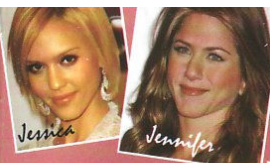




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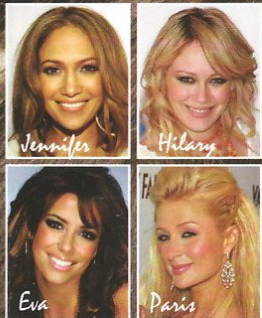
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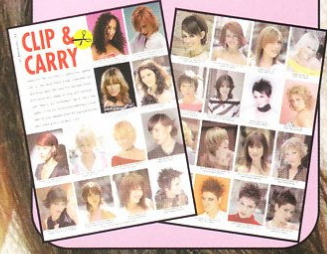
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The Best On The Best

By Brian Spero

Once again *101 HairStyles* brings you the expertise of Robert Hollowell, a.k.a. “The Kitchen Beautician.” This former model and current stylist to the stars works with the best and is on the cutting edge of trend and style. This month Robert shows you how to steal the styles of some of the hottest celebrity head-turners and shares his thoughts with us on the state of hair in Hollywood.

101: What were your impressions of this month’s celebrities? Anything stand out in terms of trends or changing trends?

RH: I felt the hair was not as polished as it has been in the past

on the red carpet. The look has become much more relaxed as far as the gowns, outfits and jewelry.

101: Were there any recurring themes to your comments this month?

RH: The look of Gwyneth Paltrow was similar to Jennifer Lopez and to many others...nothing really felt groundbreaking to me style wise. I do like the idea of relaxed freedom with the hair as it’s much more attainable for *101* readers to accomplish. I see a slight shift toward the relaxed classic look of Veronica Lake, which has been one of my all time favorites for showing off the beauty of hair. I did a similar look on Geena Davis for a flashback scene on her new pilot. I added length, and gave her a soft wave tucked behind one ear. It was not intended to be period. My idea was to give the viewer the suggestion of youth. It is set in modern day—and she looks great!

101: There are many celebs utilizing some interesting color for their hairstyles. Can you comment on that? Do you have any tips or things to consider for someone thinking about doing something to their hair color?

RH: To be perfectly honest the only interesting color I found was on Christina Milian and Tyra Banks. I always tell people to leave color and chemicals up to a reliable professional! I have done so many repair jobs when people try to do it themselves.

101: And just as a reminder, how should our readers prep their tresses before beginning any one of these looks?

RH: With any hairstyle I always start with clean hair. First shampoo with my amazing Prawduct partners Shine Booster Shampoo and Conditioner. Also always use my “must have” leave in conditioner, Love That Shine Treatment Elixir. Even if your hair tends to be oily, it isn’t your hair that’s oily it’s your scalp, so keep it away from the scalp and concentrate on the important area—the ends.



WIN! WIN!

We have 8 Prawduct sets to giveaway to the first 8 readers who respond and send in their entries! Included in each set are: Shine Booster Shampoo (\$9.49), Shine Booster Conditioner (\$10.49), Super Volumizing Tonic (\$9.49), The Flat Factor (\$12.99), Dream Cream (\$11), Rawhold Gel (\$11), Love That Shine Treatment Elixir (\$9.49), Love That Shine Spray (\$11.49), Love That Shine Drops (\$10.49) and Rawhold Hairspray (\$8.49) for a total retail value of \$104.42. To enter, send your name, address and telephone number to: Prawduct Hair Giveaway c/o *101 HairStyles*, 1359 Broadway, Suite 1203, NY, NY 10018. Hurry up and enter to win as this contest ends once the first 8 entries are received. To purchase Prawduct or learn more about the line, visit www.thekitchenbeautician.com or log onto www.hairboutique.com.

Magic Foods For Luscious Locks

By Karen Shelton • HairBoutique.com • Photos courtesy of Global Hair & Fashion Group

Our hair is the external manifestation of how and what we eat. External hair beauty is a direct reflection of internal health. Popping daily hair vitamins and minerals is a wonderful way to strengthen and enhance growing hair follicles. Unfortunately vitamin supplements may not be enough. It's essential to get proper nutrients directly from the foods that we eat.



Douglas Carroll Salon (Raleigh, NC); Stylist: Douglas Carroll; Photo: Tom Carson

✿ Hair Is 98% Protein

Nutritionists advise healthy hair seekers to eat well-balanced diets that incorporate healthy proteins along with foods high in vitamin B, C, E, A and K. Hair instantly responds to the addition of protein rich foods such as meats, eggs, cheese, seeds and nuts. Fish packs a double punch of protein combined with health building essential fatty acids and natural oils. Start each morning with a protein powder drink for instant protein gratification to jump start straggly stands.

✿ Vitamin B

Scientific studies have shown B vitamin deficiencies in the diet can lead to hair problems ranging from mild to severe. Add B vitamin supple-

ments to your daily diet in addition to incorporating B complex food choices. Jump start hair health by chowing down on green vegetables, beans, sunflower seeds, nuts and peas. These foods are all high in the B complex family which includes thiamin, riboflavin, niacin, niacinamide, pyridoxine, and pantothenic acid, cobalmin, folic acid, biotin, choline, inositol and para-aminobenzoic acid. Although less popular, raw wheat germ, brewers yeast, kelp and desiccated liver are fabulous hair foods that offer a great source of rich vitamin B.

✿ Vitamin C

Vitamin C is a great antioxidant promoting tissue and cell repair and growth. It also strengthens the overall immune system and assists in metabolizing B vitamins and amino acids into the body. Citrus fruits like oranges, lemons, limes, melons and berries (including black currants) are power packed sources of C. Brussel sprouts, red peppers, kale, cauliflower, tomatoes and cucumbers are additional choices for adding vitamin C foods to your diet.

✿ Vitamin A—Bugs Bunny Had It Right

Bugs Bunny was on the right track with his lust for carrots. Load up on these orange beauty aides for super shiny tresses. There is nothing better than freshly squeezed carrot juice mixed with a little lemon or grapefruit juice to cut the sweetness. Whether you eat them raw or juiced, carrots are low in calories and chock full of great cell building vitamin A. If you'd rather leave all the orange goodies for that famous cartoon rabbit, you can substitute other vitamin A rich foods such as sweet potatoes, squash, broccoli, cantaloupe and apricots.

✿ Vitamin E

Vitamin E is known as the "heart healthy" vitamin. It also provides lots of benefits for growing vibrant hair. Add E to your diet by consuming foods like avocados, rice bran, nuts, dark green vegetables, legumes and whole grains.

✿ Vitamin K

This lesser known vitamin helps to maintain healthy bones, teeth, gums, hair and muscles. Food sources of vitamin K include seafood, dairy foods, figs, brewers yeast, asparagus, broccoli, lettuce, brussel sprouts, cabbage, dark green leafy vegetables, egg yolks, oatmeal, rye, soybeans, liver, wheat and yogurt.

✿ Iron

Healthy hair requires a balanced source of iron in the body. Acquire iron naturally by eating eggs, fish, liver, oysters, meat, poultry, whole grains, green leafy vegetables and blackstrap molasses.

✿ Magnesium

Magnesium deficiencies have been linked to hair problems. Incorporate

a proper supply of this important mineral by eating foods that include dairy, meat, fish, fruits, nuts, brewers yeast, whole grains and green-leafy vegetables.

❁ Potassium

Bananas are the best source for potassium which is important in nutrient transfer through cell membranes and is essential in hormone secretion. Potassium is found in dairy, fish, meat, poultry, kelp, blackstrap molasses, oranges and Tortula yeast.

❁ Water

Eight to ten glasses of water a day are absolutely necessary to nourish healthy hair. Chemicals, pollutants and toxins all get trapped in the body. Water helps all chemical wastes, pollutants, toxins and other impurities be whisked out of the body. When you keep yourself well hydrated and clear of toxins, your liver is free to help process all the proper nutrients that your body needs.

❁ Essential Fats (EFAs)

Along with proper diet healthy hair needs two essential fatty acids, omega-3 and omega-6, that are not produced naturally by the human body. Omega-3 fats are found mostly in algae, cold-water fish, dark green vegetables, hemp oil and pumpkin seed oil. Flax oil is consider the most concentrated source of omega-3 found in nature. Omega-6 fats include borage, evening primrose oil, safflower oil, sunflower seeds, hemp seeds, corn and pumpkin seeds. Other foods rich in essential fatty acids include English walnuts, kidney beans, navy beans and soybeans. Cold-pressed vegetable oils are also essential to a hair healthy diet. Lack of these oils causes dull, lifeless hair along with parched, rough skin. Add a teaspoon to your fresh daily salad and your hair will instantly benefit.

❁ Food Groups To Avoid

Not all foods are created equal in their ability to help grow scrumptious strands. Some foods actually harm your body's ability to develop lush locks. Sugars and starches, soft drinks and bad-for-you snacks compose the food categories proven to trigger body chemistry imbalances. Caffeine, alcohol, nicotine and recreational drugs will also rob the body of important hair growing nutrients. Smoking has been conclusively proven to damage many important nutrients while nicotine of any type will destroy Vitamin C. If you can't completely eliminate foods that are not good for your hair consider cranking up your hair vitamins and at least cutting back on the unhealthy habits.

❁ Knowing What To Eat

Combing a well balanced protein based diet with fresh seasonal fruits and veggies is a great insurance policy for growing fabulous hair you can flaunt. Most seasonal fruits and vegetables cover the full range of vitamins, minerals and trace elements needed for good health and great hair. Consuming foods rich in copper, zinc and other natural food elements is also helpful. Raw nuts, seed and grains are the

safest foods to select for maintaining and growing healthy hair. They furnish hormones, enzymes, vitamins and minerals, many of which are not contained in cooked and processed foods.



Kenneth's Salons & Day's Spas (Columbus, OH); Stylists: Tony Andino & Bryan Beaver; Color: James Simpson for Hairman, Inc.; Makeup: Betty Mekonnen; Photo: Tom Carson

❁ Sample Healthy Hair Food Plan

Use the example of a healthy hair food plan listed below as a general starting point for building an individualized plan that you can live with to help grow gorgeous strands. If you have a sweet tooth, try substituting honey and molasses for sugar. Vegetable oils are great substitutes for butter and other fats. Note: Please consult with your physician before undertaking any long term nutritional plan.

Breakfast

Select one or more of the following:
10 ounces of fresh squeezed juice (carrot, apple, lemon, orange)
Half of grapefruit, melon or cup of fresh fruit
Eggs cooked any style with turkey sausage or bacon
Whole grain bread or toast
1 tablespoon of raw wheat germ
Green tea as desired
2 to 3 glasses of spring water

Morning Snack

Select one or more of the following:
Sunflower seeds
Fresh carrot
Apple or other fresh fruit
Walnuts, cashews, raisins
Green tea as desired
2 to 3 glasses of spring water

Lunch

Select one or more of the following:
Garden fresh salad
Turkey, chicken, meat or fresh fish
Grains
1 serving of beans, asparagus, broccoli, brussel sprouts or cabbage
Green tea as desired
2 to 3 glasses of spring water

Afternoon Snack

Select one or more of the following:
1 cup of yogurt
Pumpkin seeds
Fresh avocado
1 cup of watermelon chunks
1 banana
Green tea as desired
2 to 3 glasses of spring water

Dinner

Select one or more of the following:
Fresh garden salad with olive oil dressing
Baked turkey, chicken, meat or fresh fish
Green beans, asparagus, broccoli, brussel sprouts or cabbage
Green tea as desired
2 to 3 glasses of spring water

Dessert

Select from one or more of the following:
1 cup of yogurt
Pumpkin seeds
1 cup of watermelon chunks, grapes, cherries or an apple
1 banana drizzled with a little honey or molasses
Green tea as desired
2 to 3 glasses of spring water

TRESS RX

By Karen M. Shelton
www.hairboutique.com

Ask the Hair Doctor



Douglas Carroll Salon (Raleigh, NC); Stylist: Tabitha Norris;
Photo: Tom Carson; Courtesy of Global Hair & Fashion Group

I hope you can help me with my problem, it started with a bad perm in August 2003; the solution was left on too long and was too strong for my hair type. I waited until April 2004 to have the remaining perm removed by having my hair straightened—the worst mistake of my life! I had no choice but to have my shoulder length hair cut into a pixie. As it stands now, it has been 10 months since the nightmare(s) and I am still having problems, such as lifeless and damaged thin, brittle (and shedding) hair! I don't use heating tools or products with alcohol, but do use non-permanent dye since I am very gray. Currently I am using a color-treated shampoo/conditioner and a deep conditioner twice a week. I am taking a daily hair vitamin every day and make sure to eat protein. Please send some information so I can try to regain the strength, thickness and shine I once had in my hair.—Ronnie

I am sorry to hear of all the problems you have experienced with your hair. It is always tough when chemical damage occurs, for whatever reason. As you have discovered, there really is no quick fix or "miracle cure" for hair that has been damaged by chemicals. Unfortunately the only answers are to have the damaged hair removed, wait for the hair to recover in its own time and avoid using chemicals for as long as possible. Hair doesn't become damaged overnight and the converse is true, it doesn't heal overnight either.

Although it is excellent that you have stopped the use of hot styling tools, once chemical damage occurs from perms, color or a combination, it takes] hair several years, not just months, to recover from the damage depending on the extent. Therefore, to allow your hair to completely recover, you will need to swear off all chemical hair treatments such as color, perms or straightening indefinitely, if possible.

Yes, unfortunately, even demi-perm and semi-perm color MAY have an impact on the condition of your hair. This is because even though it is demi-perm, the color still covers the cuticle of the hair and if it is already damaged, it may cause the hair to react by thinning and falling out. And that means you will have to make some choices about whether you can live with going gray or will be willing

to accept the fact that your hair needs color and thus you will need to keep it shorter. If you choose this, follow your current healthy hair regime and hopefully over time, your tresses will recover.

I am a 15-year-old girl and recently I got a haircut that was up to my shoulders. The stylist blow-dried my hair straight and added angles and layers for definition. At the end, she put in some spray to take out the static. My hair looked really sleek and smooth and everyone complimented me. But the problem is, I don't know how to keep it looking how it did when I came out of the salon. I blow-dry it once a week, but I find that my hair although straight, is not smooth and shiny. Do I have to put in a silicone based serum or something that controls frizz?—Ankita

The very best thing you can do when you get your haircut is to ask the stylist to please take a few minutes and show you, step by step, how to recreate the style at home on your own. Also, ask for product advice. What products does your hairstylist recommend? You can write them down and then if they are beyond your budget, look for less expensive alternatives.

Since I am not sure what your stylist did to your hair, I would assume that she used a moisturizing shampoo that helped remove frizz and static. Then she probably applied a straightening balm like Phytodefrisant or similar to help remove frizz and any extra curl. She may have also added a tiny dab of leave-in conditioner which helps add silkiness and movement without frizz.

To get hair stick straight with shine and no frizz, use a diluted shampoo of one part shampoo to three parts water mixed in a clean plastic bottle. Swish the mixture around and then pour over your wet head. Be sure to use lukewarm, not hot water, which adds frizz and dryness. Rinse well after one shampoo and apply a good rinse-out conditioner—this helps the strands compress and soften. Distribute through your strands and then rinse out after a few minutes. Finish with a cool water rinse. This closes the cuticle and makes hair shinier.

Towel-blot hair and use a good leave-in conditioner or detangling spray. Detangle all of your hair working from the ends to the roots. When hair is completely detangled, blow-dry straight. At this point you should use either a straightening balm like Flat Out

or a defrisant product like Phytodefrisant.

Separate your strands into individual four-inch sections and work on *only* one section at a time. Use a paddle brush or a big round brush to anchor each section. Direct the nozzle of your blow dryer down the strand from the roots to the ends as you dry each section. This also adds shine and hinders frizz. If possible, use the blow dryer setting on cool for added shine. When finished, your hair should be very straight. If not, practice and you will get the hang of it.

Use the paddle or round brush to gently finish your style. Apply a very small dab of shine spray or serum to the palms of your hands, rub them together and carefully glide the palms of your hands over the top of your hair so that it barely touches.

You can actually combine products. For example, you could use the Phytodefrisant as a frizz fighter as well as a straightening cream. You could also use a leave-in conditioner instead of a detangling product. If you get the right mixture of products, your hair will feel compressed and soft. The problem with thick hair is using products that cause it to swell, thus making it feel heavier than it is. The key is to experiment with mixing and matching products that ultimately do exactly what you desire.

I'm wanting to add some pink, yellow and blue streaks to the bottom layer of my hair. It's been dyed and is a light brown/dark blonde color. I was wondering if I need to bleach the pieces I want colored first, or will my hair take the color because it's been dyed? I would really appreciate it if you could help me out.—Emily

You will have to first bleach all existing color out of the hair that you want to add the various colors to. Otherwise if you just apply pink, yellow or blue on top of the light brown/dark blonde, the color will probably not show or might even turn a muddy color of pink, orange or turquoise. So figure out exactly where you want the colors added, bleach those individual sections and then apply the colors to the tips.

I was thinking of cutting bangs, however I read on a couple of websites that bangs are bad for your hair. What is your opinion of this? I really want to cut bangs, but I'm also trying to grow out my hair. I know you were in a similar situation and your hair is healthy.

Have you done any research on this? I don't see how there is a link between bangs and healthy hair. Just seems a little strange...

Everyone has their own unique opinions about growing healthy hair and what works and what doesn't.

It is true that Dr. George Michael and many of his followers believe that having bangs causes the hair, in its basic form, to be unbalanced and thus weakened. Weakened hair might be hampered in healthy growth cycles according to their belief system. Dr. Michael and his followers believed that having bangs should be strictly forbidden for anyone following the Dr. Michael's method of growing long hair.

While Dr. Michael's theory is definitely interesting, I personally never agreed with it. I am not aware of any proof that having bangs really does cause a weakening of the hair structure nor do I necessarily believe it will cause hair to stop growing or be unhealthy.

After my own research, I decided to ignore the bang rule. I have always preferred bangs of some kind and insisted upon them, even when I went to a Dr. Michael certified stylist. Many others have come to the same opinion for their own personal lifestyles.

Do I think Dr. Michael is wrong? Not necessarily. Ultimately when it comes to growing healthy hair what I believe works best is what works best for the individual, regardless of what some experts might say. There are always tons of opinions about what works best, but ultimately you have to find your own way.

While I respect Dr. Michael, I personally have always worn bangs and will continue to do so, because it works for me. What is the point of having long hair if you are not comfortable with some aspect of it? You have to choose what works for you. Bangs or no bangs.

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

Paris Hilton

& Her Scandalous Hair Secrets

By Karen Marie Shelton www.hairboutique.com



While the media is regularly whipped into a frenzy trying to unravel the latest Paris Hilton scandal, I am constantly focused on beautiful blonde tresses—trying to access whether she is wearing hair extensions or not, whether she has a new hairdresser and whether or not she has added to her massive hair accessory collection.

Speaking of hair extensions, that falls into the category of a “minor Paris scandal” somewhere on the list below the recent discovery of her reported dislike of Jessica Simpson but above the temporary misplacement of her dog, Tinkerbelle. As reported by gossip columnist Ashley Pearson in the British magazine *OK!*, the Paris PR camp is trying to hush up the fact that the *Simple Life* star is suffering from hair extension hair loss issues. According to Pearson, the wear and tear on Paris’ scalp from the constant addition and removal of a wide range of hair extensions and half wigs has caused severe damage. As a result, it reportedly can take over an hour each day to get Paris gorgeous for her non-stop public appearances, even with the very best celebrity hairdressers like Laurent D and Frederic Fekkai at her beck and call.

Like I said, this is a minor scandal and one that many young stars face constantly. Hollywood hairdressers and other beauty insiders refer to the condition as “actress hair.” Any sizzling hot performer—male or female—eventually must deal with the reality of what happens to their scalp and strands as they cycle through constant hair changes. Although “actress hair” has been a fact of life, even during the days of Jean Harlow who struggled with hair problems due to excessive bleaching,



most Hollywood hair professionals don’t discuss the issue.

Even with the most expensive products, stylists and extension experts, anyone that goes through as many hair changes as Paris goes through in an average month, will eventually have to pay the price. Which explains why some actresses suddenly appear with a very short crop or a style that looks suspiciously like a wig or half-wig. This also explains why some formerly bleached blondes either take a color break hiding out in brunette strands or again, adopt pin-on strands.

Bleached Blonde

It is obvious if you watch Paris for any extended amount of time that she adores not only being very blonde, but also loves wearing very long tresses. Which is why I would definitely be surprised if Paris followed younger sister Nicky

over to the dark side and went with a darker hue. Regardless of how much damage Paris may have sustained to her scalp, I would expect her to go with a super short pixie, don a series of half-wigs and/or interesting hats before I would bet on her as a permanent brunette.

Steal Paris’ Style

Whether you want to morph into a Paris Hilton style that is long and straight or you want to go with a longer waved coif, the key is to start by washing and then blow-drying strands either stick straight or with the help of various styling aides like curling and flat irons. If you wish to add more texture, follow the washing and styling and then skip to the second set of instructions.

Keep in mind that it has been reported that Paris has baby fine, naturally curly tresses that she prefers to straighten with or without extensions. Adjust the style to fit your own face shape by adding appropriate parts or fringes.

Step 1: Start before you step into the shower. Detangle hair carefully starting at the ends and working up towards the roots. Use a 100% boar’s head brush, like a Mason Pearson or similar, to smooth strands completely.

Step 2: Prepare a shampoo mix that will work for your hair type, texture and length maximizing the potential to get super straight strands. Consider using a moisturizing shampoo like Phytojoba or Phytocitrus, and mix your normal shampoo with luke warm water in a clean plastic bottle. An example of a good shampoo mix proportion, depending on length and type of



hair, might be one to two teaspoons of shampoo to one quart of warm water. Shake to mix well.

Step 3: Step into a shower with luke-warm, not hot, water and get hair soaking wet. Drizzle shampoo formula over the top of your head letting the suds gently cascade down the length of your strands. Use fingers to pat shampoo mixture into strands. Avoid rubbing wet strands. Not only will this prevent breakage, it will help keep strands as straight as possible.

Step 4: Rinse well until hair is completely clear of suds.

Step 5: Apply your favorite rinse-out conditioner for type, length and condition of hair, if one is normally used. Phytoesame is excellent for providing moisture. Phytocitrus Conditioner will help to soften and condition dry or chemically treated strands. Use fingers or a wide-tooth pick to distribute onto strands from the top of the ears down to the ends. Allow to remain on strands for up to 10 minutes.

Step 6: When possible finish with a cool/cold rinse which closes the cuticle and adds shine.

Step 7: Towel-blot to remove excess moisture. Do not rub or ruffle delicate hair which is more prone to breakage when wet.

Step 8: Starting at the ends, use a smooth high-quality comb or a wide pick. Apply a leave-in conditioner to help keep strands soft and detangled. Add a heat protectant spray on top of the detangling/leave-in product.

Step 9: Working in a circular pattern, separate hair into six to eight equally sized sections and clip in place. Unclip the first section of hair and direct the air flow from a blow dryer from the roots down towards the ends of the strands, using a flat, boar bristle brush to anchor and smooth. This will help to keep the cuticle smooth and help to add natural shine.

Note: We like the Mason Pearson Handy Boar's Head Brush (available at HairBoutique.com), a favorite of hairdressers and beauty editors alike because of his superb quality and ability to create fabulous styles.

Step 10: After all of the sections have been carefully dried, apply a very light amount of anti-frizz product from the middle to the bottom ends of the strands. Avoid getting any frizz product near the scalp or root area which can cause oiliness. Use a flat iron to remove any kinks and add a stick straight finish.

Party Perfect Waves

To add a fullness, movement and wave, substitute a round brush for the flat Mason Pearson. Also, ditch the hot straightening tool for either hot rollers or a medium-barrel curling iron.



Step 1: Follow all of the steps listed above until Step 9. Working in a circular pattern, separate hair into six to eight equally sized sections and clip in place.

Step 2: Blow-dry individual strands, unclipping them one at a time, using a medium-sized round boar bristle brush like the Conair or the Rene Furterer Large Round Brush. Utilize the brush to help build in instant volume.

Step 3: Direct the air flow from your blow dryer towards the hair wrapped under and over the brush, and up towards the roots to gently build in volume, movement and body. Use a medium heat setting, if possible.

Step 4: Right before you are finished drying the individual sections, switch to a cool setting or hit the cold shot button to help cool down the newly formed curl.

Step 5: Keep newly dried hair wrapped around the round brush until it cools down for approximately two to three minutes.

Step 6: Gently unroll the cooled hair from the round brush and carefully clip the newly formed curl to your scalp. For a tighter curl or one that will hold longer, transfer the new curl to a similarly sized Velcro or soft roller. Whether you use your fingers or a curler, spritz once with a medium to firm hold hairspray. (Ones to try: Paves



Professional Convertible Proof Hairspray or Rene Furterer Instant Hairspray.)

Step 7: Continue to dry all of the individual sections until the hair is completely dry and the new curls have all been either clipped to the scalp or transferred to Velcro or soft rollers. Experiment with rolling all the curls frontwards, backwards or in alternating patterns.

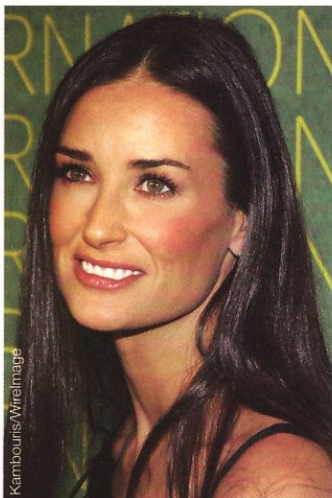
Step 8: Allow the curls to remain completely clipped in place or wrapped around the curlers until right before you leave the house. Carefully unclip or unroll each section and use your fingers to gently arrange the curls into place. For extra special shimmer, apply a tiny bit of shine serum (like Paves Professional Flawless In The Spotlight) or gloss (Rene Furterer Gloss Spray) to the palms of your hands and lightly rub over the top of your beautiful style.



Demi Moore

Hair To There & Back

By Karen Marie Shelton www.hairboutique.com



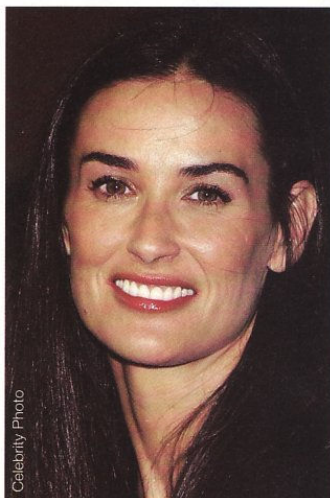
Beauty, brains and brilliantly shiny, lush tresses are just some of the many things that Demi Moore's fans admire about the celebrated superstar. Whether the sultry, seductive Scorpion actress (born November 11, 1962) is causing major controversy by shaving her head nearly bald for *Gl Jane* or kicking some serious *Angel's* butt with shimmering coal black strands cascading down towards her waist, the actress is almost as famous for her tresses as she is for her men.

Demi's tresses were widely copied when she appeared with a very short crop in the popular *Ghost* film in 1990. She morphed through a series of radically different hairstyles for many of her following movies and then completely stunned fans when she actually shaved her head during a visually shocking scene for *G.I. Jane* in 1997.

Demi disappeared to her ranch in Idaho after mixed *Jane* reviews to be soccer mom to her three daughters. In 2003 she made her comeback—the bright lights of Hollywood welcomed her in *Charlie's Angels: Full Throttle* looking better than ever and wearing another spectacular hairstyle. The long absent Demi reappeared with waist-length, super healthy and shiny strands that turned fan's heads.

Demi's Strand Secrets

Currently hanging with sexy *Punk'd* prankster Ashton Kutcher of Fox's *That 70's Show*, Demi was formerly married to shiny domed sex symbol Bruce Willis until 2000. The Willis-



Moore marriage produced three gorgeous girls (Rumer, Scout and Tallulah) and lots of controversy, including the famous image of a tastefully nude Demi, heavily pregnant on the cover of *Vanity Fair* magazine.

Demi has lived a tumultuous life since she was born and doesn't appear to be afraid of any type of controversy. Although Demi shared the *Charlie's Angels* flick with three other sizzling hot actresses, she walked away with the bulk of media coverage by picking the premiere of the movie to introduce her fans and the press to Kutcher, her latest love interest.

The sexy mop topped actor, known for his own great hair days, met the luscious Demi while he was in a much publicized romance with actress Brittany Murphy. Adding even more shock value was the fact that Demi was 40 and Ashton was 25. Enjoying all the frenzied attention, Demi added fuel to the flames by bringing ex-Bruce Willis along on several family dates that also included Kutcher.

Steal Demi's Lush Look

Until 2005, Demi was the talk of Hollywood as her long beautiful strands glistened in the spotlight. When long, straight strands were replaced by more curls and waves, Demi, who easily shifts from dramatic and eye-popping to casual and oh-so-modern, adopted an entirely new style with a much shorter look that was cut and styled to show off lots of body, movement and texture.

Demi also recently finished shooting the

thriller *Half Light* which may have also had some influence on her new, shorter look. Appearing at the premiere of *Guess Who* in March, Demi had her jet black hair soft coiffed into barely-there waves that nestled seductively a few inches below her shoulders.

From Straight...

Whether you want to morph into a Demi style that is long and straight or you want to go with a shoulder-length, waved coil, the key is to start by washing and then blow-drying strands. If you wish to add curls, waves and/or fullness follow the second set of instructions. Keep in mind that Demi has medium textured tresses that appear to be mostly straight with a little bend. Adjust the style to fit your own face shape by adding appropriate parts or fringes.

Step 1: Start before you step into the shower. Detangle hair carefully starting at the ends and working up towards the roots. Use a 100% boar's head brush, like a Mason Pearson or similar, to smooth strands completely.

Step 2: Prepare a shampoo mix that will work for your hair type, texture and length maximizing the potential to get super straight strands. Consider using a moisturizing shampoo like Phytojoba or Phytocitrus, and mix your normal shampoo with luke warm water in a clean plastic bottle. An example of a good shampoo mix proportion, depending on length and type of hair, might be one to two teaspoons of shampoo to one quart of warm water. Shake to mix well.

Step 3: Step into a shower with luke-warm, not hot, water and get hair soaking wet. Drizzle shampoo formula over the top of your head letting the suds gently cascade down the length of your strands. Use fingers to pat shampoo mixture into strands. Avoid rubbing wet strands. Not only will this prevent breakage, it will help keep strands as straight as possible.

Step 4: Rinse well until hair is completely clear of suds.

Step 5: Apply your favorite rinse-out conditioner for type, length and condition of hair, if one is normally used. Phytosesame is excellent for providing moisture. Phytocitrus

Conditioner will help to soften and condition dry or chemically treated strands. Use fingers or a wide-tooth pick to distribute onto strands from the top of the ears down to the ends. Allow to remain on strands for up to 10 minutes.

Step 6: When possible finish with a cool/cold rinse which closes the cuticle and adds shine.

Step 7: Towel-blot to remove excess moisture. Do not rub or ruffle delicate hair which is more prone to breakage when wet.

Step 8: Starting at the ends, use a smooth high-quality comb or a wide pick. Apply a leave-in conditioner to help keep strands soft and detangled. Add a heat protectant spray on top of the detangling/leave-in product.

Step 9: Working in a circular pattern, separate hair into six to eight equally sized sections and clip in place. Unclip the first section of hair and direct the air flow from a blow dryer from the roots down towards the ends of the strands, using a flat, boar bristle brush to anchor and smooth. This will help to keep the cuticle smooth and help to add natural shine.

Note: We like the Mason Pearson Handy Boar's Head Brush (available at HairBoutique.com), a favorite of hairdressers and beauty editors alike because of his superb quality and ability to create fabulous styles.

Step 10: After all of the sections have been carefully dried, apply a very light amount of anti-frizz product from the middle to the bottom ends of the strands. Avoid getting any frizz product near the scalp or root area which can cause oiliness. Use a flat iron to remove any kinks and add a stick straight finish.

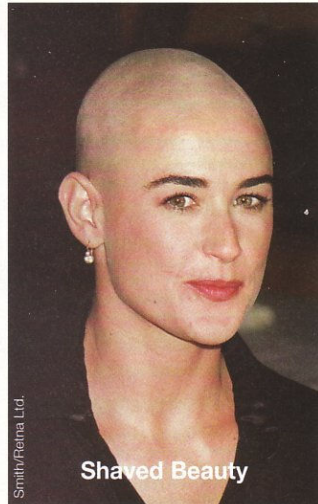
... To Wavy

To add a fullness, movement and wave, substitute a round brush for the flat Mason Pearson. Also, ditch the hot straightening tool for either hot rollers or a medium-barrel curling iron.

Step 1: Follow all of the steps listed above until Step 9. Working in a circular pattern, separate hair into six to eight equally sized sections and clip in place.

Step 2: Blow-dry individual strands, unclipping them one at a time, using a medium-sized round boar bristle brush like the Conair or the Rene Furterer Large Round Brush. Utilize the brush to help build in instant volume.

Step 3: Direct the air flow from your blow dryer towards the hair wrapped under and over the brush, and up towards the roots to gently build in volume, movement and body. Use a medium heat setting, if possible.



Step 4: Right before you are finished drying the individual sections, switch to a cool setting or hit the cold shot button to help cool down the newly formed curl.

Step 5: Keep newly dried hair wrapped around the round brush until it cools down for approximately two to three minutes.

Step 6: Gently unroll the cooled hair from the round brush and carefully clip the newly formed curl to your scalp. For a tighter curl or one that will hold longer, transfer the new curl to a similarly sized Velcro or soft roller. Whether you use your fingers or a curler, spritz once with a medium to firm hold hairspray. (Ones to try: Paves Professional Convertible Proof Hairspray or Rene Furterer Instant Hairspray.)

Step 7: Continue to dry all of the individual sections until the hair is completely dry and the



new curls have all been either clipped to the scalp or transferred to Velcro or soft rollers. Experiment with rolling all the curls frontwards, backwards or in alternating patterns.

Step 8: Allow the curls to remain completely clipped in place or wrapped around the curlers until right before you leave the house. Carefully unclip or unroll each section and use your fingers to gently arrange the curls into place. For extra special shimmer, apply a tiny bit of shine serum (like Paves Professional Flawless In The Spotlight) or gloss (Rene Furterer Gloss Spray) to the palms of your hands and lightly rub over the top of your beautiful style.

What's Demi's secret to Demi's glossy, healthy-looking hair that you might want to reach out and touch? Great genes, fabulous celebrity hairdressers and a hot young guy to keep her looking her very best.



Grow Your Hair

Long & Strong

By Karen M. Shelton HairBoutique.com

For all of you searching for an answer to “instant hair growth,” the truth of the matter is that there isn’t any. If you want to go from a short chop to long flowing locks instantly you have limited options. Your best bet for overnight long hair is to consider hair extensions, long wigs, clip-on braids, tails or other “instant hair.”

Yes, there are lots of things that can maximize the potential of your hair growing cycle but it is folly to imagine that you can go to bed one night with chin length hair and the next day wake up with a new inch of growth. There are some very rare exceptions, but hair on most people is genetically programmed to grow an average maximum of six inches a year.



Make The Commitment

Anything in life worth having takes time, commitment and focus. Not everyone can have that gorgeous head of waist length hair. People with fine, thin, or severely damaged hair may have a difficult time growing hair past a medium length. Other factors can also retard hair growth including serious illness, ingesting some prescribed medications and a variety of environmental factors.

If you believe that you have the right type of hair to grow it long then make a serious commitment to hang in there for the duration. Growing long, strong, luscious hair requires time, effort and focus. How long? Remember that the average person is genetically programmed to grow hair at the rate of six inches a year. If you want to grow 30 inches of hair, plan on waiting approximately five years to experience that length.



Although it is always a good idea to measure your hair on a regular basis, avoid the urge to measure more than once a month. Growth spurts can vary widely. Hair tends to grow more rapidly in the summer while slowing down in the winter.

To sanely track your progress start a hair growth diary with a baseline measurement. Ask someone to help you acquire a good starting hair measurement. Have your hair buddy use a soft measurement tape to measure from the very tip of your roots to the very end of your strands. Record the baseline measurement in your diary and measure again in 30, 60 or 90 days. Remember that hair growth is volatile so don’t get discouraged by monthly patterns. To avoid growth stress consider only measuring your hair a few times a year rather than monthly.

Start With A Clean Hair Slate

Ditch the damaged parts of your hair at the very beginning of your growing cycle. Visit your hairdresser and explain that your mission is longer, stronger tresses. Request that your stylist give your hair a proper growth launch by trimming off all damaged and split ends.

Discuss proper handling of any other damaged hair with your hairdresser. Although cutting may not be necessary, starting with a good conditioning program may be essential to reverse long term damage leftover from environmental, chemical or other ravages.

It is very important that you find a supportive stylist

that will help you as you travel on your long hair journey. If your regular hairdresser is not supportive of your goals, there are many excellent long hair experts that you can locate to assist you. To find a list of long hair consultants check out the list at HairBoutique.com or ask around—if you see someone with the hair you want, ask them to refer their stylist.

Grow With Grace

Once your hair is ready to grow, make sure you keep it trimmed every eight to 10 weeks. Regular trims keep your hair looking and feeling healthy. It will also give you hair a great transitional shape as it grows through the many different stages. Don’t fool yourself into thinking that you don’t need regular trims—you do!

Some long hair specialists will be will-

ing to "dust" your ends which means that they will remove as little as possible from your ends focusing only on split ends. If your hair is in great shape, dusting will trim the minimal amount of hair preserving as much of your hard earned-growth as possible.

Many people prefer to trim their own ends. This is perfectly acceptable as long as high quality, professional scissors are used. Dull or scissors that are not designed for cutting hair can rip or tear delicate ends.

Make The Investment

If you are planning on investing several years to grow you hair, why not invest in the best hair care products you can personally afford. Salon products are generally better than the products sold at your local drugstore.

There is no right or wrong product for growing long hair. Finding what works for you and your hair type is the key. Some of the top product lines for assisting with the creation of healthy hair include Phytotherathrie, ARTec, Aveda, Matrix and Philip B.

Many of the chemicals used in the majority of over-the-counter products contain sulfate related ingredients which can be quite harsh and drying to delicate hair. These nasty additives can also accelerate breakage and split ends. Other products may contain harmful versions of silicon which can suffocate hair and ultimately cause all sorts of hair related problems.

Eat Right & Take Your Daily Vitamins

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 underactive thyroid can result in frizzy or brittle hair while an overactive thyroid can turn hair greasy and limp. The bottom line to this thread is that your hair ultimately reflects the overall condition of your body. If your body is healthy and well-nourished, your hair will be your shining glory.

If you are having any health problems or suffering from any nutritional deficiencies, your hair may stop growing or show damage. If your body is in good health, you can maximize your genetic growth cycle by 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 has been found that certain minerals including magnesium, sulfur, silica and zinc are very important when maintaining healthy hair.

Beta-carotene is also important to hair growth. This is because beta-carotene is converted to vitamin A as the body needs it; helping to maintain normal growth and bone development, giving a protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Beta-carotene is found in green and yellow vegetables and fruits.

Protein Is Important

Since hair is protein, a diet that is too low in protein may cause a thinning in hair or a retardation in the growth cycle. The converse is true, if you eat a protein-rich diet it 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 two table-spoons of granulated lecithin to maximize hair growth, strength and beauty.

Other good food sources for protein include fish, eggs, beans and yogurt. Soy protein has also been found to be helpful in stimulating hair growth. One study of the results of soy on the hair found that it not only strengthened the hair but caused it to grow. A great source of soy is tofu.

Growth Blockers

Excessive stress and some medications are

conclusively known to retard hair growth. If you have a medical condition and your physician has prescribed medications, it is imperative that you follow your doctor's orders regardless of the impact to your hair. Always consult your doctor before you undertake any new type of vitamin or mineral program to make sure it does not interfere with any medical treatment you may currently be on.

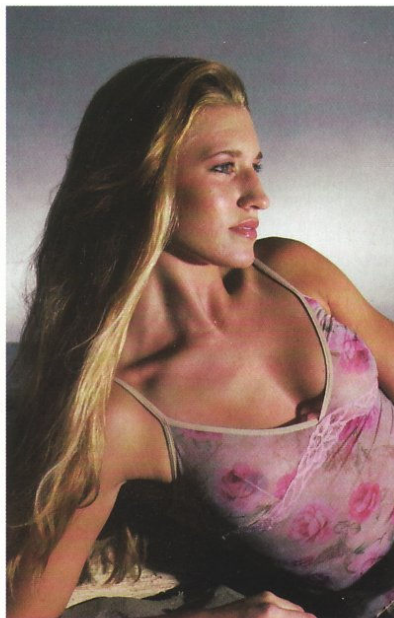
However, if you are under severe stress it is helpful to reduce the stress as much as possible. Consider meditation or relaxation as a way to cut back on any major stress in your life. Your hair will love you for it.

Another secret hair helper is rest and sleep. It has been discovered that to grow faster, hair needs an adequate amount of sleep (seven to nine hours are suggested).

Hair Growing Supplements

While eating the proper foods that contain all the necessary vitamins and minerals will help, it is a lot more difficult to guarantee that you will get all the vitamins and minerals you need from the foods you eat. You can either take a good supplement that contains the necessary vitamins and minerals or you can make up your own formula for maintaining the health of your hair.

I have personally had some success (at least for me) with the HairTopia vitamins available at HairBoutique.com. HairTopia was designed to assist the body with the maximum hair growth building blocks.





Taking the following supplements every day can boost hair growth for many people:

- Vitamin B-complex: 50 mg. of the major B-vitamins (including folate, biotin and inositol)
- Vitamin B-6: 50 mg. of vitamin B-6
- Vitamin C with bioflavonoids: one to two grams daily
- Vitamin E: 400 to 800 IU daily
- Beta-Carotene: 10,000 to 15,000 IU of beta-carotene daily
- One recommended daily dose of magnesium, sulfur, zinc
- Silica (horsetail): 300 mg. daily
- Nettle: 250 mg. three times daily
- Flaxseed oil: one tbsp. daily or one tablet
- Beta-Carotene: 10,000 to 15,000 IU of beta-carotene daily

Brush Properly

Treat your hair like a piece of fine old lace. Handle it carefully avoiding any unnecessary brushing, combing or handling. Invest in the best brush you can afford. Never ever use a brush that has tiny knobs on the end of the bristles. Those little knobs are famous for ripping and tearing out unsuspecting hair.

Be careful not to brush your hair excessively. Brush only as much as you need to style your hair or remove knots. Too much hair brushing can lead to split ends and ripped hair. Always start by bending forward allowing all of your hair to gently fall over your face. Use a brush with natural bristles and when possible, a wooden base. Carefully brush your hair from the nape of the neck over your head and down to the ends of the strands. After each brush stroke, use your hands to smooth your hair to reduce static.



Allow your hair to fall normally. Continue to brush your hair in this position until you are finished.

Remember that hair should only be brushed when it is 100% dry. Hair is in its weakest condition when it is wet and brushing wet hair can damage it.

Comb It Right

When you comb your hair always separate the hair into small sections. Whether your hair is wet or dry, use care and a wide-tooth comb of pick. Start at the bottom of the hair near the ends and carefully work in a downward direction. A wooden comb is always an excellent choice for hair's health. Avoid the use of hard rubber combs that can tear or rip hair right out of the scalp.

Always Start At The Ears

No matter what the pros say, daily shampooing can be damaging to some types of hair. Wash only when necessary for your hair's needs.

If your hair is excessively brittle or dry, consider using pre-conditioning treatments before you shampoo. Apply hot oil or rinse out conditioners to wet hair before you shampoo. This will protect fragile locks.

It is also important to keep conditioners away from the scalp unless your hair is severely tangled at the root. Conditioners applied to the scalp may cause clogging of the hair follicles which will slow growth.

If hair is dry and doesn't need to be washed every day, skip a day or two between shampoos. You can always take a shower without using shampoo. You also have the option to dilute the shampoo so it is less harsh. Use your judgment and experiment to

determine the best dilution formula based on the product you use and your hair's texture.

Other Hair Growing Tips

1. Eliminate or cut back on smoking, caffeine and carbonated sodas which weaken the body and block maximum hair growing potential.
2. Minimize intake of alcohol and try to avoid foods that are high in sugar or fat.
3. Avoid the use of hot water, hot steam or saunas that may stress the hair.
4. Have a weekly scalp massage to provide added stimulation to the hair follicles.
5. Perform a series of ongoing hot oil or deep conditioning treatments to protect the hair's shaft.
6. Keep the environment in mind. Before taking your hair for a ride in a convertible or for a day at the beach, comb a protective conditioner through the hair. Protect your hair from sun, wind, heat, salt water and pool chemicals.
7. Exercise for your hair. Any form of physical activity will increase blood circulation to the scalp, helping nutrients to flow more easily down to the individual hair follicles.
8. Get enough sleep to allow your cells to renew and refresh. To avoid breaking hair while sleeping, consider using easy glide satin pillowcases. Another option is to invest in a hair sock that will keep the hair from twisting, breaking or snagging if you happen to be a restless sleeper.
9. Allow your hair to breathe. Avoid constricting your hair with tight bands, hats, cornrow braids and the like. These also lead to split ends and hair breakage.
10. If you must use chemicals on your hair, go to a professional and try "spot" treatments to get maximum results with minimal damage.
11. Use "hair friendly" hair accessories like elastic covered bands, smooth hair clips and snagless barrettes.
12. Avoid boredom. If you get the itch to clip, divert your attention with a new or zig-zag part, new or altered bangs or wild clip-on hair.
13. Avoid hot rollers, curling irons and other hot tools that can cook delicate hair. If you crave curls, use soft rag rollers or sponge curlers that will not tug or pull precious hair.
14. If you must blow-dry, always first coat and protect your hair with a leave-in conditioner. Use a blow dryer on medium speed, cool heat with the air flow directed from the roots to the ends.
15. Use your fingers as "picks" or "rakes" to remove snarls and tangles.