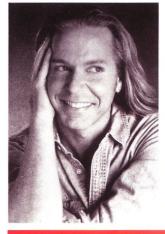


The BEST On The BEST

Starring Robert Hallowell





Pelcome back to The Best On The Best with our favorite celebrity hairstylist Robert Hallowell. One thing that Robert is "the best" at, is taking care of his clients. Besides being at the top of his game in creating looks for TV and cinema, and doing drop-dead gorgeous hair for big events, Robert is all about using great, natural products to make sure the hair is as healthy as it is beautiful. That's why he's known as "The Kitchen Beautician" and the creator of an amazing line of hair care items called Prawducts. This month we caught up with Robert on the set of the new FX Channel drama, Dirt, starring Courteney Cox, to have a chat and get his tips on how to steal your favorite celebrity styles.

You are called The Kitchen Beautician because of the wonderful little things you whip up out of natural ingredients for the hair. What inspired you to blaze an innovative path in hair care?

I have always been interested in diet and nutrition. Through studying and understanding what food does for the body internally, I started to experiment and understand how some foods and herbs can benefit the hair and skin. Also, I remember when I was a kid and I saw my Grandma rubbing berries from the garden on her lips and cheeks to sta them a nice rose color...and it worked! At some point I began to feel it was time to bridge the gap between science and nature. Years ago we were using too many chemicals on our skin and hair. It's time to become more aware of all of the wonderful things for us to use, both internally and externally. Our bodies are under such environmental stress-and the sun we are living under is not the same sun we lived under as kids-so it's time to take more precautions!

We know how much you consider the health of the hair that you work

on, but how important is it for you to connect with the person too? What can be achieved by taking into account the entire person that you are working with, including their health, personality and their thesing?

Having a good relationship with your client or hairdresser is so important. Be on the same page! I always ask lots of questions about a variety of things. Can you use a blow dryer? Will you be able to deal with a curling iron? I also ask for pictures to reference, or if it is a celebrity that I am creating a look for either in life or for a part, I will bring photos or sketches. With regards to health, I run into health issues from time to time. It could be as simple as hair loss from hormonal changes after having a baby or as serious as hair loss or texture issues from a medical treatment. These thing are very important to me. It doesn't make sense to set someone up for a look they can't achieve. Satisfying desires is the name of the game. Funny, I was speaking with the makeup artist on the TV show I am on right now about the actress I am doing. It was just a late night end-of-the-week insecure

moment. I had asked if she felt the actress liked her hair? Her reply was yes, she did like her hair, and that she also liked me, which is so important as we spend a lot of time together while shooting. Yesterday alone was over 15 hours. I've got to do a good job and make it an enjoyable experience for both of us.

If you could say one thing to the readers that have been following your column for so long now, and using your tips to get the hairstyle they have always dreamed of, what would it be?

First, a big, huge thank you! I have received emails from people with special needs or a thank you from a reader and these things really make my day. I try very hard when writing these styling tips to make it as easy as possible. But I have something else to say, so can we make it two?! Live your dream and don't be afraid to take a risk with your hair. It grows back and besides, if it turns out to be a bad choice you'll have some turny pictures to look at in the future like, "Oh, that picture of me from the 80s. What was I thinking with that Bon Jovi perm?"

COURTENEY COX



Get the **DIRT** on Her Lush Locks

By Karen Marie Shelton • HairBoutique.com

ourteney Cox was always considered the most stable of the famous Friends' characters. As Monica she had a touch of obsessive compulsive disorder (OCD) but she could be counted

on as the strong one to bail her friends out of their latest messes.

Life imitates art and Courteney Cox (a Gemini born June 15, 1964 in Birmingham, Alabama) has demonstrated that she is "the rock" for her family and friends. Famous for helping her best pal Jennifer Aniston face a series of life's challenges, the brunette beauty is also hard working, driven and honest as the day is long.

Not one to rest on her past achievements, the dark haired beauty, wife to David Arquette and mom to Coco, recently signed on as the star of *Dirt*, a show on FX about the seamy underside of the tabloids. Not content to just exercise her famous acting muscle, Court, as her friends call her, signed on as an executive co-producer as well.

It's true that looks can be deceiving and many celebrities look different without the hours of hair and makeup. This is not the case of Courteney who is a stunning au natural beauty. How do I know? Her Dirt hairdresser just happens to be our friend Robert Hallowell! Although Robert is always extremely careful to honor all confidences about the celebrities he works with, he literally gushed with praise over Courteney's "super shiny, healthy and gorgeous dark brunette strands." Robert also noted "for Courteney it is all about the cheekbones and the stunning eyes which just happen to be framed by shimmering dark chocolate-brown tresses."





STEAL COURTENEY'S LOOK

Robert reported that Court is currently "wearing her hair long with a slight texture (waves and curls) on the ends for her role on *Dirt.*" He noted her hair is super healthy and shiny, shiny, shiny but it definitely "offers some styling challenges."

It's nice to know that even celebs with fantastic hair have their own set of challenges. In Courteney's case, it's directly related to "shooting exterior night scenes," which can take a lot of time and "can ultimately impact the star's hair because of various atmospheric and environmental pressures." As a result of this challenge Robert confessed he is "never without his portable butane curling iron for on the spot touch-ups," which help keep those luscious waves and curls in perfect arrangement.

Start by washing your hair in lukewarm water with the shampoo appropriate for your hair's texture, type and current condition. Courteney loves Robert's Shine Booster Shampoo and Conditioner from his Prawduct line. She is also a big fan of his Super Volumizing Tonic when she needs a little root lift.

Rinse shampoo from the strands and apply a rinse-out conditioner. If you have fine hair, use the smallest amount and just put it on the ends. It will

keep them hydrated and protected, preventing dry and split ends.

Let the conditioner soak into your strands for up to five minutes. Rinse completely. Finish with a cool/cold water rinse to add natural shine and close the cuticle.

Towel-blot to remove excess water. Detangle hair gently from the ends to the roots. Utilize a light detangler spray if desired.

Courteney's hair is "roughdried to get most of the moisture out, making sure to point the air from the dryer down the hair shaft to seal the cuticle," Roberts says. "Then I brush through with a wide tooth comb. I establish her part; I separate her hair in sections and spray Super Volumizing Tonic, concentrating in the root area then spraying lightly down the hair shaft."

Robert then "blow-dries the front from ear to ear and blow-dries two sections on each side of the parting. I set all of these on Velcro rollers and get her to the makeup chair. I blow-dry the back remaining area with a large paddle brush, doing this in about four sections, which helps get the most out of the time I have and the paddle brush sort of joins them together."

Robert continues, "I now take two different sized curling irons and spiral curl her hair from roots to ends. I use the two sizes so it does not look to uniform; it has a more sexy feeling this way too. I also will roll up about two to three inches of her

hair at the base into a stand up pin-curl after curling, allowing the ends to fall out. This gives me/her the benefit of the hair cooling in an 'up' position at the base and the ends to relax and look more natural."

Just a touch of Love That Shine Spray and Courteney is ready for her close-up! Robert will occasionally use Dream Cream to break up areas and create texture. Just a dab on his fingertip will quickly smooth an odd curl popping out or smooth any flyaways that might be stubborn.

TRESSRX Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

Recently my hairdresser told me that I am over shampooing my hair causing excessive hair dryness and damage as well as making my highlights fade prematurely. She suggested that I go to every other day washing or switch to a more gentle shampoo or one for colored hair. I am currently using an over-the-counter shampoo product that works for my budget. Can you really over shampoo? Is there a way to shampoo that will not cause dryness, color to fade or damage from washing?—Celia, Martinsburg, MO Believe it or not, a large percentage of people regularly over shampoo their tresses. While you might be thinking that "professional" shampoo lines are more pricy, in reality a little bit of professional quality shampoo goes a very long way with the better lines. More importantly, professional shampoo products like those from Phyto, Rene Furterer and J.F. Lazartique are designed to protect colored and highlighted hair. All of the lines can be diluted for a more gentle cleansing which helps to slow down dry strands and provide longer lasting highlights. To nurture your distressed strands consider the following shampoo options:

- 1. Consider applying a pre-shampoo treatment with a little time spent massaging your scalp with the pads of your fingertips to get that precious natural scalp oil flowing. Jojoba oil makes a great pre-treatment moisturizer. Avoid the roots but focus the treatment on the mid section extending to the ends where hair has the most dryness.
- 2. Always shampoo with lukewarm water only. Hot water will strip natural oils making hair dry. It will also speed up the fading of highlights and added hair hues.
- 3. Before you apply any shampoo make sure that your strands are well saturated. One mistake that many people make is to not get their hair dripping wet before applying the shampoo product.
- Never apply shampoo directly to your hair. Instead, pour a small amount of

shampoo into the palms of your hands and use the water to work the mixture into suds. Gently pat the suds to the top of your hair focusing the application to the root area and away from the middle to ends of your hair.

- 5. Apply only one application of shampoo. It is almost never appropriate to apply more than one shampoo formulation to your hair at any one time. The idea that hair needs multiple shampoo applications to get "squeaky clean" is a myth.
 6. Rinse well. One of the main causes of scalp flaking and dull strands is not rinsing all the shampoo from the strands.
- **7.** Unless your hair is extremely fine, always apply a rinse out conditioner.
- **8.** The final water rinse should be thorough. Finish with a cool or cold water rinse which removes any remaining shampoo residues, closes the cuticle and adds natural shine.
- **9.** If possible, avoid washing your hair every day. In fact, when possible try washing only one to two times a week.

If you must wash more often consider diluting your shampoo formula with water to offer a more gentle cleansing for your delicate strands. Another option is to get your hair extremely wet and then "wash" your hair with rinseout conditioner only. This is a popular trick used by people with delicate long tresses or by people with damaged hair. If you decide to go with the conditioner only method, avoid applying the conditioner to your roots which can cause that part of your hair to become oily.

I have a medium curl to my short bobbed hair. Normally I straighten it but I'm looking for ways to speed up my daily hairstyling time. I would love to let my hair air dry right out of the shower but I'm worried my hair would turn into a big ball of frizzy curls.—June, Boston, MA

There are several tips you can try to let your curly hair "air dry" without turning into a guaranteed "frizz head."



These tips include the following:

- **1.** Start with a moisturizing shampoo that will impart softness to your natural curls.
- 2. Use a good rinse-out conditioner. With natural curls, moisture is lost naturally due to the shape of the hair's cuticle. The more moisture you add the softer the curls.
- **3.** Finish with a cool or cold water rinse to seal the newly added moisture into your cuticles.
- **4.** Use an absorbent towel to absorb excess water.
- 5. Mix a cocktail of defrisant balm like Phytodefrisant and a straightening gel like celebrity hairdresser Robert Hallowell's Flat Factor in the palms of your hands. Make sure your fingers are coated with the hairstyling cocktail.
- **6.** Rake your fingers (use them like a comb) through your hair making sure the entire head is lightly covered with the mixture.
- **7.** Once the product has been completely distributed throughout your strands, use your fingers to lift individual curls and gently tug on the ends of the curls to slightly straighten.
- 8. Work your way around your head as your hair dries, gently pulling curly strands down to discourage them from puffing up. The combination of the defrisant balm and the straightening gel will prevent the formation of frizz and will gently soften your curls.

Your hair may still develop curls as it dries naturally but will most likely dry into a softer, straighter formation due to the styling cocktail. To block against frizz, finish with a shine serum to seal in moisture and block out frizz-causing humidity.

Although this process works well for most people with a slight to medium curl, people with super curly strands might not achieve the same results. When in doubt, try out new tricks on the weekends when you can experiment and not worry so much about the results.

200 HAIR-O-SCOPES

Whether you're a hard core believer or a skeptic, you might be surprised to learn certain planets color your entire year with interesting results.

By Karen Marie Shelton & Shelley Painter • HairBoutique.com



AQUARIUS (JANUARY 20-FEBRUARY 18)

Neptune continues its long stay in your traditionally eccentric sun sign. Things are never what you hope or think they may be. When it comes to

your hair or beauty needs, take plenty of photos to make sure that your consultant truly understands your desires. Even better, take along a friend that can save you from yourself or your hairdresser. Aquarians love to set new trends but Neptune deludes you into thinking something is good for you when the opposite is true.

The planet of unexpected actions spends the year in your 2nd house. Beware of committing financial sums to hair or beauty treatments unless you know that you can really and truly afford it.

With Saturn opposing your Sun in your Solar 7th house you may break with a long term beauty or hair consultant or they may leave suddenly. Another possibility is due to a sudden increase in their prices, you will look elsewhere for a better deal. In 2007 you want good value and the biggest bang for your beauty bucks.

Famous Aquarian beauties include Jennifer Aniston, Shakira and Paris Hilton.



PISCES (FEBRUARY 19-MARCH 20)

The chaos of busy hair salons may totally stress you out in 2007. Don't let yourself get pushed into any new hairstyles or beauty treatments that you don't like or feel comfortable with.

The theme of the year is unpredictability and changeability. You should invest in hair accessories that allow you to instantly change your look rather than stressing your wallet or hair with ongoing style modifications. Even in the best of times you have an unpretentious attitude about your hair being ready and are willing to change your hair as often as you change your mind. You are an ideal candidate for temporary clip-on hair extensions.

Neptune is in the 12th house during 2007, which indicates possible reactions to any type of medications or hair and beauty treatments. Always do patch tests for any at-home treatments. 2007 indicates lots of job and outside world stress with possible job changes or loss that can lead to sudden hair loss or a form of alopecia. Avoid radical or extreme food plans that will also damage your locks.

Some famous Pisces beauties include Drew Barrymore, Jennifer Love Hewitt and Eva Longoria.



ARIES (MARCH 21-APRIL 19)

Everything is coming up fiery for Rams in 2007. Serious Saturn moves through your 5th house while expansive Jupiter is merrily hanging out in your 9th house, nipping at the

celestial heels of Pluto and Mars. Dreamy Neptune continues its long stay in Aquarius while unpredictable Uranus hangs out in your 12th in Pisces.

Expect 2007 to be all about you and less about others, including friends or

groups. Focus on digging deep into truly knowing the inner beauty that resides inside and manifest it through your external appearance. Embrace a new hair color, length or style reflecting on your newfound inner beauty.

Hair and beauty treatments originating in foreign cultures or ancient times may call to you now. When possible make journeys a part of your current hair care treatments so you will be able to tap the greatest potential that the planets offer you for 2007. Why not jet off for an appointment with that famous hairdresser or eyebrow maven you have been fantasizing about.

Famous Aries beauties include Marcia Cross, Jennifer Garner and Sarah Jessica Parker



TAURUS (APRIL 20 -

Saturn's continued presence in
Leo forms challenging aspects
for many Bulls
resulting in
assaults to normal vitality and
energy sources.
Neptune provides its share

although the planet Uranus offers the opportunity for totally unexpected but positive life experiences.

positive life experiences.

As an earthy Taurus you normally prefer simple or understated hairstyles. Hold firm to your basic hair goals and do not be tempted by hair trends outside your comfort zones. Authority figures of every variation, including your hairdresser, may prove difficult to deal with. Either they completely ignore your clearly spoken requests or exercise their I-know-better muscles. Don't withdraw from any confrontations but win with patience and determination.

Due to Neptune's influence you must also guard against confusion, miscommunications and illusions. This can manifest as chemical treatments left on too long, the wrong hue applied or completely failed treatments because of the professional's errors. Remember that foresevered is foresevered.

forewarned is forearmed.
Famous Taurean beauties include Uma
Thurman, Jessica Alba and Kirsten
Dunst.



(MAY 21-**JUNE 20)**

Powerful 2007 planetary positions bring challenges on all fronts. Careful preparation and self-analysis

sons with flying colors. Speaking of colors, with powerful non-planet Pluto opposing Gemini, you may find yourself ditching highlights and lighter hair hues. Pluto urges you to go darker, assume your natural hue or soften your existing look.

The opposition energies also indicate that some of you may be experiencing chronic hair loss tied to many life changes Pluto has ushered in over the last few years. Your hair is the result of what you put into your mouth, how much sleep you get and how you manage your daily stress. Stress reduction via alternative healing techniques would also be very beneficial for your hair, skin, nails and mindset.

Many Twins will be signing up for lifelong changes and commitments including searching for highly skilled and dependable hair and beauty professionals. Unless you know a product delivers good bang for your buck you should pass on risky purchases.

Famous Gemini beauties include Courteney Cox, Angelina Jolie and Nicole



CANCER (June 21-July 22)

Cancers avoid all the major planetary challenges this year. 2007 offers a fabulous year chock full of new opportunities. The planet of the unexpect-

ed, Uranus, forms a trine from Pisces and influences the solar 9th house. Change which is often hard for Moonbabies will become exhilarating.

Channel the thrills and chills that Uranus bestows with a whole new approach to your image. Go wild and select the hair color and style you



JULY 23-AUGUST 22)

m, the planet of tests, challenge: I serious commitments continue to this can mean a year of burning the andles at both ends. Along with new pportunities, 2007 brings some emendous responsibility. It is also a ne when others tend to be more itical and judgmental.

Adding to the seriousness of um is the challenging opposition Neptune which covers everything ith illusions, delusions and general infusion. The influence of Saturn ay result in your adoption of a more rious and subdued hair and beauty cus. This is an excellent time to e a commitment to growing your longer, losing weight or adopting

own or you may strike out on your own to achieve something better, ous Leo beauties include Jennifer Lopez, Madonna and Sandra Bullock

always dreamed of but worried was too radical. Many Crabs will lose weight and transform from ugly ducklings into beautiful swans. Rejoice in the newfound ability to honor your true expression of your inner beauty. Dump your old stodgy hair and beauty professionals and swap them out for new, edgy experts focused on helping you accomplish your hair and beauty dreams.

Pluto and Jupiter will be hanging out in your sixth house of health and work. Expect long term transformations in your diet, exercise and overall health programs; adopt a "hair friendly" food and vitamin program.

Famous Cancer beauties include Lindsay Lohan, Jessica Simpson and Pamela



(AUGUST 23-SEPTEMBER 22)

Virgo is showered in 2007 with many strong planetary challenges. Your sun is being squared by Jupiter and

Pluto, which may manifest as feelings of extravagance. Exercise restraint when shopping for new hair and beauty products or when booking appointments at the spa. The planet of unpredictability, Uranus also forms an opposition suggesting that hair and beauty treatments you undertake may turn out totally opposite of what you had planned. Make sure you carefully communicate with your hairstylist before trying unusual new treatments to avoid shocking surprises.

Mars may also add stress in the form of potential skin or scalp rashes resulting from various home beauty treatments-always do a patch test before proceeding. Plutonian forces may find you experiencing malfunctions with blow dryers, curling irons or hot rollers. Invest in back-ups for your most essential tools to avoid nasty surprises.

Somber Saturn in Leo is behind the scenes where its impact is lessened somewhat but you will need to pay attention to your health. 2007 is the year to dump unhealthy eating habits. Some famous Virgo beauties include Salma Hayek, Cameron Diaz and Pink.



LIBRA

(SEPTEMBER 23-0CTOBER 22) Libra natives love the good life and 2007 brings bountiful celestial favors from the planetary alignments. Saturn, Jupiter, Neptune and Pluto stack up in a series of spectacular sextiles offering lots of fabulous opportunities and goodles for the year. In fact, the biggest frustration for Librans will be dealing with too many wonderful options and the trauma of making decisions. Since indecisiveness can be your worst nightmare, enlist the aide of one or several of your friends that are always around to keep your grounded and focused.

As a Libran, your hair and beauty care routines are very important and you are willing to spend money on quality products. You want the best that money can buy. Therefore it is important for you to find quality products for the best

price. With Uranus in the 6th you need to completely revamp any tedious hair and beauty routines robbing you of precious time. You may be a perfect candidate for hair extensions or wigs enhancing your look but limiting styling time.

Famous Libran beauties include Hilary Duff, Ashlee Simpson and Gwen Stefani.



SCORPIO (October 23-

November 21)
Plutonian ruled
Scorpions will be
reaping the harvest of Saturn in
their 10th house
which rules your
image that you
display to the
world. Many

Scorpions may develop a heightened sense of awareness to the importance of careful grooming. There may also be a movement towards an overall executive presentation in both hair and fashion. This can be translated into more conservative and possibly shorter hairstyles telegraphing polish and success.

Confusing Neptune creating challenging situations in the fourth house provides strong warning to avoid the application of any chemical products in the home without professional supervision. Neptune rules allergic reactions and general confusion.

Jupiter and Mars in the 2nd house promise additional confusion regarding costs of hair and beauty treatments. Jupiter encourages you to buy the best and easiest but beware of any unproven treatments or less than established businesses. Make sure all treatments costs are clearly agreed upon before starting any beauty treatments. Some famous Scorpion beauties include Julia Roberts, Ciara and Demi Moore.

SAGITTARIUS



(November 22-December 21)

The planets bless the Archers in 2007 with the arrival of gift bearing Jupiter. A soft sextile with Neptune adds a quality of new insights. Challenging Uranus means

long range plans, partnerships or relationships may crumble without advance warning.

A trine with Saturn brings a newfound discipline and a focus which bodes well for weight loss, hair and beauty programs. The placement of Pluto drives your need for all levels of transformation: mental, emotional, spiritual and physical. 2007 is a great year for a major makeover. You will definitely be willing to adopt new beauty routines that require ongoing maintenance. Neptune will inspire you to go softer and uncover your romantic side.

A conjunction with Mars brings a need to travel and experience lots of new things including new hairstyles. Possible burns may occur from beauty treatments performed at home. Be sure to unplug your hot curling irons and make sure all blow dryers are well maintained at all times to avoid blowing a fuse or having an electrical fire. Famous Sagittarius beauties include Katherine Heigl, Katie Holmes and Britney Spears.

CAPRICORN



(December 22-January 19)

Neptune, planet of illusions and delusions, continues its long journey through your second house impacting your normal tendency to be frugal with hair and beauty

treatment expenses. Neptune also indicates unusual reactions from your hair and beauty treatments or products so always perform patch tests. Due to a tie in with confusion and money, you may be shocked by an unexpected large bill at the salon checkout counter. Even worse, you may find that you are leaving with a new hairstyle that you never requested. Try to be crystal clear in your communications before making any major financial decisions involving your appearance.

Uranus, the planet of the unexpected, brings a trine infusing you with an air of unpredictability and independence. You have the itch to try new hairstyles, color and products.

2007 is not an ideal year for you to consider fusion style hair extensions that are costly. This is because the transformation to your own hair would be costly, hard to maintain and when fogged by Neptune, offer ultimate disappointment in your experience.

Some famous Capricorn beauties include Kate Moss, Kate Bosworth and Sienna Miller. .; Miller: McCormack/Wirelmage; J.Simpson: McCarthy/Wirelmage



LINDSAY LOHAN

By Danielle Dupre • HairBoutique.com

have been following the crazy ride of Lindsay Lohan for years. She was very cute in the remake of *The Parent Trap* assuming the Haley Mills role as the twins. I also loved her in *Freaky Friday* with Jamie Lee Curtis and *Herbie*.

As a celebrity hair watcher I have been mesmerized by her many changes in her hair color, length and style over the past five years. Keep in mind that Lindsay has the very best hair and beauty experts in the industry at her constant beck and call, establishing a hair and beauty signature look that she continues to refine.

Although her natural color is a rich cinnamon, she has experimented with every color under the rainbow. It's important to note some of her hair hue transformations are fueled by whatever role she is working on at the time. Regardless of the color of the moment, Lindsay looks great with her hair either up or done. She has rocked some serious twists but also has done waves, curls and stick straight strands with finesse.

STEAL LINDSAY'S STYLE

Lindsay's latest *Bobby* hairstyle showcases lots of thick lush locks. If you're in the mood to try Lindsay's hairstyle follow these steps:

- **1.** If your hair is naturally straight, after you have washed and towel-blotted your strands, apply a firm holding mousse or similar styling formula to your hair from the top of your ears to the ends. Use your fingers to distribute well or comb through.
- **2.** To achieve extra lift and volume, apply a volume enhancing spray to the roots of your hair. Apply a few squirts of Robert Hallowell's Super Volumizing Tonic or Phytovolume Actif with keratin amino acids. Whatever product or type of product you prefer, it is important to concentrate the bulk of the product on or near the roots of your hair. Comb the product from the roots to the ends to give your hair lift.
- **3.** Separate hair into individual strands that are approximately two inches in thickness. Use a boar's bristle vent style brush and direct air flow "up" the shaft from ends to roots to get great root lift. If you prefer, you may also wish to bend over at the waist and dry the underside of your hair first.
- **4.** When hair is completely dry, separate into individual sections that are two to three inches in thickness. Prepare each section with a spritz of styling spray. Roll hair in preheated large diameter hot curlers. You may also use a wide barrel curling iron if you prefer.
- 5. Let the curlers completely cool and then remove them carefully maintaining the newly curled shape. Use your fingers and pin the curl against the head with bobby pins. Spray lightly with hairspray.
- **6.** Continue to work around the head from side to side hot rolling or curling individual sections. As they cool, remove each individual curl and pin in place.
- **7.** As a last step before you leave the house, spray all the pinned curls with a light hairspray. Let the spray dry. Working from side to side, carefully unpin all the curls one at a time.
- 8. Use a boar's bristle paddle brush to smooth the curls.
- **9.** Create a half updo by separating an equal section of hair, approximately one to two inches thick that is equally spaced from the middle of each eyebrow. Use your brush to smooth the section up and off the face, connecting the two hair sections at the back of the head right at the back of the crown. A side benefit of creating this middle up section is that it creates a soft quiff area that extends down the middle of the head.
- **10.** Merge the two sections with the hair at the crown to form a seamless section of hair.
- 11. Use fingers to lightly push hair up. Smooth lightly with your fingers and then enclose with a hair clip, barrette or a series of hair pins.
- **12.** Use your fingers to carefully arrange the remaining waves along the sides of the head so they cascade down.
- 13. Finish with a spritz of hairspray for more hold or apply a tiny dab of shine serum into the palms massaging well. Lightly brush your palms over the top of your strands for a quick shimmer.