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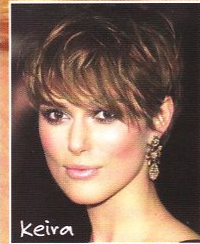
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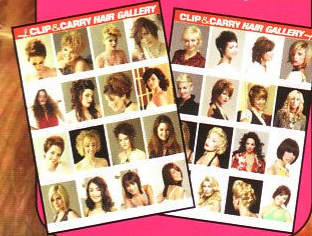
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Cheryl with her new *Dancing with the Stars* partner, Ian Ziering

Cheryl Burke

Dancing with Style

By Karen Shelton • HairBoutique.com

After the charismatic Cheryl Burke won the second and third seasons of ABC's *Dancing with the Stars* with her partners Drew Lachey and Emmitt Smith, respectively, I had the immense pleasure of interviewing her on the phone. Although the gorgeous 23-year-old always makes her sensational dancing look effortless, it's the result of years of extremely hard work, "zillions

of hours of practice, at least 3 hours per day" and careful planning.

Cheryl told me more than once in the conversation that "dancing is my life." Besides chatting about her stunning dance style which she confirmed "is unlike anyone else's," we talked about her hairstyle which "is very unique." In fact, Cheryl admitted "she has yet to meet anyone that has a hairstyle that is anything like hers."

Cheryl explained her hair "was specif-

ically designed to showcase her entire look" by her dance coach, Allan Tornsberg—and yes "he designed" her "championship winning look." I asked Cheryl how she might describe the style and she admitted it's "hard to describe since it consists of hundreds of different lengths and wispy pieces all cut at different lengths all over my head."

Cheryl's Short Shaggy Fringe

Cheryl agreed "it's definitely not a bob because of all the different pieces" and "actually combines a couple of different hairstyles" such as a bob, chop and cap, although it does not exactly fit into any one of these hairstyle categories. She noted the closest accurate description might be a "fringe cut" that extends all along the perimeter of her head. After she mentioned the fringe factor, I studied her photos and it really does look like a beautifully handcrafted fringe that you might find on a couture gown or a beautiful suede jacket.

Ultimately the goal was to infuse her hair with "maximum movement," whether she is "moving or not." And because her dance style is a combination of Latin and ballroom, which she describes "sexy and sensual," she wanted her hair to have a similar feeling. In fact, Cheryl confessed that she used to wear her hair "long and with blonde highlights" but wanted to "break all the traditional ballroom hairstyle rules."

The bubbly natural brunette explained "ballroom dancers more often than not slick their hair up and back into a bun or other updo that doesn't move when they dance." But for Cheryl, strand movement is key when she dances. She



Cheryl & Drew



wants her hair to move along with the rest of her body. To give her hair an even more dramatic flair, it was actually dyed black for *Dancing with the Stars*. I mentioned that it really did give her an exotic look. She agreed and added "it made my hair look super shiny."

Steal Cheryl's Hairstyle

- 1** Start with a hair cut that mimics Cheryl's layered short cut. According to her celebrity hairdresser (who was introduced to Cheryl by Drew Lachey), Cheryl's hair is 100% razor sheared. Keep in mind that not every type and texture of hair will work well with a full razor cut. A similar shaggy cut can be performed with scissors or other types of cutting shears.
- 2** Shampoo and condition hair with products created for your hair texture, type and current condition.
- 3** Finish with a cool water rinse to close the cuticle and help add natural shine.
- 4** Towel-blot hair with an absorbent towel.
- 5** Depending on your hair texture, type and condition, apply a moisturizing heat protecting conditioner or a cocktail which includes a leave-in conditioner and/or defrisant product along with a styling mousse. If your hair is naturally curly or wavy, substitute a straightening balm for the styling mousse to achieve a slick straight glassy finish.
- 6** Gently detangle hair from ends up to roots using a "hair friendly" comb or your fingers.
- 7** Separate hair into individual two-inch strands.
- 8** Starting at the back of your head, use a round Boar's head or similar style brush to anchor the individual strands while directing the air flow of a blow dryer down the shaft from roots to ends. Continue to blow-dry until each section is 100% dry.
- 9** Once hair is 100% dry, separate into two- to three-inch strands and use a small- to medium-sized hot iron to go over all of the strands to create a perfect glassy straight finish.
- 10** Apply one or two drops of shine serum into the palms of your hands and lightly brush over the top of your newly finished style. You may also finish with a spritz of hairspray.



Cheryl & Emmitt

Cheryl Burke returns for another season of *Dancing with the Stars* with her new celebrity partner, Ian Ziering. Tune in to see if Cheryl can capture the crown once again with her amazing dance moves and fantastic style—good luck!



Are Your Hair Products Causing Your Skin to Breakout?

By Karen Shelton • HairBoutique.com



Pfander/New Eyes/Petra Ltd

Have you ever eagerly tried an unfamiliar hair care product only to discover your new regime coincidentally appeared to trigger an annoying case of skin blemishes? Or maybe you experienced a dry itchy forehead, runny eyes or a strange rash behind your ears, on the sides and back of your neck or even on your chest, back, hands or fingers. What you may have experienced was an allergic reaction to the newly introduced product making contact with your scalp, skin and ultimately your overall immune system.

Even though the newly introduced product was poured onto your head and directed towards your scalp and hair, if you wash your hair in the shower chances are that the product made direct contact with several other body parts. Which explains those sudden breakouts seemingly unrelated at first to those recently tried hair care products.

If you wash your hair in the sink but still discover a sudden outbreak of pimples along the sides of your face, it could be related to the fact that your hair, which is coated with the product, makes contact with those areas all day long.

Statistical Inevitability Of Allergic Reactions

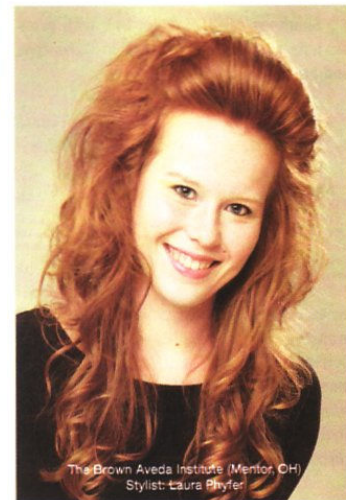
Are allergic reactions to hair care products a common occurrence? Actually it is more common than most people believe and is considered to be a statistical inevitability. According to dermatologist Dr. Kenneth Zizmore, author of *Brand Name Guide to Beauty Aids*, "even though almost all hair and beauty products on the market today are designed to be hypoallergenic, there is still a risk of someone having a reaction."

The bottom line? A large percentage of hair consumers do experience adverse reactions at some point from their hair care products. Are they life threatening? In the majority of cases the answer is no—but they can wreck all sorts of havoc.

Hair Manufacturer Testing

All hair and beauty manufacturers understand the allergic reaction issues and thus undertake exhaustive product testing before ever releasing new formulations on the market. In fact, the manufacturers understand the hidden dangers of adverse reactions consumers may ultimately experience through their long term history working with many of the formulations.

So does that mean you should stop your lifelong search for the ultimate deep conditioner or smoothing gel? Of course not! Humans regularly experience a wide range of reactions, some life threatening,



The Brown Aveda Institute (Mentor, OH)
Stylist: Laura Rhyfer

from food, drink, water supplies, prescription and over-the-counter drugs, vitamins and even from their household pets. The key to dealing effectively with any hair product reactions is knowing the potential risks, being able to quickly identify a reaction and responding appropriately in all situations.

Potential Causes of Allergic Reactions to Hair Care Products

Regardless of the exhaustive product testing manufacturers undergo before releasing hair and beauty products, there are still hidden dangers. The biggest risk to consumers by far is a range of allergic reactions. With such a vast array of hair care products on the market, it's difficult to generalize on the subject of allergic or sensitivity reactions. However, the most common causes of any type of reaction can be outlined:

1. Preservatives

One of the most common causes of negative reactions in humans are the preservatives used to protect against product contamination and bacterial growth. Ultimately all hair and beauty products utilize some form of antioxidants designed to prevent the normal oxygen exchange processes of bacteria (BHT and BHA) from forming. Whether a hair care product is touted as organic or not, almost every single hair product on the market today, even those that are advertised as all natural or organic, must be preserved. Ironically, the absolute necessity that all hair care products have some form of preservative negates many of those advertised product claims of all natural, organic and true purity. While it's true that some organic products may use the most natural form of preservatives such as a citric acid or a derivative, other products may utilize an exotic array of chemical preservatives like methylparaben, propylparaben, phenoxyethanol and quaternium 15.

2. Coloring Agents

A wide range of artificial coloring agents are used by hair product manufacturers to enhance the final appearance of the formulation. The various coloring agents utilized are too numerous to list but include caramel, which is produced by heating sugar or glucose and adding small amounts of alkali or a trace mineral acid during heating. Other coloring agents include a wide range of dyes. Some people may react to the sugar or glucose utilized in some agents while others may have a reaction to the various dyes (especially red or pink dyes found in vitamins).

3. Fragrances and Related Chemical Additives

Most hair care products have some form of added fragrances. Unless a product is specifically marketed without fragrance, the aromas can range from subtle to very intense. Aromas can sometimes trigger headaches or in rare cases, various forms of respiratory reactions.

Still other chemicals are often added to control a product's pH; it'll irritate the skin if it's too alkaline (high pH) or too acid (low pH), or to aid in its processing (such as the emulsifiers) that effectively combine oily and watery ingredients into a pleasant texture.

There are also substances such as glycerin that stabilizes moisture content, without which the product would dry up in the jar.

4. Ingredients Known to Cause Allergic Reactions

Some of the most irritating or photosensitizing ingredients in hair care products that are known to cause allergic reactions include, but are not limited to the following: almond extract, allspice, angelica, arnica, balm mint oil, balsam, basil, berg-

amot, chamomile, cinnamon, citrus, clove, clover blossom, cocoa butter, corn oil, cornstarch, coriander oil, cottonseed oil, fennel, fir needle, geranium oil, grapefruit, horsetail, jojoba oil, lavender oil, lemon oil, lemon, lemongrass, lime, marjoram, melissa, oak bark, papaya, peppermint, rose, sage, tea tree oil, thyme and wintergreen.

Not all people will react to any or all of the ingredients listed but for some people who are more sensitive, an allergic reaction is a definitely possibility.

5. Allergies from Long Term Product Use

Another issue is sensitization through prolonged or short-term use of a product. This is a common cause of documented allergic reactions consumers experience with hair coloring products that may have previously been used for months, or even years, with no problems. This is because in essence the body becomes extremely sensitized to one or more ingredients in a product and thus has an allergic reaction which can range from headaches and rashes to swelling and respiratory distress. If the offending product is used continuously even with allergic symptoms, the sensitivities can become progressively worse and the ultimate reaction can be



Compton/RBO/CameraPress/Retna Ltd.



The Brown Aveda Institute (Mentor, OH)
Stylists: Amy Bennett & Christine Mitchell



Sheer Professionals (Wooster, OH)
Stylist: Katie Snoddy

very serious, if not life threatening.

There is also the problem of cross reactivity which is the case of an allergic reaction stemming not just from one product but from a combination of multiple products used at the same time. For example, it is possible for your shampoo to react to your favorite perfume or facial cosmetics which may then all react to each other.

Knowing Potential Risks

It is not always an easy matter to determine in advance what will cause an allergic reaction. However, some people tend to be more sensitive than others. If you are naturally hypersensitive to certain foods, aromas, chemicals or ingredients, there are some precautions you can practice when trying new hair products.

- 1 Do your research. Read the labels or research the ingredients to determine if there are ingredients that you are naturally allergic to.
- 2 When in doubt ask. Some products are known to cause allergic reactions in a small percentage of users. Inquire from the manufacturer in advance via an email or phone call to their customer care department.
- 3 Google the hair care product in advance of purchase to determine if other users have posted warnings about potential allergic reactions.
- 4 Always do a patch test with a new product. If a patch test is not practical,

pay close attention to how your hair, scalp, skin and eyes react to any newly introduced formulas.

- 5 Keep a notebook with a list of products that have caused problems and analyze the ingredients to find a common thread.

Responding to Allergic Reactions

Allergic reactions can range from a slight itchiness to a full blown case of oozing hives. Not all people respond to irritations in the same exact manner. If you suffer from respiratory challenges such as asthma or related lung disorders, you may respond to an allergic reaction in a more serious manner than someone who never experiences respiratory distress.

Although it is extremely rare for anyone to have a severe reaction to non-chemical based hair care products, if you experience any unusual physical symptoms, call your family physician immediately.

It should be noted that in the case of some chemically based hair products such as perms, relaxers and hair colors, the reactions people experience may be more severe and in very extreme cases, could be life threatening. Therefore, it is important to be on the lookout for reactions and respond immediately when they appear.

So whether you're seduced by the latest and greatest wave defining mousse or curious to try that shampoo spiked with real chocolate aromas, it is important to remember that some products may cause your body to produce a reaction. Does that mean you should refrain from walking on the wild side and trying out new formulas? Absolutely not—just know your risks and be prepared to deal with any reactions. In the meantime, lather, spray and rinse away.



Sheer Professionals (Wooster, OH)
Stylist: Sandra Carr

TRESSRX

Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

Q I have been noticing that a lot of the big name stars like Cameron Diaz, Hilary Duff and Jessica Simpson have been dying their blonde hair darker colors. I currently have a chin-length bob that is a medium blonde and am thinking of going dark brunette like Jessica. I figure that if I go dark brunette and decide I don't like it, I can easily go back to my blonde color without too much trouble. Any suggestions would be greatly appreciated.—Amy from Miami, Florida

A An important thing to remember when thinking about Cameron, Hilary and Jessica is that they all have easy access to some of the best hair colorists in the world. The advice of a professional hair colorist is a definite advantage for blondes who wish to go significantly darker but plan to eventually return to lighter blonde hues. While you may easily go to a dark brunette, you may be surprised to discover it can be more tricky to return to blonde from brunette—especially if you try to perform the color switches at home.

Bottom line, to make any hair color changes that take you more than two shades darker or lighter, I strongly advise you work with a professional who is specifically trained as a hair colorist. For a seamless and happy color journey from light to dark, pay for a color consultation with the best colorist you can find. Explain your short and long term goals regarding your desired hues. If your colorist knows that you want to be dark chocolate for the immediate future but eventually want to transition back to baby blonde, they will proceed accordingly. A great colorist will also be able to advise you of any hidden challenges you may face in your hair color journey.

Once you have made the color switch, follow a hair color preservation plan that includes less frequent washing and the use of special shampoos and conditioners custom designed to treat

your expensive new color with tender loving care. Slather on protective leave-in conditioners that will help block fading from the sun and other environmental factors.

Darker hues will definitely impact your skin and eye tones so don't forget to adjust your makeup palette to work in harmony with your new hair color.

Q When I read hair articles and they talk about hair texture and hair type, what do they mean? I don't want to look naïve or stupid when I visit my hairdresser so I never have the nerve to ask her to explain it to me. Does hair type refer to whether your hair is straight or curly or does it mean something else? Can you please help me understand the differences?—Holly from Madison, Wisconsin

A Believe it or not, understanding all the various hair categories such as hair texture, type and condition is a common problem for both hair consumers and profession-



Jessica Simpson

als. This common confusion is due to the fact that not all hair professionals and experts completely agree on the definitions. Depending on which hairdresser or hair colorist you talk to, you may hear different explanations or categories. Don't worry about asking your hairdresser to help you determine your own hair type, texture and any other defining characteristics. It's their job to help their clients understand their hair and the best way to wear it, style it and care for it.

As a general rule of thumb, hair texture is measured by the degree of fineness or coarseness of your hair, which varies according to the diameter of each individual hair. Hair experts generally agree that there are four major types of hair texture which are fine, medium, coarse and wavy.

Hair type is determined by our genetic makeup. Depending on who you talk to, hair type can be classified as normal, dry, oily or combination. This is a very simple view of what can ultimately become a complicated profile.

Some experts differentiate between genetically dry hair and coarse hair. Others add greasy as a separate category from oily. While our hair type is genetically predetermined from our ancestors, it is possible to impact hair type throughout our lives. Hair that is defined as normal can become dry through lifelong chemical processing. Oily or greasy hair can also be altered through various treatment options. Regardless, when working with hair a professional hairdresser will always begin by helping you determine your natural texture and type.

If you are still in doubt about your hair categories, there are many books and sites on the Internet that can offer additional information.



Hilary Duff