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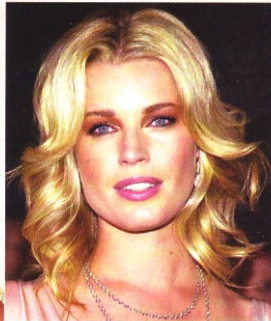
Easy tips & **how-tos** for getting great hair!

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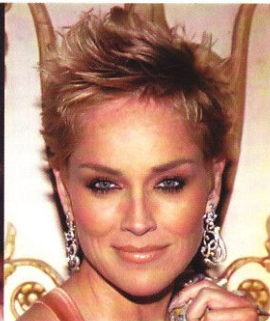
Bold & Beautiful Makeovers



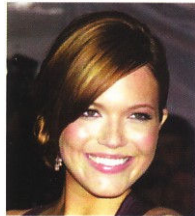
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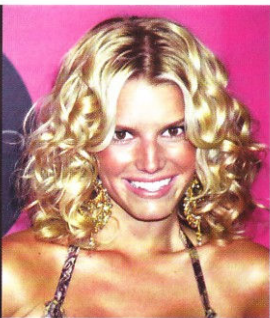
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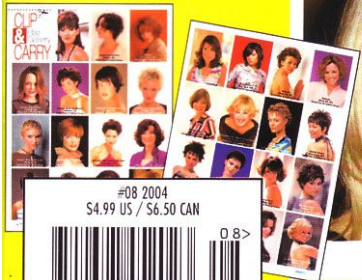
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TressRx

By Karen M. Shelton
HairBoutique.com

I recently had a consultation with a new hairdresser who told me that I could make a difference with my current bob if I considered wearing it shattered instead of blunt. To be honest, I had no idea what he was talking about but smiled and shook my head saying that I would consider it. Now I am trying to figure out if that would be a good look, so what does shattered mean?

—Georgia

Many hairdressers have their own stylespeak when it comes to describing different hairstyling and cutting techniques. Therefore, it is always helpful if you can ask your hairdresser to show you images or styles that have the suggested look. That way, you can be sure that you are both on the same page and avoid a shock or disappointment after the style is finished.

In general, shattered styles are created around the bottom edges of a shorter style like a bob or shag with a razor or scissors. The hairdresser slices or cuts into the bottom fringe of the style to create uneven edges.

The usual goal of a shattered style is to create texture and movement. Styles can be lightly or heavily shattered depending on the desired style. Although shattered edges can be created on most shorter styles, they can be very flattering on hair that tends to fall flat or is overly fine. Shattered styles are classic designs that never seem to completely go out of style. Shattered edges also offer a lot of styling flexibility when combined with a volumizing cream or spray and a little wax or pomade swiped through the ends.

If you are unsure about whether to ditch your blunt bob for a funky up shattered style, ask the hairdresser to create just a few shattered edges around your face, leaving the rest of your hair in your standing style. Play with the new shattered pieces and if you like it, go for the entire head on your next visit.

I heard somewhere that there is a home recipe you can make to condition hair using butter and milk. It is supposed to really soften super dry strands. Although I love to splurge on the great conditioners from Phyto and Rene Furterer, I also like to try some home formulas to stretch my conditioning dollars. Any ideas where I might find this formula?

—Sylvia

Creamy Butter Deep Conditioner

This recipe is designed to deep condition and soften the most damaged and dry strands. This mixture does tend to be a bit messy so be sure to lay down some old bath towels before applying to your strands.

In a blender combine:

- 4 ounces of any type of regular soft margarine (skip the low fat or diet spreads since you want the oils)
- 2 ounces of pre-softened butter
- 6 ounces of true cream
- 6 ounces of deep hair conditioner (any kind)

Blend until all the ingredients are mixed and smooth.

Separate your hair into two to three-inch sections and then apply the mixture with your fingers, a rubber spatula or cotton balls. Apply the mixture from the top of the ears down to the ends. Avoid applying the mixture near the roots.

After you have completely saturated your strands with the Butter Conditioning Mix, wrap strands in plastic wrap or a clean plastic shower cap. Either wrap a newly warmed towel over the top or sit under a hood dryer for 30 minutes.

Rinse the treatment out of your hair, shampoo lightly, rinse well and finish with a cool water rinse. Use a good detangling cream or leave-in conditioner. Style as normal.

If you enjoy the results, repeat on an "as needed" basis. If you would like to experiment further, try adding 1/4 to 1/2 teaspoon of almond oil to the mix for added softness.

I have seen countless questions and articles in magazines and on websites about people that want to have fuller hair, but I have never seen an article about people that have too much hair! I have a crazy amount of hair—it is big, wavy and frizzy! And I want a way to get my wavy hair under control without using too many products since I am on a very low budget! Any help you could give me would be greatly appreciated!

—Katalyn

In actuality there are just as many people who struggle with too much hair as those that struggle with not enough. So what do people do that want to control lots of hair?

1. Get a haircut that is designed to thin out the thickness and help the hair to lay sleekly. Not every hairstylist has the ability to cut hair that is too thick because it is really an art. However, a talented stylist with the right skills can help to thin hair that is too heavy. Take your time, ask around and find a stylist that specializes in dealing with thick strands.
2. Wear hair no longer than a bob. Hair that is super thick is most manageable when it is shorter because it looks less bulky.

3. Consider getting your hair relaxed, but not straightened. Getting hair relaxed helps it to bend, which ultimately helps the strands to nestle better together. Relaxing also helps to soften waves and control frizz. Unfortunately the professional home relaxing kits like those from Phyto generally cost around \$60. Relaxing may cost even more at a salon when done by a professional stylist. I definitely do not recommend that you go the relaxing route unless you can have it done by a stylist or use a professional kit—some of the lesser known kits can cause more damage to your strands.

4. Avoid hair color. Hair color tends to swell the hair shaft making hair appear even bigger.

5. Use a good defrisant product to help hair lay sleeker and less frizzy. While Phytodefrisant is considered the absolute best product on the market today, John Frieda also makes one that is probably more affordable for your budget and available at mass market retail stores.

6. Use moisturizing shampoo, conditioner and leave-in conditioners. Adding moisture softens big hair and helps it lay smoother and closer together. It also banishes frizz. You don't have to spend a fortune to find a good moisture enhancing product. Buy grocery or drug store brands that advertise on the bottle that they add or create moisture.

You can also experiment with home hot oil conditioning treatments like sesame, extra virgin olive or almond oil. Home hot oil treatments will add moisture to parched or moisture starved strands, making hair softer, less frizzy and more manageable.

7. Avoid any type of layered styles. Cutting in layers makes hair actually look fuller and bigger.

8. Wear hair braided. When hair is wet, braid it into a tight braid. This will help to contain the hair when it is dry. Keep in mind that your hair will be bigger when you undo the braid but this will help keep it neat during the day. You can also experiment with buns which will contain the hair as well.

9. Avoid washing hair in hot water and if possible, allow your hair to "age" a few days between shampoos. This allows natural oils to accumulate and soften frizz.

10. Experiment with a variety of hair accessories that will help hold down the volume of your hair. Try large volume barrettes, thick elastic bands and jaw claw clips. Karina makes a fabulous line of inexpensive but very functional hair accessories.