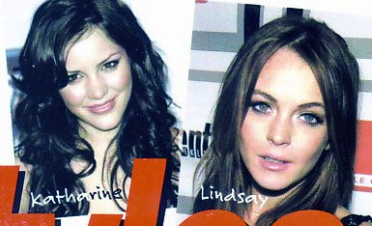




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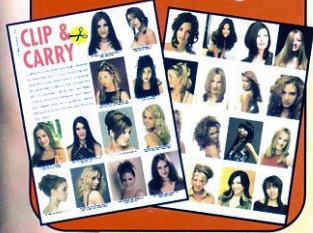
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Celebrity Style Secrets

How-to Achieve Stick Straight Strands

By Karen M. Shelton

Whether you have long or short strands, there's nothing more frustrating than to labor away with a room full of hair care products and tools only to fail at achieving the desired results. No one understands this better than I do. Not only do I randomly struggle with my own locks, I receive thousands of emails every year from the tress traumatized.

Although hair trends constantly change, the trend of wanting the type and texture of hair that Mother Nature gave to someone else, is always present. Curly heads want to go straight and the straighties would kill for some gorgeous ringlets. Thick tressed folks want to have thinner strands and the volume impaired lust for massive strands. And so it goes...on and on.



Ali Landry



Courteney Cox



Sandra Bullock

Going Straight At What Cost?

My current challenge, based on my recent jammed email inbox, is addressing how to temporarily transform unruly curls, waves and tresses with attitude into the sleek shiny strands that celebrities always manage to achieve.

Can anyone with any type or texture of hair achieve sheets of ultra straight strands? When it comes to hair I have learned that anything is ultimately possible with enough time, money, product, styling tools and determination. But although anything is possible, it may

not be easy or worth the price. Only the person that is determined to achieve perfectly straight tresses can decide how much time, money and effort they are willing to invest in the transformational process.

Not All Straight Strands Are Equal

If you were not born with straight strands you basically have three options for achieving stick straight locks:

1 Chemical Straighteners that break the hair's natural bonds and reform to cre-

ate straight strands. Chemical straightening is permanent until the roots grow completely out. It can be costly and damaging. Chemical straightening is not advised for people with damaged, previously chemically treated hair or for hair that is fragile. And it is important to note that while many relaxers will soften curls and waves, the majority will not provide perfectly straight hair. Only the strong chemical straighteners will provide absolutely stick straight locks.

2 Temporary Straighteners that are applied after hair

is washed and before it is blow-dried straight. There are many excellent temporary straighteners on the market. I have personally had the best luck with Robert Hallowell's Prawduct The Flat Factor and Paves Professional Relaxing Balm.

3 Hair extensions and wigs. Some people will have hair extensions strategically applied to weigh down existing curls and waves. Others will just pin the dreaded curls and waves down and pop on a straight wig. Jessica Simpson tends to sport sleek wigs and extensions to give



Jessica Simpson



Kelly Ripa



Ellen Pompeo

her look a sleeker finish. Although this option is probably not the most popular, it does deserve mention.

Other options include naturally weighing curls and waves down by wearing hair longer and thicker. This option only works for certain hair types but it also needs to be considered along with the option to wear curly hair very short to remove any pesky ringlets.

Start With The Right Cut

If you wish to chemically straighten your hair you will need to do extensive research to discover the best method for your hair type and texture. Start by reading up on the topic and then visiting some stylists for consultations to analyze whether your own hair is well suited for chemical straightening.

If you are interested in temporary straightening you will need to look at several other factors including starting with the right haircut. The reason that stylists preach the Right Cut Theory is because it is the absolute truth. If you dream of perfectly sleek strands but your hair is damaged or in need of a

good shaping, you must start with the best possible hair palate if you hope to achieve the best results.

If you desire temporary stick straight strands you definitely must start with your stylist. You may not want to hear that you have to have the assistance of your stylist but trust me, it is important to have a hair professional on your team. It makes all the difference in what you are able to achieve.

When you visit your hair consultant explain your ultimate hair goals in detail. If you wish to temporarily straighten your hair at home rather than having salon blow-outs, explain that you will need to start with the best possible style to maximize your potential tress sleekness.

If your hair is thick, damaged or overly bulky ask your stylist to create some scissors magic to layer, thin or shape unwieldy strands to make them more amenable to straightening.

Use The Right Tools

Once you have the best possible hairstyle for straightening, invest in the correct

tools. Use a shampoo designed for your hair type and texture. Always utilize a good leave-in conditioner combined with a good heat protectant product since you will be using hot tools that can stress even the healthiest of locks. If you have fine or thin strands, select the lightest conditioning products and straightening gels. If your hair is damaged, slather on a product that will help protect against additional damage.

Invest in a good brush and blow dryer. Whether you prefer to use a good paddle brush or a round brush, consider the best brush for your budget.

Gorgeous Long Hair

Even if you perfectly brush and blow-dry your hair straight, you may still need to use a flat iron for spot straightening. When possible consider utilizing ceramic irons which work quickly and are considered to be somewhat less damaging than traditional irons.

Remember to always divide and conquer. The mistake that many people make is that they try to flat iron too much hair at a time. It is bet-

ter to iron smaller chunks of hair than larger chunks. Yes it may take a little longer but the results will probably be much more to your liking.

Another mistake that is made is not holding the hair in the iron long enough. Make sure that each strand is left between the plates for enough time to have an impact. Of course it is important not to leave the hair in contact with the iron for too long or damage can occur, especially over long term use.

Understand The Risks

It is important that you consider the possibility that your hair will instantly lose its straight sleekness if it is subjected to a sudden heat wave or thunderstorm. Have a backup plan that includes some handy hair clips or pins so you can instantly recover from an unexpected onslaught of frizz, curls, waves or droopy strands.

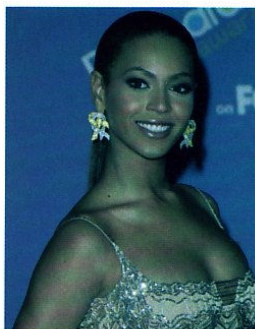
Practice

Once you have learned how to achieve your ultimate look, keep practicing. You will get better over time and can shorten the time commitment for blow-drying.

Beyoncé Knowles

Perfectly Pretty Ponytail

By Karen Shelton • HairBoutique.com
Photos: Edwards/DailyCeleb



Beyoncé Knowles recently celebrated with the rest of Destiny's Child as the group received their Walk of Fame Star in Hollywood this past March.

It was no surprise that Beyoncé wore one of the hottest hairstyles for 2006 nor was it a surprise that her style was a ponytail. After all, the pony has become the "it" hairstyle for celebrities for 2006.

Steal Beyoncé's Sleek High Pony

Although the famous song bird is wearing a high ponytail, it doesn't look like an after thought. It's simple but sophisticated and very polished. There is nothing messy or ruffled about this look.

Beyoncé seems to prefer ponytails, wearing them on a regular basis on red carpets over the past several years. She also seems to prefer the high ponytail that is set high on the head near the back of the crown paired with spectacular earrings.

To copy Beyoncé's style, start with hair that is shoulder-length or longer and is either naturally straight or has been pre-straightened. If your hair is too short for a ponytail but you adore the look, visit www.HairUWear.com for beautiful and incredibly affordable PutOnPieces that come in an array of add-on

pony lengths and hues to match your own hair.

Step By Step Instructions

Follow the steps listed below to steal Beyoncé's winning high ponytail hairstyle:

1 To duplicate Beyoncé's sleek ponytail, shampoo hair with a product designed to address your hair's special needs. If you color, highlight or chemically treat your hair, select a shampoo that supports those treatments. If you prefer, use a dilution formula or a conditioning only treatment.

Note: Ponytails are often easier to style when hair is slightly aged from the last shampoo. Newly washed, soft or slippery hair can often be trickier to work with than "day old" hair.

2 Apply the appropriate rinse-out conditioners. (Avoid if hair is super thin or fine).

3 Finish with a cool/cold water rinse to close cuticles and encourage natural shine.

4 Towel-blot and apply a very light cocktail of desired leave-in detangler, conditioner or styling products (firm holding mousse or gel).

5 For extra sleekness along the crown and sides, apply a firm holding or sculpting gel.

6 Blow-dry hair straight using a blow dryer with a concentrator attachment. If hair is naturally curly or wavy, apply a straightening balm like Phytodefrisant or similar to damp strands. Use a boar's head style paddle brush and separate hair into individual sections.

7 When hair is completely dry, spray entire head with a firm holding spray like PhytoPro Strong Finishing Spray or similar.

8 Use a Mason Pearson, Kent or similar boar's bristle brush or your fingers to direct all of the hair away from the face towards the back of the head. Gather hair into a ponytail with a base that rests right at the very top of the head near the back of the crown. Before attaching a hair friendly Bungee band or Blax in the same color as your hair, make sure that the crown and sides are completely smooth.

9 Separate a one-inch section of hair from the side of the

newly formed pony and wrap it around the elastic band. Anchor it in place with a bobby pin the same color as your hair.

10 Once the ponytail is finished you have many options. You can wear it stick straight, with curls or waves. Depending on the type of texture you desire for your tail, use a curling iron or straightening iron.

11 When the entire pony tail is curled or straightened, brush pony to integrate the new texture. Spray well with firm holding styling spray like PhytoPro Strong Finishing Spray.

12 Apply a light touch of shine product to add shimmer. Remember not to apply too much shine product.

Beyoncé is a hair and fashion icon. Steal her gorgeous pony and wear it for any event. It is the perfect style for proms, weddings or other dressy events where you wish to create your own red carpet magic.



Paris Hilton

Braided Beauty By Karen Shelton • HairBoutique.com
Photos: Edwards/DailyCeleb



Paris Hilton changes hair lengths, colors and styles almost as quickly as she cycles through men. Recently she wore a stunning hairdo that consisted of carefully crafted short braids. The beauty of Paris' short braided 'do is that it's very hip and sassy yet dressy and elegant.

The style can work on most hair types, textures and hues. With appropriate adjustments, it can be modified to look great with any face shape. Whether you have a super short pixie, bob or crop, this style is still possible with add-on ponytails or braids that can be easily pinned on either side of your head and then carefully integrated in such a fashion as to give you the look of a dressy braided style.

The hairdo that Paris is wearing with her short strands is most likely either temporary hair extensions or an add-on braid. Since Paris has access to some of the best and most famous celebrity hairdressers around the world, it explains why her hair always is leading edge.

Follow these instructions below to steal Paris' latest look:

1 To duplicate Paris' sleek short braided hairstyle,

shampoo hair with a product designed to address your hair's special needs.

2 Apply the appropriate rinse-out conditioners. (Avoid if hair is super thin or fine).

3 Finish with a cool/cold water rinse to close cuticles and encourage natural shine.

4 Towel-blot and apply very light cocktail of desired leave-in detangler, conditioner or styling products (firm holding mousse or gel).

5 For extra volume along the crown or the front fringe area, apply a volumizing product such as PhytoVolume Actif or similar. You can also apply a firm holding or sculpting gel.

6 Blow-dry hair straight using a blow dryer with a concentrator attachment. If hair is naturally curly or wavy, apply a straightening balm like Phytodefrisant or similar to damp strands. Use a boar's head style paddle brush and separate hair into individual sections.

7 When hair is completely dry, spray entire head with a firm holding spray. To get more pronounced fullness around the crown, back-

comb slightly. Work from side to side focusing special attention on the root and crown areas.

8 After hair has the desired fullness spray the entire head with another spritz of firm hold hairspray.

9 Use a boar's bristle brush or your fingers to direct all of the hair, except for the front fringe, away from your face towards the back of the head. The hair on either side should be softly tucked behind each ear.

10 If hair is long enough in back to braid, start on either side of the head slightly behind the ears and create a French braid that extends from side to side and frames the back of the head.

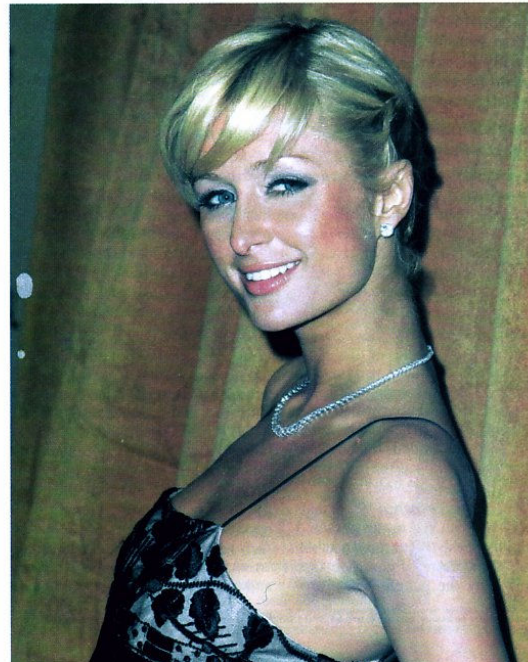
If your hair is too short to easily French braid, carefully integrate an add-on braid into the hair behind the ears on either side of the head. Pin the braid snugly to the back

of your head and secure it so that it looks like your hair was braided in back.

11 When the braid is completely secured, whether using your own hair or not, spray with a light hairspray.

12 Finish by lightly back-combing the front fringe area so that it forms a sultry sweep across the forehead. Swipe a tiny bit of shine drops, spray or pomade across the top of the fringe and over the back of the crown. If the braid is an add-on piece, you may wish to avoid applying spray or shine product to braids that are not 100% human hair.

This back braided style worn by trendsetting Paris Hilton is the perfect party hairstyle for short strands. Whether your hair is long enough for the back braid or you require an add-on braid, you can quickly create this look for your short tresses.



TRESS RX

Ask the Hair Doctor

By Karen M. Shelton • Hairboutique.com



Photo: Salon & Day Spa (York, PA); Stylist: Amanda Finier

Why is it that celebrities never seem to have bad hair days? What is their secret?—Constance, Ithica, NY

Their secret is that they are surrounded by a team of the best hair colorists and stylists that money can buy. Most celebrities never travel anywhere without their devoted hair and makeup pros. Since most celebrities understand that looking great is their job, they invest in only the best products applied to their million dollar strands by the very best professionals in the business.

In summary, their great hair secrets consist of the best hair pros in the business and the very best products. Many celebrities use products such as Phyto, Rene Furterer, Paves Professional, Lazartique, Robert Hallowell's Prawduct line and L'Oreal Kerastese, to name some of the most popular.

I want to try a short haircut, but I am so afraid of cutting my hair and then hating it. Any suggestions?—Sharon G., NY, NY

With the throngs of software available that now allow you to try on short hairstyles before you have them created in

real time, you certainly have the option of paying a fee to try out one of those programs. But, why spend the money when you can get the same results for free? Here are a few ways you can test out a short hairstyle without having to visit a salon.

One trick is to find a magazine with life size images of models that have short hairstyles you might like. Remove the page from the magazine—after you buy it of course—and then carefully cut a hole to remove the model's face. Place your face into the newly cut out model and see what you think. It is actually fun, like playing with paper dolls, and it will give you a great idea of how you might look. Plus it will save you money on buying software or a service.

There are also free services available to do the same thing with a computer simulation. More.com (one of my favorite sites) offers Free Hairstyler Imaging—all you have to do is sign up. Visit <http://www.more.com/hairstyles/member/>. I have used the program and it works just great.

Other options to view yourself with short hair before taking the plunge:

1. Wig Out

Go with a friend and try on wigs. Some stores will let you try them on to see if you like a style before you buy it. Be sure not to order wigs online, try them on and send them back. Many companies will not accept returns if wigs have been tried on. However, there are wig stores and large department stores that offer samples for your free trial.

2. Simulate A Faux Short Style

Wear your hair pinned up so that it simulates a short hairstyle and wear it for several days to see how you feel.

3. Take A Tam

Tuck your hair under a baseball, newsboy, tam or other type of hat that exposes only your face. This will give you an additional prospective.

4. Go Hollywood & Hire An Image Consultant

Book a paid consultation with an image consultation whose job is to help you redesign your image. A paid image consultation does not involve any cutting. When in doubt ask first. So this one isn't free, but it's a great way to learn what *will* and what *will not* work for you!

5. Buddy Up

Ask a friend to spend a few hours going through the latest hair magazines with you. Pick out styles that you like and get their honest feedback. Promise in advance that you won't get upset at the feedback.

6. Go The Online Gallery Route

Visit the HairBoutique.com online galleries and print out the images you like. Cut the faces out and try them over the top of a photo that has a clear view of your face.

7. Party On

Have a makeup party and ask for suggestions on what might be a new short haircut for you.

Before you decide to go with a new short chop or crop take some steps to try on a short look before you make the final commitment. There are many options listed above that you can utilize to get a feel for how you will look with short hair.

I've been trying to grow my hair long and it's taking forever! What can I take or do to help me? I'm always seeing those ads for growing my hair long, but I'm never sure if I should try the product or not. Thank you!—Lisa B., LA, CA

The whole reason that I started HairBoutique.com almost 10 years ago was because I felt responsible for pro-

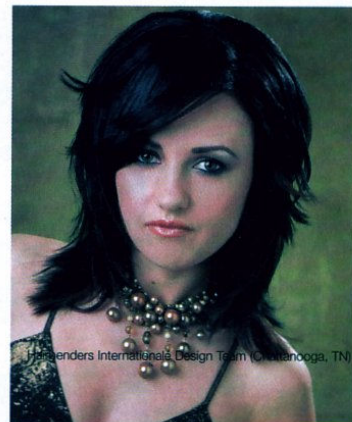


Photo:enders International; Design Team (Cleveland, TN)

viding hair consumers with the absolute truth about their hair. So when I see articles on the Web that advertise that they can help you grow long hair fast I totally cringe. The real truth is that there are absolutely no short cuts (no pun intended) to growing long hair fast.

Yes, there are many things you can do to maximize your God-given genetic hair growth cycle but if someone promises that you can go from a chin-length bob to bra-strap length hair "fast," there's something missing. And really, what is fast anyway? Is fast overnight, within a month or just a bit quicker than your genetic programming allows?

There are many things that can stall natural hair growth. The hair growth stallers can include poor diet, too much caffeine, alcohol, nicotine, recreational drugs or other natural vitamin robbers. Stress, age, health problems and prescription drugs can also slow or stall hair growth. Climate has a hand in growth rates along with lifestyle issues. Not enough sleep, daily water or nutrients can cause hair to hit a dead stop in its growth cycle.

To simplify the hair growth process and promise fast long hair is just not a reality. At least in this current Universe. If you want to grow long hair fast—with fast being a few hours, days or weeks—consider these options:

1. Hair Extensions.

100% human hair extensions that can instantly "grow" hair from chin-length to below the bra strap. The downside to using hair extensions for instant long hair is that hair extensions are not inexpensive and human hair is the most costly of the add-on hair options.

2. Add-on hair.

Celebrity hairdresser Ken Paves has been working with add-on tresses with all of his celeb clients. He loves the instant long hair effect so much that he teamed up with Jessica Simpson to create a line that Jessica would be proud to wear. Add-on tresses are much less expensive than extensions and they can be semi-permanent or permanent (www.hairuwear.com or www.puton-pieces.com).

The Real Truth To Growing Long Hair

I have been growing my own hair since 1986 and I have personally tried every possible "fast hair growth" method available. While I have managed to grow very long hair below my waist that is healthy, I have learned the following secrets over the past 20 years:



Shottino's Salon & Day Spa York, PA; Stylist: Amanda Rinier

1. Long hair takes a commitment.
2. Hair, except in rare cases, will only grow six to eight inches per year.
3. If you have hair that is currently chin-length and want it to be below your bra, take a ruler and measure the space between where your hair is currently and where you want it to be.
4. If you need six inches to reach your bra strap, plan on it taking 10 to 12 months for your hair to grow to your goal length. Every person is different and it may take you longer or even shorter to get to that goal depending on a wide variety of factors.
5. It is very important if you make the personal commitment to grow your hair long that you do the following things:

- Proper nutrition.
- Drinking enough daily fluids.
- Minimizing unhealthy hair care habits (chemicals, hot tool use, damaging hair care product use).
- Eliminating hair growth retarding lifestyle habits (excessive caffeine, sugar, nicotine, alcohol, junk foods).
- Getting enough sleep, rest and relaxation.
- Taking vitamins, minerals and herbs. Whether you take a good multi-vitamin or a product designed to grow hair, this is an essential component for growing hair at your maximum potential.

If It Sounds Too Good To Be True, It Is

It is my opinion that the number one reason that hair consumers go through pain and suffering with their tresses is

because they believe claims and promises that just are too good to be true. Consider any promises carefully and ask questions.

I have worn the same chin-length bob for years. I want to jazz it up without massive style changes. Any ideas?—Maria, Wichita, KS

Make your bob new again by asking your hairdresser to scissor in shorter layers on the top surface and mid-length ones down along the sides. This allows you to keep your overall length and shape but add new movement and bounce. Or, opt for a totally razored-out fringe that can add instant pizzazz while maintaining your favorite style.

Karen M. Shelton is President/CEO of the popular award-winning www.hairboutique.com
 Have a question for the hair doctor?
 Email Karen at shelton@hairboutique.com or Cheryl at cheryl@mmimags.com.
 Or send your question to: Hair Doctor, 101 HairStyles, 1359 Broadway, Suite 1203, NY, NY 10018

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