

Total **The Sexiest Looks & The Latest Styles**

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Great Looks
Gallery

17 Simple
Makeovers

How to find a
Great Colorist

Put *bounce*
in your tresses

Pro Haircare Secrets

#1 2005



Fringe Benefits
grow out your bangs painlessly

It's all here!



Trends



Short



Color



Medium



Long



Curls

Hair FLASHBACKS

Actress Kristen Bell As Veronica Mars

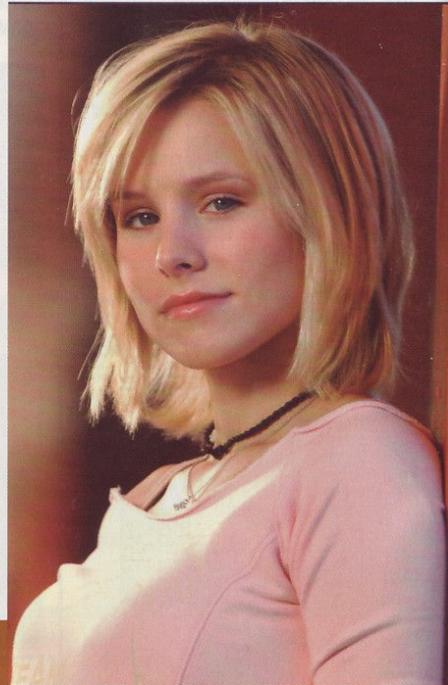
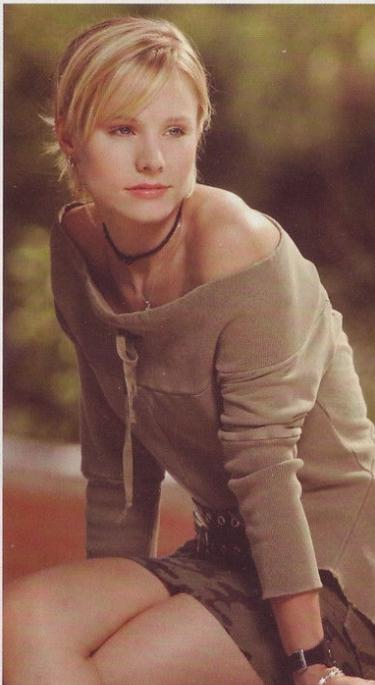
By Karen Shelton / Hairboutique.com

If you are a fan of the hot new UPN show - Veronica Mars, you know that the central theme of the show is woven around the mysterious death of Veronica's best friend - Lilly Kane. In a series of swirling flashbacks you may have seen the normally short coiffed Veronica, played by Kristen Bell, suddenly sporting a cascade of long golden tresses.

Every week Veronica shows off some sizzling current short hair styles ranging from the flirty soft choppy bob shown above to a wide range of cute mini ponies, pigtails and slicked back strands. Not only do the quick and easy short styles perfectly suit her naturally fine, straight hair, they are absolutely adorable when coupled with her beautiful blue eyes, porcelain skin and slightly squared face shape.

So how do the producers morph the actress back and forth into

time changing her hair length and style in such a dramatic way. I'll bet you're thinking hair extensions. Nope. Guess again.



LA based celebrity hairdresser and master hair colorist Nanci Cascio knows from firsthand

experience how Veronica Mars slips back and forth between being long and short stressed in a matter of minutes. Not only did Nanci act as the chief designer and hairdresser when the original Veronica Mars pilot was shot last summer in San Diego. She personally hand created, colored and highlighted the wig that was custom designed to match Kristen Bell's natural hair texture and current color.

As Nanci explained "creating that long wig for Veronica's flashbacks was a painstaking process because it had to perfectly match Veronica's current hair color and style".

Nanci explained that "ongoing filming issues with Veronica's flashback hair would become complicated, especially when beach related episodes would take several hours to shoot. Especially when sea air, salt, sand and humidity would strip the wig of all previous styling attempts." At that point, Nanci would basically have to start over from scratch and recreate the appropriate style for the wig.

Nanci, who is also responsible for a lot of the fabulous hair styles worn by the actors in HBO's Carnivale series felt that will there were a lot of constant challenges to making sure that Kristen's hair was just right for her Veronica part, she enjoyed how much the experience helped her grow as a hair colorist and set hairdresser.

She also reported that in real life "Kristen is a real doll and more gorgeous in person than she appears in real life".

If you haven't been watching Kristen on UPN's critically acclaimed new drama, be sure to tune in and catch Veronica Mars in action. Not only is a great television series, there is a lot of great hairstyling to be viewed at the same time.

Ask Karen

Karen Shelton / HairBoutique.com

putting **BOUNCE** in your tresses?

Q Dear Karen,
I have hair that falls just below my shoulders with a slight wave to it. I am dying to have those big beautiful bouncy waves that seem to be so popular right now for hair my length. I really love the long full waves that Gwyneth Paltrow has been sporting. I am clueless how to create them. Can you please give me some tips.

Dear Avril,

A Gwyneth Paltrow and other mane celebs like Angelina Jolie, Sarah Jessica Parker and Jessica Simpson are currently making waves on the red carpets with loose, cascading waves that are not exactly messy but also not exactly stiff and finished. The key to current big beautiful waves is creating lots of body with long relaxed curls that you then style into a big bouncy wavy look. To recreate a Gwyneth or Angelina, Jessica or Sarah Jessica Parker style follow these steps:

1 Turn up the volume

Work a good protective heat protective product through towel dried, damp but not dripping tresses.

For stick straight hair, layer on a good volumizing product like Robert Hallowell's Super Volumizing Spray, PhytoVolume Actif or similar volume enhancing formula.

Hot tip: If your hair is naturally straight, use rags or sponge curlers to set hair overnight for a stronger wave and hold.

For curly hair work a light mousse, cream or molding beeswax formula like Philip Pelusi's Honey that defines & shapes curls through the length of damp strands and layer a volume enhancing product

Hot tip: For more manageable and polished curls, dry first with a diffuser attachment.

For naturally wavy hair, layer on a good volumizing styling product like such as Philip Pelusi's - Define - Root Lift Volumizer Spray at the roots. The Root Lift Volumizer Spray is a 2-in-1 Spray Gel & Finishing Spray that protects from heat of blow dryers and curling irons. Great for scrunching wavy and natural curls.

Hot tip: To encourage the formation of natural waves, use fingers to scrunch fullness and waves into place while your blow dry. With any type of textured hair to achieve maximum fullness bend over at the waist and blow dry the underside of your strands directing the blow dryer up the shaft from the ends to the roots. When completely dry lift your head and blow dry the sides and then the top of your strands using a large round boar's bristle or other natural bristle brush to add volume and lift. Continue to direct the air from the blow dryer "up" the hair shaft to get maximum fullness.



An alternative method to creating fat waves is to first blow-dry damp tresses that have been prepared with the appropriate thermal and volume products completely straight with a large round brush. After strands are totally dry, select small sections of hair around the face. Twist them into a soft spiral shape using your fingers. Wrap each twisted strand around a 3/4" to 1" inch curling iron directed away from the face. Instead of opening the tongs on the iron, experiment with wrapping the twisted strands around the outside of the barrel and holding in place for several seconds. Pre-twisted tresses that are then curled with a hot iron will result in a softer, more natural style. Experiment with different types of twists and different hot iron barrel sizes to achieve more or less curl and bounce. Apply a very light gel to your fingers and then finger pick through newly curled strands to help set waves and add instant shine and polish. Remember, less is more for a softer, less coiffed style. If all that heat makes you nervous for the health of your tresses, experiment with a "wet set" by wrapping product prepped hair on Velcro or sponge rollers and sitting under a hood dryer. Touch up waves or curls with a 2" barrel curling iron.

Create curls 2

Separate your strands into 3-4 inch sections and then wrap hair around large hot rollers that are 1 to 1/2" in diameter like the Conair CHV14N Jumbo Rollers allowing the hair to completely cool before removing curlers.

After all the hot rollers have been removed, spray the raw curls lightly with a good styling products. Gently brush hair while applying medium heat from a blow-dryer to smooth curls without losing their fullness.



3 Lock in volume

Fingerpick and fluff your curls into place. Lift the top sections of you hair, spritz roots with a volume enhancing spray. Set the newly achieved tress volume by applying low heat from a blow-dryer for just a minute or two.

Let strands fall naturally into place, continuing to carefully style with your fingers around face as desired.

Use a small barrel curling iron in the front of the style to create face framing waves allowing the bigger waves to cascade towards the back of the style.

Finish with a few drops of your favorite shine product like Robert Hallowell's Love That Shine Drops, Back To Nature's Berries & Creme Silk Serum or Philip Pelusi's Polish that you apply to your palms of your hands and then lightly brush over the top of your style.





Hair by Nicki Hodges
Make-up by
Melissa Mulhall



How To Find A Great
Colorist

By Karen M. Shelton Hairboutique.com
Hair by Kathy Adams Salon, Buford, GA

I recently read an article in a major beauty magazine that indicated that one of the hottest hair colors right now is ice blonde. Hmm, that brought back many memories of my own quest for ice blonde hair in the 80's when it was cool to have Farrah inspired hair wings sculpted into pure white blonde hair. Super white blonde hair looks best on women (and yes, men) who have fair skin and light colored eyes. Luckily I am very fair with light blue/gray eyes and back in the 80's the white blonde was a good shade for me. For many years I lived life as a Clairol Nice' n Easy white blonde with dark roots and fried ends.

Yes, I did my own hair color at home. I thought I looked just great, thank you very much. My mirror told me that my hair looked very glamorous and was a gorgeous snowy blonde. I didn't figure out that my hair was fried until a talented colorist explained that the reason my hair had not grown past my bra strap for years was because it was a chemical disaster area.

The colorist who helped me hit bleach bottom pried my Clairol Nn'E out of my hands, chopped off 6 inches of my brillo-like burnt blonde fried hair and then convinced me to try not coloring my hair for a few months to give my hair a much needed break. Don't get me wrong. I think Clairol makes fabulous products for both the professional and home hair color market. I was just not well schooled in the artful use of the Nice n Easy product line. Just call me home hair color challenged.

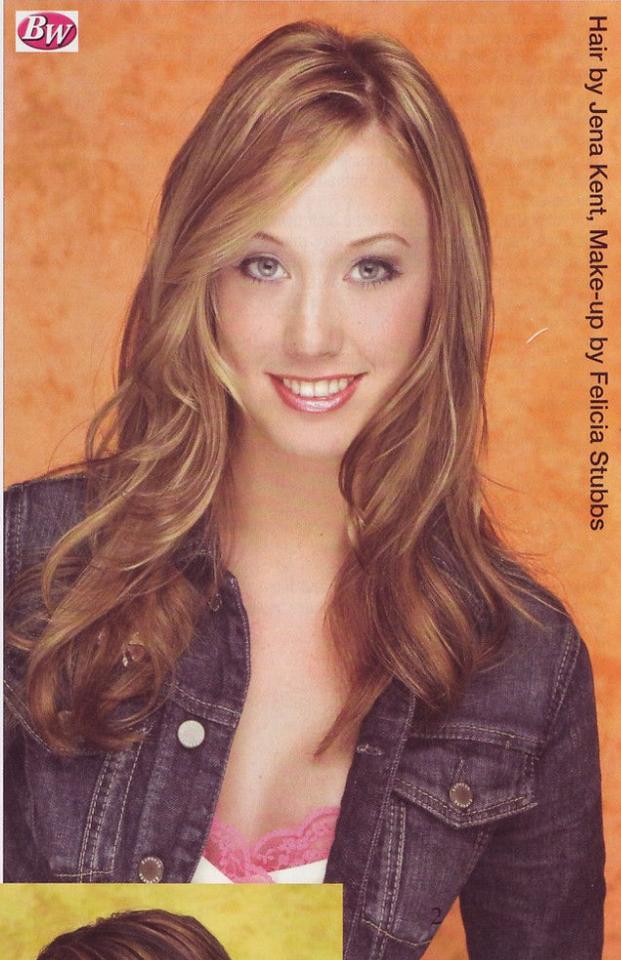
Color Nirvana

It is ironic that in current times dark roots are considered a great way to have a sassy look. Unfortunately, back in the days of my old Nice n Easy addiction dark roots were a big no-no.

So after suffering through months of hideous roots and Nice n Easy withdrawal, I found hair color nirvana with my new colorist and Matrix Socolor. Part of my new blonde heaven involved a little plastic cap that threatened to remove my double chin with three hours of zero circulation while carefully planned strands were pulled and painted with a color application that involved no bleach.

Note: To find a salon that features Matrix Socolor go to the salon selector on the Matrix web page.

The results were fabulous. Not only did I lose my obvious roots forever, my hair was soft, shiny and just gorgeous.



Hair by Jena Kent, Make-up by Felicia Stubbs



Hair by Amy Burkhardt
Make-up by Melissa MulHall



▲ Hair by Jena Kent,
Make-up by Felicia Stubbs

“Although there are exceptions to every rule, any coloring that is complicated, requires multi steps or is done on virgin hair, in my opinion, should be done by a color expert.”

I got lots of compliments on my "natural" blonde hair. I would chuckle and confess my dirty Socolor secret to amazed brassy blondes who would grab my colorist's card and hightail it for the capped torture treatment.

My first blonding with a good colorist happened in 1988. I have never turned back. When I pass the Clairol permanent colors in the grocery aisles I just wave at my old buds. Never again will I ever do my own color. Why? I want the best color and condition for my below-the-waist hair and I have figured out that I need the help of the experts.

Do I think that consumers should do their own at-home hair color? Although there are exceptions to every rule, any coloring that is complicated, requires multi steps or is done on virgin hair, in my opinion, should be done by a color expert.

Can people learn to color their own hair at home? Absolutely. Again, there are exceptions to every rule.

Although I did switch colorists in 1997, my new colorist was also a Matrix Socolor fan. Luckily nothing changed for me or my highlights.

Although we talked seriously about switching from caps to foils, for a number of reasons, the cap won. Yes, it takes a long time for my highlighting treatment, but I only go for re-application every 14-16 weeks.

Luckily I am blessed with naturally wavy hair that hides any obvious roots during the growing out stage. Also, I keep my hair very clean, use little tricks to extend the growth cycle and only have my hair touched up when I absolutely can't stand it a minute longer.

Unlike in the Nice n' Easy days where I did my roots every 2-4 weeks, my hair is now quite healthy and has managed to snake three inches below my waist. This was never possible with my past home coloring disasters.



Hair by Nicki Hodges
Make-up by Felicia Stubbs



Hair by Katelyn Munroe
Make-up by Felicia Stubbs

6 Steps To Find Your Dream Colorist

1 Surf the Net and get a list of American board certified colorists (ABCC) in your local area. The list of all the ABC colorists is located on the Net at Haircolorist.com. This site provides a list of some of the most educated and talented colorists in the United States.

2 Ask someone with gorgeous, healthy, shiny color if they have it colored and where. Some people will lie about their color. Some will be flattered and will spill their guts about their fabulous colorist.

3 Check out where the models and celebrities go. These people are required to sport great hair color and styles for their careers. Call the largest modeling agency in your area and ask who colors the model's hair.

4 Read the local hair and beauty columns in your local newspapers. Over the years I have discovered several good Dallas hair and color professionals based on interviews they gave in either the Dallas Morning News, D Magazine or other local news media.

5 If you can't afford expensive color treatments call the best salons in your local area and see if they have special new consultant training nights. You may be surprised to find that many top salons do have training nights and they require consumer volunteers. Remember that all work is done or closely supervised by hair care professionals being trained in advanced techniques.

6 If you can't locate any salons doing training nights and still can't afford the best colorist in town, consider going to a local beauty college. Most will have color experts on staff as teachers.



Hair by Teresa Penland
Make-up by Felicia Stubbs



Hair by Stephanie Jennson
Make-up by Felicia Stubbs



Hair by Beth Francis
Make-up by Melissa Mulhall

“Of the approximately 250 emails that I get every day, some of the most common hair disasters are related to home hair color nightmares.”

After You Find Your Colorist

Once you have tracked down a few potential colorist candidates you still have a few steps to develop a great relationship.

1 Call and ask brief questions about prices, available color treatments and in some cases, products used. Some people like me know exactly what products work best for their hair.

2 Always pay for a separate color consultation first. Never show up and tell the colorist to “do whatever”. Be very clear that you want to pay for a consultation only. Don’t expect to take the colorist’s time without paying for it. A great colorist is an expert and very busy.

3 Take responsibility to figure out what you really want and then be prepared to discuss your color goals. Do you want a look that requires lots of upkeep and touch ups? Or would you rather sport carefully woven highlights like lazy me who only has to go back every 4 months? Think about your budget, time constraints and willingness to sit for an extended treatment. Keep in mind that not all shades work for all people. Let your colorist advise you and listen to what they recommend.

4 Don’t give up. Even if the results are not exactly what you had envisioned, be realistic. Sometimes it takes a few treatments to get to the exact shade that you desire. Be willing to give the colorist a chance to achieve the outcome you desire.

5 Communicate with the colorist. Ask questions, express concerns. Ask the colorist how to help maintain your new color. Ask for recommendations on color extending shampoos or products.

6 Say thank you for a great job, tip well and give your colorist referrals. This is the best way you can show appreciation for a job well done.

For most people the current rule of highlights requires touch-ups after 10-12 weeks. The more highlights you have, the faster you will need to do the touch-up trip. Highlights that cover a good percentage of your head will show roots much faster (8-10+ weeks) than highlights that are more limited in scope (10-12+ weeks.) Showing dark roots is no longer a social faux pas if you are intentionally doing a Sarah Jessica routine. If you want to flaunt your roots then by all means do so. If you don’t want roots then you will have to work at keeping the highlights fresh. The straighter your hair, the more obvious re-growth will appear. As your roots start to become more obvious you can cheat time with zigzag parts, super clean hair, hair mascara applied at the roots and curly, wavy styles.



Hair by Katelyn Munroe, Make-up by Felicia Stubbs



Hair by Stephanie Johnson, Make-up by Felicia Stubbs



Hair by Nicki Hodges, Make-up by Felicia Stubbs

Doing The Coloring Homework

It is important at this point for me to point out that I am not a colorist, a color expert or even a professional hair care expert. I am a hair consumer advocate that tries to help consumers understand more about their hair care options. Although I have recently been accused of not doing my homework when I advise consumers, in reality, I try very hard and spend quite a lot of time doing hair care and color research so that I don't lead any consumers deliberately to hair color disasters. I have been fascinated with color since 1988. I have been doing haircoloring homework for years.

Every time I get a highlighting treatment I show up at the salon with a list of 20 questions about hair color, treatment options and hot new color brands. My stylist knows I will quiz her about new color products, how to deal with gray hair and just about any questions that I have been thinking about. We spent my last highlight treatment talking about the benefits of using scalp bleach rather than regular bleach. Yes, there is a bleach designed just for use on the scalp. Who could've known? Certainly not me.

Do I think consumers should do their own hair color? Although it depends, I tend to lean towards having hair colored by the experts. Yes, there are always exceptions and some people can learn to do a great job coloring their hair at home.

Of the approximately 250 emails that I get every day, some of the most common hair disasters are related to home hair color nightmares. It breaks my heart to read some of the horrible hair coloring stories.

What do I tell every one of the people who write me with orange, green, and broken off hair from disastrous home color experiments? I tell them to run, not walk, to the nearest color expert for color correction treatments.

Hair color is complicated. It involves a lot of knowledge to come up with the right formula for every client.

My worst nightmare was when Rene Russo showed up on screen with her gorgeous Beth Minardi induced multi-hued reds. Every day for weeks I received emails asking how to recreate the Rene Red at home. Although it was impossible, no one wanted to hear that.

Enjoy your new hues!



Face framing and romantic, this shoulder length cut compliments a great facial shape. The fringe is long and texturized to create a softness not usually found in a cut with so much difference in length from the front to the back.

Hair by Ruth Goertz for
Goertz Hair Design,
Braunschweig, Germany.
Racer Mesh top by Follies

FRINGE BENEFITS

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

By Karen Shelton
hairboutique.com

Bangs, also known as fringes in Europe, come and go into hair fashion with predictable regularity along with the regular cycles of long, short, straight and curly tresses.

For the bang challenged, growing out your bangs could be considered a hair trauma, if you are willing to experiment, be creative and have fun with the process, you may find that you are actually enjoying all the challenges that growing out bangs can provide.

Here's 10 Tips to grow out your bangs painlessly.



1 If you have bangs that are shorter in the center than at the sides, wait until you can pull the center strands below your eye-lashes, then get a teeny tiny trim (1/16th of an inch) to even all of the fringe hair to the same even length. Keep in mind that bangs that are all one length will be easier to manage as they grow out.

The pixie has so many different reincarnations, it's hardly even recognizable as a classic cut. The bangs are set precariously lower than the eyes and are slightly pushed to the side. The perimeter length is left longer on one side and pulled forward to frame the face.

Harry Boocock and Chris Horsman for The Hair Studio, UK, Leeds

Top by Guess.

Earring by Stephan & Co.

2 Experiment with different parts to control the growing hair. Start with a middle part and clip the hair back on either side. Or play with side parts that allow you to sweep the hair and clip it to the side.

A flattering pose for a flattering cut. This modern shag begins with beautiful brown eyes peeking out from under an ideal length fringe. Notice the ultra subtle auburn streaks on top. Texturizing begins heavily at the cheek and blends well into the hanging length just below the collarbone. Flat ironing the back in an outwards direction gives her a flip here and there. Harry Boocock and Chris Horsman for The Hair Studio, UK, Leeds. Top by Necessary Objects.



Expertly placed highlights look like spun gold over a deeper, darker blonde. Strategically placed spiral curls are set towards the face, blending seamlessly from the fringe set low.

Harry Boocock and Chris Horsman for The Hair Studio, UK, Leeds. Top by Necessary Objects. Satin Jumper by Dollhouse



3 Use accessories to help you manage your unruly fringe pieces. Adjustable elastic headbands or ones with teeth that allow you to place the band at various positions on your head from right at the hairline to midway back, allows you to control renegade strands. Experiment with matching baby barrettes that will clip mangy strands up and off your forehead near the forehead area.

Simple yet sultry. Peeking out from under heavily notched and texturized bangs, these blue eyes don't have to try very hard to captivate our attention. Very long layers are all she needs as everything is curled spirally and left resting below the shoulders.

Harry Boocock and Chris Horsman for The Hair Studio, Polka dot halter dress by Tessuto.



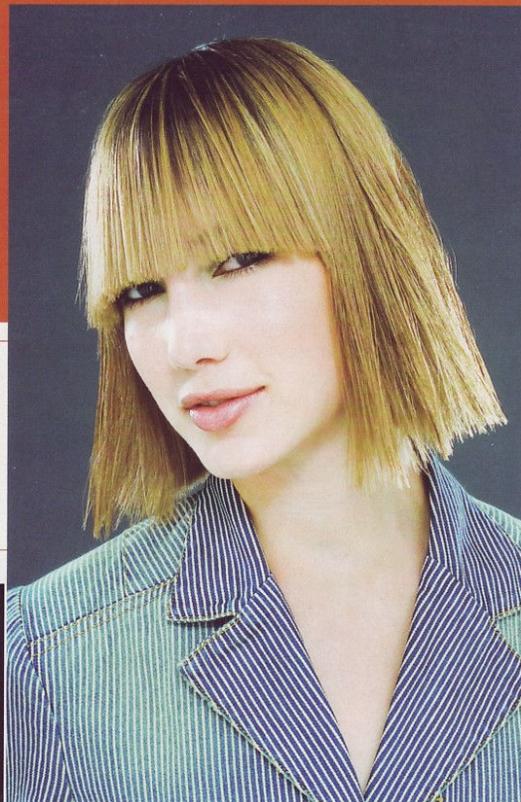
Is that padlock to protect her heart or to let others know that her opinion isn't easily swayed? A particularly heavy bang hangs into the eyebrows and is texturized and sprayed generously (probably in a stiff breeze). Spiral curls are tousled and left to hang carelessly. She certainly doesn't appear concerned does she? Nick Williams for John Jenkins Salon, Chobham & Sunningdale, UK. Top by Follies.



4 Play with hair paste, gel, molding mud or wax to smooth fringe hair out of your eyes. Use styling products to direct hair to one side or back from the forehead towards the crown area. Start with a small amount of styling product and experiment. Add more if appropriate.

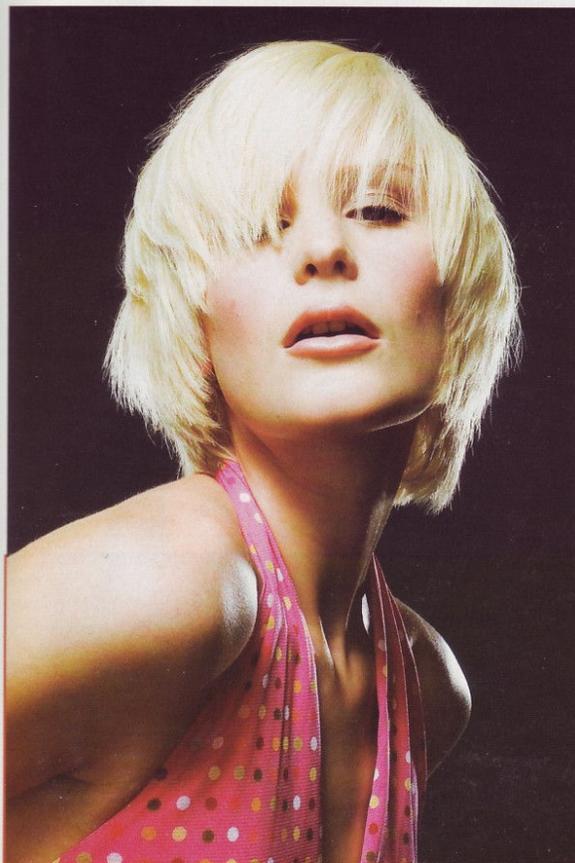
Flat iron? Check. Thermal spray? A big affirmative. Beginning with the fringe established sell below the brows, watch carefully as they dip at the outside corner of the eyes. Perimeter on the sides is established by using the length at the back of the for a guide, this creating short to long from the back to the front.

Stefan Herz for Herz Hair, Ottweiler, Germany



Have we been practicing Ms. Monroe? Definitely styled for an evening look, our blonded up bombshell has certainly proven herself capable to sport this short, angular cut. Beginning at the back, this length is established at the middle of the neck and undercut. The sides are framed drastically high to showcase those chiseled cheekbones. Not much difference in length from the sides up into the fringe, just a good bit of texturizing so as not to cover up those bedroom eyes.

Efe Zeynep for Efe Hairstyling, Hamburg, Germany



5 Braid the bang area when it is damp. Create a side part and then tightly French braid across the hairline near the forehead. Mix in longer strands from the sides to control the braid. Tie off the end of the braid with a chic ponytail elastic, clip or barrette.

total image 51

6 Wear creative headgear. Throw on a baseball cap worn backwards for uber chic. Try on a cool beret, cowboy hat or newsboy to hide your straggly fringe.

Don't attempt this cutting edge page boy look if you fare on the shy side! A blunt fringe cascades down to the ears seamlessly where it meets the length. Lightest brown highlites have been added for a more dimensional color. Ross Taylor for Paul Falltrick Hairdressing, Essex, UK. Shirt by Dollhouse



A modern day Cleopatra ! What more can we say? The combination of multiple color panels and streaks blends wonderfully with these long "lash scraping" bangs for a unique sexy look.



7 Backcomb bangs into a mini-quiff. Use a good setting or volumizing spray and a rat tail comb. Tease or back comb the bangs to get lift. Direct the quiff up and off your face. Use a great hairspray for great hold.



Ponytails never looked so good! Long curly ponytails and over the eye fringe creates a beautiful look that screams Sexy! Panels of deep brown mix with a few dark blonde streaks to help ad depth to her naturally dark mane. Ken Smith for Kenneth's Kenneth's Hair With Style, Metairie, LA

8 Separate the bang hair into individual one inch sections. Twist each section clockwise and then click back off the forehead with a small claw clip, bobby pin or tiny alligator clip. Create an evenly spaced row along the front of your hairline for a chic look. No one will even know you are growing out your bangs.

Three target areas: the eyes, cheeks, and shoulders are all pivotal points in this haircut. Looking closely, you can spot the subtle auburn streaks in the front. The hair is curled spirally, an ingenious way of blending the shortest into the longest lengths.

Nick Williams for John Jenkins Salon, Chobham & Sunningdale, UK. Top by Joe's.



Weaved very finely, these ultra light locks flatter and liven up this style. Notice how the haphazard bangs dip over the eyes, yet jump up in between. The sides are worn lightly flipped out. The length stops just above the shoulders. Fine hair like this does best with volumizing measures taken to plump up the lift and movement. Harry Boocock and Chris Horsman for The Hair Studio, UK, Leeds. Dress by Sharagano.

9 Use bobby pins to secure your bangs up and off your forehead. Add one of the silk ribbon headbands worn right at the hairline and over the pinned strands. You will be at the height of hair accessory fashion and will have tamed your bangs, all in one simple action.

Pretty pixie, highlighted blonde and pulled forward. Notice the shorter lengths on top give her maximum volume and movement. Some times a wide toothed pick is dragged through the hair immediately after applying hair spray or wax for those beautiful smooth lines.
Harry Boocock and Chris Horsman for The Hair Studio, UK, Leeds.
Top by Dollhouse.
Dress by Necessary Objects.

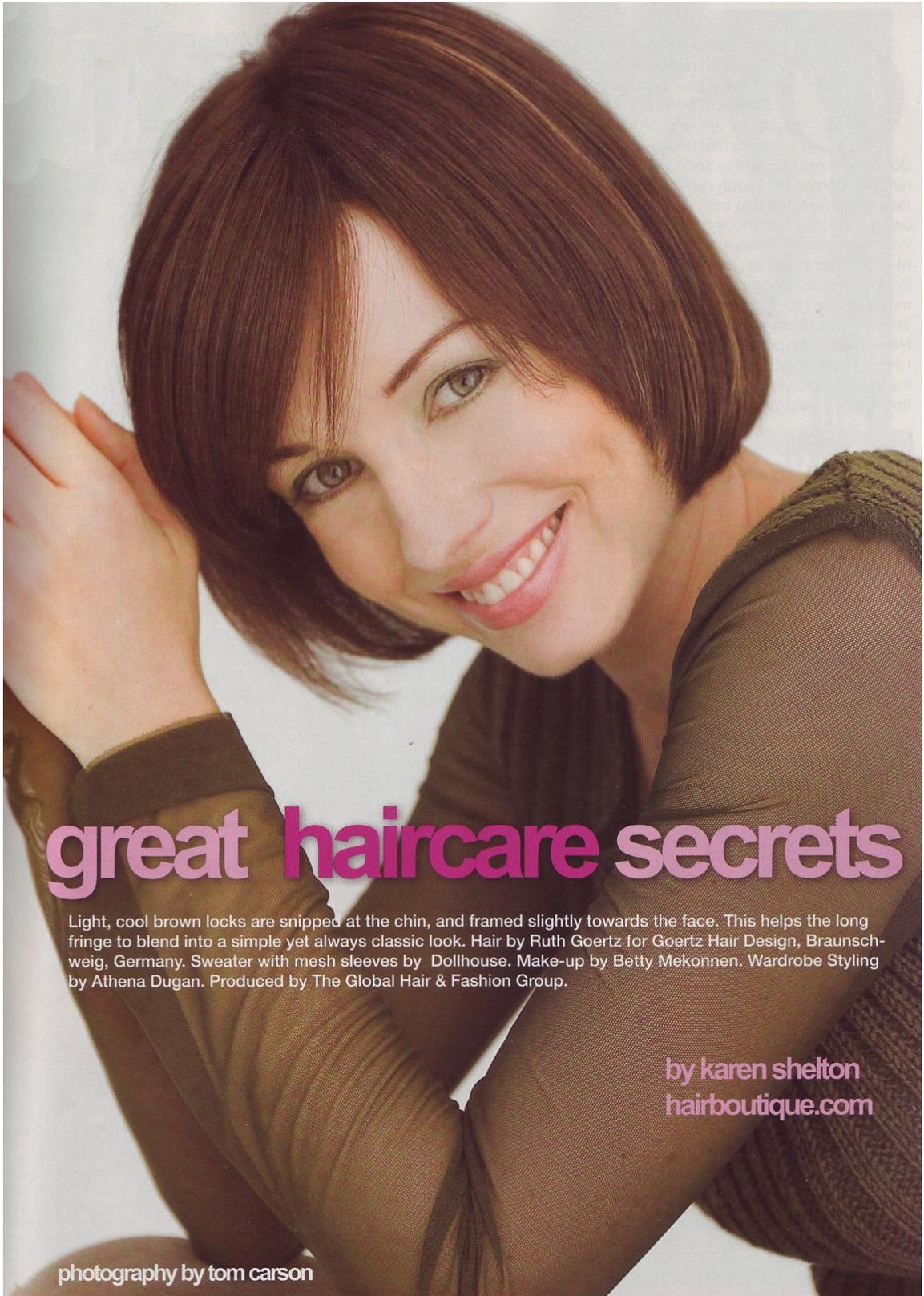




Flame colored at the ends, and curls tossed about haphazardly, this look certainly doesn't leave our girl looking confused does it? This bob has its length established at the chin and is layered slightly to alleviate what is referred to in the business as triangle head. Her fringe when stretched out probably reaches out to the tip of her nose.

Nick Williams and Andrew Simmonds for John Jenkins Salon, Chobham & Sunningdale, UK. Top by Necessary Objects, pants by You.

Although growing out your bangs could be considered a hair trauma, if you are willing to experiment, be creative and have fun with the process, you may find that you are actually enjoying all the challenges that growing out bangs can provide.



great haircare secrets

Light, cool brown locks are snipped at the chin, and framed slightly towards the face. This helps the long fringe to blend into a simple yet always classic look. Hair by Ruth Goertz for Goertz Hair Design, Braunschweig, Germany. Sweater with mesh sleeves by Dollhouse. Make-up by Betty Mekonnen. Wardrobe Styling by Athena Dugan. Produced by The Global Hair & Fashion Group.

by karen shelton
hairboutique.com

photography by tom carson

Over the past year I have researched and written hundreds of daily hair tips for the front page of Hair Boutique. Yes, there are lots of hair care secrets that people want to know.

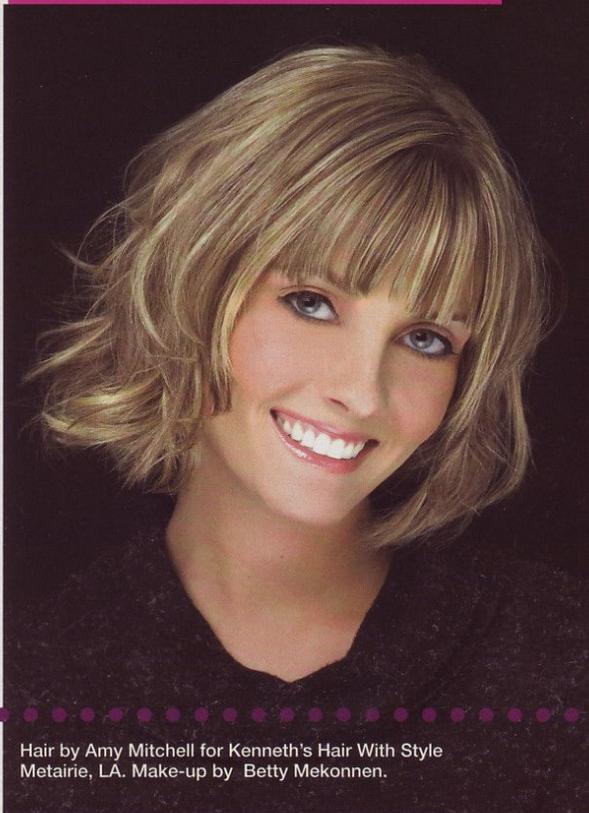
Some of these secrets include using ketchup to remove a green tint, applying Vaseline around the face to prevent hair dye from staining the skin and using ice cubes to remove gum from the hair.

While my head is literally crammed full of hundreds of similar hair care tips, these are not the tips that I live by on a daily basis. My personal hair care tips may surprise you. They are definitely a little different than you might expect.

Here are my own personal secret hair care tips that I live by every day. They have served me well over the years of growing my hair. I hope you find some tips that will help you.

Love your hair.

This may sound obvious, but it often isn't to a lot of people. Hair has energy and spirit just like every other part of your body and it responds better to kindness and love than neglect and anger. If you hate your hair and ignore it, it will be like a flower that you don't water. It will wilt and die. Show your hair total love and respect and it will blossom and grow and be beautiful.



Hair by Amy Mitchell for Kenneth's Hair With Style Metairie, LA. Make-up by Betty Mekonnen.



Hair by Tory Theyenot for Kenneth's Hair With Style Metairie, LA. Make-up by Betty Mekonnen.

Accept your hair for what it is.

If your hair is thin, wavy, curly or stick straight, try to accept that and not torture it by using strong chemicals that may damage it just to straighten it or curl it. If you decide that you want your hair to be different, make the changes as kindly as possible to your hair. Condition your hair before you straighten or perm it and make sure that you use the best products and get the best advice for your hair.

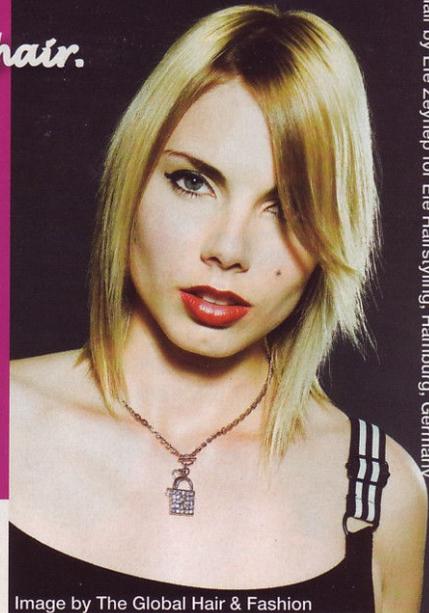
(Top) Hey, if you've got great features... Show them off! Fine hair holds this layering perfectly creating an incredibly sexy short bob. The dark honey colored panels add dimension and depth.

(Bottom) This face framing, elevated bob breaks into major texture around the chin area due to some hot iron handy work. The long, "brow scraping" bangs bring out those beautiful blue eyes for a hip yet sophisticated look that you can wear to work or to party.

Choose healthy habits for your hair.

Any habits that damage your body also damage your hair. Exercise, eat well and avoid smoking and alcohol, or at least cut back. Your hair is just one part of the holistic you.

Hair by Tami Caballero for Kenneth's Hair With Style, Metairie, LA Make-up by Betty Mekonnen



Hair by Efe Zeynep for Efe Hairstyling, Hamburg, Germany

Image by The Global Hair & Fashion

Knowledge is power.

Learn as much as you can about your hair. Visit hair care websites, read articles that you see and flip through the magazines while you are waiting in line at the grocery store checkout. Observe what other people do that have gorgeous hair and ask them for advice. People love to share knowledge.

(Top) Very spice girlish with her street savvy cosmetics the hairstyle struggles not to compete. A dark gold panel is split at the part and just peeks out subtly. One is reminded of Marilyn Monroe with the way the fringe flips just over the beauty mark on her cheek. Length at the front and sides are left long yet heavily shattered for varying lengths.

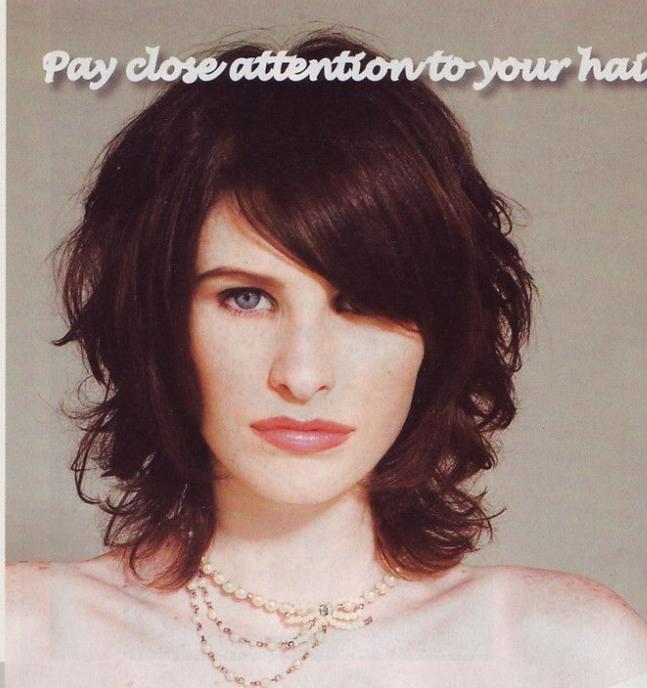
(Center) Long, soft, lightly layered hair says it all for this young beauty. The texturized ends add a bit of glam to the equation.

(Bottom) This brown eyed beauty's smile clues us in on her satisfaction and what isn't there to be happy about? A very light bang leaves a few wisps resting on the forehead and a few more tossed about playfully. The rest of her light chocolate locks are blown back and rest beautifully well below the shoulders.



Hair by Stefan Herz for Herz Hair Design, Ottweiler, Germany. Make-Up by Betty Mekonnen. Image by The Global Hair & Fashion Group.

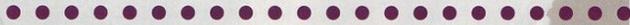
Pay close attention to your hair and listen to its needs.



If you notice a change in texture or condition, take time to evaluate what may be happening and make adjustments. Your hair, like your body, sends you signals about what it needs. Is it drier or oilier or frizzier? Is it breaking or falling out or acting unusual? Get to know your hair and understand what it needs.

(Left) This cut sits brilliantly at the shoulder, graduation up at 90 degrees. A heavy fringe, angled longer from the middle of the forehead to the side rests heavily over her left eye offering a slight air of mystery. Hair by Jo Norton for Paul Faltrick Hairdressing, Essex, UK. Make-up by Betty Mekonnen. Wardrobe Styling by Athena Dugan. Necklace by Stephan & Co. Top by Sharagano. Produced by the Hair & Fashion Group. (Below) The tame meets the untamed. Corkscrew curls are swept to one side and pinned neatly. Chaos reigns everywhere else as romantic locks fall below the shoulder for this creative, casual upstyle.

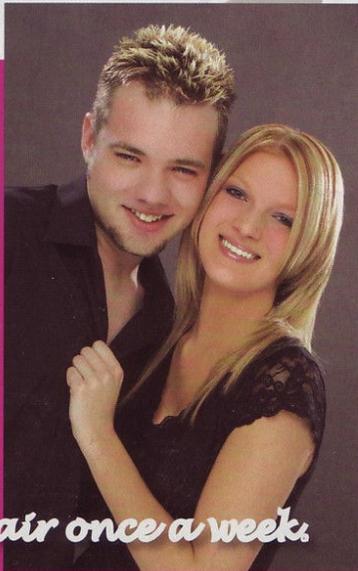
Hair by Alexander Turnbull for Alexander Hair & Beauty, Hull, UK. Make-up by Betty Mekonnen. Wardrobe Styling by Athena Dugan. Sequin top by KC, gold earrings by Stephan & Company. Produced by the Hair & Fashion Group.



LOVE, Your Color! With all of the wonderful color options available today, even teen and 20 something guys are getting into the act...It's not just for gray haired 40 somethings anymore! Hair by Tricia Vernick & Dawn Yochum for Jennifer & Company, Mentor, OH.

This can be as simple as giving yourself a hot oil treatment or taking extra Essential Fatty Acids (EFAs). Give yourself a relaxing scalp massage or apply a special deep conditioning pack. Do something for your hair that makes it feel special. Your hair will respond in kind.

Pamper your hair once a week.





Caramel streaks brighten up this chocolate colored cut. This prevents her skin tone from appearing washed out. The length doesn't differ that drastically from the chin to the cheeks but oh how those curls give her movement to create quite the impressive coif.

Hair by Harry Boocock & Chris Horsman for The Hair Studio, Leeds, UK. Make-up by Betty Mekonnen. Wardrobe Styling by Athena Dugan. Jacket by Chaudry. Dress by Necessary Objects. Production by the Global Hair & Fashion Group.

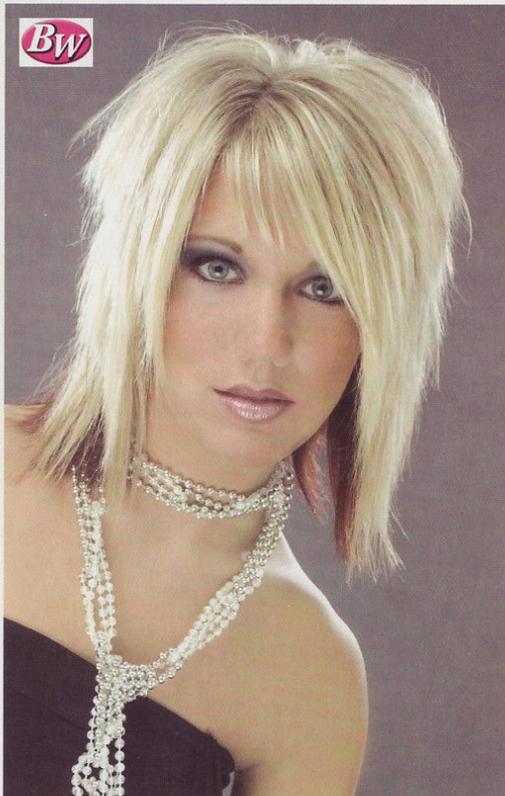
GROWTH POTENTIAL

By Karen M. Shelton Hairboutique.com

The answer to "instant hair growth" is that there isn't any. I am sorry to report that there is just no known magic hair bullet. If you want to go from a short chop to long flowing locks instantly you have limited options. Your best bet for overnight long hair is to consider hair extensions, long wigs, clip-on braids, tails or other "instant hair".

Yes, there are lots of things that can maximize the potential of your hair growing cycle but it is folly to imagine that you can go to bed one night with chin length hair and the next day wake up with a new inch of growth.

There are some very rare exceptions, but hair on most people is genetically programmed to grow an average maximum of 6 inches a year.



▲ Rock On with this updated, messy shag. Strong copper colored sectioning in the nape and back update this look, but it's still rock n' roll to me... Hair & Make-up by Tricia Vernick for Jennifer & Company, Mentor, OH.

Heavy caramel - honey colored sections add depth that compliments this beautiful long hairstyle. The 3 inch step cut into the cheek area adds that bit of post modern flair while opening up the face. Hair & Make-up by Dawn Yochum for Jennifer & Company, Mentor, OH. ▶▶

MAKE THE COMMITMENT

Yes it is really true. Anything in life worth having takes time, commitment and focus. It is also true that not everyone can have that gorgeous head of waist length hair. People with fine, thin, or severely damaged hair may have a difficult time growing hair past a medium length.



Lowlites make this look jump, with just the right amount of razored texture added in for good measure. Hair and Make-up by Jennifer Pealer for Jennifer & Company, Mentor, OH



Other factors can also retard hair growth including serious illness, ingesting some prescribed medications and a variety of environmental factors.

If you believe that you have the right type of hair to grow it long then make a serious commitment to hang in there for the duration. Growing long, strong, luscious hair requires time, effort and focus.

"Remember that the average person is genetically programmed to grow hair at the rate of 6 inches a year."

How long? Remember that the average person is genetically programmed to grow hair at the rate of 6 inches a year. If you want to grow 30 inches of hair, plan on waiting approximately five years to experience that length. Is it worth it? Only you can be the judge.

PATIENCE IS A VIRTUE

Although it is always a good idea to measure your hair on a regular basis, avoid the urge to measure more than once a month. Growth spurts can vary widely. Hair tends to grow more rapidly in the summer while slowing down in the winter.

To sanely track your progress start a hair growth diary with a baseline measurement. Ask someone to help you acquire a good starting hair measurement. Have your hair buddy use a soft measurement tape to measure from the very tip of your roots to the very end of your strands. Record the baseline measurement in your diary and measure again in 30, 60 or 90 days. Remember that hair growth is volatile so don't get discouraged by monthly patterns. To avoid growth stress consider only measuring your hair a few times a year rather than monthly.



START WITH A CLEAN SLATE

Ditch the damaged parts of your hair at the very beginning of your growing cycle. If your heart is set on with the right locks.

Visit your hairdresser and explain that your mission is longer, stronger tresses. Request that your stylist give your hair a proper growth launch by trimming off all damaged and split ends.

Discuss proper handling of any other damaged hair with your hairdresser. Although cutting may not be necessary, starting with a good

"Remember that the average person is genetically programmed to grow hair at the rate of 6 inches a year."



conditioning program may be essential to reverse long term damage leftover from environmental, chemical or other ravages.

It is very important that you find a supportive stylist that will help you as you travel on your long hair journey. If your regular hairdresser is not supportive of your goals, there are many excellent long hair experts that you can locate to assist you. To find a list of long hair consultants check out the list at the HairBoutique.com. You can also find long hair gurus listed in the Yellow Pages or through word of mouth.

GROW WITH GRACE

Once your hair is ready to grow, make sure you keep it trimmed every 8-10 weeks. Regular trims keep your hair looking and feeling healthy. It will also give you hair a great transitional shape as it grows through the many different stages. Don't fool yourself into thinking that you don't need regular trims. You do.

Some long hair specialists will be willing to "dust" your ends which means that they will remove as little as possible from your ends focusing only on split ends. If your hair is in great shape, dusting will trim the minimal amount of hair preserving as much of your hard earned-growth as possible.

Many people prefer to trim their own ends. This is perfectly acceptable as long as high quality, professional scissors are used. Dull or scissors that are not designed for cutting hair can rip or tear delicate ends.

MAKE THE INVESTMENT

If you are planning on investing several years to grow your hair, why not invest in the best hair care products you can personally afford. Salon products are generally better than the products sold at your local drug-store.

There is no right or wrong product for growing long hair. Finding what works for you and your hair type is the key. Some of the top product lines for assisting with the creation of healthy hair include Phytotherathie, ARTec, Aveda, Matrix and Philip B.

Many of the chemicals used in the majority of over-the-counter products contain sulfate related ingredients which can be quite harsh and drying to delicate hair. These nasty additives can also accelerate breakage and split ends. Other products may contain harmful versions of silicon which can suffocate hair and ultimately cause all sorts of hair related problems.

◀ This basic long layered bob was high-lit around the fringe with dark cinnamon. An unusually beautiful combination with her deep skin tone. Hair and Make-up by RaeAnn Zalar for Jennifer & Company, Mentor, OH

Sophisticated yet sexy, this look sports long almost brushed out curls that were put in with a large iron. Layering is predominant throughout the style but is most noticeable on top. High-lights add even more depth and shine.

Hair by Tami Caballero for Kenneth's Hair With Style, Metairie, LA
Make-up by Betty Mekonnen



total image 70

12 EASY TIPS

- 1 Eliminate or cut back on smoking, caffeine and carbonated sodas which weaken the body and block maximum hair growing potential.
- 2 Minimize intake of alcohol and try to avoid foods that are high in sugar or fat.
- 3 Avoid the use of hot water, hot steam or saunas that may stress the hair.
- 4 Have a weekly scalp massage to provide added stimulation to the hair follicles.
- 5 Perform a series of ongoing hot oil or deep conditioning treatments to protect the hair's shaft.
- 6 Keep the environment in mind. Before taking your hair for a ride in a convertible or for a day at the beach, comb a protective conditioner through the hair. Protect your hair from sun, wind, heat, salt water and pool chemicals.
- 7 Exercise for your hair. Any form of physical activity will increase blood circulation to the scalp, helping nutrients to flow more easily down to the individual hair follicles.
- 8 Get enough sleep to allow your cells to renew and refresh. To avoid breaking hair while sleeping, consider using easy glide satin pillowcases. Another option is to invest in a hair sock that will keep the hair from twisting, breaking or snagging if you happen to be a restless sleeper.
- 9 Allow your hair to breathe. Avoid constricting your hair with tight bands, hats, cornrow braids and the like. These also lead to split ends and hair breakage.
- 10 If you must use chemicals on your hair, go to a professional and try "spot" treatments to get maximum results with minimal damage.
- 11 Use "hair friendly" hair accessories like elastic covered bands, smooth hair clips and snagless barrettes.
- 12 Avoid boredom. If you get the itch to clip, divert your attention with a new or zigzag part, new or altered bangs or wild clip-on hair.



Well blended highlights and long layers add depth to this over the shoulder do. A slight bump about cheek level mimics the face shape and helps to round-out the look. Hair and Make-up by Gina Lyons for Jennifer & Company, Mentor, OH

"The bottom line is that your hair ultimately reflects the overall condition of your body. If your body is healthy and well-nourished, your hair will be your shining glory."

EAT RIGHT & TAKE YOUR VITAMINS

The right vitamins and minerals play a major role in keeping your hair healthy. Any nutritional deficiencies can lead to thinning hair or even total baldness. It is a well-known fact that an underactive thyroid can result in frizzy or brittle hair while an overactive thyroid turn hair greasy and limp.

"The bottom line is that your hair ultimately reflects the overall condition of your body. If your body is healthy and well-nourished, your hair will be your shining glory."

If you are having any health problems or suffering from any nutritional deficiencies, your hair may stop growing or show damage.

If your body is in good health, you can maximize your genetic growth cycle through taking the proper blend of amino acids and B-vitamins.

It is also important to include B-6, biotin, inositol and folic acid in the supplemental program. It has been found that certain minerals including magnesium, sulfur, silica and zinc are also very important toward maintaining healthy hair.

Beta-carotene is also important to hair growth. This is because beta-carotene is converted to vitamin A as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Beta-carotene is found in green and yellow vegetables and fruits.

PROTEIN IS IMPORTANT

Since hair is protein, a diet that is too low in protein may cause a thinning in hair or a retardation in the growth cycle. The converse is true, if you eat a protein-rich diet it will often result in improved hair growth. Some nutritional experts suggest the dietary utilization of calves liver, brewer's yeast, wheat germ and a daily dose of two tablespoons of

granulated lecithin to maximize hair growth, strength and beauty. Other good food sources for protein include fish, eggs, beans and yogurt. Soy protein has also been found to be helpful in stimulating hair growth. One study of the results of soy on the hair found that it not only strengthened the hair but caused it to grow. A great source of soy is tofu.

GROWTH BLOCKERS

Excessive stress and some medications are conclusively known to retard hair growth. If you have a medical condition and your physician has prescribed medications it is imperative that you follow your doctor's orders regardless of the impact to your hair.

However, if you are under severe stress it is helpful to reduce the stress as much as possible. Consider meditation or relaxation as a way to cut back on any major stress in your life. Your hair will love you for it.

Another secret hair helper is rest and sleep. It has been discovered that to grow faster, hair needs an adequate amount of sleep (7-9 hours are suggested).

HAIR GROWING SUPPLEMENTS

Eat right, exercise, reduce stress, rest, gets lots of sleep and you are well on your way to maximizing your own personal hair growth potential.

You can either take a good supplement that contains the necessary vitamins and minerals or you can make up your own formula.

I have personally had some success (at least for me) with the HairTopia vitamins. HairTopia was designed to assist the body with the maximum hair growth building blocks.

While eating the proper foods that contain all the necessary vitamins and minerals will help, it is a lot more difficult to guarantee that you will get all the vitamins and minerals you need from the foods you eat.



Big texture takes control in this flirty party look. Blonde highlights around the face bring out the model's big eyes, and elevated cutting in the nape area keeps the look in the medium to short realm. The chin length pieces are a nice modern touch. Hair and Make-up by Darlene Lucas for Jennifer & Company, Mentor, OH.

BRUSH PROPERLY

Treat your hair like a piece of fine old lace. Handle it carefully avoiding any unnecessary brushing, combing or handling.

Invest in the best brush you can afford. Never ever use a brush that has tiny knobs on the end of the bristles. Those little knobs are famous for ripping and tearing out unsuspecting hair.

Be careful not to brush your hair excessively. Brush only as much as you need to style your hair or remove knots. Too much hair brushing can lead to split ends and ripped hair.

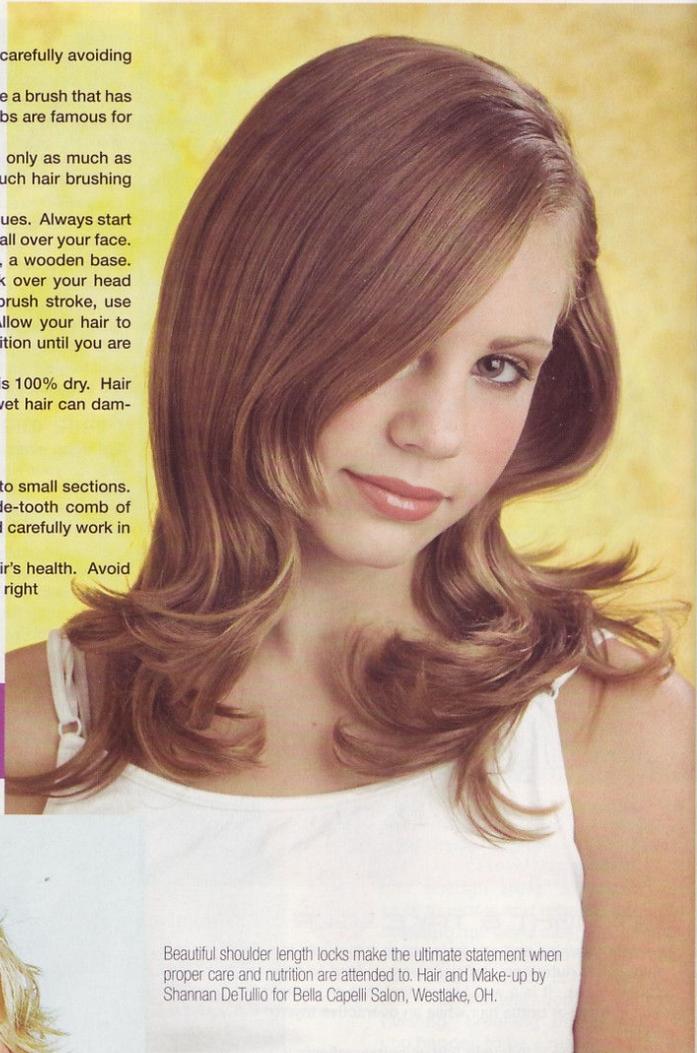
When you must brush, follow proper brushing techniques. Always start by bending forward allowing all of your hair to gently fall over your face. Use a brush with natural bristles and when possible, a wooden base. Carefully brush your hair from the nape of the neck over your head and down to the ends of the strands. After each brush stroke, use your hands to smooth your hair to reduce static. Allow your hair to fall normally. Continue to brush your hair in this position until you are finished.

Remember that hair should only be brushed when it is 100% dry. Hair is in its weakest condition when it is wet. Brushing wet hair can damage it.

COMB IT RIGHT

When you comb your hair always separate the hair into small sections. Whether your hair is wet or dry use care and a wide-tooth comb of pick. Start at the bottom of the hair near the ends and carefully work in a downward direction.

A wooden comb is always an excellent choice for hair's health. Avoid the use of hard rubber combs that can tear or rip hair right out of the scalp.



Beautiful shoulder length locks make the ultimate statement when proper care and nutrition are attended to. Hair and Make-up by Shannan DeTullio for Bella Capelli Salon, Westlake, OH.



Healthy natural curls require minimum upkeep when the right products are used. Hair by Teresa McGaha for Moutons Salon, Bedford, TX. Image by the Global Hair & Fashion Group.

USE YOUR FINGERS

When possible use your fingers as "picks" or "rakes" to remove snarls and tangles. Fingers are the softest tools you can use on your hair to prevent pulling and snagging.

KEEP IT COOL

Avoid hot styling tools as much as possible. If you must blow dry, always first coat and protect your hair with a leave-in conditioner. Never focus the air flow on one section of the hair longer than a few seconds. Rotate the dryer back and forth to prevent burning hair.

When possible, use a blow dryer on medium speed, cool heat with the air flow directed from the roots to the ends. This is the least damaging way to use a dryer and still achieve good results.

If your blow dryer doesn't have a cool setting but does have a cold shot button, use this at the end to seal and protect the hair.

Limit your use of the blow-dryer to just your bangs or limited sections of your hair. Look for ways to get maximum coverage with minimal heat exposure.

Growing long hair is not an instant gratification project. It takes time and work. People with gorgeous long hair spend years achieving the glowing lengths that they love. Understand that long hair is a way of life that requires passion, commitment, focus and attention to detail.