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The Hottest Hues of the Season

Bonus! Clip & Carry Styles



The Sexiest Trends Today

Style FILE



By Michael O'Rourke, Sexy Hair Concepts

Blonde and beautiful, this twisted updo is an instant hit for those looking for a style that's guaranteed to turn heads. The model's hair was first washed with Big Sexy Hair Shampoo and Conditioner to maximize fullness. Hair was towel-dried, then Sexy Hair's Dense Thickening Spray was applied throughout the hair before it was blow-dried with a round brush for volume and fullness. Once dry, the model's hair was set with Spray and Play and hot rollers to achieve the firm curl. The hair was lightly back-combed at the base and loosely pinned up on the sides. The fringe was then softly placed to the side working with Spray and Play Harder to achieve the separation and hold. For the big dramatic finish, Big Sexy Hair-Big Shine Shine Spray was misted over the entire shape for weightless shine and to remove any frizz.

GET SWEPT AWAY WITH SEXY HAIR



By Michael O'Rourke, Sexy Hair Concepts

If you're searching for an elegant style that's perfect for dancing the night away, try this sultry updo! The model's hair was first prepped with Silky Sexy Hair Shampoo and Conditioner. The combination of silk, soy and wheat proteins helped to smooth and polish the hair to perfection. Once towel-dried, two pumps of Drench, Silky Sexy Hair's leave-in moisturizing treatment, was mixed with two pumps of Frizz Eliminator and applied to her hair. The hair was then blow-dried working with a paddle brush to pull out excess wave. Next the hair was flat-ironed working with Straight Sexy Hair Smooth and Sea—leaving hair weightless, shiny and completely protected from the humidity. Once complete, a series of three ponytails were done up the back of the head, then loosely pinned into each other to form the soft twist. The bang section and the sides were swept up into the ponytail and secured with bobby pins. The final touches were done working with Big Sexy Hair's Spray and Play and Big Shine, Shine Spray.



When it comes to creating glamorous tresses, using the right products is as important as the style itself. For healthy curls, silky, straight strands and sizzling updos that last all night long, we love the product line from Sexy Hair Concepts. Regardless of which products you choose, Sexy Hair Concepts gives your tresses the extra care it craves—especially after the daily styling and chemical processes we put it through. To celebrate their success, Sexy Hair Concepts has donated 101 bags to giveaway, each consisting of the following products: SoyMilk Shampoo, SoyMilk Conditioner, Soy Tri-Wheat Leave In Conditioner, Soy Salvation Deep Treatment Hair Masque with Oatmeal and Soya Want Full Hair (Retail value:

\$65.50; for more information log onto www.sexyhair.com or call 1-800-848-3383.) To enter, send your name, address and telephone number to: Get Swept Away with Sexy Hair, c/o 101 HairStyles, 1359 Broadway, Suite 1203, NY, NY 10018. See page 4 for contest rules.

101's Must-Have Accessory



What's the hottest accessory of the season? We've got the scoop and you're gonna love how you look wearing them—L.Erickson's Silk Charmeuse Sash Belts (\$28) and Single O Ring Silk Charmeuse Belt with Onyx Buckle (\$40). Spotted from coast to coast on celebrities like Jessica Simpson and Britney Spears, these oh-so-sexy sashes can be worn in your hair, around your waist or as scarfs—turning an everyday look into superstar gorgeous. Available in a variety of colorful shades; log onto www.hairboutique.com or call 1-866-469-4247 to purchase.



2004

Cover Model Search

It was a difficult decision, but after hours of deliberation we present to you this year's winner and finalists of *101 HairStyles* Cover Model Search. If you love these makeovers and would like to experience your own personal transformation, call the Gerard Bollei Salon in New York City for an appointment (212-759-7985 or 1-800-B-O-L-L-E-I-2). Special thanks to Linda Pedreira, James Santa and the Gerard Bollei Salon and staff for all of their hard work and dedication.

Technicals: Karen Shelton (www.hairboutique.com); Photos: Rudolphe Baras



Before

And the winner is... Jennifer

Before: Jennifer is a classic example of what happens when previously ignored features are turned up to sizzle with brilliant results. Although Jennifer's makeover did not involve dramatic changes to her existing look, the results were literally eye-popping.

Damage Control: Jennifer's spectacular transformation began by performing a repair operation on her dry, damaged, fine strands with Gerard Bollei's Antidote (visit www.gerardbollei.com or call 212-759-7985 for more information). Formulated to repair seriously damaged hair, the Bollei stylists refer to this incredible treatment as their "Low-Carb Hair Treat" because it's formulated with 100% liquid protein. Jennifer's hair was wrapped in plastic before she was placed under a hood dryer for 20 minutes; then her hair was rinsed.

The Color: Colorist JoAnn Alvarez flipped on the brightness switch by skillfully weaving an instant halo of carefully placed, gorgeous golden-hued highlights; which were then locked in with an application of a glaze product.

The Cut: Although she has baby fine tresses, Jennifer also has a lot of natural body and sensuous curl. Stylist Hoi Fung decided to incorporate Jennifer's natural textures into a sassy, layered bob style with flippy ends. Hoi lightly razored Jennifer's newly clipped bottom strands to kick up the texture. This step provided instant bend that worked with her natural curls.

The Style: Hoi dried Jennifer's newly designed style using a blow dryer and his fingers to lift and pull curls into place. When her strands were completely dry, he curled the bottom perimeter of the style by wrapping two-inch sections of hair around the barrel of a curling iron. Using the iron and his fingers, he created saucy curls and flirty flips that shimmered and bounced. Applying a light layer of shine-enhancing gloss, he used his fingers to finish shaping the newly created curls. He completed the styling process with a spritz of hairspray that provided hold without weighing down Jennifer's fine texture.

The Result: Jennifer's amazing transformation resulted from Hoi's skillful enhancement of her natural facial shape with a spectacularly designed style and JoAnn's hair color makeover that played up her hair's texture and type while spotlighting her gorgeous eyes, lips and skin tone. Makeup maven Janet Paolucci cranked the wattage on Jennifer's newly created look by adding a provocative pout to her eyes and lips.





Before

Amy

Before: Amy wanted a makeover that would enhance, rather than dramatically alter, her existing look.

The Color: Amy's tresses were besieged by a root line with a hint of brassiness invading the desired golden-blond shade. Colorist Nicholas Modlin decided to minimize future root lines by skillfully weaving a veil of soft highlights throughout Amy's tresses so that new growth would blend with the revitalized blonde hues.

The Cut: Stylist Shan began Amy's spectacular transformation by studying her face shape that combined a rounded chin and squared jaw with a narrowed forehead. Softening the squared angles while adding balance to the forehead and chin areas, Shan carefully carved out a series of beautifully textured layers to add fullness at the roots, create a natural bend at the ends and eliminate the drag on her face that her previously one-length strands created. Shaping around the facial perimeter resulted in a new face-hugging silhouette that added a soft sultry appeal. Select pieces of hair were pulled forward along the cheeks to minimize and flatter. Shan lightly feathered Amy's bottom heavy strands to kick up the texture, providing instant bend and a slight flippiness.



The Style: Shan used Wella Spray Gel liberally on Amy's damp tresses to crank up her root volume and lift. He used a large round brush while blow-drying to add overall fullness and movement. When her strands were completely dry, Shan backcombed the crown for carefully defined lift. Shan dried the newly designed style using his blow dryer, hands and fingers to lift and pull ends into place while yielding a large round brush to shape and smooth. A flat iron was used as needed around the front to achieve a sleek face-framing cap.

The Result: A magnificent transformation from misshapen bottom heavy tresses to a sleek razored basic bob shape that evokes images of the sensual '60s. The sassy face-framing shape combined with makeup artistry by Janet Paolucci gave Amy's eyes and lips the perfect finish.



Before

Sheila

Before: Sheila wanted a change that would enhance, rather than dramatically alter, her existing look.

The Color: Colorist Tom Frasca created world-class coloring results for Sheila. Tom decided to take Sheila a little lighter overall to create a sassy glow. Gorgeous lighter foiled highlights were woven strategically around Sheila's hairline to accent her stunning face and eyes. He also applied carefully constructed highlights on the underside of Sheila's style in case she fancied wearing her hair up in a pony or messy bun. Tom directed his focus on creating bolder streaks of blonde highlights to make the result more pronounced and spectacular. A light golden-brown color was blended over any areas of Sheila's hair that indicated signs of gray.

The Cut: Stylist Alan Adler began Sheila's spectacular transformation by studying her face shape that combined an oval shape with a slightly squared jaw. While maintaining Sheila's layers, Alan carefully dechunked the back of the style to remove the bulky thickness from around her back and neck. He carefully redirected Sheila's front layers to focus more hair volume around her eyes and to frame the face. Alan lightly feathered Sheila's bottom heavy strands to kick up the texture providing instant bend and a slight flirty flippiness.

The Style: Alan applied Redken's Outshine Leave-In product to condition Sheila's tresses and calm them down a bit. He then dried her strands with a hair dryer and round brush, focusing attention at the ends for flow and direction. Alan used his fingers and hands in conjunction with the blow dryer's airflow to create volume.

The Result: While Alan set the stage by tweaking Sheila's existing layered style, Tom's utilization of color streakiness was nothing short of spectacular and really showed off Sheila's gorgeous cheek bones, eyes and skin tone. Sheila's spectacular features were skillfully highlighted by the masterful Janet Paolucci who also gave Sheila's eyes and lips the perfect finish.





Before

Tina

Before: Tina was up for anything, and since she had never seen herself with straight hair, it was decided her beautiful curls would transform into smooth, silky strands.

The Color: Colorist Merida Muniz skillfully wove light chocolate-brown highlights throughout Tina's strands. Merida then off-set the gorgeous chocolate hues with ribbons of blonde to bring out Tina's gorgeous eyes and other facial features. The complementary highlight tones provided a stunning but subtle contrast.

The Cut: Stylist Diana Torres began Tina's spectacular makeover by studying her face shape that combined elements of a wide forehead, well-defined cheekbones and a squared jaw line with a rounded chin. Diana cleaned up Tina's look by carefully carving out a series of beautifully textured longer layers to create natural movement and bend throughout the style. Diana added sleekness at Tina's crown, which helped to soften the width of the forehead. She clipped the underneath of the back strands to create a more flattering squared silhouette. Careful shaping around the facial perimeter resulted in a new face-hugging silhouette that enhanced Tina's sophisticated appeal.

The Style: Diana specifically avoided using any products on Tina's damp tresses before blow-drying with a round brush to create the smooth and super-straight strands. When her tresses were completely dry, Diana used a flat iron to remove any hair kinks and to achieve a sleek face-framing cap of newly ringlet-free strands. Diana dried the style with a blow dryer, using her hands and fingers to lift and pull ends into place while yielding a large round brush to shape and smooth.

The Result: A magnificent transformation from curls to a sleek and straight style. This sexy new style was combined with makeup artistry by Janet Paolucci, giving Tina's eyes and lips the perfect finish.



Before

Leslie

Before: Leslie arrived for her professional makeover with baby fine, shoulder length locks that were slightly damaged and definitely misbehaving. Leslie desired a subtler makeover that would create a sleeker, more sophisticated edge to her existing style without requiring a dramatic overhaul.

The Color: Colorist Penny took Leslie from a mild-mannered blonde to a sophisticated and elegant goddess by applying an overall blonde tint to even out any existing yellowness, brassiness or uneven blonde hues. Penny then weaved an intricate pattern of contrasting yet complementary blonde hues on the underside of Leslie's tresses. The strands around her face were carefully

highlighted to add soft shine and jazz up Leslie's skin tone and eyes. The result was a rich, shimmering blonde glow with slightly darker edges.

The Cut: Stylist Shan understood Leslie's goal for a low-key redesign. His makeover involved working within her parameters to achieve tress sophistication and sleekness along with more volume. Shan skillfully added shape, body and movement to Leslie's tresses by cutting a few well-placed blunt angles that were stacked around the perimeter of her oval face. He slightly redirected the movement of the hair along the top of the face line to add the illusion of fullness. No layers were added to the sides or back of Leslie's style in order to maintain the natural flow and symmetry of Leslie's current shoulder-skimming length. In order to add a touch of drama and to create clean crisp lines, Shan skillfully added beveling along the underside and back edges. This successfully preserved Leslie's style and length while adding sultry definition and movement.

The Style: To crank up the fullness factor on Leslie's naturally baby fine strands, Shan liberally applied Redken's Volumizing Mousse to damp strands. He dried Leslie's strands using a round brush and blow dryer to create a modified straight style that had lots of body, movement and flow. When Leslie's hair was completely dry Shan set her entire style on very large Velcro rollers. The rollers were carefully angled away from the face and directed upwards from the bottom perimeters of the style. After Leslie's entire head of hair was rolled in Velcro rollers, Shan liberally applied hairspray. Using a blow dryer, he applied balanced heat across the entire set. Carefully removing the rollers after they had completely cooled, Shan brushed out the style using a boar's head brush. He finished with a very light swipe of shine product and a spritz of styling spray for hold. Using a round brush, Shan created a subtle curly flip on the ends and a sultry sweeping frame of newly highlighted hair around Leslie's face.

The Result: A flattering higher volume stacked style that softened Leslie's beautiful face by opening up her eyes and accenting her cheekbones. Makeup by Janet Paolucci was the perfect finish for Leslie's new look.





Before

Kathleen

Before: You may remember Kathleen from our 2003 Cover Model Search. We got so many compliments about Kathleen's sizzling new look, we decided to make her over again!

The Color: Colorist Chiu enriched Kathleen's previously mousy brown hair with a rainbow of skillfully placed highlights that hinted of lazy days frolicking in the sun. The sun-kissed hues added sparkle and shimmer without an obvious color change.

The Cut: Stylist Alan Manson began Kathleen's stunning transformation by carving out a sultry veil of eyebrow skimming tresses with a razor. If you look closely, Alan angled the newly created bangs so that they formed a semi-circular sweep extending from the very edges of her face on either side. The newly created choppy fringe also added instant softness and contour to Kathleen's long thin face shape while spotlighting her gorgeous almond shaped eyes and beautiful bone structure. Kathleen's length was slightly shortened with the aide of Alan's skillful razoring, which ultimately created perfectly texturized and stubby broomstick-inspired ends that are designed to have zero bend.

The Style: The styling for the broomstick cut is quite simple. Alan dried Kathleen's newly designed style with a straight brush and hair dryer. He used his fingers to lightly ruffle the bottom of the shattered ends to resemble the appearance of the actual chunky, stubby ends of a broom. Since Kathleen's hair is straight and fine it responded well to extensive razoring.

The Result: Kathleen's makeover transformation resulted from Alan's spectacularly designed style and Chiu's color makeover that added shimmer and shine in a subtle way. Makeup maven Janet Paolucci intensified the natural beauty of Kathleen's eyes, cheekbones and lips with a palette of complementary cosmetic colors.



Enter to Win!

101's 2005 Cover Model Search

Since we just announced our winners for *101 HairStyles'* Cover Model Search, we thought it would be the perfect time to begin our quest to find a new cover model for 2005, as well as four more beauties to grace our pages.

Entering is easy. Just submit the form below with a head shot, full body shot and a 100 word essay on why you think you should be *101 HairStyles'* Cover Girl for 2005—and wait to see if you are one of 10 semi-finalists we select in an upcoming issue of *101*, announced in 2005. Then, it's up to fellow *101* readers to decide who they think should be in our top five; the winners determined by the majority of readers' votes. If you think you have what it takes, then we'd love to hear from you! Remember ladies, true beauty comes from within, and your essays will be judged by the same criteria as your photo! So be clever, be true, be you and you never know—you could be the next beauty to grace the cover of *101 HairStyles* in 2005!

Prizes: Grand Prize: A gorgeous makeover from one of New York City's hottest salons and a prize package courtesy of our sponsors. Once you're pampered and primped, your picture will be taken for the cover of *101 HairStyles* to be featured in 2005! Second, third, fourth and fifth place winners will receive a prize package courtesy of our sponsors, as well as a makeover and photo shoot to be featured in *101 HairStyles*. Semi-finalists will each receive a copy of the magazine that features their pictures and announces when voting begins. See page 4 for contest rules.

ENTRY FORM

I hereby enter *101's* 2005 Cover Model Search, and agree to the terms set forth below. I warrant that I am between the ages of 14 or over. I further warrant that I am of lawful age to sign and submit this Entry Form (21 years of age if a resident of MS; 19 years of age if a resident of AL, NE or WY; at least 18 years of age in all other states) or, if I am under the ages set forth above, my parent or custodian has executed this entry form and consents to its terms.
(Either clip out or send a photo copy; only one entry per person.)

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Birth Date: _____

Weight: _____ Height: _____ Hair Color: _____ Eye Color: _____

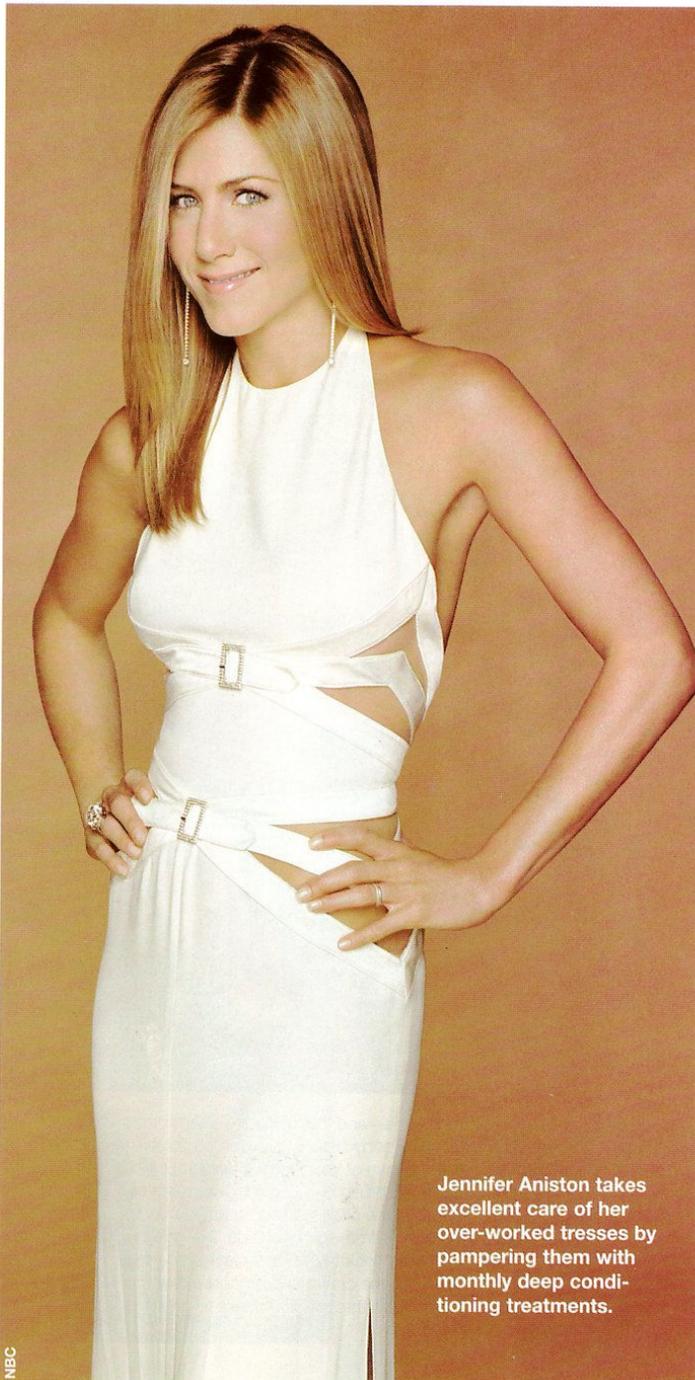
Signature: _____

Signature of Guardian (if necessary): _____

TRESS RX

By Karen M. Shelton
www.hairboutique.com

101's resident Hair Doctor comes to your rescue!



Jennifer Aniston takes excellent care of her over-worked tresses by pampering them with monthly deep conditioning treatments.

NBC

Help! My hair is terribly damaged. I chemically straightened my hair but I used a children's relaxer which I was told is very mild. It worked really well but now (I don't know if this is because of the chemical relaxing) I have so many problems! My hair is now like a V-shape because the ends are a lot thinner than the roots. There is also a difference in texture; the ends are straight but extremely dry with long split ends while the roots are thick, very curly and not very dry. I also suffer from the greasy type of dandruff which I think was caused by product buildup. My scalp is very itchy and oily—once I scratched my head and blood came out. The hair next to my face and forehead is extremely dry and brittle and looks like split ends. It is also extremely frizzy. I don't know what to do. Some people advised me to use the children's relaxer again but do you think I should? And if not, then what can I do to improve my hair? —Lauren

Dear Lauren,

I am very sorry to hear about the problems you are currently experiencing with your hair and scalp. It appears, from your description, that your primary hair issues center around extremely dry, brittle, frizzy hair that is plagued with tons of split ends along with greasy dandruff and a sensitive, inflamed, itchy scalp that may bleed when scratched.

Now, is your current problems specifically caused by the relaxer you used on your strands? While the relaxer is certainly suspect as the primary culprit, there are many other related factors that may be at play. As an example, you mention product buildup as a potential cause of your dandruff and scalp issues. You also mention that you have curly roots. Naturally curly hair is more fragile than any other

type of hair and more at risk for chemical damage.

Although you don't mention use of heat styling tools such as flat irons or blow dryers, these also can contribute to long term hair damage. Hair color or highlighting added to hair that is already chemically straightened, permed or relaxed is another ingredient for serious long term hair damage. Indeed, many abusive hair habits from use of chemicals, color, harsh hair care products and hot styling tools, can lead to hair damage ranging from a mild destruction of the hair's natural luster and shine to full blown hair breakage, severe split ends and brittleness over time.

Because of the very serious problems you are currently experiencing I would strongly recommend that you turn to hair care experts that can diagnose your various problems and recommend corrective programs. In the meantime I would suggest the following actions:

1. Abstain From Hair Chemicals

Put all thoughts of using any other chemicals out of your mind for at least six months or until your hair has been completely restored. Adding a relaxing treatment at this time is asking for even more serious problems. Even though you have been advised to use relaxing treatments, keep in mind that to do so would put your already damaged hair at risk for serious hair breakage and even hair loss.

If your curly re-growth makes dealing with your hair an impossible situation, find a hairdresser who is an expert at relaxing treatments. Make an appointment for a consultation and discuss the possibility of carefully applied spot relaxing applications to help minimize your unruly strands. Keep in mind that the hairdresser may advise you to wait before you do any additional relaxing. If that is the case, listen carefully.

2. Have The Damage Trimmed Off

Since you mention that your hair is much thinner at the ends with long split ends, it appears that your hair's medulla, or the inner core of your hair, is damaged. Your only recourse at this point is to have as much as the damage removed as possible and start fresh. Even superstar Madonna has had to submit split, fried hair to the scissors when her strands could not be saved. While you can use a variety of hair care

products to help fill in the cuticle rips and tears to make your hair look a little better, it will only be a temporary respite from the frizz and dryness.

3. Treat Your Scalp

Consult a dermatologist or similar hair expert that specializes in scalp problems to get a clear reading on the actual health of your scalp. You may discover that your scalp is temporarily stressed due to chemical and product abuse. Or you may be advised of hidden causes that need to be treated medically. Regardless of the outcome, keep in mind that your scalp acts as the foundation of your hair's roots. If you don't pay serious attention to your scalp now, you may find that additional hair problems manifest down the road.

4. Soothe Remaining Hair

Once you have had damaged cuticles removed and have addressed your scalp and dandruff concerns, focus on soothing your strands. Keep in mind that some products designed to address greasy dandruff problems are drying, which would not be recommended for use on the rest of your currently dry, frizzy tresses. If you are advised to use specific hair care products for your scalp or dandruff, you may need to layer your treatments to deal with the strands that extend from the top of your ear lobes down to the ends.

Select products specifically designed to increase hair shaft moisture. Use shampoos that advertise moisturizing benefits like Phytojoba, Phytonectar or similar. Even better, during the initial hair recovery stages, you may wish to dilute the shampoo one part to three parts warm water and swish gently from your roots to ends. Consider using only one application of the diluted shampoo, especially while your hair is regaining its natural strength and resilience.

5. Play It Cool

Avoid steaming hot baths or showers if the water will make contact with your hair. The hotter the water, the more it can dry out your hair and skin. Shampoo in cool or cold water, always finish with a cool or cold rinse and let hair air dry, when possible.

6. Air Dry

Since heat from blow dryers, irons and hot curlers can suck the life out of your hair, let your hair air dry, at least until it shows signs of new life. If you must blow-dry, be sure to first blot hair with a microfiber towel to remove excess moisture. Apply a good heat protectant or leave-in conditioner like Phyto 7 or 9. Use the blow dryer on the slowest

speed, lowest heat, possible, or even better, use a cool or cold setting.

7. Pamper & Protect

Adjust your priorities and focus on pampering and protecting your fragile strands as if they were a newborn baby. We have to protect the hair we have and treat it with complete respect.

Schedule regular at-home or salon deep conditioning treatments for your hair that ranges from the top of your ears down to the ends. Select products like Phytokarite that were specifically designed to help soften and re-moisturize chemically damaged cuticles.

Avoid taking your hair out into the sun without the appropriate sunscreen hair care products. Whenever possible, wear a cover-up. Why tempt fate by exposing your strands to the damage of the sun.

Eat well, get plenty of rest, drink eight to 10 glasses of water a day and take vitamins and supplements that support hair damage recovery.

8. Be Patient & Persevere

Hair damage happens over an extended time. Likewise, it can take many months for abused hair to completely recover. As your hair slowly recovers, and it will, avoid taking those steps from the past that caused the problems you are currently facing with your strands.

Ultimately you have to ask yourself if you want to continue to pour a lot of money into your hair to temporarily make it look better or if you want to start over with shorter strands and work on growing some healthy hair that is chemical free. Of course the choice is up to you, but I wanted to provide you with several options to consider.

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

HAIR & BEAUTY RECIPES

Courtesy of Robert Hollowell,
The Kitchen Beautician



Celebrities, including Lucy Liu, Jennifer Love Hewitt, Bridget Fonda, Geena Davis, Sarah Rue, Charlie Sheen and Brendan Frasier, call on hairstylist and beauty specialist Robert Hollowell to keep them looking gorgeous before the camera, for awards shows and photo shoots. Not only do they benefit from his keen eye, creativity and ability to change their looks for new roles, they love the nourishing recipes he formulates just for their special hair, skin and body needs. In fact, he earned his nickname, "The Kitchen Beautician," because of his propensity to whip up special hair and skin treats using ingredients from his clients' cupboards.

Today, these natural formulas are available at beauty supplies and online at www.thekitchenbeautician.com and www.hairboutique.com, where he frequently contributes tips, trends and new recipes.

Here, Robert worked his magic to whip up seasonal recipes to give your hair shine, renew your spirit and help you relax and destress between all of the parties you'll be attending. They're all easy enough to give you a quick escape—but enjoyable enough to spend an entire evening pampering yourself, when you have the time. And the seasonal twists will get you in the mood to celebrate!

CRANBERRY LIP GLOSS AND SMOOTHER

- 1 tablespoon sweet almond oil (at your local health food store)
- 10 fresh cranberries
- 1 teaspoon honey
- 1 drop Vitamin E oil (poke a needle into a Vitamin E capsule)

Mix all the ingredients together in stainless steel pot. Cook until the mixture just begins to boil. Stir well and gently crush the berries. Cool mixture for five minutes and then strain through a fine sieve to remove all the fruit pieces. Stir again and set aside to cool completely. When cool, transfer into a small portable plastic container or tin.

Apply a small amount onto your lips at night and wake up to soft, fresh lips! Or, try it as a natural gloss over your lip color.

GINGER BODY SCRUB

- 1 piece fresh organic ginger (approximately the size of an egg)
- 1/4 cup distilled water (heated)
- 1 cup sugar
- 1/2 cup honey

Mince the ginger into small pieces and add to the distilled water that has been heated. Allow to cool. Add sugar and honey. Mix well. This is a wonderfully stimulating body scrub that is also moisturizing.

"ULTRA BODY" HAIR CONDITIONER

- 2 tablespoons molasses
- 2 tablespoons unflavored gelatin
- 1 tablespoon sweetened condensed milk
- 1 tablespoon stale beer

Combine ingredients in a small bowl. Apply to

freshly shampooed and towel-dried hair. Cover hair with shower cap or wrap with a sheet of plastic wrap. Cover with a thick terrycloth towel (towel can be dampened and micro-waved for deeper conditioning). Leave the treatment on for 30 minutes, then rinse with warm water. Shampoo and lightly condition. Your hair will be full of body after it is dried and/or styled.

POST-HOLIDAY RESIDUE REMOVER

- 1/4 cup apple cider vinegar
- 10 cloves soaked in 1 cup hot water for 30 minutes.

Remove the cloves, retaining the water. Combine with the vinegar. Pour the liquid into a spray bottle and spray on hair after shampooing. Leave on for five minutes, rinse and apply a conditioner. Hair will be shiny and free from all build-up and residue!

WINTER DANDRUFF CONTROL AND SCALP PROBLEM RINSE

- 1 cup apple cider vinegar
- 6 aspirin tablets, crushed
- 1/4 cup witch hazel

Combine all ingredients and store in a tightly capped jar or bottle. After shampooing, gently massage rinse into your hair, leave it on for 10 minutes, then rinse again with warm water. Apply a small amount of a light detangling conditioner and rinse.

The apple cider vinegar and witch hazel will tone the scalp and break down unwanted oils, which can cause dandruff and scalp problems.

The aspirin contains caffeine, which will assist the scalp by stimulating blood flow, as many scalp problems are caused by poor circulation and blood flow.

ROSEMARY HAIR BRIGHTENING RINSE

- 4 tablespoons rosemary, fresh or dry
- 2 cups water

Boil rosemary in water for 10 minutes. Strain and allow to cool. Pour one cup over damp, shampooed hair. Massage into scalp. Rinse and apply a light detangling conditioner. Save the rest for another treatment.

This treatment is great for dull winter hair. It can be used on all hair types but will have a gentle toning effect on bleached hair.

THE BANANA MOISTURIZING SKIN MASK

- 1/4 banana
- 1/2 cup of natural yogurt
- 1 tablespoon honey
- dash of vanilla extract (optional)

Mash the yogurt, honey and banana. Apply this pack on face and neck and leave for 10 minutes as you relax in the tub, then rinse off. Can also be applied to the entire body after a long hot bath. Just stay in the tub, drain the water and massage all over your body for 10 minutes then rinse.

Robert Hollowell likes to add a dash of vanilla extract during the winter...it gives the mask a warmer aromatherapy high note.

Haircolorist Secrets

The pros dish how you can extend the life of your hue-licious color!

By Karen Marie Shelton • www.hairboutique.com

There is nothing more heartbreaking than dropping a wad of cash on a fabulous color service for your tresses and then watching helplessly as your glorious hue fades quickly away. Is there anything you can do to prevent this fadeout from happening?

We asked the best colorists from coast to coast such as Rita Hazan of New York's Rita Hazan Salon, celebrity stylist Robert Hallowell and Barbara Lhotan, senior educator with John Paul Mitchell Systems, and they gave us their tips and tricks that will help extend your color even further.

1. Wait 24 to 48 Hours After Your Last Shampoo BEFORE Adding Color
Hair color experts like Rita, Robert and Barbara often will explain that when you allow your hair and scalp to "age" slightly before applying color, the natural oils produced by the scalp will help color adhere better and penetrate more deeply to the follicles.

In addition, waiting 24 to 48 hours after your last shampoo, before you apply color protects your scalp from becoming irritated. The longer you wait, the better shot you have of extending the life of your gorgeous new shade.

2. Wait 24 to 48 Hours AFTER the Color is Applied to Wash Your Hair
While it is prudent to apply color to hair that has "aged" 24 to 48 hours, it has been noted that waiting up to 48 hours AFTER a color service is beneficial.

Rita Hazan suggests "delaying your shampoo as long as possible after color is applied to give your tresses time to completely absorb the color." The longer you procrastinate a trip to the shampoo bowl, the less chance you have of inadvertently rinsing away that expensive highlighting or color job.

3. Shampoo Only When Really Necessary

Barbara Lhotan pointed out "each time colored hair is shampooed, the color fades slightly." Barbara suggests cleansing your hair on a regular basis, but only as often as really necessary.

Robert Hallowell explained, "many shampoos contain sulfates that can strip and fade color into total oblivion. To add to the problem, typical conditioners and related styling products will do virtually nothing to block the rays of the sun that cause slow but steady color oxidation."

4. Avoid Hot Oil Treatments That May Too Acidic

Hot oil treatments that have highly acidic ingredients like extra virgin olive oil may also strip your hair's new shade. If you are addicted to hot oil treatments, make sure that your treatment of choice is specifically safe for colored hair.



5. Avoid Additional Chemical Treatments

Hair treatments such as perms, relaxers or straighteners may damage the hair hue. In some cases the use of chemical texturizers may cause color treated tresses to become brittle, spongy or break off. Perms may also affect color, and re-coloring the hair after a perm, if appropriate may be necessary.

6. Have A Clear Color Glaze or Gloss Applied

Your colorist may offer to apply a clear color gloss or foil over newly colored hair to extend the life of the treatment. These glosses not only help to seal the newly colored hair's cuticle, but also help stretch its life.

Glosses can be semi-permanent when applied with heat or temporary without heat. They are considered a very healthy way to extend color, tone down intense colors or help to modify color on hair that is porous.

Vegetable glazes are semi-permanent glazes that provide a slight change of color that lasts from two to six weeks. They give hair shine and body and are usually activated by heat; i.e., five to 10 minutes under a dryer produces a temporary color reflection, 15 to 20 minutes offers semi-permanent color and 30 to 45 minutes makes color last six to eight weeks. Glazes or glosses are generally safe to use after relaxing and perm treatments.

7. Have Hair Cut Right Before Not After Color Service

How many times did you get glorious highlights applied only to watch them be snipped off at your next trim? Choose to have your color service right after a cut so that your beautiful new hues do not land on the salon floor.

8. Keep Hair Hydrated and Moist

Up the amount of water or liquid you drink, right after your last color treatment. This will help keep the roots moisturized and prevent strands from drying out. A side advantage is that your skin will also benefit from the added hydration.





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