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Win! We have 60 to giveaway to lucky readers—just send your name, address and phone number to: 101 HairStyles; Big Sexy Hair Giveaway; 1359 Broadway; Suite 1203; NY, NY 10018. See page 4 for contest rules.

A SCENTS-IBLE TREAT



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The secret behind Jessica Simpson's beach blonde hue...

By Karen Marie Shelton • www.hairboutique.com

On a recent episode of *The Newlyweds*, the cameras captured Jessica Simpson having a blonde moment at New York's Adir Salon. While Jessica wasn't doing her famous trip on flat carpeting or pondering proper food labels, she was focused on maintaining her famous blonde mane. While the MTV cameras rolled, celebrity hair colorist Rita Hazan masterfully painted light baby blonde highlights onto Jessica's honey blonde base strands while the two, joined by Nick Lachey, laughed and chatted like the old friends that they really are.

Rita has been creating all of Jessica's gorgeous blonde hues for many years since they first met at Oribe's former New York salon. Jessica followed Rita to Adir when the famous colorist opened her own chic New York salon approximately one year ago. According to Rita "Jessica comes into Adir, on an average of every four weeks or so, to keep her roots perfectly maintained and her blonde hues looking beautiful."

Highlighting For The Cameras

I asked Rita if she felt inhibited by the fact that the MTV cameras were recording her color work with Jessica. Laughing Rita reminded me she has worked "live on camera many times in the past" and is "comfortable doing so." Indeed, Rita does all the hair color and highlights for Oprah's live makeover shows with Ken Paves and recently worked on the Pop Challenge makeovers. She is scheduled to be on another Oprah in the very near future "when scheduling is finalized."

While Rita, Jessica and Nick are all used to the constant presence of live cameras, I wondered if special arrangements were made to film the *Newlyweds* episode at Adir so that other clients were not present?



Rita told me that during normal business hours, at their specific request, "all of the celebrity clients like Jessica, Brooke Shields, Naomi Campbell and Carmen Electra, to name a few, have their hair colored or highlighted in the main salon with all the other non-celebrity clients." Rita went on to explain her celebrities "like to be part of the crowd action at the salon since everyone has so much fun at Adir, which is a lot more like a happening club for the girls than a hair salon."

Of course subjecting the Adir hair clients to the MTV cameras was not an obvious perk. Even though Jessica was perfectly fine with being filmed with her hair in a mass off haircolor foils, most women would rather avoid their hair rituals being recorded for millions to see. Therefore, Jessica and Nick visited Rita at Adir on a Monday night, after the salon had closed for business.

TrendWatch



Blonde on Blonde

And speaking of Mr. and Mrs. Lachey, what's up with their current haircolor? Rita reported that Nick is staying with his natural darker hair color which is "just the right hue" for his current desired image. Although Rita reported that Nick had experimented with color when he was in his past boy band mode, he now is going for a more suave, sophisticated look with his hair. After all, Nick is now 30 and wants a more mature image.

I mentioned to Rita that I had noticed Jessica's highlights were much lighter on the recent Regis and Kelly show. Rita confided that she had done Jessica's hair the night before the show and that I was seeing the most recent results. Rita noted Jessica had just recently "gone with much lighter highlights" channeling a true "beach baby blonde."

As Rita has explained to me in the past, she "colors Jessica's base one hue of blonde and then applies a different shade of highlights on top of the base." This gives Jessica a very natural yet multi-dimensional blonde that is soft and sensual. Although Rita took Jessica's highlights to the much lighter blonde, she kept her base blonde color at a soft honey.

Visit Adir Salon

If you would love to visit one of the most happening and celebrated salons in New York City, check out the Adir Salon located at 16 East 65th Street (between 5th and Madison Avenues). Whether you see Rita or not, it is important to know that every hairdresser and colorist that is part of the Adir team was personally hand-picked by Rita for their exceptional hairdressing or hair coloring talents and expertise. For an appointment call: 212-734-4757.

Strand Solutions

By Karen M. Shelton
www.hairboutique.com

Ask the Hair Doctor



Yellow Strawberry Global Salon (Plantation, FL); Stylist: Jimmie Kelderhouse; Photo: Tom Carson

I have hair that's wavy with a little bit of curl, cut in a chin length bob. When I went to see my stylist I asked him to suggest new ways to wear my bob, and he told me to scrunch with my fingers and a good molding mud or gel. So what is scrunching anyway?

—Annie

Scrunching is a technique that involves crushing sections of hair together. This process is used to add instant texture to naturally curly or wavy hair from enhancing curls and waves to creating a cross between the two. Although some types of straight hair with natural bend can benefit from scrunching, the process works best on hair that is curly or wavy.

Shampoo and condition your hair. If you wish to enhance your natural texture, consider using a texture enhancing product mix like

PhytoCurl, which helps define curls, or Phytobrush, which is perfect for scrunching, blow-drying and creating waves. Rinse well and finish with a cool water rinse.

Carefully squeeze out any excess water with your fingers then blot strands with a towel.

Apply your product of choice to the middle and ends of your strands. Avoid applying product near the roots except in the case of adding volumizing sprays. You may wish to mix a smoothing product along with your styling product to add texture and block frizz at the same time. Mousse, light sculpting creams and styling sprays tend to be lighter and offer more control for fine to medium textures. A good hair glaze or hair paste works for thicker hair types and textures.

Once your hair has been properly prepared, use your hands and work from side to side around your head scrunching individual sections. To scrunch effectively you need to pick up a section of hair, squeeze the strands between your fingers, and then crumple the ends of the strand up toward your roots. You have the option to use a blow dryer or

long finger diffuser to help set the scrunched sections. Just remember to use a cool setting on a low speed to avoid blowing out the newly formed texture.

Finish with an appropriate hairspray. For added shine, apply a tiny bit of gloss or shine serum to the palms of your hands and glide across the top of your newly crumpled 'do.

I heard somewhere that there is a home recipe you can make to condition hair using butter and milk. It is supposed to really soften super dry strands. Although I love to splurge on the great conditioners from Phyto and Rene Furterer, I also like to try some home formulas to stretch my conditioning dollars. Any ideas where I might find this formula?
—Sylvia

Creamy Butter Deep Conditioner

This recipe is designed to deep condition and soften the most damaged and dry strands. This mixture does tend to be a bit messy so be sure to lay down some old bath towels before applying to your strands.

In a blender combine:

4 ounces of any type of regular soft margarine (skip the low fat or diet spreads since you want the oils)

2 ounces of pre-softened butter

6 ounces of true cream

6 ounces of deep hair conditioner (any kind will do)

Blend until all the ingredients are mixed and smooth.

Separate your hair into two to three inch sections and then apply the mixture with your fingers, a rubber spatula or cotton balls. Apply the mixture from the top of the ears down to the ends. Avoid applying the mixture near the roots.

After you have completely saturated your strands with the Butter Conditioning Mix, wrap strands in plastic wrap or a clean plastic shower cap. Either wrap a newly warmed towel over the top or sit under a hood dryer for 30 minutes.

Rinse the treatment out of your hair,

shampoo lightly, rinse well and finish with a cool water rinse. Use a good detangling cream or leave-in conditioner. Style as normal.

If you enjoy the results, repeat on an "as needed" basis. If you would like to experiment further, try adding 1/4 to 1/2 teaspoon of almond oil to the mix for added softness.

I have seen countless questions and articles in magazines and on web-sites about people that want to have fuller hair, but I have never seen an article about people that have too much hair! I have a crazy amount of hair—it is big, wavy, and frizzy! And I want a way to get my wavy hair under control without using too many products since I am on a very low budget! Any help you could give me would be greatly appreciated!
—Katalyn

In actuality there are just as many people who struggle with too much hair as those that struggle with not enough. So what do people do that want to control lots of hair?

1. Get a haircut that is designed to thin out the thickness and help the hair to lay sleekly. Not every hairstylist has the ability to cut hair that is too thick because it is really an art. However, a talented stylist with the right skills can help to thin hair that is too heavy. Take your time, ask around and find a stylist that specializes in dealing with thick strands.

2. Wear hair no longer than a bob, or very long. Hair that is super thick is most manageable when it is either shorter, because it looks less bulky, or much longer, because the weight of the longer strands weighs the hair down. Wavy hair also tends to do very well when it is longer because the weight of the hair tends to flatten the waves.



DL Lowry Salon
(Indianapolis, IN); Stylist:
David Lowry; Photo:
Pamela Mouglin

3. Consider getting your hair relaxed, but not straightened. Getting hair relaxed helps it to bend, which ultimately helps the strands to nestle better together. Relaxing also helps to soften waves and control frizz. Unfortunately the professional home relaxing kits like those from Phyto generally cost around \$60. Relaxing may cost even more at a salon when done by a professional stylist. I definitely do not recommend that you go the relaxing route unless you can have it done by a stylist or use a professional kit—some of the lesser known kits can cause more damage to your strands.

4. Avoid hair color. Hair color tends to swell the hair shaft making hair appear even bigger.

5. Use a good defrisant product to help hair lay sleeker and less frizzy. While Phytodefrisant is considered the absolute best product on the market today, John Frieda also makes one that is probably more affordable for your budget and available at mass market retail stores.

6. Use moisturizing shampoo, conditioner and leave-in conditioners. Adding moisture softens big hair and helps it lay smoother and closer together. It also banishes frizz. You don't have to spend a fortune to find a good moisture enhancing product. Buy grocery or drug store brands that advertise on the bottle that they add or create moisture.

You can also experiment with home hot oil conditioning treatments like sesame, extra virgin olive or almond oil. Home hot oil treatments will add moisture to parched or moisture starved strands, making hair softer, less frizzy and more manageable.

7. Avoid any type of layered styles. Cutting in layers makes hair actually look fuller and bigger.

8. Wear hair braided. When hair is wet, braid it into a tight braid. This will help to contain the hair when it is dry. Keep in mind that your hair will be bigger when you undo the braid but this will help keep it neat during the day. You can also experiment with buns which will contain the hair as well.

9. Avoid washing hair in hot water and if possible, allow your hair to "age" a few days between shampoos. This allows natural oils to accumulate and soften frizz.

10. Experiment with a variety of hair accessories that will help hold down the volume of your hair. Try large volume barrettes, thick elastic bands and jaw claw clips. Karina makes a fabulous line of inexpensive but very functional hair accessories.

To Blow-Dry Sleekly

1. Start by using a moisture enhancing shampoo. Keep in mind that you may wish to dilute the shampoo that you select so that it is less harsh on your strands—one part shampoo to three parts water.

2. Use a moisture enhancing rinse-out conditioner. Be sure to focus the conditioner on the driest part of your strands and keep the conditioner approximately one inch away from your roots.

3. Rinse well with cool water as a final rinse.



DL Lowry Salon (Indianapolis, IN);
Stylist: David Lowry; Color: Amy
Capps; Photo: Pamela Mouglin

4. Towel-blot your hair well to remove excess moisture.

5. Apply a good leave-in conditioner or detangling spray with conditioning properties.

6. Detangle with comb starting from the roots and working up the hair shaft.

8. Apply a good defrisant product.

7. Divide hair into two- to four-inch sections all the way around your head. Be sure to only work on one section at a time. Take a paddle style brush and anchor the strands from the ends. Blow-dry with a special concentrator, if possible. Direct the air down the shaft from the roots to the ends rather than from the end to the roots. When the air goes down the shaft, it helps the strands to lay flatter.

8. Work slowly around your head one section at a time and blow-dry until the hair is 100% dry. Hair that frizzes is often not 100% dry or needs more moisture.

9. Never blow-dry your hair upside down (unless you want lots of volume). This will cause the cuticles to swell and look even bigger.

10. When finished, apply a little dab of defrisant into the palms of your hands, or a serum to add shine, and then lightly glide your hands across the top of your hair.

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.
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1359 Broadway, Suite 1203,
NY, NY 10018

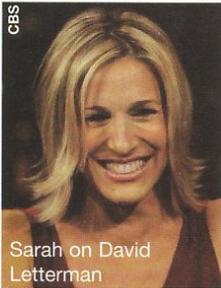
PREGNANCY & YOUR HAIR



Sarah Jessica Parker

Pregnant Stars For 2004

Following on the new flock of babies born recently to Debra Messing, Kate Hudson, Dixie Chick Martie Maguire, Cheryl Hines, Reese Witherspoon, Mary Louise Parker, Denise Richards, Mr. & Mrs. Jon Bon Jovi and Mr. & Mrs. Will Farrell, are a whole list of pregnant and newly pregnant celebrities (at press time, the following women were still waiting for their bundles of joy to arrive). Expectant celebs include Leah Remini of television's *King Of Queens*, Courteney Cox of *Friends*, Holly Marie Combs of *Charmed* and Sherry Stringfield of *ER*, as well as film stars Geena Davis, Helen Hunt, Marcia Gay Harden, Cate Blanchett, Melanie Sykes and Gwyneth Paltrow.



Sarah on David Letterman

during her pregnancy.

Although Sarah Jessica made intentional root lines a popular hair trend during earlier seasons of *SATC*, when she conceived her son, her naturally curly hair was already

Pregnant Hair Challenges

Sarah Jessica made important strand statements during her pregnancy. Famous for a cornucopia of ever changing hair hues, textures, lengths and rapidly changing hairstyles during the wildly popular run of HBO's *Sex And The City (SATC)*, Sarah Jessica made a point of letting her hair go completely natural

Learn how pregnant celebrities and new moms keep their tresses looking flawless—with easy tips for you to follow to get that same glamorous style!

By Karen Marie Shelton
www.hairboutique.com

Pregnancy is a wonderful milestone in any woman's life, but sometimes, the effects of pregnancy can be downright unfair—like not being able to put on the cute shoes you bought months ago or trying to find the right style of clothes to fit your bulging belly. And then, you're faced with another dilemma—what to do with your hair? For some, it's deciding on whether to discontinue coloring and/or straightening treatments and for others, it's noticing clumps of hair falling out of your once perfectly coiffed mane. Haven't you gone through enough of your body's changes already—why do your gorgeous tresses have to be affected as well? Well, have no fear—celebrity stylist Robert Hollowell, who's kept Geena Davis and Dixie Chick Natalie Maines looking flawless during their pregnancies, gave us the scoop about pregnancy hair issues and secrets that celebrities use to hit the red carpets looking fabulously tressed.

coiffed in a very blonde, straightened chic style which she showed off on a David Letterman appearance right after her pregnancy was announced. Ditching her hair chemicals, Sarah Jessica let her hair go with the natural flow of her changing body. As her pregnancy blossomed into full form, Sarah Jessica was photographed with progressive dark rootage along with the rapid return of her natural curls. After her baby was born, Sarah Jessica opted to keep her hair darker, longer and very curly.

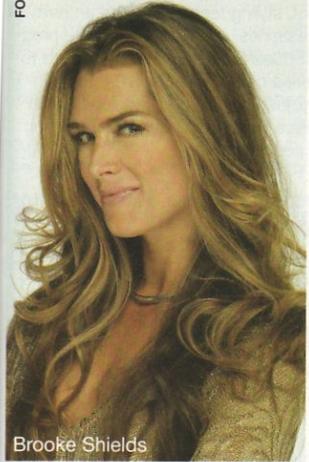
"One major challenge, when styling a pregnant client," according to Robert, "is the use of any type of chemicals." Indeed, one of the most common concerns that many newly pregnant women have, whether a celebrity or not, is whether it's safe to use any type of chemicals, from color to perms and straightening treatments, on their hair during their pregnancies.

Robert noted "when hair color or chemical treatments are absolutely required for celeb clients to fulfill their professional commitments, common pregnancy hormones



Leah Remini

FOX



Brooke Shields

make any type of chemical use completely unpredictable." This hormone induced unpredictability can make dealing with the tresses of pregnant clients troubling. Robert said "not only will curls not hold after a perm but hair straightening techniques tend to fail or misbehave as well."

Even more important than unpredictable hair chemicals is that fact that, as Robert reported, his well-known clients "prefer to completely avoid any type of

chemicals, such as hair color, when they are pregnant." Robert understands "they would rather not take any risks with their pregnancies or the ultimate health of their babies."

So what does Robert do when one of his expectant celebrities absolutely must have a color touch-up for their professional commitments? Robert turns to safe products like "the semi-permanent, non-peroxide color formulas in the Goldwell's Colorance line." He also is "very careful to avoid applying any chemicals near the scalp areas." Even though Robert will turn to using semi-permanent colors like his highly recommended Goldwell, he will only do so when there is no other choice. And of course, only when the celebrity has prior doctor approval.

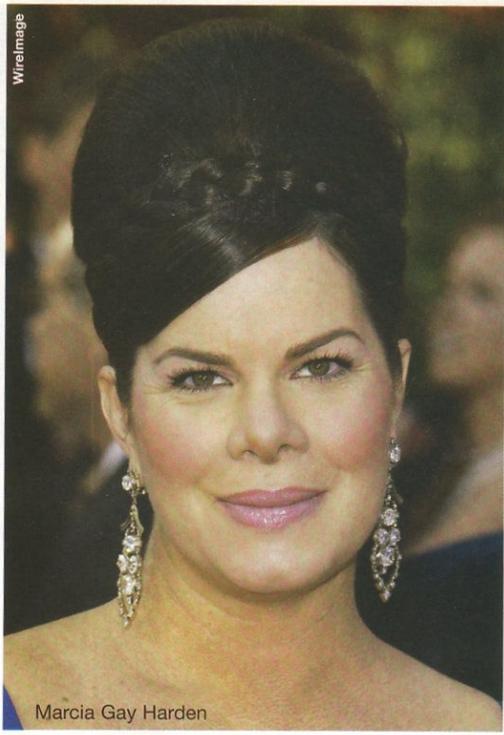
Famous celebrity haircolorist Rita Hazan of New York's Adir Salon reported an identical hair trend for her pregnant celebs. Rita, who counts Leah Remini as one of her color clients, recently confirmed "Leah is taking a break from having her hair chemically colored during her pregnancy." And the same goes for Brooke Shields, another Hazan celebrity haircolor client, who also "took a conservative approach to using hair chemicals during her 2003 pregnancy." After Brooke's gorgeous baby was born, she visited Hazan for "a beautiful blonde highlighted look."

Medical Experts Weigh In On Chemicals

So what do medical experts say about hair color and chemical use during pregnancy? Most medical experts agree that there is no conclusive evidence of danger when using chemicals on the hair during pregnancy. Others agree there is probably no danger, but many medical doctors when pressed, will advise their newly pregnant patients to postpone chemical hair treatments as long as feasible, preferably after the first trimester. If this is not possible, some doctors will give permission for chemical hair treatments in very well ventilated spaces.

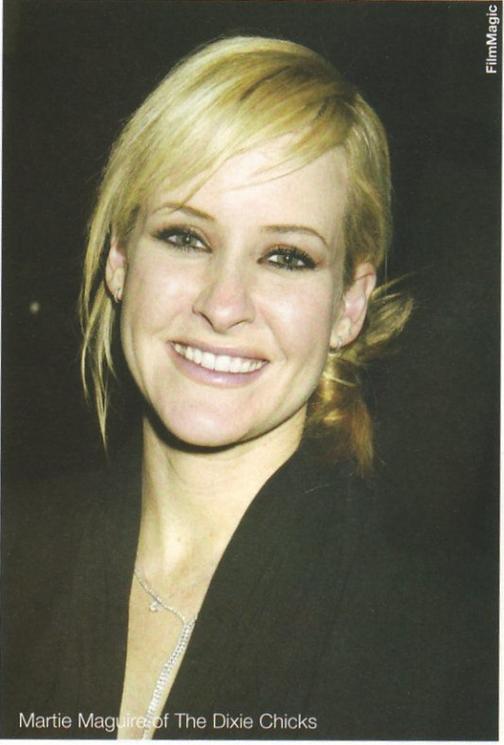
One thing is for certain. Almost all of the medical and hair care experts agree that the danger during pregnancy is not the actual application of strong chemicals to the cuticle but the odors that can be absorbed into the body through the lungs. Others believe that applying the chemicals away from the scalp area also minimizes any risks, especially

WireImage



Marcia Gay Harden

FilmMagic



Martie Maguire of The Dixie Chicks

when applied in a well ventilated location.

Regardless of commonly held professional opinions, a large majority of women just personally feel safer not using any hair related chemicals. They prefer to take the "better safe than sorry" approach. If you personally decide to use chemicals, with the okay from your own doctor, be sure to ask your hairdresser to take every precaution and use the safest products available.

Other Options

If you decide to follow the hair trends of famous pregnant celebs like Leah Remini and Geena Davis, you will avoid chemicals and let any that are still on your strands slowly grow out along with your pregnancy. This doesn't mean that you have to completely ignore your strands. On the contrary, it is important to work closely with your favorite hairdresser to keep your hair well trimmed and maintained as your strands go through any changes.

A great plan that most celebs follow is scheduling an appointment with your favorite hairdresser as soon as you discover you're pregnant. Discuss various hair options from whether to utilize chemicals or not and how to deal with any potential hair challenges as you move forward.

Be creative and resourceful. Be willing to experiment,



Retna Ltd.

Cate Blanchett

with the help of your stylist, with new looks, styling techniques and an array of accessories. Just because you're pregnant doesn't mean you are doomed to a series of bad hair days. On the contrary, just think of how fabulous Sarah Jessica Parker's tresses looked during her past pregnancy.

Losing More Than Baby Fat

Besides the "raging hormones" that can make tresses act totally unpredictable, Robert pointed out that many women experience sudden and unexpected hair loss either during or after pregnancy. Depending on the woman, the hair loss can start at various points during the pregnancy, after the birth or after nursing has finally ended. Hair will start to come out in clumps in the shower or during brushing. For many women the hair loss will occur somewhere around four months after the baby is born.

Robert believes "pregnancy related hair loss occurs because the mother's body is feeding the new child, and the body's priority is not so much to feed the hair, but to feed the child and the mom." And Robert pointed out that "pregnancy related hair loss tends to occur close to the hairline, around the ears and near the temples."

Other experts believe that during pregnancy the hormones that are unleashed cause the body to hold onto the hair that is normally lost by non-pregnant women on a daily basis, which would explain the lush locks that some women experience. However, once the baby is born, the body starts to return to normal hormonal balance and all the hair that was not released before starts to fall in noticeable clumps.



WireImage

Denise Richards

Hair Loss Styling Tricks

So what tricks did Robert use to transform brand new mom Geena after her first pregnancy for red carpet success? Robert confided that there are so many fabulous options for styling hair to perfection regardless of the challenge or current hair situation. If a celebrity mom has experienced hair loss, Robert will turn to a variety of options to downplay any hair challenges and play up the best features.

Sometimes Robert will use a variety of hot styling tools and products, including those from his own Prawduct line (www.thekitchenbeautician.com), to whip strands into



FilmMagic

Holly Marie Combs

glorious runway shape. Robert's Super Volumizing Tonic is a product that will help add volume, control and fullness to newly limp or lank tresses. Even better, Robert's Super Volumizing Tonic is alcohol free, is all-natural and has been given the seal of approval by magazine experts for use with expectant moms and around babies.

Another option is to design a new or slightly different cut to minimize any post-pregnancy shedding. Hair loss can be instantly disguised with a sizzling new choppy cut.

Short & Long Term Options

At other times, Robert will need to exercise either short or long term hair extension solutions that are completely safe and will not damage the remaining hair in any way.

For short term remedies, he recommends one of the temporary short term hair extension solutions that can be put on with a special type of tape, directly onto the existing hair. The temporary hair extensions will last for several days and then can be safely removed with a special solution that comes with the hair.

Longer term situations call for more permanent extensions on your tresses. Robert uses "The Great Length Extension system to apply human hair wefts to strategic locations around the head." Adding the Great Length Extensions "can serve to replace hair that has recently been lost," according to Robert. Properly placed extensions can also add instant fullness to limp locks.

If a solution is needed for just one night or two, Robert suggests "individual hair wefts or clip-on pieces that could be easily purchased and quickly added into the areas suffering the most temporary hair loss."

A New Cut, Highlights & Accessories

Whether Robert utilizes an array of styling products, blow dryers, curling irons, hot rollers or opts for adding temporary hair extenders, he will create a fabulous style that will make his new celebrity mom look and feel gorgeous. One great example of a new celebrity mom who showed off her fabulous hairstyle at the recent 2004 Golden Globe awards was Mary Louise Parker, who had given birth to her first child not too long before the event. And whether you have a celebrated hairdresser like Robert to help you overcome your own pregnancy related hair loss issues for a major hair event or not, you can follow some of his great tips. The key is to decide what of the various options work best for you.

Many new moms don't have the time or energy to deal with time consuming hair care decisions. If this is your case, ask someone to watch the little one while you steal a little time to have your strands trimmed or cut into a sassy new style that will help to camouflage any thinning areas. If you have more time, you may even want to consider having a few highlights or lowlights woven around your face line to brighten up your skin and facial features.

When all else fails keep in mind that hair accessories will brighten any bad hair day, week or month. The beauty of hair accessories is that they can be used as functional hair-helpers to camouflage or as fun hair toys to brighten a blah style. Headbands are perfect for disguising hair loss around the hairline, over the ears or near the crown. A gorgeous jaw, claw or condor clip will help busy new moms create a beautiful twist or bun in seconds. Substitute a Swarovski or semi-precious clip or encrusted headband for your rhinestone one and step out to any evening event in style.



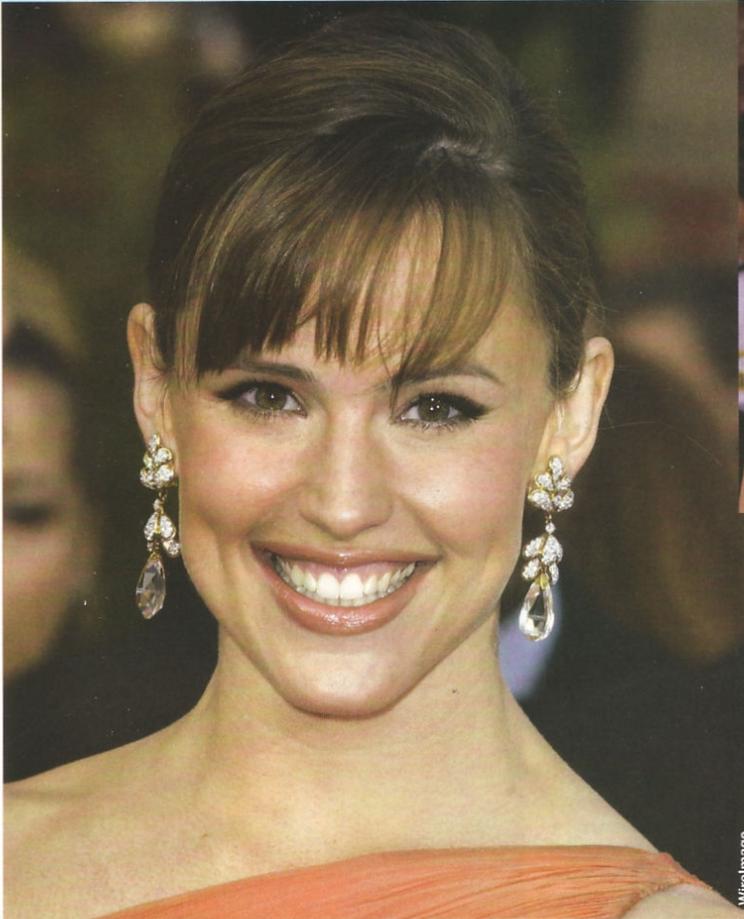
Courteney Cox



Gwyneth Paltrow

JENNIFER GARNER

Easy step-by-steps for recreating her elegant updo!



Steal Jennifer's Style

Although Jen's shoulder length, medium textured hair looked amazing and was created by a famous hairstylist, her look would be easy to steal. Jennifer's sleek chignon can be easily adopted for pre-straightened medium length hair or longer. Hair that is short can be spun into this style with extensions or add-on hair.

Jennifer Garner is a perfect celebrity hair role model for the season. The lovely *13 Going On 30* star turned heads at the recent 2004 Academy Awards show wrapped in a spectacularly gorgeous peach hued vintage Valentino gown with a stunning floor length train.

Although the gown was vintage, it looked as if it was designed specifically for Jennifer's statuesque physique. And in fact, when asked why she chose that particular gown, when so many were available to her, the lovely star commented that, "I had to choose from a ton of dresses, but this fit the minute I put it on." Indeed, every female, just like Jen, relishes that moment when they try on a special dress and there is that instant moment of knowing that they have found their dream gown.

Of course finding the absolutely perfect gown is just

part of the task at hand. The right dress must have absolutely the right hairstyle and accessories. And Jen scored major points for her perfectly coiffed hairstyle. Complimenting the off-the-shoulder gorgeous halter-esque neckline, Jen's light chocolate brown hair was perfectly styled by Master Hairdresser Oscar Blandi, into an elegant twisted chignon updo style. A fringe of wispy bangs framed her beautiful face, drawing all eyes up from the gown to her beautiful brown twinkling eyes.

In order to avoid minimizing her movie star inspired gown and gorgeous jewels Jen kept her accessories simple, but elegant, with a Fendi gold "Radio" tubular clutch evening bag, matching shoes, a gorgeous cocktail ring and simple gem encrusted drop earrings.



Instructions

1. Begin by using a soft boar's head brush or similar natural bristle brush to make sure that all knots and tangles are completely removed from all previously flat ironed or straightened strands.

2. This dressy hairstyle was created with a sultry side-swept anchored part formed by a small angled hairline part. The rest of the hair was brushed back off of the face.



3. Using a rattail comb or brush part off a section of fringe hair from the rest of crown section. Clip out of the way.



4. Brush hair smoothly back from the hairline. Using your hands in conjunction with the brush, gather the back section of hair into a ponytail making sure that the top section of the crown is pushed up to maintain fullness.

5. Secure the ponytail with a "hair friendly" Blax, Bungee or other elastic band preferably in the same color as the hair so that the band is not visible. The gathered base of the ponytail should rest approximately six to eight inches up from the base of the head.

6. Position bobby pins in the same hue as the hair around the outside of the base of the ponytail to act as an anchor for future hair rolls.



7. Separate a one-inch section from the underneath side of the pony and wrap up and around the base of the ponytail. Anchor with U shaped hairpins or bobby pins.

8. Divide the remaining hair into one- to two-inch sections. Starting at the top of the base of the ponytail hold the separated section straight up in the air.

9. Brush to completely smooth all hairs.



10. Using both hands and your fingers as a guide, roll the strand so that the ends curl up towards the base of the ponytail. Pin the curls securely against the base of the scalp using the previously placed anchor pins. Arrange the new roll with your fingers to your liking and then spray well with a firm hold hairspray.

Note: As an option leave a small section of hair free at the "tail" section of the roll and direct it out in a splayed direction as you pin the roll.



11. Repeat Steps 7, 8 and 9 above forming an array of looped and pinned sections around the base of the ponytail.

Note: The key to this look is uniformity. Strive to make all the curls the same size and tightness.



12. Once the back is finished spray the entire chignon creation completely with firm holding spray.

13. Release the fringe area. Lightly back-comb, spray and pin into place or leave your bangs out like Jennifer's. Spray well with hairspray.

Credits: Face Station Salon (New York, NY; 212-319-4247); Stylist: Ketty Loseto; Technicals by Karen M. Shelton (HairBoutique.com); Makeup: Linda; Clothing Stylist: Liz Benson; Photo: Paul Colliton; Model: Casey

FROM DRAB TO FAB

HOW TO DRESS YOUR TRESSES!

By Dawn Bruno



Stylist: Barbara Lhotan; Makeup: Catherine Raffaele; Photo: Eric Von Lockhart; Hair Jewels: www.HairBoutique.com; Jewelry: www.alltherageonline.com

Think you need a drastic haircut to change your style? Well think again. Saying bye-bye to boring dos is easy once you have the right tools at your side. Whether your hair is long or short, you can give your hair a quick, easy makeover without having to commit. How? The latest hair trends this season are bright, dazzling colors and fun, playful accessories—so you won't have to settle for anything less than fabulous again!

Don't be concerned with spending a fortune on hair accessories. You can spruce up your hair with cheap hair accessories and still look like a million! Adding inexpensive hair finds ranging from hair claws to hair jewelry can turn the simplest style into something simply chic.

What should you look for? There are thou-

sands of options out there to choose from. Rhinestones on bobby pins look great for both casual and dressy occasions, but don't limit yourself. Many stores have tons of little do-dads attached to a bobby pin. You buy them by the pack—most packs have five to 10 bobby pins and range from \$5 to \$25. And there's no real secret to making these hair things part of your do. Just stick the body of the bobby pin into your hair and only allow the end decoration to show. But remember not to wear these bobby pins as barrettes—a definite fashion faux pas! Barrettes are used to hold the hair up and off from the face. Bobby pins are used to accessorize the hair by adding small sparkle or shine to the hair.

Where do you find these little completers? Check out accessory shops like Claire's and Afterthoughts, two cheap jewelry chains, or log onto www.hairboutique.com to view one of the largest assortments of hair accessories. You can also check out major department stores (look in their jewelry section.) If you have the time, you can even get creative and try making your own! Buy some wire and beads at any arts and crafts shop and explore the possibilities!

Other hot hair items to consider are hair bands. The problem with many bands in the past is that they wrap around your head too tightly, some-

times making it a bit uncomfortable to wear all day or all night long. Well, great news! WrapStar's newest hair band gives you all the funk without ever getting a headache! It attaches with a small comb on the top of your head and ties as loose or tight in the back as you'd like. There are many styles to choose from and retail between \$20 to \$32 each. Purchase one at www.wrapstar.com or www.adiscountbeauty.com.

Color is in! Use your imagination. Try a new shade. The newest looks combine brighter colors with even brighter highlights. If you're conservative, consider a glaze; it's subtle and will highlight your color. John Frieda has many temporary color enhancers and shampoos for under \$15. Or if you want an at-home remedy and you're a brunette or raven head, pour freshly brewed coffee (cooled, of course!) onto your hair to give it a jolt of color. Work it through with your fingers; leave for 10 minutes and rinse.

For more daring color-divas, Jerome Russell's temporary hair color spray, retailed at \$10.00, let's you get the color of vocal queens Kelly Osbourne or Pink for the night. The color washes out in just one shampoo. And what's even wilder is that the product supports SafariPark, a preservation program for big cats like Lions, Bengals and the endangered Siberian Tiger.

Want something more sophisticated? Nothing attracts attention quite like a hat. First, it takes guts to wear one. Second, it takes panache to carry it off. Combine the two qualities and you get major sex appeal. Stay with classic shapes—the fedora, the beret—to make it easier to pull off. Other hats to consider: J.Lo and Britney copycat caps and floppy brim hats.

As if you don't have enough hair shopping to do by now, here are a few other hair-friendly ideas:

- Hold hair back with a scarf or bandanna by either tying around your ponytail or folding into a triangle and covering your scalp.
- Choose a smooth, cloth or high-grade plastic headband to hold hair off your face. Make sure the "teeth" are rounded, not sharp, to prevent hair breakage.
- Secure hair in a ponytail with a colorful cloth scrunchie. Or do ponytails or braids for a cute, sporty look with girlie barrettes or colorful hair rubber bands.
- Pin hair up with decorative hair claws
- Attach a strand of hair beads to your straightened hair.
- Attach hair falls to your head, like a long ponytail or loose curls.