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Celebrity style

# 101 Hairstyles

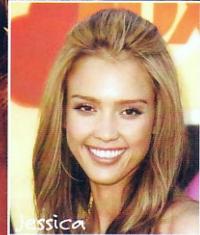
## Mega Celebrity Issue

Hollywood's Hottest Looks Made Easy

Sarah Jessica Parker's Sexiest Styles



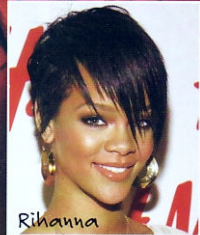
Christina



Jessica



Kate



Rihanna



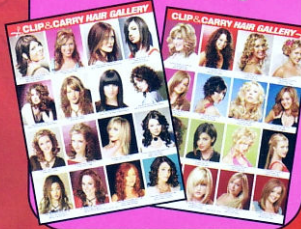
### FAT HAIR

36 Tricks for Ultimate Volume

### 5 Steps to Gorgeous

Great hair in less time!

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## Simple Changes, Glamorous Results

How-to Give Yourself a Makeover

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# DANA DELANY'S SEXY STYLE

By Karen Marie Shelton  
HairBoutique.com

If you're a fan of ABC's smash hit, *Desperate Housewives*, you already know there's a new housewife in town causing all sorts of delicious mischief. Award-winning actress, Dana Welles Delany, has one of the most coveted new roles on *Housewives*. She plays the mysterious Katherine Mayfair, back on Wisteria Lane after a sudden unexplained absence of several years. Katherine Mayfair rolls into town with her gorgeous doctor husband (Nathan Fillion) and Dylan, her stunning teenage daughter (Lyndsey Fonseca). What initially appears to be the perfect little family turns out to be a household jam-packed with juicy little secrets.

Although viewers have so far only been teased with hints of hidden Mayfair skeletons, we did learn Katherine Mayfair is fiercely competitive. Determined to show up ruby haired Bree (Van De Kamp) Hodge, played by Marcia Cross, the auburn tressed Katherine deliberately switched her lemon meringue pie for Bree's highly touted version. In a hilarious series of scenes, Katherine and Bree battle intensely over pie supremacy with Katherine winning round one and Bree showing her poor loser side by trying to steal Katherine's locked up recipe.

## Steal Dana's Style

For her current role on *Housewives*, Dana is wearing her hair in a series of below-the-shoulder styles, highlighted with lush waves framed by large perimeter curls. The various waved and curled hairstyles perfectly suit the character of Katherine.

Looking at Dana's strands, it appears the gorgeous star has a hint of natural wave and bend, which makes the creation of curls and waves easier to accomplish. Yes, it's true that some people are born with hair textures that make it easier to hold waves and curls. However, if you love Dana's *Desperate Housewives* hairstyles, steal it with the right cut, styling



Macpherson/ABC

tools and proper hair products.

Hair which is naturally wavy or curly like Dana's will hold a curl pattern much easier than thin, fine or stick straight strands. The type of hair texture you possess determines the type of curling tools and techniques you should utilize to recreate Dana's wavy hairstyles.

## If You Have Naturally Wavy or Curly Hair

Even though you may be blessed or cursed (depending on your own opinion) with a head full of ringlets, you will need to loosen tight curl patterns to achieve

the softer fluid waves worn by Dana. Follow one of these style steps:

**1** Shampoo, condition and blow-dry hair straight and then set hair with hot rollers or curling irons for the creation of soft waves.

**2** Shampoo, condition and dry hair with a diffuser which softens natural curls and helps create waves. Hot style with curling irons or rollers to enhance waves with perimeter curls.

What many people don't realize is that

perfectly coiffed celebrity waves are created with lots of diffuser drying and hot curl styling. While some curl experts can get even the wildest curls to transition into soft waves by twisting them around strategically-placed fingers, this may not always be the case when you try the same hair tricks at home.

**The very best products and tools for turning naturally curly hair into softer waves with accent curls include:**

- 1 Moisture enhancing shampoos and rinse out conditioners.
- 2 Moisture enhancing leave-in conditioners.
- 3 Frizz fighting products.
- 4 Styling products that are specifically formulated to help define waves.
- 5 A long finger diffuser that attaches to the nozzle of a blow dryer, which allows curls to be gently lifted into the diffuser bowl by the diffuser fingers and dried to perfect wave formation.
- 6 Rollers, hot or not, to allow curls to reform into softer waves as they cool from blow-drying.
- 7 Hot rollers to fine tune curls into perfect waves.
- 8 Serums to help lock in moisture, add shine and block humidity.

**The very best products and tools for transforming waves to curls include:**

- 1 Wave enhancing shampoos and rinse out conditioners to encourage waves to curl formation.
- 2 Wave defining leave-in conditioners that do not soften hair excessively. Overly soft hair will not hold waves as well as hair with more definition.
- 3 Styling products that will help define natural waves.
- 4 A round brush used in conjunction with a blow dryer to form perimeter curls.
- 5 Curlers applied as part of a wet set to form large solid patterns with perimeter curls. The heat from a hood or cap dryer will help set natural waves and scattered curls.
- 6 Hot rollers, hot curling or Marcel irons to fine tune newly formed waves.
- 7 Firm holding hairspray or similar products designed to hold new waves in place.
- 8 Shine serum to add atomic shine to undulating waves.

**Creating Waves on Stick Straight Strands**

Stick straight strands with little or no bend can be the most challenging tresses to wave or curl. This is even more true

when the hair texture is super soft, fine or thin. If you wish to create waves or curls for special events you can utilize the following products and tools:

- 1 Curl or wave enhancing shampoos and rinse out conditioners to encourage waves or curls to form.
- 2 Curl or wave defining leave-in conditioners which do not soften hair excessively. Overly soft hair will not hold curls and will tend to revert to waves.
- 3 Styling products that help define natural curls.
- 4 A round brush used in conjunction with a blow dryer to form barrel curls or ringlets on individual one- to two-inch sections of your hair.
- 5 Salon clips. Each new barrel curl should be clipped with a salon clip to the scalp to allow the newly formed curl to set and cool.
- 6 If you prefer, you can also apply curlers as a wet set to form solid curl patterns. The heat from a hood or cap dryer will help reform natural waves into curls.

- 7 Hot rollers or hot curling irons to fine tune newly formed curls.
- 8 Spritz with firm holding hairspray or similar products designed to hold new curls in place.
- 9 Shine serum to add atomic shine to barrel and spiral curls.

**Additional Wave Creation Tips**

Is your hair all one length or layered? This can make a huge difference on whether waves you create will hold or not. The more layered your hair is, especially if it is short or medium in length and has natural bend, the more waves you can create and the longer they will hold.

If you wish to create waves and loose curls like Dana's but have stick straight hair that doesn't easily hold waves or curls, why not go with a 23-inch long and wavy synthetic hair extension from the Jessica Simpson HairDo Collection? One of Jessica's Clip-in Extensions can instantly allow you to create the wavy look that you desire in just a matter of minutes (available at HairBoutique.com).



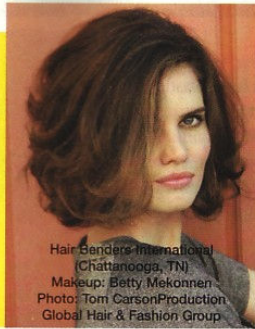
Macpherson/ABC

# FAT HAIR

## 36 TRICKS FOR ULTIMATE VOLUME

By Karen Marie Shelton • HairBoutique.com

**S**ince the sticky, heavily teased hairspray days of the 70s, the hair care industry has cooked up a hot new arsenal of products, tools and techniques to enable fuller hair without the stiffness. Listed below are 36 tips and tricks to add to your hair care arsenal to help your hair instantly swell to desired fullness yet remain soft and flowing.



Hair: Benders International  
(Chattanooga, TN)  
Makeup: Betty Mekonnen  
Photo: Tom Carson/Production  
Global Hair & Fashion Group



London Hair (Mt. Pleasant, SC)  
Stylist: Frances DuBose  
Makeup: Betty Mekonnen  
Photo: Tom Carson/Production  
Global Hair & Fashion Group

### 1. A Volume Enhancing Cut

Anyone can add volume to their look whether they have short, medium or long hair. While some hair textures are more conducive to bigger hair looks, almost any texture from thick to thin can also have a fatter head of hair.

Starting with the right cut is very important. Hair that is naturally thin or fine will definitely benefit from styles that are formed from well conceived and executed layers, shapes and edges. Bobs and skillfully layered styles are often perfect to give thin or fine hair more instant movement and fullness. In some cases very fine hair looks fatter when cut all one length.

Curly haired folks also can benefit from the proper haircut which maximizes individual curl patterns and allows ringlets to fall in the desired shape and fullness.

Keep in mind that for longer and heavier hair, the harder it becomes for the roots to support it. For maximum volume for fine or thin hair consider going shorter rather than longer.

### 2. Color or Texturizing Chemicals

Hair color along with highlights and lowlights will cause naturally fine or thin strands to fatten due to the chemical change that occurs in the cuticle when color is applied. Hair scientists have proven that bleaching the hair instantly changes the surface friction of the strand by as much as 30% to 40%. The outer hair shaft is less slippery after coloring or bleaching. This means that hair has more friction making your tresses appear fuller with more volume and movement.

If you wish to avoid chemical processing, work with a hair color professional and opt for just a few strategically placed highlights or lowlights to add the illusion or fullness. A dimensional pattern of contrasting light and dark colors will appear to have more volume.

Chemical texturizing treatments can also

make hair look and feel thicker although often the risks of long term hair damage from perms and texturizers is not normally worth the short term volumizing benefit.

### 3. Volume Enhancing Shampoos

Whether you use a shampoo product designed to add volume or not, it is important to avoid shampoo formulas that are extremely moisturizing since this will flatten strands.

If product build-up is preventing your hair from achieving its maximum volume, you may wish to consider incorporating a clarifying product into your shampoo rotation. Clarifying shampoos will strip hair of environmental or product build-up and toxins. This allows hair to swell. However, clarifying formulas should be used sparingly.

### 4. Minimize Conditioners

Since conditioners moisturize the strands and encourage softness, skip any rinse-out conditioners. If your hair benefits from conditioner, be careful to avoid applying to the roots and limit application to the ends or dry sections of your tresses.

### 5. A Cool/Cold Water Rinse

Depending on which hair expert you consult, they may or may not recommend a cool/cold water rinse. My own long term experience has shown this to help add volume to my own hair. The cold water will help close the cuticle and build in natural shine and fullness.

### 6. Towel-Blot to Remove Moisture

One key mistake that many hair consumers make is to apply volumizing styling products to overly damp strands. If you wish to utilize volume enhancing root lift, gels or mousse products, make sure hair is damp but not wet before application.

### 7. Use Light Detangling Products

Some detangling products will not only help to remove snarls, they will add conditioning and softness as well. If your hair is prone to tangling and you wish to use a detangler that will not challenge your ultimate hair fatness, use a detangling spray instead of a heavier cream, gel or lotion.

When utilizing a detangling spray, spritz the formula into the palms of your hands making sure fingers are moistened. Do not spray detangling products directly onto your damp strands or you may over saturate and soften hair. Pre-moistened fingers allow you to control how much of any detangling product is applied to your strands.

If cream is what your hair needs, select one that is marked lightweight and use sparingly while avoiding the roots of your hair.

Make sure to use volumizing conditioners and styling products containing charged ingredients like polyquaternium, quaternium 18 and stearamidapropyl dimethylamine to prevent excessive static charge build-up in fine hair. These ingredients are conductive, which means they help dissipate the static build-up in your hair before it gets big enough to attack your volume.

### 8. Start at the Roots

The foundation of hair volume starts at the hair roots. When roots are not treated with a root volumizing enhancer, the hair will most likely flatten and lose fullness. When building volume or lift into a hairstyle it is critical that the roots are dried completely.

### 9. Cocktail Volume Enhancing Products

It is important to note that not all volume enhancing products are created equally. Along the same line, not all hair types and textures will respond equally to product selections.

Volume building hair styling products such as root lifting mousses, sprays and gels

temporarily provide the appearance and sense of more hair diameter by coating the strands with a polymer type of film. To achieve maximum results, cocktail products together or layer them appropriately. If your hair needs moisture along with root lift, consider layering a lighter root lift spray or foam with a moisture enriched soft hold mousse. Apply the root lift only to the hair directly adjacent to the scalp while applying the mousse a few inches below the roots to the ends. Separate hair into a series of parts and spray a root lift product directly on the roots for maximum oomph.

If your hair needs maximum root support, consider using a strong volume building root gel instead of a spray. For full hair support, combine with a stronger body building mousse or thickening lotion.

#### 10. Maximize Your Mousse

Mousses and foams use a propellant (pressurized gas) and a surfactant in addition to water-soluble styling polymers to help create a smooth, creamy foam. When you shake the can, liquid propellant is mixed with the water based liquid concentrate. Then, when the can is inverted and product is dispensed, the pressure of the vapor propellant pushes the mixture of liquid propellant and liquid concentrate out of the can. The liquid propellant then quickly evaporates, creating foam. The mousse foam makes it easy to apply the styling polymers to your hair because in the foaming state it can be spread very thinly.

Mousses and foams are great for long hair that would otherwise be weighed down by large clumps of polymer. Another benefit of mousse is that its foamy state is not runny and thus will stay where you put it—making it another good alternative for adding root lift to a straight style.

When working to create volume for fine or thin hair, mousses are a good choice because they are lightweight and easy to integrate into the roots. When applied correctly, hair mousse can help create volume and great hold for thin to fine hair.

Not all mousse products are created equally. Evaluate mousse products based on your own hair type (thin, medium, thick), texture (straight, curly, wavy, kinky, mixed) and condition (dry, medium, oily, damaged).

Avoid thick or heavy creams or potentially sticky waxes and gels which may cause tresses to clump up. This can give the illusion of even thinner hair than normal. If hair does not achieve maximum volume, reapply mousse to dry hair and blow-dry again.

#### 11. Let Hair Air Dry

Hair that's allowed to air dry will often dry fuller and with more volume than hair that is dried with heat. Experiment with your

own hair to determine the best drying method. Towel-blot, never rub, until excess moisture is eliminated. Finish with a spritz of very light detangler. When possible let hair air-dry by plopping, wet bunning or rolling while damp in rag curlers.

#### 12. Use a Round Brush When Blow-drying

When blow-drying with a dryer is desired, use a round brush to help build in fullness and shape at the roots. Keep in mind that the bigger the diameter of the brush you use, the bigger the lift you will get at the roots.

#### 13. Use a Vent Brush

Fashionable root lift can also be created with a vent brush. If you prefer, use a vent brush that has boar bristles. Although round metal vent brushes will hold in hair and act as an instant hot roller, the heat can also be damaging. If your hair needs TLC, stick with the boar's head brush options.

#### 14. Use Fingers to Build in Volume

Some hair experts recommend curving damp strands around your fingers to help lift the roots to great heights.

#### 15. Try Ceramic or Ionic Brushes

Ceramic brushes are designed to capture heat directly from a blow-dryer, helping to mold the hair into different shapes and build in lush volume at the roots.

#### 16. Bend Over at the Waist

For a fuller look bend over at the waist and lightly brush your hair upside down. This will add fullness. Direct heat of the blow dryer directly towards your roots. Use fingers to lift and tousle roots for extra lift. When roots are completely dry to the touch, flip head back over and finish blow-drying the top section of the hair until dry.

#### 17. Direct Air Flow to the Roots

Use your brush to lift two-inch sections of your hair straight up away from your scalp and point the dryer's nozzle under the section directed upwards for more hair volume at the roots of your hair. Leave the dryer there for a few seconds and then move on to the next section.

#### 18. Use a Concentrator Attachment

A concentrator nozzle attachment will help create extra hair fullness because it allows the hot air to be directed exactly to the roots. When using a blow dryer without an air concentrator, the hair will dry much more quick-



Jamison Shaw Hairdressers  
(Atlanta, GA)  
Makeup: Betty Mekonnen  
Photo: Tom Carson; Production  
Global Hair & Fashion Group



Jamison Shaw Hairdressers  
(Atlanta, GA)  
Makeup: Betty Mekonnen  
Photo: Tom Carson; Production  
Global Hair & Fashion Group

ly without the benefit of the roots receiving extra heat shaping benefits. If you are unable to use a concentrator attachment or your hair dries too quickly, use a spritz bottle filled with water and mist hair to re-moisten to allow for perfect volume building.

#### 19. Control Blow Dryer Heat Settings

Although it is true that heat does mold the ultimate shape of the hair, when possible set the blow dryer speed to low heat with medium to slow speed. Slow drying on low heat provides the hair with much more time to mold.

#### 20. Finish with a Blast of Cold Air

When hair is almost completely dry, use the cold setting on the dryer or press in the cold shot button to blast hair with cold air. This will set the style and cause the hair to swell slightly.

#### 21. Use Hot Curlers for Maximum Fullness

To create maximum fullness and volume, separate hair into small sections and roll with large hot rollers. Follow these steps to add hot rollers:

- Divide hair carefully into two-inch sections.
- Wrap each section around a hot roller and then let it set for five to ten minutes.
- Let the rollers stay in longer if you want more fullness.
- Remove the curlers and pin the hair to the scalp to cool and set. Let the new curls cool before styling with fingers.

#### 22. Use a Curling Iron for Creating Maximum Fullness

Because of the intense heat generated, a curling iron will give instant lift. Starting at the crown of the head, take hold of one-inch sections of hair and lift vertically, wrapping hair around the iron as close to your scalp as you can. Then spray with a holding product for a firm but still flexible hold.

#### 23. Do a Wet Set

Strategically placed sponge or self adhesive rollers will give your hair terrific volume. After hair is washed and towel-dried, separate hair into equal two-inch sections. Roll each section around the roller. To create maximum lift, hold each section of hair at a

90° angle to the scalp when actually rolling the hair. Layer rollers until all hair has been rolled. Set under a hood or bonnet dryer until hair is completely dry. Allow curlers to completely cool before removing, then arrange newly curled hair with your fingers. Avoid brushing which can flatten the newly created set. Use fingers or picks to arrange new volume.

#### 24. Create a Dry Pony

If your hair is long enough to put into a ponytail, blow-dry your hair for maximum volume and then pull all of your hair onto the top of your head and secure with a Bungee cord. Sleep with the ponytail and the next morning you will see more volume at your roots.

#### 25. Back-comb Your Strands for Maximum Fullness

For even more body, you can lightly back-comb or tease the hair near the crown of your head. This technique should be used infrequently. Although back-combing can create lots of volume due to the roughing up of the cuticle, there can be cumulative damage to the cuticle layers.

#### 26. Ruffle Your Tresses with Salt Water

Salt water naturally adds texture to your strands, so try a product like Bumble and bumble's Surf Spray, which delivers a sexy wind-styled look to your tresses.

#### 27. Use Dry Shampoo as a Natural Fattener

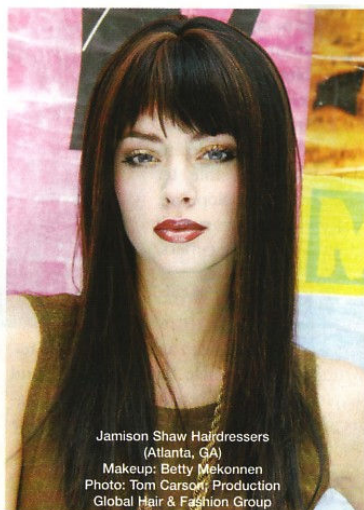
A trick of many Hollywood hairdressers is to use a light application of dry shampoo on clean strands to add fullness and volume. Concentrate the dry shampoo at the roots and adjacent hair to help strengthen root lift and fullness. Apply sparingly and gently brush out with fingertips.

#### 28. Avoid Shine Products

Most shine enhancing hair products have some form of oil base and will cause hair to flatten. If you feel it is important to use a shine enhancing product, opt for a very light shine spray. Never spray directly onto the hair. Instead, spritz a fine mist into the palms of your hands and rub together. Brush the palms of your hands lightly over the top of your hair to lightly disperse the oil and minimize hair flattening.

#### 29. Use Lightweight Hairspray

Even hairspray can weigh delicate strands down. If you prefer to use hairspray, use a very gentle or soft hold formula. Spritz on the palms of your hands the glide over the top of your strands. This will provide hold without weighing down strands or causing



Jamison Shaw Hairdressers  
(Atlanta, GA)  
Makeup: Betty Mekonnen  
Photo: Tom Carson; Production  
Global Hair & Fashion Group

stickiness. If you want extra oomph and hold at the roots, apply hairspray to the roots after first flipping head upside down. This builds lift from the underneath which will hold longer and stronger.

#### 30. Go Hollywood

It has been wildly reported that today's celebrities treat their hair like interchangeable accessories, which explains why Jessica Simpson and her peers switch hair colors like shoes. How do they do it? A series of fun wigs, clip-in hair extensions or temporary hair strands applied with tape or individual clip-in strands.

Follow their lead and instantly go from drab to fab by clipping in an extension piece that allows you to instantly go longer or shorter, or try a different color. To check out the Jessica Simpson clip-in hair extensions created by Ken Paves, go to: <http://mp.hairboutique.com/hairdo.asp>.

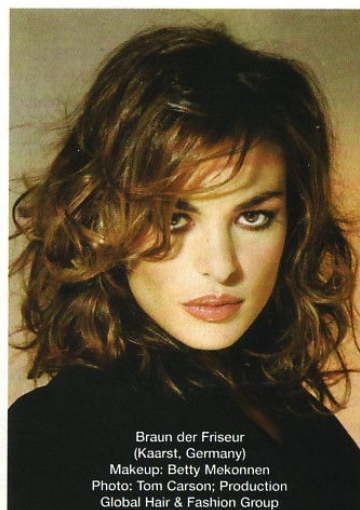
#### 31. Use Hair Accessories

Hair accessories can be used to maximize the amount of hair that you have. Strategically placed double or single combs and barrettes can instantly create volume or fabulous new lift along the crown or the sides. Headbands with tiny teeth can be positioned near the hairline and gently pushed back to create volume along the crown.

#### 32. Pop in a Fat Building Hair Form

Made out of foam, nylon or other soft material, these used to be called ratts. Pinned underneath a section of hair, they give instant lift at the back of the crown or in hair buns. Ivana Trump recommends using clean nylons rolled into a donut shape as the perfect cheap and easy alternative for tons of root lift.

#### 33. Use Bobby Pins for Instant Lift



Braun der Friseur  
(Kaarst, Germany)  
Makeup: Betty Mekonnen  
Photo: Tom Carson; Production  
Global Hair & Fashion Group

Many celebrity hairdressers like Robert Hollowell always keep a few basic hairpins handy for adding instant hair lift. Robert recommends using hair pins to create lift on curly or coarse tresses with four or five pre-wrapped flat pin-curls buried under the top layers of hair, which are secured with pins. He then flips over the top sections of the tresses, concealing the pin curls, resulting in instant lift.

#### 34. Use Rubber Bands

Robert Hollowell also makes miniature sections of hair (little ponytails) by carefully tying off small segments of hair underneath the root area and securing with rubber bands, then flipping top sections of hair over the mini section.

#### 35. Surf & Talk About New Volumizing Tips

Check out HairTalk Forums on HairBoutique.com at <http://www.hairboutique.com> (HairTalk) where new hair volumizing gems may be available for your perusal.

#### 36. Instant Fat Hair

If your hair has lost some of its oomph throughout the day don't panic. Separate hair into one-inch sections and roll with large foam, magnetic or self-latching rollers. Concentrate the rollers around the crown and at the roots for maximum lift. For extra hold, spritz each section with a holding spray or product.

Cover hair in plastic shower cap. Stand in a hot steamy shower for 15 minutes. Get out of the shower, remove the shower cap and let hair completely air dry. If you prefer, you can blast the rollers with a blow dryer set to cool. Remove the rollers, tousle your hair and you will have lots of fabulous new body and volume.

# TRESSRX

## Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

**My stylist recently convinced me to let him cut my shoulder-length hair into a short cropped style. I loved the way it looked in the salon but when I tried to recreate the look at home, my fine hair fell flat. When I called my stylist he suggested that I consider highlights and lowlights. I told him I would think about it but I am unsure how hair color will help. Now I am upset that I let him cut my hair into an unmanageable style.**

Volume is the key to edgy cropped or chopped looks. Since your hair is naturally fine, if you don't take steps to pump it up, it will tend to go limp. One way to instantly blow up the volume is to add highlights or lowlights which instantly make strands fuller. Even better, carefully interwoven ribbons of lighter and darker hues will enhance and magnify your lay-

ers providing the illusion of more hair.

Other hair fattening tricks include using volumizing shampoo and styling products. Avoid using deep, rinse-out or leave-in conditioners that will naturally soften fine strands and encourage limpness. Experiment with a cool to cold final shampoo rinse to naturally pump up strands and as an added bonus, increase shine. Let tresses air dry which naturally fattens locks or use your fingers to build in natural volume.

If you are still having problems achieving a look you love, make an appointment with your stylist and ask him to teach you some of his styling tricks so you can re-create your look at home.

**When I blow-dry my bob with a round metal brush and a blow dryer, I get lots of body and curve for my chin-length bob. The only problem is that my hair seems to be bothered with static that is hard to calm down. Sometimes I have a fringe of hair around my crown that literally stands up from static cling. Should I be using a shine product, which tends to make my hair oily, or do you have other suggestions?**

If your hair is naturally dry or tends to be dried out from using chemicals (hair color, texturizers, etc.), metal combs or brushes will encourage moisture loss and thus result in static problems. Switch to a boar's bristle round brush to try and calm down those wild flyaway tresses.

If you want to use a shine serum but find it creates an oil slick, go with the lightest version possible. Try a shine spray



Jennifer Garner

Grantz/WireImage

rather than the serum drops. Spritz just a tiny bit of the shine spray onto the palms of your hands and then lightly brush over the top of your strands in the area where you have the most problems with static.

A great light shine spray to try is Love That Shine Spray from celebrity stylist Robert Hallowell. You might also enjoy Hairtopia Beautiful Hair Spray which contains all natural shine producing oils and essences, but in a distilled water base to prevent any oiliness or buildup. Both products are available from HairBoutique.com or by calling 1-866-469-4247.

**My hair is very short. How do I wear the hottest new hair accessories including headbands and the various ribbons and bows without overwhelming my hair?**

Even super short strands can wear a wide range of the latest hair accessories and look sizzling. Skip wide headbands or big bows and go with the latest skinny versions like those spotted recently on Sarah Jessica Parker and Jessica Biel. If you want to tie a bow on, go with the small pre-tied ribbon bows that are already attached to tiny hair clips or pins. Position your skinny headband selection a few inches from your hairline for a balanced look. Select a contrasting color to your current hair color to make your style pop. Or go with a similar colored band to add a subtle embellishment.

Attach a tiny bow right at your hairline to achieve an edgy look. Or pull a few strands back from your face and clip the bow to one side. There are so many great hair accessories available right now that there is no reason you should deprive yourself from the latest looks. Check out HairBoutique.com for the biggest variety of beautiful hair accessories.



Jessica Biel

Grantz/WireImage

# INSTANT STYLE

## How-to Give Yourself a Makeover

**101 HairStyles** takes you through step-by-step how-tos in an effort to nix your poor styling skills and increase your beauty know-how. Photos courtesy of Global Hair & Fashion Group



**1** Wash hair with a curling shampoo and conditioner to prep it for styling, then apply a curl-enhancing mousse evenly to damp hair.

**2** Begin to blow-dry your locks with a diffuser attached to the nozzle. Start at the ends and work your way up to the roots, scrunching your strands with your fingers.

**3** When hair is completely dry, plug in a set of large hot rollers and get them ready to use. Wrap one and a half-inch sections of hair around each roller and pin it about an inch away from your scalp.

**4** Once the rollers are cool, unravel each one and spray with hairspray.

**5** Shake strands out with your fingers to make the look a little looser, but just as curly!

*Roland's (Rock Hill, SC); Stylist: Roland Barnes*



**1** Feel sexy and free with this wavy mane. To get this style, scrunch a curl-enhancing styling gel through damp hair, really working it through with your fingers.

**2** Attach a diffuser nozzle to your blow dryer and begin drying from the ends up towards your roots, scrunching your hair the entire time.

**3** When hair is completely dry, heat up a small curling iron and use it to curl one-inch pieces of your mane at a time.

**4** Hold each piece around the iron for about eight seconds before releasing, then mist with a gentle hairspray to keep the shape in form.

**5** Finger-comb lightly through your locks to finish the look.

*Jamison Shaw Hairdressers (Atlanta, GA); Stylist: Johnetta Bell; Makeup: Betty Mekonnen*



**1** Wash hair with a shine-enhancing shampoo and conditioner, then towel-dry.

**2** Apply a light styling gel to damp hair, combing it through to the ends.

**3** Part hair to one side, then use a round brush to help you as you blow-dry your hair. Lift layers up near the roots and curl them under. Sweep strands away from your face, tousled to the side of your head.

**4** Repeat step 3 on your mane until it's completely dry. Next, tease hair gently around the crown of your head and smooth hair over with a brush for extra depth to the look.

**5** Mist your 'do in place with a medium-hold hairspray.

*Jamison Shaw Hairdressers (Atlanta, GA); Stylist: Claudio Trovato; Makeup: Wassilia Khawand*





# SALON TREATMENTS

## 8 HAIR SAVING QUESTIONS TO ASK!

By Karen Marie Shelton • HairBoutique.com

**T**he difference between a fabulous salon visit where you emerge with a stunning new style, gorgeous highlights, fab color or chemical treatments versus slinking out in tears, is tied directly to how well you communicate during your visit. Yes it's true. The expertise of the hairdresser, your own expectations, various products used and overall excellence of the salon all play a part when it comes to the ultimate success of hair salon treatments.

If you wish to save your hair and minimize hair salon treatments ask the following key questions the minute you arrive at the salon and meet your hairdresser. If you do, you can probably avoid a lot of post-salon bad hair days.

### 1. What service(s) are you planning to do to my hair today?

Ask your hairdresser to tell you in as much detail as possible what techniques they will be performing on your hair. Even if you think the hairdresser clearly knows what you want, or this is a hairdresser you've been going to for years, always ask for details. It's better to be 100% positive you and your hairdresser are on the same page than to risk a hair disaster.

I personally made the mistake of not asking basic hair treatment questions. Although I thought it was clear I was at the salon to receive foil highlights, my hairdresser suddenly slapped darker hued dye all over my head before I even knew what was really happening. In retrospect I realize I should have clearly gone over my highlighting expectations with my hairdresser before I let her touch my tresses. I was sure I had asked my hairdresser for foil highlights.

I was also very sure she acknowledged my request. Thinking she would highlight my hair like she had done for years, I zoned out. Big mistake. Somehow my hairdresser heard something completely different which resulted in her slapping dark brown color on my baby blonde strands. Avoid your own hair trauma by asking for a recap of what you can expect at the salon for your visit.

Courtesy of BioSilk

### 2. What is my long term commitment to this service?

If you're about to embark on a brand new salon journey involving chemicals designed to alter your color or texture, ask every possible question you can imagine about the long term impact of the service. Some optional questions might include:

- How long will the treatment last or remain effective?
- Will the treatment require touch-ups?
- How often?
- Are special hair care products required for maintenance (color shampoos, deep conditioners for chemical treatments, etc.)?

### 3. What type of risks are involved in this treatment?

Asking about any risks to your hair is

always a very important question. Chemical hair treatments such as perms and texturizers may seem to be a success after the initial treatment but may quickly become problematic.

Thermal Reconditioning or chemical hair straightening services may not always achieve perfect stick straight strands. Relaxing your tresses versus straightening your hair may not also produce the expected results.

Since everyone's hair reacts differently to chemical treatments, the risks need to be understood for your specific hair type, texture and current condition. If your hair is previously colored or chemically treated, adding a new or additional chemical treatment can potentially have some long term risks such as hair breakage, thinning or long term related damage.



If your hairdresser gives you an answer and it doesn't feel right, ask for additional clarification. Be prepared to continue to discuss your concerns until you feel comfortable with the answers. Don't be afraid to change your mind at the last minute. After all, you have to walk around with your hair, your hairdresser doesn't!

#### 4. What other hair treatment options can achieve the same results?

Although you may have your heart set on chemically straightening your super curly tresses, it might be possible to combine a custom designed cut with specific styling tools and/or products to effectively relax or straighten your curls without using any chemicals. Or you might opt for a more gentle relaxer rather than a major chemical straightener.

Rather than expose your hair to chemical treatments which might not be necessary for the long run, ask what other options might exist before proceeding. Of course in some hair situations, your end goals might only be possible with the hard

core chemical treatments.

#### 5. Are there special tools or products required?

To extend the life of new hair colors, highlights or lowlights, color extending shampoos and conditioners are often recommended. Home hair care habits can either speed up or slow down the loss of new color.

Hair straightening treatments require the regular use of straightening irons. Ask your hairdresser for a recommendation of the best tools to minimize long term damage and maximize the effectiveness of the salon treatment.

Make sure before you begin that you know how to care for any new hair treatment before you proceed. This allows you to understand your long term financial commitments for maintenance and post-salon care.

#### 6. What are known side effects?

Some chemical treatments will cause hair to become extremely dry and/or brittle. As a result, your hair may require acceler-

ated use of deep conditioning treatments. It's also possible chemical treatments might cause extended hair shedding, development of extensive split ends or other reactions. In some rare cases, chemical treatments might result in scalp sensitivity. Ask your hairdresser what might happen in a worst case scenario and what your treatment options would include at that point.

#### 7. What can I expect long term from the treatment?

Application of chemical treatments may cause strands to become drier than normal. This may require accelerated use of deep conditioning treatments. Other chemical treatments such as thermal reconditioning or perms might impact how your natural hair grows in at the roots. Ask your hairdressers for suggestions on how to deal with any long term results of the hair treatments you are receiving.

#### 8. What should I do if problems develop?

Although it's rare, some chemical treatments can cause allergic reactions after you leave the salon. Potential reactions include the development of scalp tingling, itching or burning. Other reactions include the development of skin rashes, swelling or burn blisters.

Cover these possible situations with your hairdresser and inquire what actions you should take if a reaction occurs. Ask for after-hour contact information for your hairdresser in case you do experience any emergency reactions. Yes, this type of reaction is very rare, but be prepared just in case a problem does occur. And if you do experience any type of reaction from a chemical hair treatment, always call your primary health care physician for consultation.

#### Tress Success

The key to success at the hair salon is asking all the right questions and feeling comfortable with the answers. Don't be embarrassed to jot down notes or ask the same question in different ways to achieve a crystal clear answer.

You may also wish to ask for references of your hairdresser's current clients. Even better, you might consider taking time to research any salon treatments before you hit the salon door so you are clear what to request and what to ultimately expect.

If you do your homework, communicate well with your hairdresser and pay close attention during your salon treatments, you will minimize the risk of any nasty hair surprises when your salon time is over.

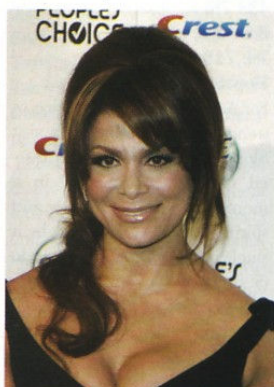


Courtesy of BioSilk

# SEXY SIDE-SWEPT STYLES

PERFECT FOR PROMS & WEDDINGS

By Karen Shelton • HairBoutique.com



**W**hether you're floating down the aisle to marry the man of your dreams or down a winding staircase to dazzle your prom date, sexy side-swept hairstyles that combine lush waves worn captured on the side are a brilliant hair play. Leave it to fashionable stars like gorgeous red tressed Amy Adams, beautiful blondes Carrie Underwood and Julianne Hough, as well as brunette babe Paula Abdul to show off this sassy trend.

Side parted tresses set the stage for a wide range of hair moods ranging from pure romance, demonstrated by Amy, Carrie and Julianne to sassy sexiness shown by Paula. What's even more fabulous than the finished hairstyles is the fact that they can be easily created in a matter of minutes either at home or with the help of your favorite hairdresser.

The advantages to wearing your hair in a side styled look include:

- 1** Works well with a wide range of parts ranging from center, deep side, messy or a combo.
- 2** Can complement any style of fringe or bangs from matching side-swept in the case of Carrie Underwood to "barely

there" bangs pulled to the side worn by Amy Adams.

**3** When combined with the proper partings, crown height and forehead fringes, can flatter any face shape.

**4** Can easily be created at home by yourself or with the help of a friend on either newly washed or day old strands.

**5** Shows off beautiful earrings and necks as well as flatters most gowns.

**6** Can be combined with lots of volume along the crown for a combined formal hairstyle.

**7** Depending on texture desired (wavy, curly, straight or combined), this hairstyle can be morphed into a range of moods (romantic, sexy, sassy, sophisticated).

**8** This style can even be created on shorter strands with the help of a range of clip-in hair extensions or hair pieces (which can be purchased at HairBoutique.com). Even better, this style works great with many different types of hair accessories.

## Step by Step Instructions

All of the on-the-side hairstyles shown in this article follow these basic getting started steps:

- 1** Shampoo hair with a product designed to address your hair's special needs. If

you color, highlight or chemically treat your hair, select a shampoo that supports those treatments. If you prefer, use a diluted formula or a conditioning only treatment. For extra volume in the crown or top of the hair areas, try PhytoVolume Shampoo or PhytoVolume Mousse Shampoo. If your hair is naturally slippery, you may wish to let your hair "age" a few hours after shampooing before attempting any of these styles.

**2** Apply the appropriate rinse-out conditioners. (Avoid if hair is super thin or fine). Keep in mind that if hair is too soft it will be harder to back-comb.

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

**4** Towel-blot and apply a very light cocktail of desired leave-in detangler, conditioner or styling products (firm holding mousse or gel depending on your type and texture of hair).

**5** For extra volume along the crown and sides, apply a firm holding or sculpting gel. Blow-dry hair straight using a blow

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

## AMY ADAM'S LOOSE WAVES

**1** Complete the basic getting started steps listed on the page before. If your hair is naturally curly or wavy, you may prefer to create this style by using a long finger diffuser on your strands to create natural waves. Once hair is completely dry, create the desired part. Amy rocks a deep side part that directs a large section of hair up and over to the left side of her face.



Kopalo/FilmMagic

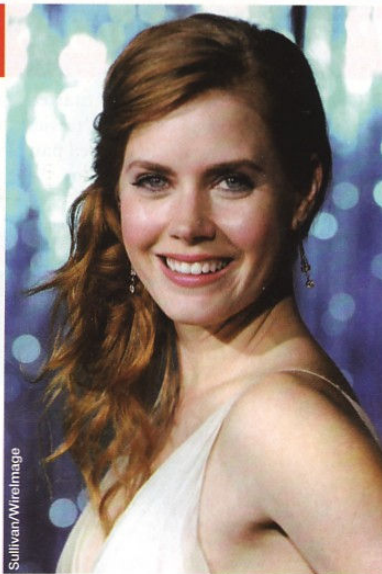
**2** Use a brush or fingers to smooth hair along the hairline and the sides.

**3** Pull all hair into a traditional ponytail. You have the option to position the base of the pony behind the ear like Amy does, or position the base underneath the ear lobe. Use a "hair friendly" elastic band in the same color as your hair.

**4** Use a small to medium curling iron to create a series of curls. As you release each curl from the iron, roll it around your finger and then pin it against the scalp to allow the curl to cool into a tighter coiled shape.

**5** When all the curls are cool, unpin them and use fingers to tousle into soft waves and curls like Amy's.

**6** Take one strand of hair from the ponytail and wrap it up and over the base. Use a bobby pin in the same color as your hair to secure the strand of hair



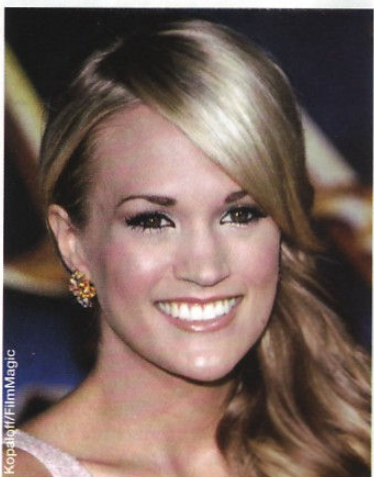
Sullivan/WireImage

around the base. Spray well with firm holding styling spray like PhytoPro Strong Finishing Spray.

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

## CARRIE UNDERWOOD'S VERONICA LAKE STYLE

**1** Complete the basic getting started steps listed one the page before. Once tresses are completely dry, create the desired part and fringe or bang area. Carrie has a very deep part that extends all the way back from the crown of her head, with all of the hair brushed forward towards the face line and then over into a very full Veronica Lake style eyebrow cov-



Kopalo/FilmMagic

ering veil of tresses. The strands must be blow-dried straight to create this smooth finish.

**2** Use a flat brush to smooth hair along the hairline and the sides.

**3** Pull all hair into a traditional ponytail. You have the option to position the base of the pony behind the ear or position the base flush with the ear lobe like Carrie's style. Use a "hair friendly" elastic band in the same color as your hair. It should be noted that not only is Carrie's pony positioned over her ear and in front of it, the front side-swept section flows into the ponytail base providing the illusion of a seamless connection between the front part of the hair and the ponytail base.

**4** Wrap a small section of hair from the pony length around the base and pin it securely so that the bobby pin will not show.

**5** Use a large barrel curling iron to create fullness with a slight hint of curve. Unlike Amy's side 'do, Carrie's hair looks



Kopalo/FilmMagic

full and lush with only a slight wave.

**6** When hair is completely curled and cooled, spray well with firm holding styling spray like PhytoPro Strong Finishing Spray.

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

## PAULA ABDUL'S LUSH VOLUME

**1** Complete the basic getting started steps listed on page 84. Once tresses are completely dry, create the desired part and fringe or bang area.

**2** The key to Paula's hairstyle is to create lots of lush volume and lift throughout the sides and the crown. To recreate Paula's sexy volume, you will need to combine volume enhancing products (shampoo, root lift) with back-combing.

**3** Separate bangs and clip out of the way. Clip all of the hair except for a



Edwardia/DailyCeleb

one-inch section at the nape of the neck out of the way. Take the one-inch section of hair and pull it tight. Using a comb with tightly spaced teeth, gently back-comb it up towards the scalp.

**4** Focus on directing the back-combed hair towards the root area about two inches from the actual roots. Consistently pack the hair tightly towards the scalp to achieve a strong base to for a bigger overall style. Repeat the back-combing process working completely around your head.

**5** After you have achieved the desired fullness and height, spray well with a strong finishing spray like PhytoPro Strong Finishing Spray or similar.

**6** Use your hands or a Mason Pearson, Kent or similar boar's bristle brush to gently smooth all the teased hair down. Use a flat brush to gently smooth hair along the hairline and the sides.

**7** Pull the hair in back into a traditional ponytail that has a base that rests to one side of the nape of the neck like Paula's. Use a "hair friendly" elastic band



in the same color as your hair.

**8** Wrap a small section of hair from the pony length around the base and pin it securely so that the bobby pin will not show.

**9** Use a large barrel curling iron to create fullness with a slight hint of curve. Paula has only a slight hint of curve along the length of her side pony.

**10** When hair is completely curled and cooled, spray well with firm holding styling spray like PhytoPro Strong Finishing Spray.

## JULIANNE HOUGH'S TWISTED STYLE

**1** Complete the basic getting started steps listed on page 84. Once tresses are completely dry, create the desired part and fringe or bang area. Julianne is the essence of beauty and sheer romance, with her soft over-the-side twisted pony style that cascades down from an off-center part, combined with loose sassy hairline strands and the appearance of twisted sides.



Kopaloff/FilmMagic

**2** Use a boar's bristle brush or fingertips to smooth hair along the hairline and the sides.

**3** Pull all hair into a very loose ponytail. You have the option to position the base of the pony behind the ear or position the base to the far side of the nape of the neck like Julianne's. Use a "hair friendly" elastic band in the same color as your hair. It should be noted that not only is Julianne's pony positioned over her ear and in front of it, the front and side sections flow into the ponytail base providing the illusion of a seamless connection between the front part of the hair and the ponytail base. This is a similar style to Carrie Underwood's side pony.

**4** Wrap a small section of hair from the pony length around the base and pin it securely so that the bobby will not show.

**5** Since Julianne's hair is pulled into a twisted three strand braid, separate hair into three individual strands and twist each strand as you braid. Wrap a section of hair around the base of the braid, pull



Kopaloff/FilmMagic

the tail up into a loop and pin it into the braid for a finished end.

**6** When hair is completely styled, spray well with firm holding styling spray like PhytoPro Strong Finishing Spray.

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