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# 101 Hairstyles

Celebrity style

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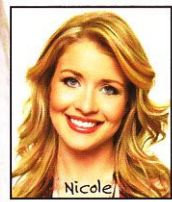
## Celebrity Hair Secrets

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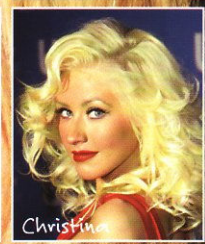
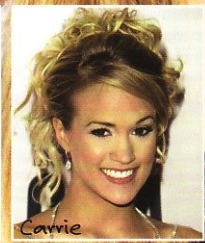
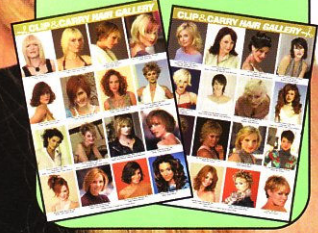
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# TRESSRX

## Ask the Hair Doctor

By Karen Shelton • HairBoutique.com  
Stylist: Shauky Gulamani; Makeup: Wendy Douple; Photos: Joaquin Palacin



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

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

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

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

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

#### 1. Proper Direction of Blow Dryer Air Flow

Barbara explained that to get that super sleek, straight look, the air flow from the blow dryer needs to be directed “down” the hair shaft from the roots to the ends.

That may sound relatively simple but in reality it means that you need to elevate the nozzle of the blow dryer above your head. Not only is this a challenging task for some short armed people, it can be quite tiring to hold a blow dryer up above your head for an extended period of time. Barbara suggested sitting on a chair and holding the blow dryer over the top of your head will make it easier on the arms.

Robert agreed that directing the air flow “down the hair shaft” is key. He explained that when he blow-dries his celebrity clients on set, he has them sit in a chair while he stands over them and blow-dries from the top down. He also agrees that when people are blow-drying at home, they should find a way to comfortably position the dryer over the head so that air flow will be directed down.

#### 2. Learning Balance Between Your Blow Dryer and Styling Tools

Another trick, according to Ken, “is learning to skillfully utilize a brush and a blow dryer at the same time.” Many peo-



ple have to practice using a brush in one hand and a dryer in the other to successfully anchor the section of hair being dried with the brush while still directing air flow from the top down.

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

#### 3. Pro’s Blow-drying Tricks

While it may seem that hairdressers can blow-dry hair very quickly, the reason, Barbara explains “is because they blow-dry hair every day for hours.” Over time, they get very fast and efficient at using their blow dryers and can make even the most challenging hair behave.

Consumers who blow-dry at home need to understand that a perfect blow-out, whether for a straight, curly or wavy look, takes time. Whether you’re using a paddle brush to achieve stick straight hair or a long finger diffuser attachment to encourage curls and waves, Barbara advises that you go very slowly and focus on each individual section of hair before moving to the next one.

#### 4. Prep Tresses by Texture Type

Barbara noted that “the products you use on your hair before you blow-dry can make all the difference in the results.” A major consideration for selecting the proper products is your type, texture and condition of your hair: Ken and Robert agreed.

Fine and thin strands do better with lighter products such as mousse or gel mousse combinations. Medium textured hair can behave well with lighter products such as mousse or gel mousse as well as with regular gel, glaze, liquids and

creams. Thickly textured hair needs heavier products such as extra strength mousse, gel, creams or wax.

### 5. Select Best Styling Products

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

### 6. Utilizing the Proper Brush and Attachments

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

Remember that a paddle brush is for blow-drying straight styles while a round brush is for encouraging bend, volume and texture. Vary the size of the brush “head” according to how much hair you are working with and how loose or tight you want the look or texture.

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

Barbara suggests you utilize an air concentrator when going for a stick straight effect or a long finger diffuser to enhance waves or loosen curls.

### 7. Use Fingers with Care

While some hair types and textures respond well to “finger-combing” or “scrunching,” other textures will frizz. If your hair is prone to frizz, keep your fingers out of your hair until it is 100% dry.

### 8. Correct Dampness Balance

Some types of hair will dry faster than others. Barbara indicated that “curly hair dries the fastest due to the structure of the

hair, which is always partially open.” Wavy hair dries quickly, although not as quickly as curly hair. Straight hair, especially when medium to thick, will dry the slowest.

Barbara confided that “the key to a perfectly balanced blow-out requires hair that is equally moist from side to side.” Therefore, as you are working on one side of the head, if the other side dries in the process, remoisten it. She suggests that you “use a spritz bottle to slightly add back moisture and then blow-dry.”

Barbara confided that “one of the other big mistakes that hair consumers make is trying to blow-dry hair” that is “too wet or still dripping.” Not only will any styling products “drip right off,” the hair will be much harder to handle.

### 9. Alternate Hot with Cold

Barbara pointed out that the heat from the blow dryer “opens the cuticle and allows a style to be formed.” Finishing a section with a blast of cool/cold air from the blow dryer will help to close the newly created texture or lock in the straightness of the section. Start with hot and finish with cold on every section to first build in the desired style and then lock in the set.

### 10. Forget Shaking the Blow Dryer

One mistake that Barbara sees many consumers make is that they feel the need to “shake their blow dryers back and forth.” This really doesn’t have any benefit at all to the hair. She explained that because consumers “worry about overheating individual sections” they tend to wave the nozzle back and forth. The way to avoid overheating is not to shake the nozzle but to use a medium heat setting, hold the nozzle at least six inches away from the head and not direct the air flow at any one section more than a few seconds at a time.



### 11. Avoid Over Blowing Your Hair

Robert warns against using a blow dryer that is either too hot or used at full speed. He points out that “too much air flow” or “too much heat” may over-blow the style and remove natural curls and/or waves if you are blow-drying to encourage texture. When blow-drying straight, too much heat can dry out the strands and cause them to lose that silky finish that the pros build into their salon blow-outs.

### 12. Limit Everyday Blow-drying

All three experts strongly recommend going easy on the use of a blow dryer. Ken goes so far as to recommend blow-drying “only for special events.” Robert agrees that if you treat your hair with lots of tender loving care, you can get away with frequent blow-drying sessions—but he also believes that giving hair a rest from the heat is “always a good thing.”

### 13. Tackle Hardest Part of Hair First

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

### 14. Some Clips Cause Wrinkles

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

## CHARGE IT

If exfoliating your skin a few times a week just isn't enough, try **Aveda Tourmaline Charged Exfoliating Cleanser** (\$28; [www.aveda.com](http://www.aveda.com)), a



product that can be used each and every day to speed up cell turnover, ridding your face of impurities and boosting its appearance to give you a healthy, refreshed look. The cleanser not only buffs away the bad stuff, but it also softens

skin because it's formulated with delicious mango butter.



# PROM HAIRSTYLES ON A BUDGET

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

**A**lthough going to the prom can be one of the best events of your lifetime, it can also punch a nice fat hole in your piggy bank. After you look at the absolute costs of buying that gorgeous gown and matching shoes, you may have little left over for accessories, your hair and matching accessories. Have no fear—if your pennies won't stretch that far consider these money saving ideas:

**1** Go with a very simple but sensuous hairstyle like a glamorous ponytail or half up/half down style that you can do at home by yourself. Think Jennifer Lopez (page 114) at this year's Golden Globes. Simple, yet oh so elegant. And skip the hair coloring or use of chemicals. You are only asking for a hair disaster that could totally destroy your money saving attempts and land you in a hair color correction chair with a big price tag.

**2** Shop wisely for accessories and hair jewels. Some gorgeous hair accessories can be found for under \$20. Look for hair accessories like barrettes, hair combs, pony elastics and jeweled French hair pins that you



can wear long after the prom is over.

**3** Many places like Claire's, Target and Macy's offer affordable costume jewelry. Purchase a few accent pieces like earrings, a necklace and a bracelet, and you'll be ready to dazzle until dawn.

**4** Ask your prom date to buy you a large orchid or gardenia to wear in your hair. This will save you the expense of hair accessories and will flatter your date. Plan your style wisely so that your can request the appropriate size and color of flower.

**5** Be creative and use an existing favorite necklace, bracelet or brooch to act as temporary hair accessories for the evening. Or borrow a gorgeous costume jewelry piece from your mom or other female relative to wear as a hair wrap around your ponytail. Be sure to only borrow jewels that would not be a major loss if damaged in any way.

**6** Buy an inexpensive piece of material or ribbon and make a matching headband or hair wrap for pennies.

## WAVY LADIES

**T**hese gorgeous looks reigned supreme on the Golden Globe's red carpet. To give your tresses auto-pilot perfection in a single spritz, use **Philip B's Jet Set** (\$40; [www.philipb.com](http://www.philipb.com)). This luxuriously lightweight styling spray delivers natural-looking volume, body, polish and hold without ever feeling tacky or stiff.



# Ugly Betty's Becki Newton

## Steal Her Style

By Karen Marie Shelton • HairBoutique.com



**B** Becki Newton is not just another pretty face in the sea of beautiful faces on *Ugly Betty*. Yes, I know...the show is supposed to be about how ugly is the new cool. And that may be true for Betty (America Ferrera), the star of the show, but there are definitely some eye-popping supporting cast members like Becki who bring new meaning to gorgeous.

On *Ugly Betty*, Becki plays Amanda, the conniving and mean spirited receptionist that often steals the show. Becki also happens to have stunning long tresses that she wears in a variety of office appropriate hairstyles that just happen to have lots of sexy sass. Of course there is lots of wiggle room for Becki's character to go with sexier hair than you might normally find in a traditional office. The high fashion setting

at *Ugly Betty* is not your normal office setting.

This is a great role that offers Becki some extended time in the spotlight. A native of Guilford, Connecticut, Becki grew up performing in plays and musical theater. After moving to New York, she hosted a celebrity interview show on TBS entitled *Movie Junky*. Becki also guest starred on *Charmed*, *Law & Order: SVU*, *Cold Case* and *American Dreams*. She stars with Jonathan Rhys Meyers in an upcoming film called *August Rush*.

### Steal Becki's Style

Becki's long, below-the-shoulder tresses were expertly layered to create a cascade of soft luscious waves and curls. Wearing her tresses brushed off her gorgeous face, Becki sometimes utilizes a side part to brush a section of hair up and to one side, creating instant volume. Becki's hairstyle can be customized to work with just about any face shape, hair type or texture.

If you look closely you will be able to see that Becki's chocolate-brown tresses have been very carefully highlighted with ribbons of rich vanilla and auburn hues, placed strategically throughout her tresses to add fullness and depth.

**1** Apply a conditioning detangling spray or leave-in conditioner to newly washed tresses and detangle strands with a wide tooth comb working from the ends to the roots. Create either a center or side part, depending on how you wish to style your hair.

**2** For lots of fullness, lift and volume, apply a volume enhancing product to the roots. Distribute a straightening balm to the rest of the strands from below the roots to the ends.

**3** Separate strands into one- to two-inch sections and blow-dry with a boar's bristle round brush. Blow-dry the top sections of hair using fingers to lift individual top strands and direct the air flow from ends to roots. Use the brush to turn the ends under around the edges and slightly in towards the neck.

**4** When hair is completely dry, separate into individual two-inch strands. Use a 1 1/2-inch barrel curling iron, large hot rollers or two-inch self adhesive style rollers. Spritz each section with firm holding hairspray or styling product. Roll each individual strand around either the curling iron or curler of your choice. Work your way around the entire head of hair either curling with an iron or rolling into curlers.

**5** Let hair completely cool. If you are using a curling iron, after curling each section, use fingers to roll into a large barrel curl and pin into place to allow new curls to properly cool.

**6** When the entire head is curled and the new curls are completely cool, carefully remove each curl one at a time. Apply a strong holding hairspray to the newly released curls.

**7** Use a boar's bristle brush or your fingers to break up the curls and waves, and arrange in the desired style. You may prefer to use a curling iron to turn under

the ends or add more volume and lift to the crown area.

**8** Apply a shine serum, shine spray or hair cream to seal in moisture and add that shimmering shine similar to Becki's. Hairspray is optional.



# JENNIFER HUDSON

*Steal her Golden Globes' style!*

By Karen Marie Shelton • HairBoutique.com

**J**ennifer Hudson is having a “dream” year by all accounts. The wildly talented former *American Idol* contender, born September 12, 1981, beat out hundreds of other females for her role of Effie Melody White in *Dreamgirls*, loosely based on Florence Ballard of The Supremes. Ironically one of the girls she beat out for the role was Fantasia Barrino (who beat out Jennifer for the *American Idol* title).

Jennifer was spectacular in the role of Effie, and by many accounts, stole the film. As a result of her incredible performance in *Dreamgirls*, she has been nominated for a dizzying array of awards, winning all of them including the recent 2007 Golden Globes' Best Supporting Actress.

During her time working on *Dreamgirls*, Jennifer also bonded with another famous star by the name of Beyoncé Knowles, her “dream sister,” Jennifer has said. She also put to rest any false rumors of a stressful relationship by underlining the fact that Beyoncé “is just an angel and a beautiful person.”

At the Golden Globes, the gorgeous rising star wore a luscious Vera Wang gown that perfectly hugged her curves. Jennifer topped off her award winning gown with a mane of soft and sexy ringlets which framed her beautiful oval face. Jennifer's tresses were colored a rich chocolate hue that was glossy and shimmering. Her hair also had hints of contrasting toffee highlights woven throughout which gave Jennifer's strands the appearance of fullness and luster.

## Steal Her Style

Jennifer's award winning Golden Globe hairstyle can be customized to work with just about any face shape, hair type or texture. This style is ideal for hair that has a slight bend or wave. For naturally curly hair, the strands must be either pre-straightened or blow-dried straight, with waves then created on the pre-straightened style with hot rollers or curling irons.

For naturally wavy tresses you may opt to use a long finger diffuser to blow-dry with the goal of creating looser waves and curls without utilizing a curling iron or hot rollers.

Start with precision layered, long strands. Work with your hairdresser to achieve the correct basic layered cut. Be willing to mod-



ify the style depending on your face shape, hair type, length and texture.

**1** Start by washing your hair in lukewarm water with a product designed to add back moisture and to treat colored or highlighted hair with tender loving care.

**2** Rinse hair well and then apply a moisturizing rinse-out conditioner, focusing the product on the areas of the hair that are most dry or damaged. For extra conditioning, substitute the rinse-out conditioner with a deep conditioner that is allowed to soak down into the hair's shaft.

**3** Finish with a cool/cold rinse to lock in moisture and add additional shine.

**4** Towel-blot to remove excess moisture. Apply a conditioning detangling spray or leave-in conditioner and detangle strands with a wide tooth comb working from the ends to the roots. If your hair is prone to frizz apply a defrisant product or mix with your other styling products.

**5** Create either a center or side part, depending on how you wish to style your hair.

**6** For lots of fullness, lift and volume, apply a volume enhancing product to the roots. Distribute a straightening balm to the rest of the strands from below the roots to the ends.

**7** Separate strands into one- to two-inch sections and blow-dry with a boar's bristle round brush. Blow-dry the top sections of hair using fingers to lift individual top strands and direct the air flow from ends to roots. Use the brush to turn the ends under around the edges and slightly in towards the neck. If hair is naturally curly, do not use fingers to blow-dry since this can add to frizz. Use a boar's bristle brush instead.

**8** When hair is completely dry separate into individual two-inch strands. Use a 1 1/2-inch barrel curling iron, large hot rollers or two-inch self-adhesive style rollers. Spritz each section with a firm holding hairspray or styling product. Roll each individual strand around either the curling iron or curler of your choice. Work your way around the entire head of hair either curling with an iron or rolling into curlers.

**9** Let hair completely cool. If you are using a curling iron, after curling each section, use fingers to roll into a large barrel curl and pin into place to allow new curls to properly cool.

**10** When the entire head is curled and the new curls are completely cool, carefully remove each curl one at a time.

**11** Spritz strong holding hairspray over the top of the newly released curls.

**12** Use your fingers to carefully arrange the curls into the desired style.

**13** You may wish to use a curling iron to touch up any sections that need a tighter curl pattern.

**14** Apply a shine serum or hair cream to seal in moisture and add that shimmering shine similar to Jennifer's. Hairspray is optional.