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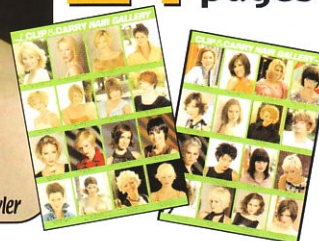
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TRESSRX

ASK THE HAIR DOCTOR

By Karen Shelton • HairBoutique.com

I've been thinking of taking my shoulder length, medium thick hair to a very short hairstyle for the very first time in my life. I have really been warming up to the idea of short hair and my boyfriend has been encouraging me to go short. He thinks I should go with Rihanna's current short crop because he thinks I will look great with her hairstyle.

When I told my hairdresser what my guy suggested, he told me I have a super square face shape and a short Rihanna style cut will magnify my square jaw and cheeks. He explained my angular face shape is why he always encourages me to wear my hair to my shoulders.

What can I do? I want to go short to please my guy and try a new hairstyle but don't want to offend my long term hairdresser by going against his opinion. And now that he has told me his reasons for keeping my hair longer, I am worried that a new short cut will emphasize my square jaw and I will look terrible. I am distressed about my hair. Any tips would be so much appreciated.—Krissa

It's true that some short hairstyles like Rihanna's may not work for all face shapes. However, there are many tricks which can be employed to modify a short cut into a great customized hairstyle for all face shapes.

It's admirable your hairdresser is on your side, but remember that he ultimately works for you. While it's his responsibility to point out any challenges your face shape might provide with a short hair cut, it's also his duty to work with you to help you achieve the hairstyle of your dreams.

To minimize a square jaw consider opting for a graduated bob. This hairstyle is sleek, sexy and very fashion forward. The graduated bob incorporates shorter pieces of hair along the back of the head but is graduated in various lengths to provide longer face framing strands.

A graduated bob can actually be scissored longer in front to extend past your chin, which provides instant softening and minimizing of strong jaw lines. When heavily layered, this short style can add instant volume along the crown providing the illusion of a more balanced face shape. Random slices of hair can be cut to nestle into your cheeks, chiseling and softening any squareness.

Other tricks to minimize and soften a strong jaw line and cheeks include carefully placed highlights and lowlights to accentuate your best facial fea-

tures. Depending on the shape of your forehead, skillfully sculpted bangs can also soften appropriately with the added bonus of playing up your eyes.

If your heart is still set on a short cropped style exactly like Rihanna's, spend some time researching the many hair, fashion and celebrity magazines. Clip out pictures of hairstyles which hit the short note you desire but also offer longer perimeter strands to soften your chin and cheek areas. Show the various styles to your hairdresser and ask him to help you select a cut that is ideal for you. Keep in mind that Rihanna's current short crop evolved first from below her shoulders to an angled bob to her super short style. Sometimes going from long to short is a journey that should be taken in stages.

Ultimately it's you who will wear the short style—not your guy or your hairdresser. Take your time, do your research, work with your stylist then follow your heart to the short hairstyle of your dreams.



I recently found a great new hairdresser who finally created a wonderful new short cut for me. I like a basic chop that has lots and lots of layers which I usually tousle dry with my fingers. I have lots of uneven lengths around my cheeks and a long full sweeping side bang. I love short hair that has that super tousled look, almost as if the hair is about ready to take flight. Any tips on how to achieve the look? —May

Congratulations on finding your new hairdresser. Hold on tight, good ones are a fabulous resource to have.

As far as achieving a fabulous tousled effect, it's important to use the correct styling products and of course, start with the right cut, which you have already accomplished. It's also easier to achieve high flying tresses on hair that is not too soft or slick. When preparing your hair for this style, be sure to skip rinse out or leave-in conditioners that will overly soften your strands. *Products are available at HairBoutique.com.*

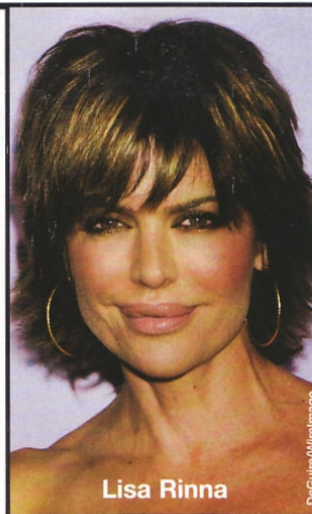
1 Shampoo hair with volume enhancing products or with products designed for your hair's type, texture and current condition. If you have color or chemically treated hair, be sure to address those needs. One shampoo application or even a diluted wash is all that is needed.

2 Rinse shampoo completely from your strands.

3 Avoid applying rinse-out conditioner unless hair is damaged. If you must use conditioner, apply only to the damaged sections and avoid the roots and top of your hair.

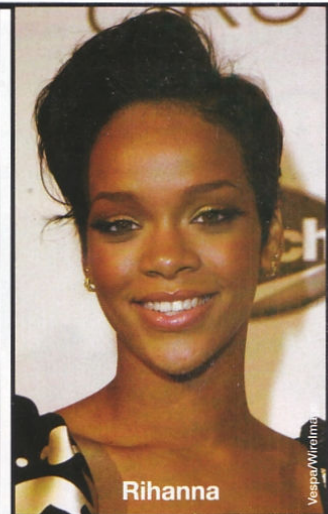
4 Complete final water rinse with cool/cold water. Although some stylists disagree, a cool/cold water rinse will help close the cuticle, add shine and potentially help increase volume.

5 Towel-blot hair to remove excess water.



Lisa Rinna

DeGuire/WireImage



Rihanna

Vespa/WireImage

6 Spritz damp roots generously with a volumizing spray to add height and firmness to the base of your hair. *Splurge on this celebrity favorite: PhytoVolume Active, \$28.00.*

7 Distribute a tiny amount of pomade or light gel through the ends of your strands to give them movement. *Bargain buy: Got2b 2sexy Voluptuous Power Boost Gel, \$6.49.*

8 Using your fingers start by blow-drying your bangs to one side, tousling and finger-picking until your bangs are positioned the way you like.



Sharon Stone

Laetzel/WireImage

9 Using a small to medium round brush pull individual sections of hair straight as you blow-dry. Direct the air flow up the hair shaft from the roots to the ends. A concentrator attachment can help you control air flow from the dryer. *Bargain buy: Conair Accessories Ion Shine Wood Medium Boar Round Brush, \$6.99.*

10 As you blow-dry with the round brush or your fingers, flip the ends of the strands out and curl them under the brush or around your fingers for an edgy look.

11 When hair is 50% dry, flip your hair over at the waist and direct the blow dryer at the roots for additional fullness. Use a concentrator attachment for better air flow control. *Bargain buy: Conair Ceramic Smooth Compact Dryer, \$23.99.*

12 When hair is completely dry, use a medium to large barrel curling iron to add random flips to the ends. Add a tiny bit of hair paste or wax to your fingers, pull individual sections up and apply to the very ends to give a flipped out or tousled look. *Bargain buy: Conair Instant Heat 1 1/4-inch Curling Iron, \$17.95.*

13 Finish with a spritz of hairspray. *Bargain buy: got2b 2sexy Voluptuous Hairspray, \$6.49.*

To ask the Hair Doctor a question about your tresses, write to cheryl@mimags.com.

CHYLER LEIGH'S

BOBBED FOR BEAUTY



Grey's *Anatomy*'s newest star and intern, Chyler Leigh (Potts) is turning up the show's drama as well as the hair heat. Chyler first joined the show in her role as Lexi Grey, Meredith Grey's (Ellen Pompeo) half-sister and a Seattle Grace intern, for the third season's final two episodes and then snagged a spot as new

series regular for season four.

Although the 26-year-old actress (born April 10, 1982 in Charlotte, North Carolina) is considered by some to be relatively unknown, she has been acting since her teens. In fact, over the past 10 years, the up and coming actress has appeared in 10 different shows.

"I'm very excited about this role and

the writing is amazing, the actors are amazing, I couldn't be happier," she exclaimed. "It's been incredibly overwhelming, coming into this show—it has such an incredible following."

Grey's is a classic medical drama with snatches of humor but for Chyler it involves lots of personal drama ranging from meeting her sister for the first time, the recent death of her mother and the drinking problems of her father.

In her real life Chyler has a different story to tell. She has a dream job on a hit show, a handsome husband and two adorable kids, son Noah and daughter Taelyn. The beautiful former model met hubby Nathan West at an audition for her first pilot when she was 16-years-old. "I turned the corner for the audition (in LA) and there were four guys sitting in the waiting room," she said. "My husband was the only guy sitting on the ground and I thought he was kind of interesting, plus he was extremely good looking. And I saw him and I honestly knew he was the guy I was going to marry. I had the strangest sensation. It was bizarre."

The couple wound up booking a pilot together which was as star crossed lovers (Frankie and Johnny) on The WB's *7th Heaven*. Chyler's work in the three-story arc as Frankie, a young, inept mother who adversely influenced the *7th Heaven* family, was powerful—as was Chyler and Nathan's love connection, the two wed in 2002.

Who is Chyler Leigh?

Chyler began her career in front of the camera at age 12, modeling for magazines and catalogues. Chyler's print success eventually led to her being cast on several national commercials including campaigns for Coca Cola and Wendy's.

By age 16, Leigh had already completed several pilots (ABC's *Wildfire* and the WB's *Saving Grace*). The late great Aaron Spelling confirmed the young

actress' talent when he hired her a few years later as a series regular in the WB series *Safe Harbor*.

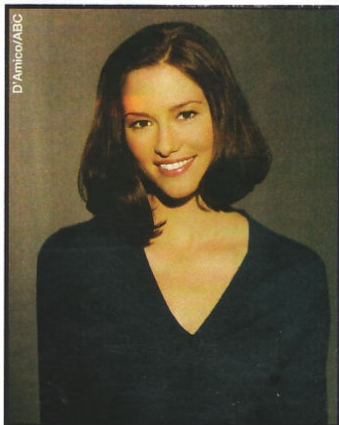
Although her acting career has had bumps and detours along the way, the actress has had some great breaks and opportunities that came out of the blue. Chyler recounted how her role on TV's *Girls Club* was tragically cancelled after only two episodes but had a happy ending. When the show was cancelled, Leigh received a personal phone call from the producer who happened to be David Kelly. He informed her that even though *Girls Club* was cancelled he had a role for Leigh on his show *The Practice*. Within a short period of time, she was at work on the set of the ABC fan favorite as Claire Wyatt, a new series regular for the 2002 to 2003 season.

Leigh went on to star in the half hour comedy pilot *Lucky Us* and the drama pilot *Rocky Point*, opposite Billy Campbell. She also guest starred on the drama *The North Shore* and, in 2005, starred as Carla Noll in the critically-acclaimed *Reunion*. After a brief hiatus, Chyler was offered the role of a lifetime as Lexi on *Grey's Anatomy*.

Bobbed for Beauty

Although her *Grey's* hairstyles tend to run the gamut of sassy ponytails or pinned up chignons, like the other female doctors, Chyler likes to wear her Brunette hair in a shoulder skimming bob hairstyle. In keeping with a real hospital setting though, Chyler follows the hair-off-your-face tradition and is rarely seen with her hair down.

To achieve Chyler's sleek and



straight, slightly layered bob style or if you wish to duplicate her gorgeous curls, complete the following steps:

Step 1: Shampoo hair with a product designed for your specific type, texture and current condition of hair.

Step 2: Completely rinse shampoo from hair. Gently squeeze excess water out of the strands. Add a rinse-out conditioning product designed for your hair type, texture and condition. Work the conditioner into the driest parts of your hair. Leave on for up to five minutes

and rinse well. Finish with a cool to cold water rinse. Skip this step if your hair is fine, thin or flattens easily.

Step 3: Towel-blot your strands to remove excess water. Apply your favorite detangling product or leave-in conditioning product based on your type, texture and current condition of your strands. Keep in mind that if you have fine or thin strands, you will want to use a very light detangling spray. For medium to thicker strands, use a heavier conditioning product.

Step 4: If you want to go for Chyler's sleek straight style, be sure to either apply a defrisant product like Phytodefrisant or a straightening balm like Robert Hallowell's Flat Factor. Distribute a dime-sized dollop of the straightening product of your choice into the palms of your hands and mix well. Use your fingers to work the product completely through your tresses.

Step 5: Beginning at the back of your head, blow-dry hair in two-inch sections using a large round brush. To create extra volume, hold brush in the hair near the scalp until the hair cools (about five seconds), then move the brush down and through to the ends of the hair. Work around to the front of the head continu-



ing to blow-dry individual sections for maximum straightness.

Step 6: To create a super straight finish, separate strands into individual sections and then use a hot flat iron to touch up any sections that require a smoother texture. Work around the head from side to side to achieve an even look.

Adding Curls: If you prefer to add saucy curls to the straight bob, separate strands into one to two-inch sections. Use a one-inch curling iron or hot rollers to set hair. Let new curls cool completely and then remove. Tousle with your fingers.

Step 7: If desired, spray lightly with the hairspray of your choice. Finish with a shine serum or spray. Apply the shine product to the palms of your hands and lightly brush across the surface of your hair.

A Style Star on the Rise

The legions of fans of Seattle Grace Hospital are keeping a close eye on Chyler as the bright Lexi Grey. I guess we'll all have to wait and see how Chyler's role on *Grey's Anatomy* grows and evolves. It will also be interesting to pay attention to what the show's hairdressers do with her tresses as her character transforms from the new intern to a full blown character.