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Paris Update



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contributors

From the time that she was 15 years old, **Karen Marie Shelton** has "dared to dream of starting her own company." Her vision took shape in 1997 when she founded the award-winning, financially successful, HairBoutique.com, considered to be one of the premiere hair and beauty portals on the Internet today.

Embracing the steady of tresses with unparalleled passion, Karen drew upon her past experiences as a published writer to author over 2,600 articles on hair, which have appeared on HairBoutique.com since March of 1998. Her monthly "AskKaren" column has been read by literally millions of HairBoutique.com's visitors.

Profiled in the book, *Cybergirl@Work: Tips And Inspiration For the Professional You*, Karen was named as both the **Regional and National Entrepreneur of the Year in 2001** by Working Woman Magazine. She received the MTBC Tech Titan Award for Emerging CEO and was featured as a Cybergirl of the Month on the Web. Feature articles about Karen, her work in the world of consumer hair, and with HairBoutique.com have appeared on The Dallas Morning News, D Magazine, Dallas Business Journal, Red Herring Magazine, and Working Woman Magazine, to name just a few.

We are delighted to have Karen as a regular contributor to Total Image. Check out her celebrity column, Paris Hilton, Outrageous, Famous, and Blonde, page 10 as well as her Q&A column Ask Karen on page 16.

Dr. Yvonne Thomas, Ph.D. is a licensed psychologist with a private practice in Los Angeles, CA. With 16+ years of experience and three psychology degrees, her specialties include relationships, self-esteem, body-image, overeating, depression, and anxiety. Her article "The Many Faces of Motherhood (Kid not Required)" on page 20. Call Dr. Thomas at (310) 726-3944 or visit her website at www.yvonnethomasphd.com.

Since 1990, **Christian McNally** has been contributing his talents as a make-up artist and beauty consultant to salons, fashion magazines, and TV shows around the country. Christian began his career at Salon Visage in Knoxville, Tennessee where he promoted services and sales, while honing his talent as a make-up artist. Five years later he emerged as one of the leading independent make-up and skin care educators for Aveda on the West Coast. During that time, Christian created Make-up Made Easy, his unique concept of make-up and skin care education. Because he began his career in a salon, Christian understands the unique challenges faced by successful businesses in the beauty industry.

Christian's work has appeared on MTV, CBS, NBC, E! Entertainment Television, and Style as well as in high fashion magazines such as Cosmopolitan, Vogue, Modern Salon, Salon Today, American Salon, Elle, and many more.

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Paris Hilton

by • **Karen Marie Shelton**
Hairboutique.com

Outrageous, Famous & Blonde

For 2005, Star Magazine did a Most Annoying People of the Year – And Why We Love Them online poll. Of the approximately 2,000 votes that were cast, Paris Hilton came in number one with a whopping 18% of the votes.

Whether she annoys you or not, Paris is truly a trendsetter when it comes to her bombshell blonde strands. Her tresses are extremely versatile and constantly morph through a dizzying array of hues and shades which more often than not, cover the gamut from pale white platinum to buttery yellow. While she has been known to randomly change her color from blonde to brunette, even though she's not a natural blonde, the celebrity socialite appears to prefer blonde tresses as her signature look.

Her length and texture constantly changes as well. Ranging from a cute choppy bob to below-the-waist strands, Paris appears to effortlessly channel Hollywood glamour one minute followed by beach bunny chic the next. Her face shape, which is often hard to discern because of the expert makeup she wears, appears to be a cross between oval and a slight heart shape. Her chin is slightly prominent in keeping with a heart shape and her cheeks appear fuller than for a traditional oval shape.

Captured by the media in January 2005 with her little sis, Nicky, Paris had her long straight strands pulled completely back from her face into a saucy pony. For the February Vanity Fair Party Paris showed off a face framing cascade of

straight hair with a hint of wave and offset by a side swept fringe. By mid-April she sashayed down the red carpet in a long chocolate brunette wig with full bangs. At the recent House Of Wax premiere Paris was again very blonde with a gorgeous Grecian half up-half down style that was smashing with her virginal white gown.

The Simple Life On Fox

Her constant hairstyle changes can also be witnessed during Fox/TV's The Simple Life episodes where no hairstyle is scared as far as the sassy star is concerned. Check out the smash reality hit and you will see Paris wearing every conceivable hairstyle, headgear and accessories.

So how does the star of Fox TV's The Simple Life: Interns always manage to step out with stunning shimmering hairstyles? Hard work. In reality, Paris, who is unanimously considered to be one of Hollywood's "It Girls" by the media, spends lot of time, money and effort to achieve Uber hair diva status.

As recently reported by VH1, Paris thinks nothing of blowing into one of Beverly Hill's hot boutiques and dropping thousands of dollars on shoes, fashion and the latest accessories. One of her signature looks is couture hair accessories. Paris adores the silk floral hair accessory collection custom designed by LA top designer, Michelle Roy.

When Paris adopts a trend such as the sizzling hair flowers, she doesn't just buy one or two, she buys the entire collection in her favorite shade – pink. Whether she is appearing as a guest on one of her favorite talk shows – Ellen – or partying all night at the hottest Beverly Hills' nightspots, Paris is meticulous about her hairstyle of the moment.

Although Paris recently was vocal about her dislike of some plastic surgery procedures in LA that she felt looked "fake", she has not problem utilizing add-on hair to constantly mix up her styles. No stranger to the most popular



Art Streiber/FOX



Sam Jones/FOX

celebrity hairdressers on both coasts from Frederic Fekkai to Laurent D, Paris is constantly enhancing her own naturally curl strands with wigs, half wigs and a dizzying array of hair extensions.

Summary

Recent media rumors whispered that all the dizzying array of hair extension applications was causing some hair distress for the beautiful It girl. Some rumors claimed that it took several hours a day to get Paris ready for her latest celebrity studded event.

Whether it's true or not, one thing is for sure, wearing constantly changing, but spectacular strands is not only time-consuming, it is expensive. Just imagine the expense for the constant blonde highlights, addition and removal of hair extensions and the acquisition of the half and full wigs.

But don't worry about Paris, she can afford it, after all, she is a heiress with a sizzling hot reality TV show and sought after by a Whos Who of advertising moguls.



Michael Yarshi/FOX

Paris Hilton has been seen around town with this beautiful Bubbles Necklace. Turn to page 27 for info on how you can get one too.



Bubbles Necklace



Ask Karen

putting **Bounce** In your Tresses?

Karen Shelton
Hairboutique.com

Q Jazz Up Your Look.

Dear Karen,

I am in my mid-20s and have medium thick, mostly straight hair that falls to the top of my shoulders and is highlighted honey blonde with dark blonde underneath. Right now my hair is all one length but I want something new that will jazz up my look. If you could suggest some style options that would play up my blonde hair I would appreciate it. Even better if you could suggest some celebrities that I might look at for ideas.

Amy,

Dear Amy,

One great style that never goes out of fashion is a striking mid-length shaggy bob that has a sassy deconstructed or disheveled look. Heather Locklear is famous for her signature version of this sultry style. Heather usually favors a part that is slightly angled to one side and created with an array of long layers. The style suits Heather beautifully and shows off her shiny blonde locks and darker underside.

Sizzling blonde celebrities like Courtney Peldon (Becky Emerson on Boston Public), Kim Cattrill, Charlize Theron and Naomi Watts favor a style similar to Heather. The beauty of the deconstructed look is that it can be adjusted to easily flatter every face shape and age range.

The key to achieving a customized version that plays up your best facial features and blonde locks is to ask your professional stylist to start with a strong line around the face and longer textured layers throughout the interior of the cut. Whether you opt for no bangs, a side swept peek-a-boo fringe or a combination, you can easily make this classic style your very own.

Whether you wear the style sleek and straight like Heather or decide to ruffle it up, start with a great blonde enhancing shampoo. Ones to try include go!2b's Highlight Enhancing Shampoos in Platinum 2 Ash Blonde or Honey 2 Dark Blonde. Finish with the highlight revealing conditioners. John Frieda also makes some spectacular blonde extending shampoo and matching conditioners. Check out the John Frieda HiLight Activating Shampoos in Honey/Caramel or Platinum/Champagne. Both products come with matching conditioners to extend those beautiful blonde hues.

Style by first applying a good frizz fighting product. Blow hair out with a round boar's head or similar brush. For a sleek straight look, use a medium sized flat iron and finish with a shine spray or drops.

To ruffle or to add texture to the layers, use a small barrel curling iron after blow drying straight. Or if you prefer, experiment with using your finger to ruffle and pick damp strands as you blow dry for a more shaggy look.

A

Q

Permanently Changing Curly Texture?

Dear Karen,

I am a 15 year old Caucasian female. I have curly hair and I straighten it every single day. I know it's not good but curly hair does not suit me. I was wondering if there's a way to have it permanently straightened. I don't mind using chemicals as long as they don't damage the hair too much. If there is a way, how much would it cost?

Thanks,
Cristian

Dear Cristina,

Thank you for your email. With naturally curly hair there is no "permanent" fix to change you instantly from having natural curls to have stick straight strands.

To alter natural curls you have the following options:

Use "temporary" hair straightening products — products like PhytoDefrisant, John Frieda Frizz or glazes like Mine Smoothing or similar, a blow dryer and either round or flat boar's head brush to get your hair straight.

Use a relaxing product like PhytoRelaxer #1 or #2 which is designed to "relax" curls and not necessarily make your strands stick straight, but with a milder form of chemical. The relaxers last, depending on the type of curl formation you have and how fast your hair grows, anywhere from 4-10 weeks. The combination of new roots and a wearing off of the relaxing product will render your hair

A

back to its natural texture.

Have your hair chemically straightened with one of the Thermal Reconditioning (TR) treatments. The majority of these treatments are not recommended for anyone who has prior chemicals on their hair or who have hair that is fragile and will break easily. Some TR experts have experience using milder formulas that will work with color or other chemicals, but it is important to find an expert or else it is not recommended. Reputable TR experts will usually decline TR treatment to any clients with hair that is most likely to be damaged. Thermal Reconditioning will last until the roots grow out on your scalp. So while it permanently straightens the majority of your hair, it can not straighten the roots that grow out since that is your genetic hair texture. However, this means that to control any curly roots, you will need to go back for root touch up on an ongoing basis. One other downside to TR is that while it may cause damage and dryness, one your hair is stick straight, if you want to add other textures such as waves or curls, you had to use curling irons or hot curlers.

Wear your hair very short to minimize curls or wear styles that help hold your curls down such as using the bandeau style headbands or wearing your hair in ponytails, buns or other styles that minimize the curliness.

Embrace your curls and show them off. This can look like getting a style that helps your curls nestle together and then using products that help show off your natural texture.

There is no easy way to estimate the cost of either Thermal Reconditioning or Relaxing. Many people buy the PhytoRelaxer kits that costs in the neighborhood of \$60 US plus shipping and they apply the relaxers at home. As far as Thermal Reconditioning, the cost for treatment depends on the salon providing it, the level of expertise of the TR expert and the overall amount of time it will take to do your hair. Many salons will give you a no-cost initial consultation to determine if you are a good candidate based on your hair type and then they will give you a general estimate of how much time and money it will cost for you to have the treatment.

Keep in mind that there is always a trade-off. If you do decide to go with Thermal Reconditioning, you will have to deal with the potential for chemical damage to your hair, the need to retouch your roots on a regular basis and limited style options tied to having chemically straightened hair. If you decide to relax your hair, there may still be a risk of some damage, although probably less, but you will still have the potential for some waves and/or curls. Daily straightening of course is also potentially damaging.

If you are unwilling to embrace your curls you may want to experiment with ways to minimize the daily damage of straightening by trying to stretch out your shampoo days. Why not shampoo and blow dry straight on one day and then try a day or two after that without shampoo but wearing your hair up in a twist or a ponytail. You might also consider giving your curls a rest over the weekends. The less blow drying you do, the better for your strands.

Best wishes,
Karen



Keep'n It Beachy



Hair by Douglas David for Douglas Carroll Salon, Raleigh, NC, Top by Muchacha

As celebrity hairstylist Ken Paves points out "fun in the sun summer locks are all about letting hair be free to follow its natural tendencies". During trips to the surf, curly and wavy girls let their tresses escape into their natural ringlet or wave formations while those with short or straight locks let their strands blow in the wind. Ken suggests that you adopt, "styles that play up your natural texture". They will give you that "playful vacation look" as well as save you the time-consuming hassle of fighting against your hair. Work with, not against, your hair. Remember to wear your hair soft, loose and tousled.

Create Your Own Texture

If your hair doesn't naturally assume a tousled look, the new soft curly styles for summer are here just in time. Ken explained "big curls can be achieved on any hair texture with a good set hot rollers and/or curling irons". Ken recommends that you use "large sized hot rollers or a curling iron to create big soft curls and waves that can then be carefully finger-separated after your locks cool down for the ultimate tousled, just-off-the-beach look".

Another option is to use a wide barreled curling iron and then carefully set your hair in large Velcro rollers to cool down.

Use Great Products To Extend Your Beach Time

Ken likes to mix and match between the top-notch Kerastase, Phyto and Rene Furterer hair care lines. Ken recommends that you use "great products that help you honor your hair's natural texture, maintain your tresses in tip top condition and keep those beachwear highlights fresh and bright".

Intercoiffure Stylist Edie Noppenberger of Edie's Styling Center in Clearwater, Florida recommends using salt infused sprays which may also contain seaweed or algae extract. "When applied to wet or dry hair they add volume and give the hair that separated tousled look, mimicking the spray of the water at the beach. If applied with other volume enhancing styling aids they'll really add an extra kick to your style", says Edie.

Some of the products Edie recommends trying are Ocean II from Hairbenders Internationale, Bumble & Bumble – Surf Spray, and E- Gulf Breeze from Edie's Styling Center.

Make-up by Betty Mekonnen
Wardrobe by Athena Dugan
Photos by Tom Carson
Produced by the Global Hair & Fashion Group

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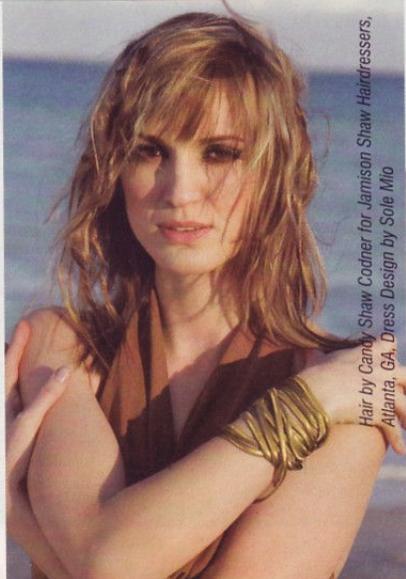
Hair by Candy Shaw Codner for Jamison Shaw Hairdressers, Atlanta, GA



Hair by Frank Braun for Braun der Friseur, Kaarst, Germany, Shirt by Passion

Remember, beach hair is as much a state of mind as a hairstyle.

“ Bed Head Meets Surf n Sand ”



Hair by Candy Shaw Codner for Jamison Shaw Hairdressers, Atlanta, GA, Dress Design by Sole Mio

Hair by Frank Marasco for A Touch of Class, Sudbury, Ontario

