



WOW! OVER **500** SEXY STYLES



# 101 HairStyles

## The Hit List

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**EASY HOW-TOS FOR VOLUMINOUS CURLS AND ELEGANT UPDOS**



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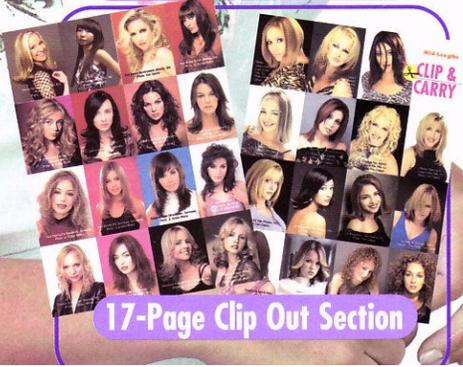
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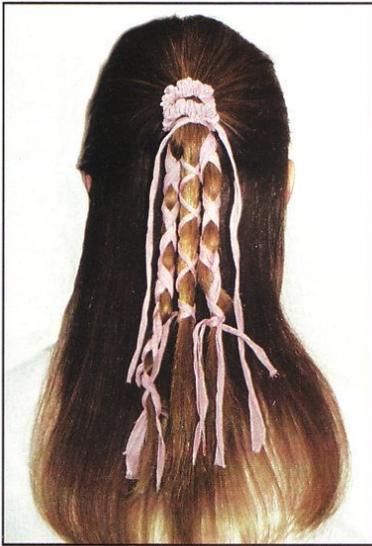


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# Style FILE

## The best accessories and must-haves for gorgeous hair!



### The Seduction Collection

Sashaying between the ladylike delicacy of crinkled silk chiffon and the vibrant vamp hues of smoky blue pearl, smudgy cigar or stark black, this ethereal knotted and tied ragtie twist is a potent blend of youth and sophistication. Blurring the lines between innocent and sexy, just slip the elasticized scarf band around the gathered edges of a curly pony, weaving the long ties in and out of your flirty



tendrils. If you prefer, wrap the top of the **Delicia Twist** band around a seductive hair twist and let the beautiful ties float freely in the wind. Even better, this spectacular twist is perfect for the sizzling hot ballerina bun or a grouping of messy braids. Wear this fashion treasure anyway that you desire and enjoy instant flair for your tresses. View these and the entire collection of **EvitaPeroni** at [www.HairBoutique.com](http://www.HairBoutique.com). For more information call 1-866-4MY-HAIR.

**After**

**Before**

### No More Gray!

Look as young as you feel! **Miss Clairol** is specially formulated to give you maximum gray coverage on even the most resistant gray. That's because Miss Clairol contains active color molecules that deeply penetrate stubborn gray hair to replenish it with rich, long-lasting color. Available at [www.clairol.com](http://www.clairol.com) or at retail and beauty stores nationwide.



### Hair Spa

**Dead Sea Spa Magik** introduces three new products that provide total care to the hair and scalp and complete the Spa Hair line. **Mineral Shampoo** leaves the hair looking and feeling revitalized and moisturized, and is particularly useful for deep cleansing, alleviating dandruff and soothing an irritated scalp (\$14.95). **Conditioning Scalp Mud** adds a healthy glow to your hair and conditions the scalp (\$15.95). **Hair Magic Serum's** unique combination of Dead Sea minerals and vitamins helps restore your hair's natural moisture balance, improves its luster and elasticity and can also increase the thickness of the hair by up to 10 percent, giving it a wonderful healthy shine and natural soft bounce (\$7.95). For more information on Dead Sea Spa Magik products please call 877-725-8278 or log on to [www.spamagik.com](http://www.spamagik.com).

# Splurge vs. Steal

Beauty Bargains Fit For Your Budget

When it comes to beauty—you're a self-proclaimed binger. Your eyes widen at the sight of a sample sale, you get giddy at the thought of Sephora and, unfortunately, your wallet can't take much more of this joy ride. If you're strapped for cash or still looking to continue your beauty bender, check out our splurge vs. steal product picks to satisfy your shopping appetite.

## ACCESSORIZE!!!

When you'd like to add a bit of glam to your hair...



**SPLURGE:** When it comes to accessories, no one has a better selection than HairBoutique.com. These beautiful Austrian Crystal barrettes (\$7.95 to \$8.49 for one) are perfect for adding some glitz to a short or long 'do; available online at [www.mp.hairboutique.com](http://www.mp.hairboutique.com) or by calling 1-866-469-4247.

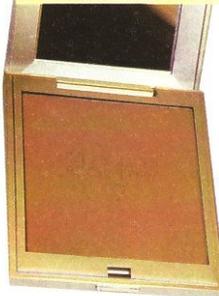


**STEAL:** Feel like adding a little more sparkle to your look? Sweeten up your style with a cute rhinestone-embellished hair accessory, we adore these star barrettes (\$5.99; available at Sally Beauty Supply stores nationwide, 1-800-ASKSALLY), because, after all, isn't there a bit of a star in all of us?



## BRONZE GODDESS

When you're in the mood for a little sun-kissed color...



**SPLURGE:** Hard Candy Bronze-N-Brush (\$22.50) provides a pretty glow-on-the-go with its sleek compact and retractable brush; available at select Macy's East, Dillard's, Nordstrom, Saks Fifth Avenue, Con Mauer, Neiman Marcus and online at [www.hardcandy.com](http://www.hardcandy.com) and [www.sephora.com](http://www.sephora.com).

**STEAL:** Yves Rocher "Terra Latina" Bronzing Powder (\$7.95) will make everyone think you've spent the day in the sun, even if you've been stuck in the office; available online at [www.YRBeauty.com](http://www.YRBeauty.com) or by calling 1-800-321-3434.



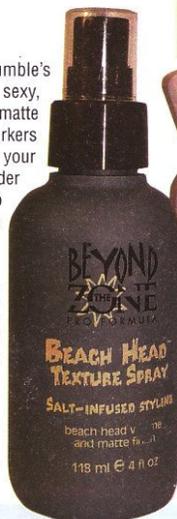
## BEACH BABY

When you're starved for a summer swim, but can't make it to the beach...



**SPLURGE:** Bumble and bumble's Surf Spray (\$16) serves up a sexy, salty, wind-styled texture with a matte finish and tons of hold. Your co-workers will be left wondering if you spent your lunch hour at the beach; to order call 1-800-7Bumble or log onto [www.bumbleandbumble.com](http://www.bumbleandbumble.com) to locate a store near you.

**STEAL:** Beyond the Zone Beach Head Texture Spray (\$4.99) provides an alternative to your typical sleek and straight style by adding the kind of texture you thought was only achieved by taking a dip in the ocean—simply mist the product evenly over your damp or dry hair and finger comb through. You can achieve a more tousled look by diffusing hair after applying the product; available at Sally Beauty stores nationwide.

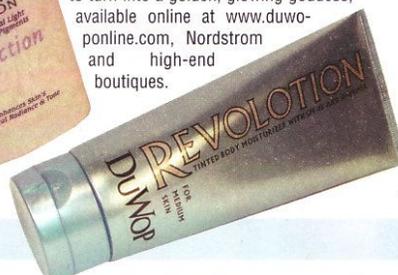


## SHIMMER SHOWDOWN

When you want your skin to have subtle sparkle...

**STEAL:** Nivea Silky Shimmer Lotion (\$6.99) contains natural light reflecting pigment that aides in evening out skin tones and providing a deliciously delicate shimmer; available at all food, drug and mass merchandisers nationwide.

**SPLURGE:** DuWop Revolution for medium skin (\$19/6 oz.) provides skin with one of the sexiest sheens around—be prepared to turn into a golden, glowing goddess; available online at [www.duwoponline.com](http://www.duwoponline.com), Nordstrom and high-end boutiques.



# Strand Solutions

By Karen M. Shelton  
www.hairboutique.com

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## ASK THE HAIR DOCTOR

*I have read all of your columns and have never seen this problem before. I was at a society type of party recently and went a bit crazy on the champagne on an empty stomach. I wound up tripping, falling down and ripping my very expensive wig off my head for all to see. Luckily I was too "happy" to feel the pain of embarrassment and just plopped the wig back on. But now I find that people are still talking about my unfortunate experience behind my back several weeks later.*

*I am not sure what to do and wonder if I owe anyone an explanation about the wig. I know that many of my friends had no idea that I suffer from an advance form of alopecia. Should I keep quiet and hope it all will blow over or should I out my hair loss problem and explain the wig? If I do talk about it, who should I trust to tell? Please help.*  
—Morganna

Dear Morganna,  
How awful for you. Embarrassing situations are always a challenge to overcome with grace and beauty. Although I am sure you felt bad at the time and are uncomfortable with the current gossip-mongers, it is admirable that you are taking the time to ponder a good solution rather than acting without forethought.

The people who are your true friends and really care about you will understand that everyone has unfortunate situations in life. They will still love you for who you are and will let it pass. People who enjoy celebrating in the misfortunes of others, will do so, no matter what you say or do to try to erase it. So let the tongues wag.

Remember that people are people and they will talk.

Why not keep mum about the champagne incident and maintain a low profile until new fodder captures the fancy of the gossips. And trust me, it will. Someday you might even be able to look back and laugh about your experience. Until then, remember that this too shall pass.

Should you talk about your hair loss issues? I would suggest that you talk about it only if you really feel that you must bare your soul or need to share to get support. Who should you tell? Although it is probably best to only share your hairloss challenges with your family and close friends, if you feel OK talking about it to everyone, then do so.

If you listen to your heart and follow your conscience you can never go wrong.

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*I live a very stressful life with lots of professional and personal responsibilities. Over the past few months I have noticed my hair getting very dry and scratchy. I have also noticed that a lot more is falling out than normal and I am slowly gaining weight. My doctor thought that it might be my thyroid but the tests came back border-line. I am not on medication and my doctor told me not to worry. A friend told me that I should look at taking guggul to help even out my thyroid and help my hair. Any suggestions?*

—Maggie, Las Vegas, Nevada

A lot of your symptoms are definitely the same as those suffered by people with malfunctioning thyroid glands. Since I am not a doctor and can begin to suggest what is happening with your thyroid, I can recommend that you find a specialist in the treatment of thyroid challenges and ask for a much more sensitive test. Sometimes standard tests will not be able to accurately detect if your thyroid is producing the proper amount of triiodothyronine (T3) and thyroxine for your body's needs. Specialists often have more sophisticated testing methods that can detect a problem when other tests

don't catch the deficiency.

Would guggul known also as Commiphora Mukul help your hair problems? It is hard to say for sure. It is true that in various published animal studies that guggul has been proven to help stimulate thyroid action through the increase of enzymes that help thyroid hormones. It has also been proven that phosphate salts can help prevent dips in T3 in some people.

Obviously anything that helps the thyroid could potentially help hair problems that are specifically related. I would never recommend that you self medicate with either supplement until you first request a retesting of your thyroid. While I am not aware of any published dangers to taking guggul or phosphate salts, I would not agree to the wisdom of taking any herbal components unless you have a clear idea of the problem you are trying to address.

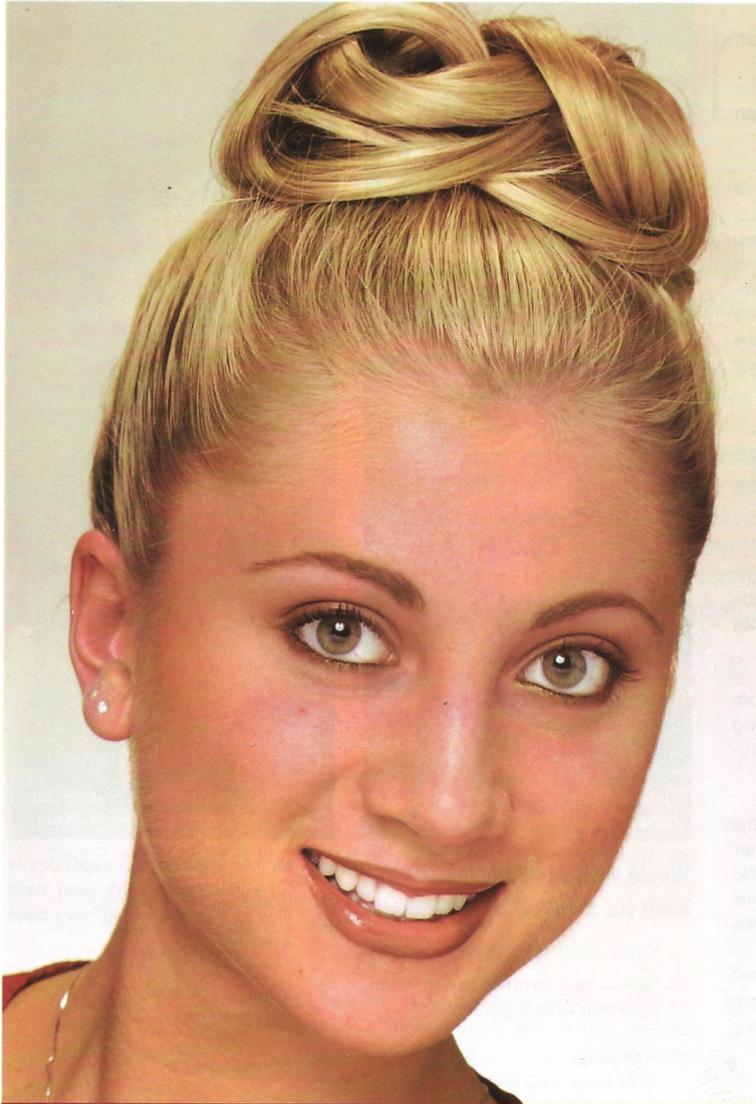
Why not find a thyroid specialist and ask for the administration of more sensitive thyroid testing. If the results are the same, consult a herbalist or other alternative physician for personalized advice on how guggul might be utilized by your body.

Karen M. Shelton  
is President/CEO of the  
popular award-winning  
www.hairboutique.com

Have a question for the hair  
doctor? Email Karen at  
shelton@hairboutique.com or  
Cheryl at  
cheryl@celebinsider.com.

Or send your question to:  
Hair Doctor, 101 HairStyles,  
1359 Broadway, Suite 1203,  
NY, NY 10018

# Large Looped Curls



- Model: Whitney
- Stylist: Barbara Lhotan
- Photographer: Eric von Lockhart
- Technical: Karen Shelton
- Makeup: Denessa Myricks

This very dressy updo style works best on hair that is shoulder length or longer with medium thickness. Hair that is short can adapt to the style with add-on hair. Naturally straight strands or hair that has been pre-straightened is ideal. Highlighted hair beautifully compliments the looped curl look, which forms curled ribbons of hair layered up the back and top of the head.

## Instructions



**1** Start by using a soft boar's head brush or similar natural bristle brush on your hair. Make sure that all knots and tangles are completely removed.

**2** Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.

**3** Create a ponytail section of hair by making a V or triangular parting that runs from the hairline on either side to the back of the crown.



**4** Secure the section of hair with hair bungees, Blax or other hair friendly elastics.



**5** Working backwards towards the nape of the neck from the first ponytail, make three more V parts and create three additional ponytail sections. Secure with hair bungees, Blax or other hair friendly elastics.



**6** Split each one of the ponytails into half.



**7** Loop the strand on the right over to the left. Position the tailpiece on the left side.



**8** Loop the tail piece and place on the right side of the head.



**9** Take half of the pony tail on right and pass it through the right loop. Repeat on the other side.



**10** Continue to pass the strands through the loops above, then place ends on opposite sides.



**11** When the last ponytail strands are passed through the loops, combine end pieces together and twist towards the front of the head. Repeat on the other side.



**12** Place pins in design to hold the work close to the head.



**13** Use long hair pins in the same color as hair to secure the style.

**14** Finish by spraying the design with strong hold hairspray.

# Looped Topknot



- Model: Dana
- Stylist: Barbara Lhotan
- Photographer: Eric von Lockhart
- Technical: Karen Shelton
- Makeup: Denessa Myricks

This gorgeous looped topknot includes gorgeous braids. The look works best on hair that is shoulder length or longer with medium thickness. This look can be easily adopted for waist length or longer hair with some modifications at the end of the styling process. Hair that is short can adapt to the style with extensions or other add-on hair. Naturally straight strands or hair that has been pre-straightened is ideal.

## Instructions

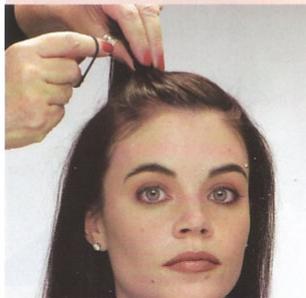


**1** Start by using a soft boar's head brush or similar natural bristle brush on your hair. Make sure that all knots and tangles are completely removed.

**2** Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.

**3** Make a V shape parting that extends from the hairline to the top of the head.

**4** Put the new V shaped hair section into a ponytail at the top of the crown. The ponytail should be about two inches thick. If you wish, experiment with different sized hair sections to alter the look.



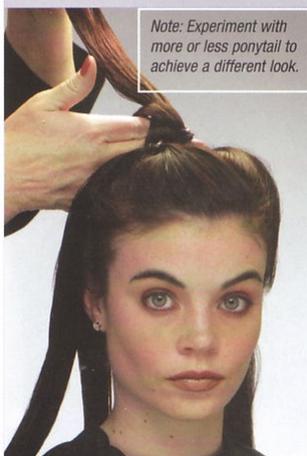
**5** Add another Blax or other plastic band to give lift to the first ponytail.



**6** Make a separate high ponytail on the right side of the head that is the same thickness as the first ponytail. Secure with two Blax or other plastic bands.



**7** Continue making two or more ponytails on each side.



*Note: Experiment with more or less ponytail to achieve a different look.*

**8** Roll hair from ponytails around fingers in a looped curl shape and pin to scalp.



*Note: Use tiny hairpins that match your hair color to help anchor slippery or soft hair.*

**9** Pin rolled hair to scalp with one pin on each side to better secure.



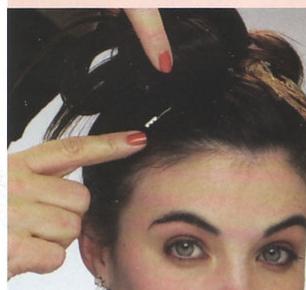
**10** Work from side to side, pinning inside the hair loop to secure rolls.

**11** Roll the ends or "hair tails" of the ponytails loosely and pin to scalp.



**12** Adjust the bun slightly to get the desired shape.

**13** Spray the entire bun with firm holding hairspray.



**14** Place a small hair accessory or ornament on the hairline or in the back.

*Note: Hair that is longer will have longer "tails." Pin the tails around the bun or curl and allow the tails to flow off the head down the nape of the neck.*

## Elegant Braided Hair Ribbons



- Model: Corrin
- Stylist: Barbara Lhotan
- Photographer: Eric von Lockhart
- Technical: Karen Shelton
- Makeup: Denessa Myricks

This wistful looped style whispers Old World romance. The look works best on hair that is shoulder length or longer with medium thickness. Hair that is short can adapt to the style with extensions or other add-on hair. Naturally straight strands or hair that has been pre-straightened is ideal.

## Instructions



**1** Start by using a soft boar's head brush or similar natural bristle brush on your hair. Make sure that all knots and tangles are completely removed. This style is designed around hair that is brushed back off the forehead without bangs or a part.

**2** Working with individual sections that are about one to two inches in thickness, smooth all of the hair with a hot flat iron. Allow hair to cool completely before proceeding.

**3** Brush all the hair back to the middle of the crown and make a high ponytail that holds all the hair. Use a hair bungee, Blax or "hair friendly" elastic to hold the ponytail tightly in place.



*Note: Experiment with more or less strands in different diameters for a modified look.*

**4** Separate the hair into 10 to 14 individual strands that measure approximately one half to one inch in diameter.

**5** Braid each of the 10 to 14 individual strands into a tight three-strand basic English or overhand braid. Tie off each individual braid with a "hair friendly" elastic band in the same color as the hair. Be sure to leave a free end or "hair tail" at the tip of each braid. Try to leave a similar amount of "tail" with each braid.



**6** After you have braided each of the individual strands, combine all the braided ends together into a group and tie together with a plastic, Blax or elastic band. You will have one large ponytail composed of individually braided sections.



**7** Use your hand to gently push all the grouped braids up towards the top of the head. This move is a little tricky so if you have problems at first, keep trying until you achieve the right lift of the braided ponytail.



**8** Pin the grouped braids to the scalp at the very top of the head.



**9** Using your fingers gently separate each individual braid from the group to form a bun.



**10** Pin each braid separately to the scalp in a circular bun formation. Leave the "hair tails" free as you pin the individual braids to the scalp.



**11** Spray tails of each braid with hairspray. Arrange around the newly formed bun sculpture.

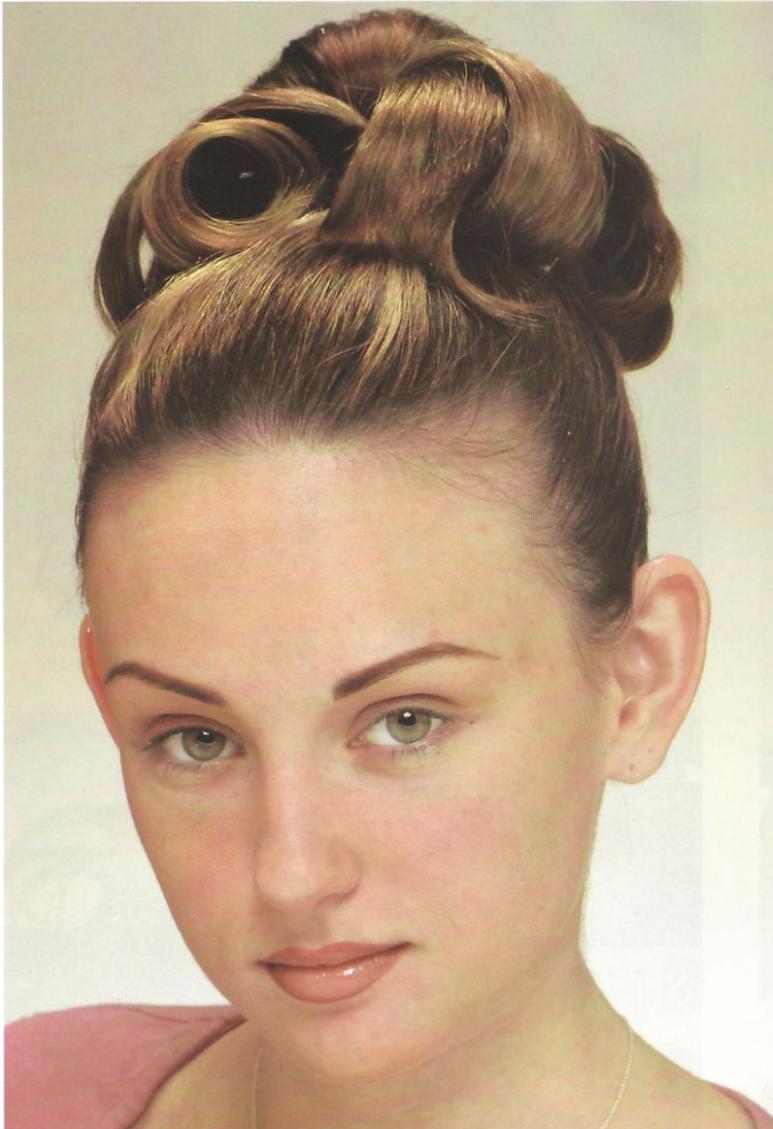


**12** Pin all the newly arranged "hair tails" to the scalp with the ends pointing downward.

**13** Finish the style with a firm hold hairspray.

**14** Decorate with hair accessories as desired.

## Looped Barrel Curled



- Model: Patricia
- Stylist: Barbara Lhotan
- Photographer: Eric von Lockhart
- Technical: Karen Shelton
- Makeup: Denessa Myricks

Hair magician, and master stylist, Barbara Lhotan, has created an elegant barrel curled updo that shouts pure hair fantasy. Perfect for a any special dressy event like a prom, formal or wedding, this stunning work of hair art requires hair that is medium (shoulder length) or slightly longer in length with medium thickness. Although this inspired updo could work with temporarily straightened naturally curly or wavy hair, the style works best on hair that is straight.



**1** Make a pony tail on top of the head that sits near the back of the crown.

**2** Use an elastic "hair friendly" band to hold the ponytail in place. Use a band that you don't mind cutting since you will be doing so in a future step.

**3** Take the hair in the ponytail and starting at the base "stack" one and a half to two inch hot rollers working to the top to create a slight bend in the hair.

**4** Work from the bottom of the ponytail to the top to create a slight bend in the hair.

**5** Leave the curlers in place until they have completely cooled.

**6** Once the curlers have completely cooled cut the elastic band with a scissors to remove the ponytail.

**7** Carefully unwind and remove the curlers.

**8** Brush the hair completely out with a boar's head or similar "hair friendly" paddle brush.



**9** Create a ponytail section of hair at the top of the crown by making a V or triangular parting that runs from the hairline on either side to the back of the crown. Secure the section of hair with hair bungees, Blax or other hair friendly elastics.

**10** Working backwards towards the nape of the neck from the first ponytail, make two more V parts and create two additional ponytail sections. You will have three high ponytails of equal dimension that are in a line on top of each other.



**11** Take a small piece of hair from the far side of each ponytail and wrap it around the bungee or elastic band holding the ponytail in place. Pin to anchor to the ponytail and the scalp.



**12** Separate each ponytail in half so that you have two equal sections of hair.



**13** Make a large barrel curl by looping the base of each section of hair from the ponytail through your thumb and one finger. Pin the newly looped hair leaving the "tail" or ends free.



**14** Continue to loop each new section of hair and pin to scalp. Work from the front of the crown towards the back of the head.

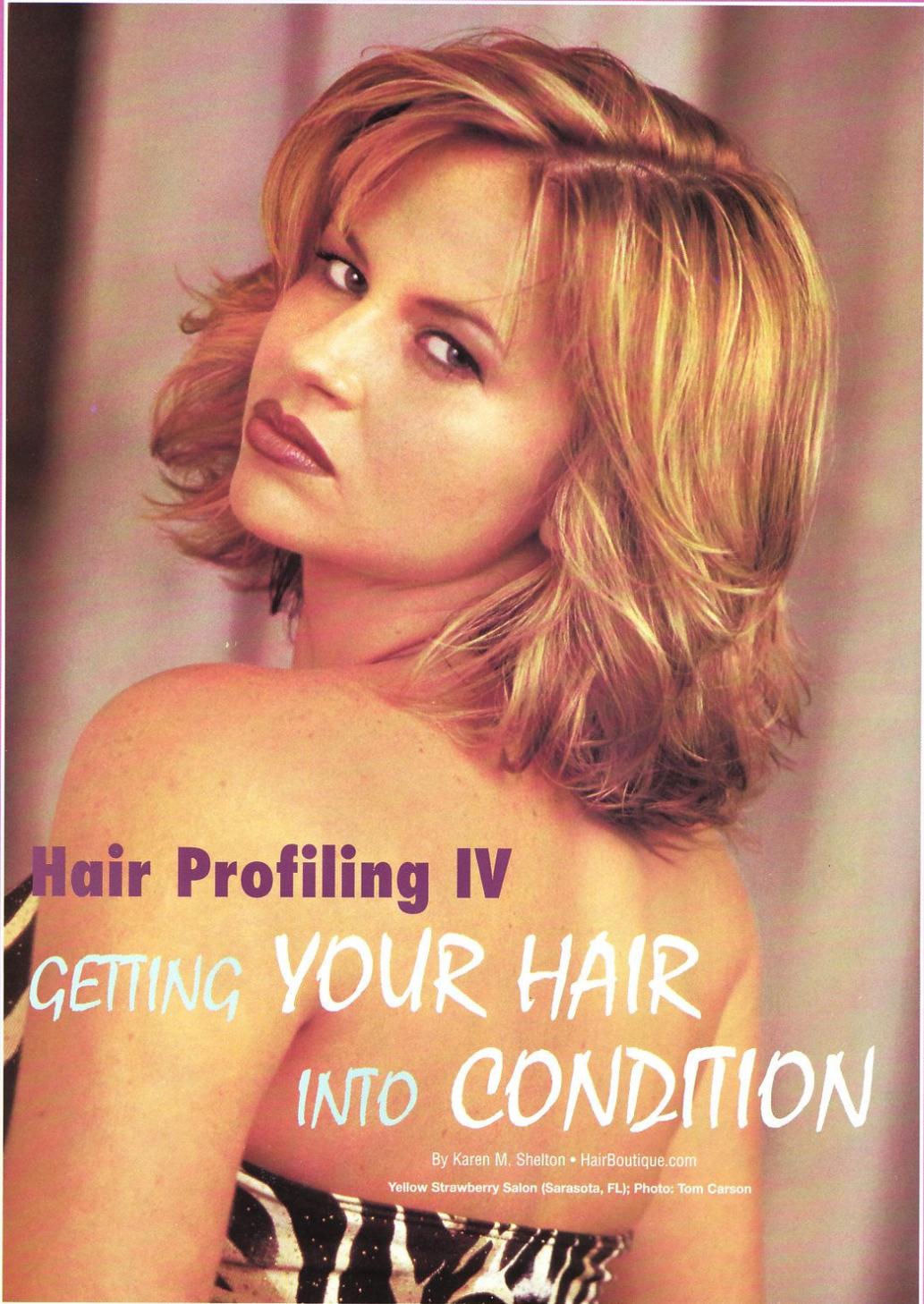


**15** After all the sections of hair from the three ponytails have been crafted into large looped barrel curls, pin the loose ends around the hair sculpture to finish the look.



**16** Pull out a few strands of hair around the face and twist them gently to soften the look. Finish with a strong hold hairspray.





## Hair Profiling IV

# GETTING YOUR HAIR INTO CONDITION

By Karen M. Shelton • [HairBoutique.com](http://HairBoutique.com)

Yellow Strawberry Salon (Sarasota, FL); Photo: Tom Carson

This fourth article in the Hair Profiling series examines how to get your hair into shiny, soft and healthy condition. Not only do we examine how to get that spectacular shine and soft flowing locks that you dream of, we investigate the different types of conditioners along with their pros and cons.

## CONDITIONING FAQs

Why does hair need conditioners? Hair is a lot like paint that covers the outside of a building. The ongoing assault of sun, pollution and the environment will slowly wear away the layers of the paint, eventually giving the building a weathered or faded look.

The same thing can happen with hair that is subjected to chemicals and daily living. Extreme changes in weather, whether hot or cold, can easily strip moisture from tresses and cause hair weathering (the gradual wearing away of the cuticle of the hair shaft and eventual exposure of the middle or cortex layers). Over time, the exposed cortex will also wear down resulting in very dry, brittle, rough and damaged hair with many split strands.

Hair conditioning formulas, as a general rule, are various tonics designed to reduce static electricity, while coating the hair cuticle with a moisturizing film. This film temporarily smoothes down the outer layer of the cuticle scales, making hair more manageable. The filmy covering helps to reflect light which adds shine, intensifies hair color and enhances softness. It also helps to protect hair from further damage and deterioration.

Depending on the type, texture and overall health of the hair, conditioning treatments can range from barely-there moisturizing and detangling formulas to heavy, deep penetrating treatments. Although many major products are available that have been designed to "condition" the hair, not all formulas are created equal. The range of ingredients used in conditioners varies widely by manufacturer. Before you buy any conditioning product be sure to carefully read the label to discover the true nature of the ingredients.

Hair care consumers may be uncomfortable to learn that some of their conditioning products actually contain processed animal fats. Did I say animal fats? Yes indeed. Hair care conditioning research has found that fat will add a slight layer of grease to the cuticles making hair feel instantly softer and silkier. Other types of conditioners may contain alcohol which can also initially help to soften hair. Some commercially available products may include protein extracts (collagen along with amino acids obtained from silk), panthenol and similar compounds. All of these extracts which are related to vitamin B5, are known to penetrate hair and to help to increase its moisture content.

Over time, conditioners that contain



Robert Lewis Salon (Bethesda, MD); Stylist & Makeup: Drew Springirth; Photo: Tom Carson



Currie Hair/Skin/Nails; Stylist: Kelli Brown; Makeup: Angela Iardella; Photo: Karl Richeson

large amounts of strand suffocating fat or drying alcohol may cause tresses to become even more limp, frizzy or full of static. So while some conditioners may initially cure dryness, over time they may bring a new set of problems if they are not carefully selected and used.

## CONDITION BY HAIR TYPE & TEXTURE

Hair can actually achieve a state where it is over conditioned. This will result in hair that is sticky, lank or brittle. When hair demonstrates the symptoms of too much conditioning, reach for a clarifying shampoo to remove product build-up from clogged strands.

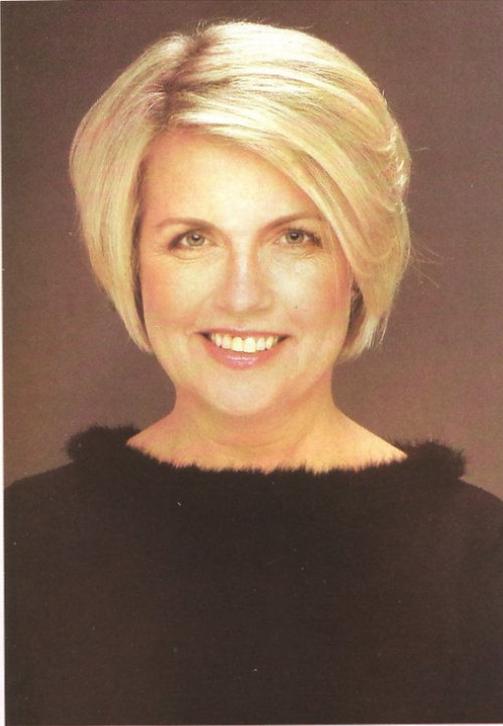
The key to selecting the right type and frequency of conditioning treatments is to understand your hair's type, texture and treatment needs. This knowledge allows you to select a formula that is designed for your hair.

Hair that is prone to greasiness or is fine and/or thin tends to react best to very lightweight rinse out or leave-in conditioners. Fine and/or thin hair seems to do best with leave-in conditioners that are devoid of heavy waxy ingredients. Even oily hair can benefit from the application of light moisturizing treatments to dry ends.

Thick, coarse, curly or wavy strands need a lot of added moisture due to the way that the cuticle is shaped to remain partially open. This type of hair thrives on daily applications of both rinse out or leave-in conditioning treatments. Even better, regular deep and intensive formulas will penetrate and soothe frazzled cuticles.

Leave-in conditioners or deep-penetrating treatments may be needed, especially if hair has been chemically treated with perms, relaxers, straighteners or color.

Normal healthy tresses may not require deep or intensive conditioning unless it has been damaged from chemical applications.



## TYPES OF CONDITIONERS

### Pre-conditioning Treatments

Hot oil treatments are often used as pre-shampoo conditioning tonics. These treatments will condition both the scalp as well as moisturize dry strands. Treatment formulas may include a combination of natural oils such as olive, sesame, wheat germ and coconut. Many people whip up their pre-conditioning serums at home with store bought oils, plastic wrap and a warm towel.

There are also pre-packaged treatments that will work very well to cut long term hair weathering problems off at the pass. For even better results, use a combination of pre-conditioning and leave-in conditioning treatments for extra protection against moisture loss.

#### Products To Try:

Phytonectar Treatment Oil  
Phyto - Huile d'Ales  
Rene Furterer Carthame Intensive Oil Supplements

### Rinse-Out-Treatments

Rinse-out conditioners are applied to the hair right after a shampoo and are left on for approximately five minutes before they are rinsed off the hair. They are used to help seal in moisture and detangle knots. These conditioners are not for all types of hair. They can weigh fine or thin strands down increasing oiliness to naturally oily hair.

Most rinse-out conditioning formulas contain tiny molecules with small, positively charged, electrical impulses. Hair contains negative charges when it is healthy and in its normal condition. Molecules in rinse-out formulas have positive charges that are naturally attracted to hair's negative molecule charges. The interaction of the positive with the negative results in a neutralization of the molecules

which are then deposited in the damaged and weathered section of the cuticles.

There are usually many different types of rinse out conditioning treatments to choose from. Some are designed to provide minimum conditioning. Others might be chock full of added bells and whistles like sunscreen, color enhancers or volume adding properties. Choose carefully and stay focused on formulas that are compatible with your hair type, texture and health.

#### Products To Try:

Kerastase Protein Conditioning Milk  
Robert Hallowell - Prawdect Shine Booster Conditioner  
ARTec Smoothing Conditioner

### Cream Rinses

Unlike rinse-out conditioners, cream rinses do not penetrate the hair shaft in any way. They work on the surface to instantly detangle and add a slight amount of softening. Cream rinses must be rinsed out very well to prevent leaving a dulling film. Some hair care experts recommend alternating between a light cream rinse and a rinse-out conditioner.

Although cream rinses used to be very popular, over time they have become replaced by heavier rinse-out conditioners that do penetrate the hair shaft. Unfortunately some hair that is fine or sensitive does not respond well to anything but a light rinse.

#### Products To Try:

Paul Penders - Lemon Perfecting Rinse  
Aubrey Organics Green Tea Rinse  
Aubrey Organics Rosemary & Sage Hair & Scalp Rinse

### Detanglers

Used to help detangle hair, the following are gentle and light-weight detangling conditioners which enhance body and shine and works great for fine to medium hair.

#### Products To Try:

Phytosesame  
Paul Mitchell Taming Spray - Lightweight, for all hair types.  
Matrix Biolage Detangling Solution

### Deep Conditioning Treatments

A deep-penetrating treatment is usually most beneficial for hair that has been chemically treated or is damaged in some way from over processing. Unlike rinse-out conditioners that stay on the hair for five minutes, deep treatments remain on the hair for a minimum of five minutes and often up to an hour or more, depending on the strand problem that is being addressed.

Chemical hair treatments include perms, relaxing, straightening, thermal reconditioning treatments and color or bleach treatments.

Deep penetrating conditioning treatments are sometimes referred to as "protein treatments." This is because deep penetrating treatments provide a combination of moisture and protein. It helps to seal the hair cuticle and prevent additional damage from environmental toxins, blow dryers or styling tools. It also rebuild elasticity of strands by adding protein to the cortex, allowing hair to strengthen and retain moisture.

Treatments may be used, as a general rule, up to three

times a week for hair that is extremely damaged. Hair that is less damaged responds best to treatments one or two times a week. To achieve the maximum benefit of a deep penetrating conditioner for severely dry or damaged hair, add warmth to pop open the cuticle layer and allow the conditioning formula to penetrate most effectively. Apply the treatment and wrap your head in a plastic shower cap or plastic wrap. Layer a pre-heated towel turban style over the cap. Most hair and beauty experts believe you should only utilize deep penetrating treatments for a limited period of time to prevent product buildup and ultimately even more stressed hair.

**Products To Try:**

Phytocitrus Mask  
Paul Mitchell Hair Repair Treatment  
Redken Extreme Deep Fuel

**Reconstructive Treatments**

Restructurants are scientifically designed to penetrate the cortex, helping to repair and strengthen the inner parts of damaged hair. They are helpful if the hair is lank and limp and has lost its natural elasticity as a result of chemical treatments or physical damage. Most experts recommend that reconstructive treatments be used on a weekly basis to restore damaged hair until it recovers. It is believed by many that reconstructive treatments will have a longer lasting impact on damaged hair than deep penetrating treatments.

Hydrolyzed human hair keratin protein is one of the very best sources for hair restructuring treatments, because it contains all 19 amino acids found in the hair. Human hair keratin protein has a low molecular weight which allows it to easily penetrate the cortex.

**Products To Try:**

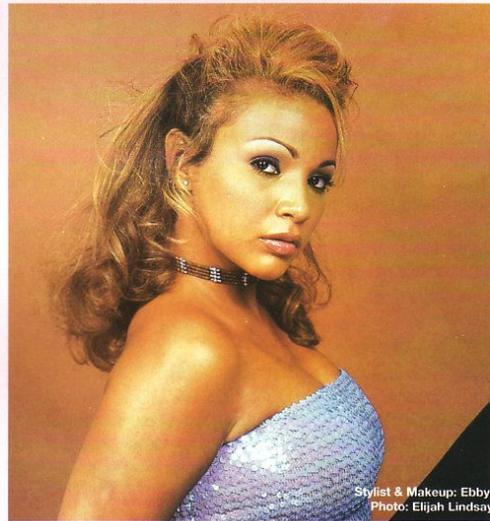
Phyto - Phytokarité Intensive Treatment  
Aveda Curescence Damage Relief conditioner w/  
Quarternized Hair Keratin Protein  
Paul Mitchell Hair Repair Treatment

**Combination Sprays**

Depending on the type, texture and overall health of the hair, conditioning treatments can range from a very light moisturizing and detangling formula to a very heavy, penetrating treatment. Although all conditioners are designed to "condition" the hair, not all formulas are created equally. Many moisturizing formulas contain humectants that are designed to attract and hold moisture in the hair cuticle.

Products designed to help detangle hair almost always contain acid, which is actually good for your hair. The acid works to close the scales of the hair shaft to make it smoother and to help remove tangles. Some detangling formulas contain different polymers which consist of strings of molecules.

Although most detanglers work instantly, some can take up to five minutes to be activated. Many have a low pH concentrations that will range from 2.0 to 4.0 and helps adjust the



Stylist & Makeup: Ebby;  
Photo: Elijah Lindsay

hair's beta bonds Acid containing detangling formulas will not weigh down any type of hair but will help to create shine and more natural elasticity and body.

**Products To Try:**

Paul Mitchell Awapuhi Moisture Mist  
Rene Furterer No-Rinse Detangling Spray  
Paul Mitchell Lite Detangler Conditioner Spray

**Leave-In Conditioners**

Designed to help retain moisture, reduce static and add shine. They are especially good for fine hair as they avoid conditioner overload, which can cause lankness. convenient and easy-to-use, they also provide a protective barrier against the effects of heat styling. Apply after shampooing but don't rinse out. These products are ideal for daily use.

**Products To Try:**

Phyto #7 - For all hair types.  
Phyto #9 - Like #7 but with Macadamia oil for extra conditioning and detangling assistance.  
Clairol Renewal Conditioner Leave-in - Lightweight, super conditioning formula.

**Special Treatments**

Conditioners for colored or permed hair are specifically designed for chemically treated hair. After-color products add a protective color sealant film around porous areas of the hair, preventing color loss. After-perm products help stabilize the hair and help to keep the bounce in the curl.

An instant leave-in deep conditioner and color sealer which conditions hair and seals-in color. Seals the hair shaft, providing deep conditioning and longer lasting color. Stops the oxidation process after a hair color service to maintain vibrancy between salon visits. Works as an instant color refresher between two hair colors.

**Products To Try:**

Goldwell - Color Stabilizing Serum  
Goldwell - Elumen Treat  
Paul Mitchell - Super Strengthener