushing journey.



My Hair & Skin Issues

Anyone who really knows me will tell you that I could easily win the crown for raving workaholic maniac. Not only do I drive HairBoutique.com 24-7, I have been the CEO of a Richardson, Texas based telecom software company since the mid 90s. In my spare time, which is definitely sparse, I write hair and beauty related articles for the fabulous folks at Multi-Media International (*101 Hairstyles, ShortCuts, Radiance*, etc.).

My long-term history includes a blur of days fueled by random sleep coupled with Starbucks, raisin bagels and fake cheese sandwiches washed down with Diet Coke. Gulping daily hair vitamins and essential fatty acids have always helped neutralize some of my stress while averting total hair freak-outs. But lets face it, even the best vitamins and pills can only do so much. They simply can't address the root of the problems. Best case, they can neutralize the bad behaviors and hold back the tide of daily abuse.

All good things come to an end. Trust me, they really do. While both of my chosen industries, dotcom and telecom, crashed around me for the past year, so did my health. My anguished body staged its first revolt on my skin.

de Jensen Salon & Spa (Sea Girt, NJ)

red eruptions took complete command of my face. My fabulous dermatologist, Dr. Cheek, provided a welcome reprieve with innovative topical solutions and antibiotics.

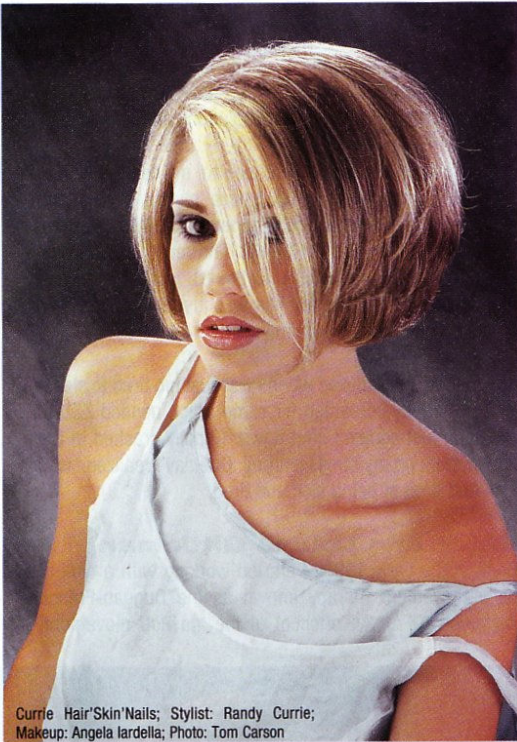
The minute my skin was under control my hair decided to rebel. My strands dried up before my very eyes and assumed a lackluster crunchy appearance. Newly formed split ends taunted me as I tried to find relief with my miracle hair care products. I slathered, conditioned and smoothed to little avail. My hair was just not cooperating. It was on strike along with my skin.

The final straw occurred when I was just too tired to sleep. While my body screamed for some much needed ZZZZs, my brain just couldn't shut down. I finally crashed to the very bottom on my stress journey. One day I realized I was sick and tired of being sick and tired.

Enter Ann Louise Gittleman

Back in the early 1990s I started working with a type of body movement therapy known as the Duggan-French Approach (DFA). An offshoot of the Ida Rolf movement,





Currie Hair/Skin/Nails; Stylist: Randy Currie; Makeup: Angela Iardella; Photo: Tom Carson



DFA utilizes bodywork that effects a total healing on the mental, emotional, spiritual and physical bodies. Until the untimely death of DFA co-founder Janie French last summer, I had been working with a DFA practitioner off and on for ten years with incredible results.

At one point during my early days with DFA both Annie Duggan (206-361-7554) and Janie French encouraged me to adopt the principles of Ann Louise Gittleman's *Beyond Pritikin* book. During that time period I read the book, I was immediately inspired to locate and work with a nutritionist that closely followed Gittleman's program. After just six months on the *Beyond Pritikin* program I felt fabulous. My body surfed down to my lowest adult body weight while my hair was lush and super healthy. My skin was clear and soft. Okay, I still worked like a maniac, but in a more wholesome and sane way. Life was good.

Fat Flush Plan

I managed to follow the original Gittleman nutrition plan for close to three years. Then my nutritionist went AWOL—disappearing to go live in some unnamed mountains somewhere. Without the food Gestapo constantly watching me, I slowly relaxed my plan and started to cheat. It started out as tiny little liberties that grew to major full-

blown cheats. My food plan slowly disintegrated until I completely abandoned the program and regressed to my former unhealthy eating habits. In no time I was back to eating lots of those fun-to-eat carbs.

Right after my most recent health crash, I accidentally rediscovered my old *Beyond Pritikin* book hidden at the bottom of a closet. The feel-good health memories came instantly flooding back. As I remembered those long gone days of feelings healthy, I decided to check out what Ms. Gittleman was up to in the present. To my delight I discovered her current *Fat Flush Plan*.

Ms. Gittleman's *Fat Flush Plan* preaches similar, but streamlined truths to those I learned years ago from her *Beyond Pritikin* program. The current *Fat Flush Plan* was a lot easier for me to get through in one read. I could easily relate to her theories about burning fat and how it would help my skin and hair in the process.

Basically Gittleman adheres to the belief that the liver is the central operating processor for the entire body. According to her theories, when the liver is malfunctioning from too much caffeine (Starbucks), Nutri-sweet (Diet Coke), alcohol and emotional stress it basically goes on

strike. When the liver is acting out its frustrations your skin may break out, your hair will get dull, dry and scrunchy and you may gain weight. Check! Been there, done that.

Two Week Flush

After buying the *Fat Flush* book on Amazon.com I decided that I would attempt to travel back in time to the early 90s and re-adopt Gittleman's food program. Initially the hardest part was giving up my daily Starbucks, Diet Cokes and occasional Shiner Bocks (I live in Texas after all).

Adopting a slow orientation plan, I allowed myself two weeks to wean my body from my liquid bad habits. I worked on giving up my favorite "bad foods" like chips and salsa, Tex-Mex, Whataburger fries and Blue Bell anything.

After my initial caffeine detox headaches I was seriously ready to commit to the initial two-week program with iron-clad determination. I started the first day sucking down the required lemon juice in hot water along with cranberry juice spiked with real flax seeds. Definitely doable although not a fabulous feast of flavors.

I managed to stick with the program through the first two detox weeks with minimal discomfort, pain or anguish. The following weeks got easier by the day.

But Does It Work?

Does this fat flush program work? I can't speak for everyone and can only comment on my own experiences. This is basically my second time around with the Gittleman nutritional plan so I can certainly reminisce about past successes, which were tremendous and long lasting.

After sticking to the *Fat Flush* program for just one month and I felt great. My skin completely cleared up, my hair started looking better and I lost some inches around my waist and hips.

My sleepless nights ended and I started to really get a good night's rest. In fact, during the first few days of the *Fat Flush* I fell asleep early one night and slept for 12 hours straight. While I may never live down the teasing by my business partners, all that dream time felt fabulous. I decided that I could easily get used to a good six to eight hours of nightly slumber.

I personally believe that Ann Louise has the right idea. The only major downside to the program is that it requires more at-home food preparation and purchase of additional nutrients. Yes, you do have to commit more time and

attention, but it is definitely worth it for the obvious results.

My daily EFAs and HairTopia hair vitamins are still part of my daily plan that I have incorporated into the *Fat Flush* food plan. I have also added some of the specific vitamins Gittleman suggests will help jumpstart the liver. Additionally, I have substituted herbal teas for black teas. While I still drive by Starbucks every day, now I just wave.

Other Great Benefits

Besides newly loose jeans and business suits, clear skin and better hair, I have noticed that I rarely get hungry during the day when I religiously follow the *Fat Flush* food plan. I also have as much, if not more energy, than ever before. If anything, my energy seems more balanced and less volatile.

I am now living the success on a daily basis and am more religious than ever in my belief that good food, proper rest, plenty of water and good supplements will help grow gorgeous locks. It will also make you feel fabulous. So hey, go out there and flush some fat. Your hair and body will love you for it.



Hair Benders Int'l (Chattanooga, TN); Photo: Tom Carson



Identity Salons (Cincinnati, OH);
Stylist: Linda Cooper Keller;
Courtesy of JL Global Media

Curly Updos

Holiday Styles For Spiraled Tresses

by Karen Shelton • www.hairboutique.com



Rebel Academy
(Philadelphia, PA); Stylist &
Color: Kristina Rosato;
Makeup: Gary Charles
Makeup Team; Photo: Tom
Carson

Curls are always a good solution for creating any type of special event hairstyle from New Year's parties to weddings and proms. Whether they are perfectly styled or casually finished, curls provide instant body and movement for hair—and instantly dress up any length of hair from very short to very long.

With just a little bit of length, you can create a variety of different stunning updos and hairstyles using your fingers, heated irons, hot rollers or a diffuser. The only thing that can limit the outcome of your curly updo is your imagination and your willingness to experiment with different looks and styles.

Whether you start with curls that are natural, courtesy of Mother Nature, or from salon-made curls, curly updos require a lot more care than wearing your hair straight.

If you were not blessed with naturally curly hair you still can create a curly updo. You have the option to get a perm to lock in a specific type of curl or use rollers or hot curling tools. Whatever the case may be curls can offer lots of different looks for updos.



Identity Salons (Cincinnati, OH);
Stylist: Kelly Cynkar; Photo: Tom Carson

Contrasting Textures - Smooth & Curly

The first updo style is a classic look for curly hair. Create this look by using a variety of headbands that tightly hold the curls smoothly against the scalp. After the crown is tightly secured allow your curls to billow out at the crown and gracefully flow down the nape of your neck. As an option, you can pin the curls up on top of your head for an even more formal look.

If wearing a headband is not dressy enough, you can use a circle of bobby pins (preferably the same color as your hair) to hold the hair back. Arrange the curls so that they hide the hairpins by flowing over them. This style takes advantage of contrasting textures to create an extra special effect.

If you have naturally curly or permed hair you can create well defined curls by dividing hair into equal sections and drying the curls with a diffuser attachment set to the lowest coolest setting. Use your fingers to carefully form the ringlets or the curls as you dry the sections.

If your hair is straight or wavy, you can still create the look by using a small barrel curling iron. After you have secured your crown hair with a band or pins, use the curling iron to create the curls and ringlets.

Another option is to pull a few ringlets from the crown area to



London Hair, Stylist: Frances DuBose; Makeup: Leslie; Photo: Tom Carson

form little curls that frame the face and the neck. You can decorate this classic party style with an assortment of hair jewels such as floating hair gems, sparkly butterfly or bug clips or even some light glitter.



Michael Christopher Salon (Lyndhurst, Oh); Stylist & Makeup: Trisha Manganilla; Photo: Tom Carson

French Twist With Curls From The Crown

The second updo style is a classic look that can combine a tight French Twist or French Seam at the back of the head and then allows the natural or permed curls to flow loosely at the crown. If you have naturally curly or permed hair you can use your fingers to form the curls at the top of the French Twist.

The main key to creating the sculpted curls updo is to get the curls carefully smoothed into a tight French Twist at the back of the head and allow enough of the curls to remain loose so they can be arranged to flow from the top of the Twist.



Salon Camone (Manalapan, NJ); Stylist: Meri Silberman; Photo: Tom Carson

Sculpted Curls

If you have naturally curly or permed hair and want a sculpted style use a medium to large barreled curling iron or medium sized hot rollers to form big fat curls.

After using the curling iron or rollers, allow your hair to completely cool—form big fat curls and sculpt them to the top of your crown. Once you have formed the curls to your satisfaction you can pin them in place and spray them with a good hairspray.

You also have the option to make thin curls that are twisted and/or knotted before they are pinned to the crown. Curls can that are combined with knots and twists give hair an unusual and creative look. Curl configurations can range from just a few well placed fat curls to thinner curls that are carefully sculpted and pinned all over the crown.



Benders Int'l (Chattanooga, TN); Photo: Tom Carson

Top Styling Tips

If you have naturally curly hair, keep your curls looking great with regular intensive conditioning treatments. If your hair is in great condition, it will behave better for special events when you want to put it up.

Before you blow-dry your hair with either a diffuser or blow dryer be sure to use a good leave in conditioner or setting gel designed for your hair's texture.

Spritz your finished updo lightly with a hair serum to eliminate frizz and keep curls looking fresh and well defined.

Depending on how soft and manageable your hair becomes, you may have more success creating the style if you shampoo your hair the day before you create the updo. Day old hair is usually a little easier to work with and is not as soft as newly washed hair.



Yellow Strawberry Salon; Photo: Tom Carson



Fantastic Sams; Stylist: Carmen C. Stevens; Photo: Taggart Winterhalter for Purely Visual