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Jennifer Garner

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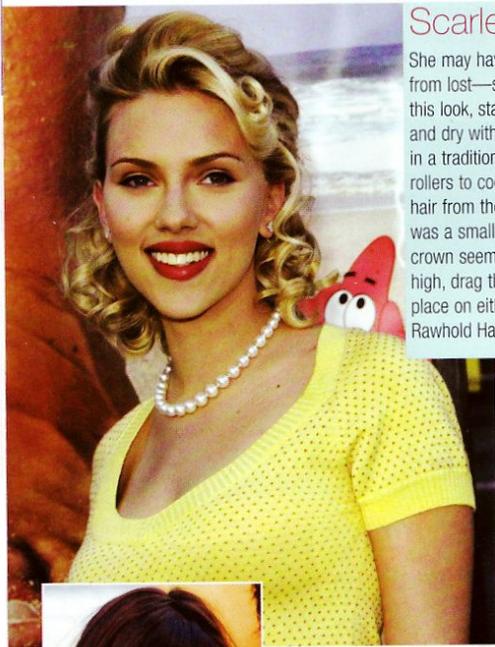
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Lock Stars

By Robert Hollowell, The Kitchen Beautician

Sara Rue, Mary Louis Parker, Lucy Liu, Sharon Stone, Geena Davis and Jennifer Love Hewitt have one thing in common—stylist Robert Hollowell! Known as The Kitchen Beautician for his nourishing homemade hair cocktails, Robert has created numerous masterpieces for Hollywood's elite with his skilled hands and golden scissors. And now...he's providing you, our loyal 101 reader, with all the styling info you'll ever need to snag one of the following celebrity styles for yourself.

Before you begin, Robert suggests that you "start with Shine Booster Shampoo and Conditioner, towel-dry and apply a small amount of Love That Shine Treatment Elixir for extra shine and protection." For more information on the Prawduct haircare line, visit www.hairboutique.com or www.thekitchenbeautician.com.



Scarlett Johansson

She may have starred in *Lost In Translation*, but when it comes to her style, Scarlett is far from lost—she's found the perfect way to accent her beauty with gorgeous hairdos. For this look, start with clean hair. Work a generous amount of Rawhold Gel through the hair and dry with a round brush to flatten the hair. Roll the entire head in medium hot rollers in a traditional brick pattern. Follow with a light mist of Rawhold Hairspray and allow the rollers to cool completely. Take the rollers out gently and use your hands to grab all the hair from the ears up and pull back to just below the crown; turn and twist the hair as if it was a small ponytail in either direction and secure with a few hidden bobby pins. If the crown seems flat push the ponytail up and watch the height in the crown lift! If it's too high, drag the ponytail down. Pull out the small front piece, back-comb slightly for height, place on either side and secure with a few hair pins or hidden bobby pins. Follow with Rawhold Hairspray and Love That Shine Spray for a glossy sheen!



Jennifer Love Hewitt

Jennifer's style is easy to duplicate because I did her hair! Her bob is slightly layered and point cut through the ends to give it texture; with longer fringe for more versatility. I also point cut the edge of the fringe to soften

the look. She likes my Super Volumizing Tonic so we sprayed that at the base and did the head toss over to get some root lift. Next, I blow-dried the fringe with a large round brush to give it a little lift and direction. For the rest of the hair here, I used the round brush again, but not too much or the hair can get too smooth. Follow with a mist of Rawhold Gel sprayed up into the hair while tipping the head from side to side. To finish, a little Dream Cream on the ends for texture, a mist of Love That Shine Spray and you're done!



Sharon Stone

Sharon's as sexy as ever with this short 'do that compliments her beauty so effortlessly. Start with clean hair. For extra shine and protection, apply Love That Shine Treatment Elixir, then use Super Volumizing Tonic only concentrating on the top. Rough-dry and blow up and back with the hands; if the hair feels too soft or falls, mist more Super Volumizing Tonic and continue to dry up and back. Curl the top section back away from the forehead with a large-barreled curling iron, mist with Rawhold Hairspray and allow

to dry in place. Rub a small amount of Dream Cream through the palms of your hands and work the hair back, being careful not to smash the hair but instead lift and finger through to get the height and separation. Once the hair is in place follow with a generous spray of Rawhold to set the look. Finally follow with Love That Shine Spray for that red carpet shine!

Credits: Murphy: Kirkland/FilmMagic; Electra, Clarkson-side, Moore-front: Kravitz/FilmMagic; Hewitt, Rimes: Williamson/FilmMagic; Johansson, Moore-front: JPI Studios; Holmes, Gellar, Stone: Lucier/FilmMagic; Clarkson-front: Polk/FilmMagic; Madonna: Seymour/FilmMagic; Helgenberger: Aussenard/WireImage; Winfrey: Granitz/WireImage; deRossa: FOX; Nixon, Cattrall, Davis, Parker: TBS



Katie Holmes

Katie's look may look difficult to achieve, but it's oh-so-simple! After spraying hair with Super Volumizing Tonic to help hold the hair in place after styling, take a small section of hair and use a one and a 1/2-inch curling iron, spiraling each section of hair from roots to ends. Slightly back-comb the crown for height. To complete the look, set with Rawhold Hairspray and finish with Love That Shine Spray.



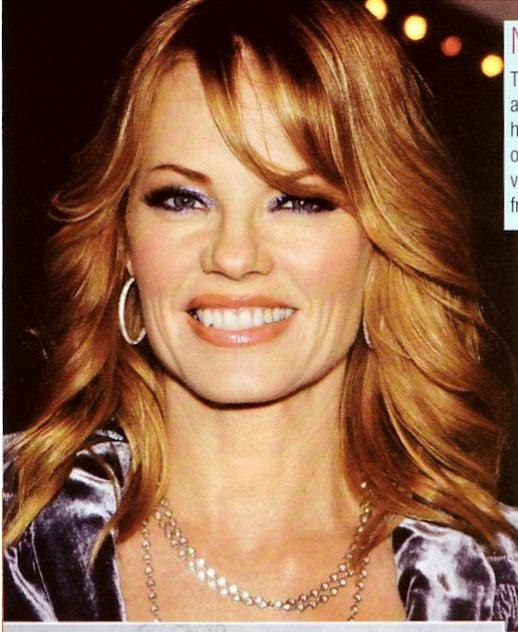
Carmen Electra

She's beautiful, talented, married to a rock star and always "tresses" to impress on the red carpet. To copy this look, start with damp hair layered with Love That Shine Treatment Elixir and Super Volumizing Tonic. Blow-dry hair in large sections with a large round brush then curl large sections of the entire head with a two-inch iron; the left side is curled back and the right side is curled forward. Find the parting, rub some Dream Cream between palms and finger through, separating the curls in large chunks. Follow with Rawhold Hairspray and Love That Shine Spray.



Brittany Murphy

From blonde bombshell to stunning brunette, Brittany looks smashing with her new hue and grown-up look. Start with damp hair and apply Love That Shine Treatment Elixir with lots of Super Volumizing Tonic. Rough-dry hair with a blow dryer then set on large hot rollers; the trick here is to not elevate the rollers, placing them above the ears and circling around the head (none should be on the top). When they are cool, remove and rub a few drops of Love That Shine Drops between the palms and gently finger through the hair—don't separate the hair too much. Find the part area and pull that side way back and up slightly, securing with a hidden bobby pin; here the part is on the low left side at an angle. Then take a Mason Pearson type brush and brush the left front side slightly up and back towards the right side, allowing the wave to fall into place over the right eye. Take a bobby pin and secure the area just behind the hairline above the left eye—this will help give a little lift. Follow with a spritz of Rawhold Hairspray and lots of Love That Shine spray.



Marg Helgenberger

This gorgeous red hue worn by Marg is just perfect for her complexion, and the style and length suit her face shape well—Marg looks amazingly elegant! Start with damp hair, Love That Shine Treatment Elixir and lots of Super Volumizing Tonic from the round of the head down to the ends. Blow-dry with a large round brush rolling down and elevate each section for fullness. Use a two-inch barreled iron to flick back and curl the front. Don't use any hairspray; instead use some Love That Shine Spray for gloss.



Oprah Winfrey

Oprah's new look is just beautiful! I love the relaxed curl, the width and the freedom of this style! Start with Love That Shine Treatment Elixir, rub a small amount of the Flat Factor and blow-dry with a medium round brush to smooth the hair. Then go through the entire head with a curling iron (one-inch would suffice) spiraling down. Finger through with Love That Shine Drops to separate and define the curl. Flip the head over and spray with Rawhold Hairspray—lots of it—let dry and lightly finger through. This will give the style tons of fullness. Follow with Love That Shine Spray.



Portia de Rossi

From one hit show to another, Portia remains on top and in charge—with captivating blonde hair that's to die for and a sultry style that showcases her beauty! Start with damp hair, layered with Love That Shine Treatment Elixir. Blow-dry with Super Volumizing Tonic and a large round brush, then curl in large sections with a two-inch curling iron. Curl only to the top of the ears and in one direction so it will fall into the soft wave pattern seen here. Brush through with a flat Mason Pearson type brush and take a rat tail comb to do a zigzag part. Follow with Rawhold Hairspray and Love That Shine Spray.



Sarah Jessica Parker

When it comes to style, Sarah is known for always looking perfectly coiffed. Sarah has naturally curly hair, so I would start with dry hair. Curl here and there with two different size curling irons; only curling from the ears down. Finger through with Love That Shine Drops. Find the parting and use a dab of Dream Cream to help control and smooth the top and side sections. Pull back and secure with a hidden bobby pin. Lift the remaining hair and spray into it for fullness and volume, following with Love That Shine Spray.



Sarah Michelle Gellar

Her *Buffy* days may be over, but don't feel bad for Sarah Michelle Gellar. After her hit movie, *The Grudge*, Sarah continues her rise to super-stardom with an utterly sexy, yet simple, style. Believe it or not, this is a wet set. To duplicate, first part your hair. The first section looks like a finger wave, and set the rest of the hair on the largest rollers possible. Dry completely—either naturally or under a hood dryer—remove rollers and brush through; then use your fingers as you spray Love That Shine Spray on the finished style.



Kelly Clarkson

Kelly goes from rock star chic to gorgeous glamour girl with this sexy updo. Start with damp hair and spray Super Volumizing Tonic everywhere. Toss the head over and rough-dry, which will give the hair root lift. Curl the entire head with a two-inch curling iron; allow to cool. Next find the part, which should be about two inches in length. Just behind the part, back-comb the crown and spray with Rawhold Hairspray for extra texture and hold. Leave out the area from the top of the ears forward and the top just in front of the crown. Pull the remaining hair loosely and lightly towards the back and secure with bobby pins just below the crown, allowing the ends to fall free. Then with the remaining hair, pull it back over the previous section you have just completed—the texture is created by weaving the hair and securing with hair pins. Set with Rawhold Hairspray and finish with Love That Shine Spray.



Fringe Benefits

Fresh, fun and fabulous for 2005!

By Karen Marie Shelton
www.hairboutique.com



Alanis Morissette

One hair look that constantly cycles in and out of fashion has been the "fringe" which is British for the American term "bang." Throughout recent hair history bangs have been seen in large numbers on the fashion walkways from time to time. Whether you call it a "fringe" or a "bang," this hairstyle has once again become popular with many of the top supermodels, fashionistas and celebrities.

Why do bangs continue to cycle in and out of favor? The simple act of adding a new forehead fringe and skillfully applying some face framing highlights can create an instantaneous awe inspiring transformation. Celebrities like Kate Beckinsale, Melinda Clarke, Jessica Simpson, Lara Flynn Boyle, Kim Cattrall and Jennifer Lopez use forehead fringes to instantly create brand new sizzling looks. Many celebrity hairdressers like Ken Paves use custom hair extension pieces to create perfectly matched bangs for their famous clients. Ken has often said he "loves bangs because they are such a great way to provide an instant tune-up for just about any hairstyle or look." And Kenny knows all about celebrity bangs because he has personally created them for Jessica, Lara Flynn, Kim and Jennifer.

Looking ahead for 2005, Ken loves "bangs that are fresh, fun and sizzling." He is particularly fond of side-swept and blunt bangs which he has created with great panache for all of his "girls," as he calls his famous group of female celebrity clients.



Kate Beckinsale

Classic Blunt Bangs

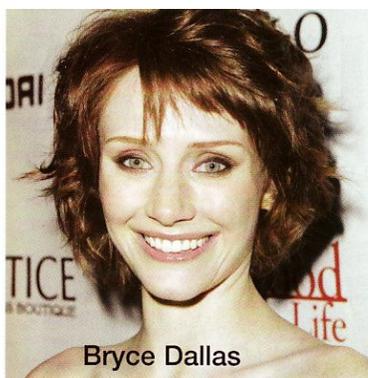
A basic blunt fringe draws fantastic attention to your eyes. It adds instant drama and works well if you love to crank up your eye makeup. The blunt bang coupled with the right amount of makeup will produce big beautiful eyes.

Blunt bangs are usually very flattering for face shapes like some heart shaped and inverted triangular face shapes that feature wide or full foreheads. Blunt cut fringes will help to balance a large forehead and soften facial features including a pointy or prominent chin. While blunt bangs will usually work with oval face shapes, they may need to be modified to flatter square or round face shapes.



Melinda Clarke

Credits: Morissette: WireImage; Dallas, Longoria: Vespa/WireImage; Beckinsale: Lucier/FilmMagic; Clarke: Merritt/FilmMagic; Sarandon: Ziyadat/FilmMagic



Bryce Dallas

Super Short Bangs

If you want to be really bold and show off your face as well as your peepers, you can wear the teeny tiny short little bangs that are the reason they have been nicknamed “the fringe.” True fringes are exactly that.

The classic baby bangs work great for oval and some round face shapes, since short bangs tend to add instant face length and slimness. Long, angular, thin or oblong faces should stay away from face lengthening mini-bangs. Keep in mind that the shorter your bangs, the longer your face will appear.

The good news with the shortest fringe is that it will take a lot longer to grow out than longer bangs. The bad news? If you hate them, you will have to deal with them for some time.

Straight Hair Fringes

Stick straight hair usually looks great with shorter, blunter styled bangs which tend to soften the overall effect of straight tresses.

Layered highlights and lowlights work nicely on straight bangs as well—when adding hair color you can be outrageous or subtle. You can match your current hair color or go wild and use the contrasting lighter or darker hues.

Angled Bangs

Angled bangs can take on a lot of different forms with just a few longer hairs coupled with a lot of other hairs at different lengths. You can just let your natural curls and waves take over, or you can gel the bangs to achieve a tousled look.

Some round and diamond face shapes can instantly benefit from

angled bangs which would help to add new angles and soften too-wide cheeks. Bangs that are squared off also will add new angles to a too-round face shape.

Longer angled bangs tend to be the best bet for curly or wavy hair. Longer bangs have the opposite effect of baby bangs. They will shorten your face.

Strong Facial Features

Side-swept bangs may offer instant magic for long or thin face shapes with sharp angular or pointy features. Have your bangs cut to just one side if you want to downplay or sharpen your facial features.

Traditional square and heart face shapes may definitely benefit from angled bangs which would help to slim too-wide cheeks and jaw lines. A carefully created side-swept bang can create new angles and overall facial softness.

Texturing the area around the bangs is also a good softening option. Feathered bangs will create a fluffy look that softens and lengthens.

Highlighted Bangs

If your hair is very dark, you may want to experiment with tiny highlighted stripes in a lighter color to draw atten-

tion to your eyes or face. Adding highlights and/or lowlights to thin, fine hair can instantly plump them up, adding softness. The good news is that if you like the look, it is easy to maintain. If you don't, bangs will grow out in a matter of weeks.



Eva Longoria

Wild Bangs

Turn up the heat on your look with mix and match textures. Models are often captured on camera combining wild curly bangs with sleek, slicked back ponytails and braids or stick straight bangs with wild curly hair that flows to their shoulders.

Bangs can be a combination of very short on one side and long, angled and even wavy on the other side. Nothing can stop you and your hairdresser from creating just the right type of bangs for your face shape, hairstyle and texture, so why not try on this super-sexy hair fashion in 2005—no ifs, ands or bangs!



Susan Sarandon

Tress Transformers

Hair products you've gotta try!



Phyto Phytocitrus Vital Radiance Shampoo.

Employing the active ingredients of Grapefruit extract, Chamomile and Sweet Almond protein, Phytocitrus takes action to reverse damage caused by perm and color processing. The color or perm lasts longer and hair remains clean, soft, and shiny. Retail: \$20.00; available at www.hairboutique.com or by calling 1-866-469-4247.



TIGI Bed Head Girl Toys Shine Serum. A lightweight shine serum that tames flyaways and smoothes dry ends. Just a dollop will give you super soft and silky hair while protecting your tresses from damaging UV rays. Retail: \$15.95; for purchasing information log onto www.tighaircare.com or call

1-800-256-9391.



Frédéric Fekkai Technician Glaze.

A must-have for color-treated hair, this color-protecting glaze locks in color while adding vibrant shine. This triple-color protection complex helps protect hair from UV rays and color from fading, while it helps hair look radiant and lustrous. Retail: \$20; available at Sephora stores nationwide and www.sephora.com.



Curly Sexy Hair by Sexy Hair Concepts. Whether it's just a few curly pieces in an updo or a head full of cascading ringlets, these wonderful products promise to please. The line includes Shampoo, Conditioner, Curl Enhancer, Curling Detangler, Curling Creme and Curl Reactivator Spray, and each product works to not only boost curls, but add structure and definition to each strand. Retail: \$10.95 to \$13.95; for more information visit www.sexyhair.com or call 1-800-848-3383.



Halo Styling Collection. Halo Haircare introduces their new line of products that keeps color treated hair protected and glowing, while giving hair touchable body, definition and hold. The Spray Gel, Volumizing Mousse and Firm Hold Hairspray are formulated with breakthrough Illuminating Color Protection technology, which delivers maximum color protection and light reflection for superior color vibrancy—color that lasts up to six weeks longer! Retail: \$16 each; for a salon near you call 1-800-456-WEBB.

The Couture Collection

The latest trends today revolve around decorating your tresses with gorgeous accents for spectacular shine and pizzazz, and HairBoutique.com has the finest (and biggest) selection for today's glamorous woman. Whether you go for romantic curls or an elegant updo, add instant dazzle with one of their couture hair pieces. For the most breathtaking, high-fashion hair jewels and accessories, log onto www.hairboutique.com or call 1-866-469-4247.

Alex & Ani

From vintage-inspired pieces to shiny accents, Alex & Ani has it all!

1. The Cameo Pony Elastic (\$17) is set in gold or silver metal and features a traditional rose-hued woman figurine and is surrounded by crystals.
2. Three Figure Cameo Comb (\$18) is gold metal, with figures in a soft black motif, and is surrounded with white crystals.
3. Also, exclusive to HairBoutique.com, the Flower Pin (\$17) is set in gold metal, featuring a white tipped flower motif in a dark sapphire blue setting, and decorated with light and dark sapphire blue crystals.
4. And we can't resist this dazzling Hair Sweep covered in ruby red crystals (\$53). The hair slide is held in place by a matching gold metal hair pin for added sparkle and pizzazz.



Mei Fa

5. Rich, smoky wood shaded Carol Hairstyx (\$22.00) are topped with a pair of exotic tiger print inspired beads. Stick measures slightly over four inches from tip to top.

nOir

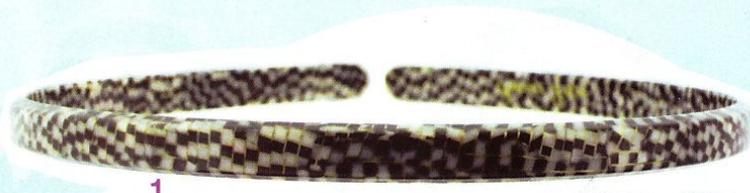
6. Multi Flower Silver Metal Barrette's (\$62.00) spectacular array of gorgeous Austrian crystals and floral design with beautiful rose, emerald and amber shades of crystals is simply fabulous.



Pace/FilmMagic

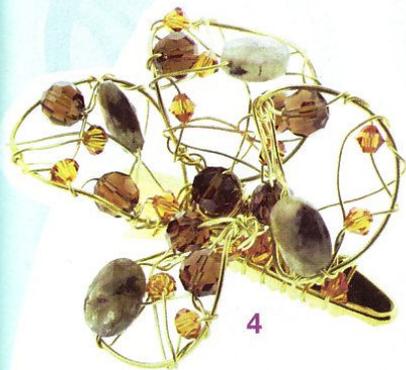
Gerard Yosca

7. The Blue Joan Stone (\$125.00), featuring Swarovski crystal and the vintage glass "Joan Stone," would look fab pinned in tresses or great on the lapel of a soft blazer, cinching the waist as a faux belt buckle or anywhere your heart desires. A balanced design that dances like a snowflake, complementary hues of blue and blue-green stones showcase a center stone in rich sea-foam green. Take a peek at Sarah Jessica Parker to see how you can accent your updo with a brooch!



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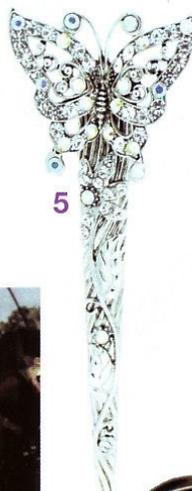
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France Luxe

1 & 2. Ultra Comfort Headbands are handcrafted from the finest cellulose materials in opera silver (1) and rich onyx (2). Available in two sizes: 1/2-inch band is \$22 and 1/4-inch band is \$17.



6



5

Frank & Kahn

3. This Hermes-inspired Silk Headband (\$53) is available in a variety of designs and colors, seen here with large green, chocolate and plum dots. Perfect for the current high-fashion trends.



7

Colette Malouf

4. We can't resist this Flower Beak Clip (\$71) in mustard—a wearable work of hair art, combining the elegance and beauty of semi-precious stones handcrafted and wired to the base of a small golden clip.



Karen Marie

We adore Karen Marie, as her gorgeous high-fashion accessories are perfect for dressing up every hairstyle. Our favorites include:

- 5. Butterfly Jaw (\$26) from the Bridal Collection, ornately decorated in silver filigree metal and sparkles in clear and AB crystals.
- 6. Mini diamond shaped Tiara Loop Slide (\$9.95), great for short or fine hair and is the perfect accent for updos. Celebs like Paula Abdul adore wearing tiaras—and so will you!
- 7. For this Filigree Comb (\$20), gold metal teeth are connected by a bridge encrusted with alternating light and dark blue sapphire crystals—featuring a crystal daisy complete with a white Aurora Borealis crystal and a spray of light blue moonstones.



8

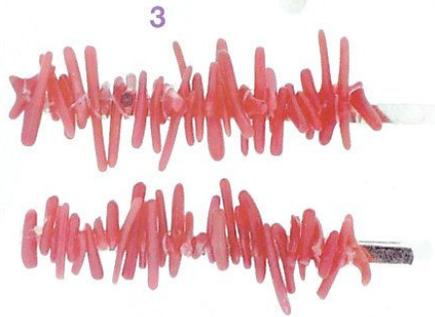
Camila of Paris

8. Tortoise color Double Heart Barrette (\$5.50) measures three inches in length and two inches in width. Great hold for all types of hair and the perfect accent for when you're feeling romantic.



Eve Reid

1 & 2. Open Rose Pony (\$62) features Swarovski encrusted crystal design on a soft, black pony elastic, featured here in fuchsia (1) and gold (2).
 3 & 4. These semi-precious Bobby Pins (\$37) are literally dripping with authentic pieces of deep sunset red coral (3), sultry brown topaz chips (4) as well as an array of other semi-precious stones from rose quartz to carnelian. For styling ideas, check out Paris Hilton!



Linda Levinson

Linda Levinson's hair accessories incorporate gems such as authentic garnets, Swarovski crystals, baby pearls and chunks of turquoise and peridot with designs that are carefully plated with antique gold or silver finish. We love: 5. Brooch-Style Barrette (\$172); 6. Snake Barrette (\$152); 7. Brooch-Style Bobby Pin (\$37) and 8. Trio of Flowers Bobby Pin (\$64).



1



2



5



6



4



7



8



Jane Tran

Pony up this year with Jane Tran!

1. An explosion of vibrant hues make this hand-crafted Turquoise, Pearl & Coral Seashell Pony (\$35) a vision of loveliness. Two vibrant turquoise beads form a spectacular center focus for three authentic seashells, two fresh water round pearls and two sprigs of coral beads.
2. We also love Ponytail in Pear Shape (\$62)—the dazzling array of authentic rich semi-precious carnelian stones form a pear shaped cluster around a black elastic ponytail.

Evita Peroni

Pure romantic elegance reigns in this Malloy Twist (\$13.25) mock suede multi-petal pony twist in gorgeous shades of crushed berry (3), linseed (4) or lavender ash (5); the Driftwood Collection. The center core of the stretchy pony is adorned with metallic rose and gold hued beads.

Susan Daniels

Keep your tresses off your pretty face with one of these headbands!

6. Take a hint from Gwen Stefani, and try on this gorgeous, hand-crafted one-inch wide Shiny Velvet Fuchsia Headband (\$53) adorned with Chanel-inspired bow.
7. Or, check out this rare, hand-crafted couture Scarf Headband (\$80) in pink and black snake print, made with fine silk. Great for most hair types and lengths.

TRESS RX

By Karen M. Shelton
www.hairboutique.com



If your hair is fine or thin, consider using a lighter shine spray formula like Robert Hallowell's Love That Shine Spray rather than the more concentrated drops. Another option is to create a shine cocktail and mix a tiny drop of your favorite shine product with your leave-in conditioner to make sure that the shine formula is not too concentrated for your strands.

Whether you use shine drops, sprays or creams remember that less is more with shine products and you can always add a little more if the first application doesn't appear to have generated enough shine.

I have decided to add some red highlights just around my face and at the front of my hairline to offset my brunette strands. Can you give me some suggestions that would be compatible with my dark skin tone and brown eyes that I can apply at home?

With your dark skin tone and brown eyes you fall into the warm tone classification. Your best bet is to stick with the warm tone family of colors and consider going with a purple-based red shade that will

I love to have shiny hair, so I tend to use a shine product with silicone all the time. Recently my hairdresser told me that I was only coating the top layer of my hair and should be working the shine product throughout my entire hairstyle instead of just on the top. Does this make sense to you or did I misunderstand him somehow?

Actually your hairdresser is right. Most people only coat the very top layer of their hair when they apply shine products. It is always better to work a shine product through the entire head to diffuse the shimmer and provide a more radiant tress glow. The other problem that people have with shine products is that they use too much which can cause hair to become greasy or oily looking.

For fool-proof shine product application start by apply a tiny drop to the palms of your hands. Rub the shine product together with your hands making sure to transfer some of the formula to your fingers. Spread your fingers apart and then rake through your strands to apply. Avoid applying directly to the roots or hairline areas.



Avanti Salon (Chesterland, OH); Stylist: Renee Massi; Photo: Tom Carson

add a rich depth and subtle brightness to your hair color, yet work well with your skin tone and eye shade. Anything that is in the eggplant color family would play well with your eyes and skin tone without taking away from either.

Although I personally believe it is safest to work with a professional colorist, you can try on different color options, especially if you wish to color only a small area of your hair, with Clairol Natural Instincts demi-permanent color that lasts for 12 to 24 shampoo cycles. With your skin tone and eye hue consider Clairol Natural Instincts #32 Egyptian Plum Burgundy Brown or Natural Instincts #38 Blackberry Burgundy Black. For a more permanent color try Clairol Hydrience #24 Tropic which will produce a burgundy hue on brown hair tones. You can also try Clairol Herbal Essences #48 Plush Plum, Radiant Burgundy. If you are unsure what shade would work best for your current home color goals, call 1-800-CLAIROL to speak with a Clairol Color Consultant.

Can you recommend a good vegetable and/or fruit source that is good to eat for healthy hair and skin?

The USDA reports that eating more than five servings a day of any types of fruits and vegetables will help promote better health and will assist in preventing the development of some types of cancers. These same foods that promote overall body health will also assist in the development of healthy hair and roots.

There are so many vegetables and fruits that are great for promoting the growth of healthy hair. However, since you asked for just one or two, I would recommend asparagus and melons like cantaloupe or watermelon.

A single serving of fresh asparagus stalks contain approximately 131 mcg of folic acid, which nourishes the hair roots and has been proven in USDA studies to help reduce the risk of certain types of cancers by as much as 45%. Asparagus is also very rich in glutathione which is an antioxidant proven to assist in the development of healthy hair and skin.

Cantaloupe and related melons are rich in vitamin C and beta-carotene—both work wonders not only for hair and skin, but are also known to help lower your risk of developing some types of cancer as well.

I don't know where to begin. After I had my daughter, the texture of my hair completely changed—it is very coarse. I have very short hair, which is thick and heavy and it seems that I have more bad hair days than good. My main problem is that if you were to part my hair directly down the middle, the whole left side of my bang area is one big cowlick and I cannot stand it anymore. Is there any way to straighten it? The one salon in my town charges \$150+ for the master stylist which I cannot afford every three to four weeks in order to get a haircut to control my cowlick. Help!

Hair, like life, is full of constant challenges—but your hair can be conquered with the use of many wonderful hair care products. Although annoying, cowlicks can be tamed over time with strategically styled parts, temporary straighteners or full-blown chemical relaxing.

Try Robert Hallowell's The Flat Factor, John Frieda's Frizz Ease Wind-Down Relaxing Crème or Mine's Smooth Sailing Straightening Glaze with a paddle brush or round brush and a blow-dryer to flatten cowlicks on a daily basis.

You can also experiment with applying a tight elastic headband to the cowlick area and letting your strands air dry. The elastic headband should help train the cowlick to lay much flatter.

Longer term relaxing results can be achieved with either Phytospecific #1 or #2 Chemical Relaxing Kits which can help relax the strands that form the cowlick.

Remember that there are no really bad hair days, just new treatment options to explore and enjoy.



Currie Hair, Skin, Nails (Glen Mills, PA); Photo: Tom Carson

How harsh are pool chemicals to your hair? I have noticed more hair loss and hair breakage since I started swimming every day at the local YMCA as part of a new exercise program.

All pool chemicals are designed to act as chemical gorillas gobbling up any existing nasty bacteria that is lurking in the water. Unprotected strands are definitely victimized by those "search and destroy" chemicals. One of the major pool chemicals, chlorine, is a bleach which is corrosive. When chlorine or other pool chemicals find their way to hair cuticles they soak right in, bond with hair's natural oils and proceed to burn delicate tresses. Unprotected hair that absorbs pools chemicals on a regular basis may become extremely dry, brittle and damaged. This puts hair on the fast track to varying degrees of breakage and loss.

Does that mean you have to give up swimming for exercise?

Absolutely not. With a little product prep time you can greatly improve the odds against ongoing strand dryness, damage and breakage. It is also important to remember that swimming helps the overall circulation of the body which is great for sending blood to nourish the roots of the hair. Consider adopting some of the following hair protection tips for swimmers:

1. Wear a watertight swimming cap that protects against water seepage.
2. If wearing a swim cap is not an option, immediately adopt the use of a good leave-in conditioner. Apply a leave-in to your strands after every shampoo. A good leave-in conditioner acts as a natural barrier for any type of environmental dangers including pool chemicals.
3. If you swim without a cap, always completely wet your hair with spring or bottled water like Evian or similar before swimming. Wet strands are less likely to soak up pool chemicals.
4. Immediately rinse hair with bottled water upon leaving the pool. This will help to instantly flush pool chemicals from your strands.
5. Always shower and shampoo your tresses after every pool session. Use a super moisturizing shampoo that will not dry out your hair or dilute your shampoo formula with water. Remember to avoid using super hot water which dries out strands even further.
6. Always use a rinse-out conditioner with your post-pool shampoo and apply a good



Treccia (hilltop, NJ); Stylist: Dawn Warner; Courtesy of Global Hair & Fashion Group

leave-in. If you have fine or thin strands, use a light leave-in spray. For coarse or thick strands, consider a cream based formula such as Phyto 7 or Phyto 9.

7. When possible, let hair dry naturally to minimize heat damage. If this is not possible, use a blow-dryer set on the coolest setting possible.

8. Crank up the frequency of deep conditioning treatments to make sure that any natural oils that are leached out by the pool chemicals are replaced on a regular basis.

9. Other helpful hints include making sure that damaged ends are frequently removed and that you supplement your diet with either vitamins designed to strengthen the hair such as HairTopia or a daily multiple vitamin formula.

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

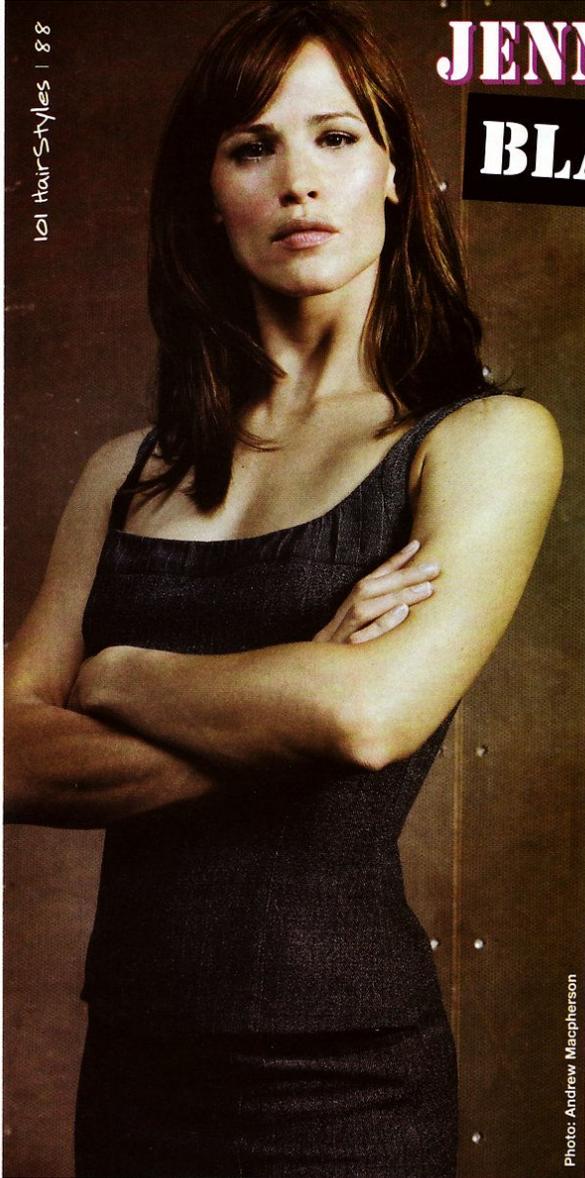


Photo: Andrew Macpherson

JENNIFER GARNER

BLACK OPS HAIR

By Karen Marie Shelton www.hairboutique.com
Photos courtesy of ABC

I tend to be a major worrywart about every little thing. So it was no surprise that when I discovered that one of my favorites television programs, *Alias*, was moving to a new night and time (Wednesdays from Sundays) on ABC, I started to fear the worst for my favorite drama.

My crazy brain chatter went into overdrive when I suddenly remembered that I had read Sydney Bristow aka Jennifer Garner and Michael Vaughn, played by hottie Michael Vartan, had ended their off-camera romance many months ago. I wondered if that meant the end for Michael Vaughn on the show. After all, no one seems to have reported, that I remember, whether Jennifer and Michael parted on friendly terms.

Could the electrifying Emmy Award winning spy thriller be the same without Vaughn as a main romantic interest? Alas, could the writers even try to carry on the suspense without the Sydney and Michael storyline? And I pondered whether the storyline was starting to show signs of wear and tear...

miere—and my fears of boring spy strands were almost immediately relieved as Sydney appeared in an opening scene in a sassy short platinum blonde seductress wig. Whew! Off to a good hair start.

Even better, as

she raced the clock while dodging a bunch of bad guys, Sydney pushed her accomplice into the nearest ladies room where she skillfully disguised his traditional style into instant punk rocker heights to save him from sure death. After her heart-stopping hairstyling bathroom stint, she emerged in a long blonde pop tart inspired wig.

The rest of the show was a virtual good hair day bonanza as Sydney morphed from various blonde looks into a saucy schoolgirl look, coiffed in a dark chocolate black Dutch-girl style bob. (If you love this bob, Jacquelyn Wigs, one of the foremost wig

manufacturers in the world, has launched its 2005 "Wig of the Month" campaign by creating a special style called "Casey" that duplicates this style. For a free catalog of the latest Jacquelyn Collection, please call 1-800-272-2424 or log onto www.bestwigs.com.)



Photo: Vivian Zink

BEST TRESSED CONCERNS

After worrying about the fate of all of the characters I started to worry about their tresses. Sydney Bristow was famous for her quick change spy influenced hairstyles. Would she continue the dizzying array of wigs as her character kicked, punched and shot her way through espionage, adventure and heart-wrenching scenes?

So many questions filled my brain as the show kicked off its two hour season pre-

Sadly, last season's beautiful bad girl CIA agent Lauren Reed was deemed to be long dead—but who really knows if she is dead other than the *Alias* writing team? However, Lauren and her riveting array of blonde hairstyles have been replaced by brunette stunner Nadia Santos (played by Mia Maestro). Nadia is Sydney's long lost half sister and daughter of the malevolent Arvin Sloane (Ron Rifkin).



Photo: Scott Garfield

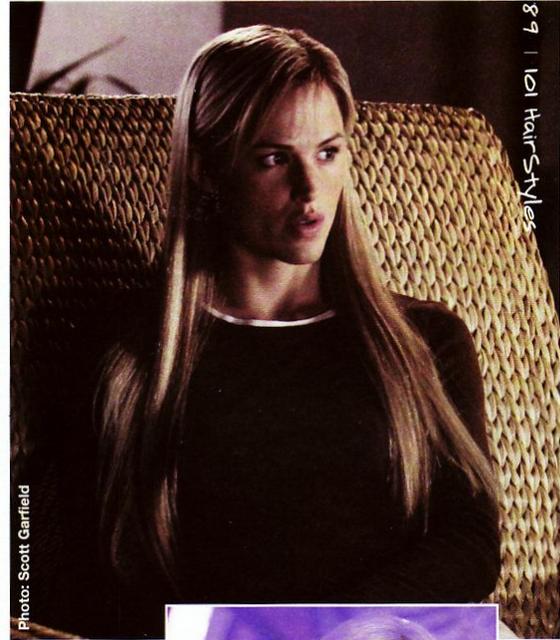


Photo: Scott Garfield

FUTURE ALIAS HAIR CLUES

As the first episode of the fourth season closed I pondered the following questions about future *Alias* hair related events:

- 1. Would Irina Derevko, Sydney's supposedly dead mom, resurface with a stunning new 'do as a result of assuming a hot new identity? Will she show up in a wild wig to disguise the fact that she survived her reported death?
- 2. Now that purple has been deemed the hot new fashion hue for 2005, will Sydney have purple streaks or tips? Even better, will she wear purple hued wigs?

- 3. What about the Covenant? Will the original crime syndicate bent on destruction of the CIA have its headquarters converted into a hot new spa concept featuring torture related hair treatments?
- 4. Will Arvin Sloane continue to grow his short cropped gray-streaked tresses longer?
- 5. Does Mia Maestro as Nadia Santos snag better wigs and hairstyles than her big half-sis or will Sydney continue to thrill us with spectacular spy-enabled hairstyles?
- 6. Which *Alias* star will be a guest on *Ellen* first? Will they wear matching wigs with Ellen? Will they be mullet wigs?
- 7. Will Page Six rat out either of the *Alias* spy sisters for being seen in public having a bad hair day?
- 8. Will Sydney ever again wear that spectacular cherry red wig from the first season?

If you are a true *Alias* fan, rejoice—and if you've never watched, get with the program! Not only does *Alias* have a cast of fabulous actors and writers, the show offers an incredible ride of thrills and chills. And yes, it offers a lot of fabulous hair watching. There is a strong indication that spy hair, black ops or not, will rule in 2005 on *Alias*.

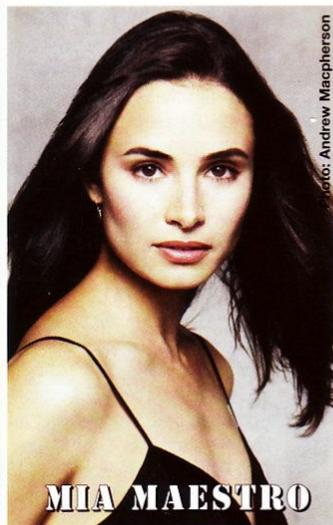


Photo: Andrew Macpherson

MIA MAESTRO



Photo: Vivian Zink

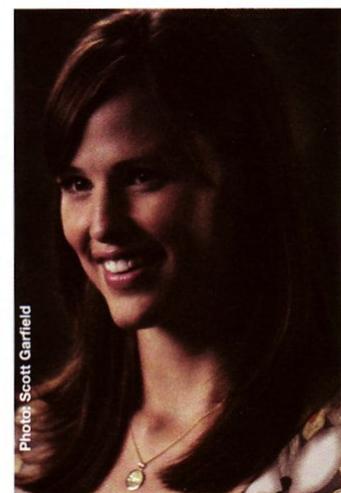


Photo: Scott Garfield

101's Beauty Insider Gorgeous Updos

(with speedy how-tos for recreating them at home!)

Knotted & Tied Chignon



Stacked ponytails and hybrid knots and twists are happening in record numbers on the catwalks, red carpets and celebrity runways. Whether you want to wow a special someone or just look smashing, a carefully sculpted twist with classic knots will garner guaranteed admiration at any special hair event.



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

Instructions



1. Begin by using a soft boar's head brush or similar natural bristle brush to make sure that all knots are completely removed from strands. Since this model's hair is naturally wavy, it was straightened before creating this updo style.



2. Add a dab of paste, wax or gel and massage into the palms of the hands. Lightly run the hands across the front section of the hair near the hairline to help hold the strands neatly into place.



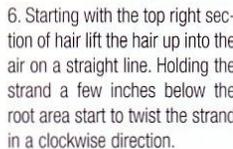
3. Using the tail of a rattail comb or a pick create a vertical part that extends from in front of one ear to the other. After you have created the new part you should have two sections of hair, a front and a back section.



4. Using your hands in conjunction with the brush, gather both of the front sections of hair that extend from the hair line up into two different ponytails that rest in the middle of the back of the head.



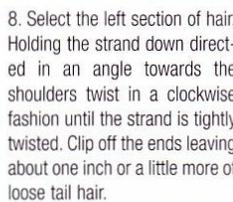
5. Secure the ponytails with a temporary clip. Allow the rest of the hair to continue to flow freely. The back of the head should have a slightly angle T part section.



6. Starting with the top right section of hair lift the hair up into the air on a straight line. Holding the strand a few inches below the root area start to twist the strand in a clockwise direction.



7. Continue to twist until you have a very tight strand. Clip off the ends of the new twist leaving one inch or a little more of loose "tail" hair.



8. Select the left section of hair. Holding the strand down directed in an angle towards the shoulders twist in a clockwise fashion until the strand is tightly twisted. Clip off the ends leaving about one inch or a little more of loose tail hair.

9. Select the bottom section of hair. Holding the strand down towards the middle of the back twist in a clockwise fashion until the strand is tightly twisted. Clip off the ends leaving loose tail strands.



10. When you are finished twisting the three sections you will have a spoke formation with three twisted strands centered around the angled V part. Select the topmost twist, pull it up over the top of the head and clip this top section temporarily out of the way. Select the side twist, pull it to the side of the head and clip this top section temporarily out of the way.



11. Pick up the bottom twist and loosen it slightly so that the strand forms a series of twisted loops. Sculpt the twist into a circular coiled pattern so that it nestles against the back of the head above the nape of the neck. Position the loose tail ends so that they protrude from the ends of the newly looped section.



12. Pin securely and spray well with a firm hold hairspray.



13. Unclip the top section. Using both hands carefully lift and pull the section tightly back so that the top of the hair flows above the newly twisted area. Make sure that the crown area is still neat and tightly pulled back towards the base of the ponytail. You may wish to spot tighten and carefully adjust.



14. Wrap the top twisted area around the perimeter of the pre-existing coiled area. The top and back twists should be merged together to create a tightly looped coiled bun configuration that rests above the nape of the neck. The tail ends of the top section should be positioned to splay out from the around the outside of the merged coil.

15. Using both hands clip the side twist and carefully release the twisted section so that over 50% of the tail section is loose. Guide it across the top of the twisted bun area and drape the loose tail hair over the far side of the twisted area.



16. Tuck the last section along the edges of the twisted section while guiding the section around the outside of the twisted area. When finished wrapping and tucking, pin securely. Use hands and fingers to gently push the finished twisted chignon into the desired shape.

17. Apply a firm hold hairspray or paste to stiffen the hair tails so that they splay in a fanlike formation from the back and around the perimeter of the design. Spray again with shine-enhancing spray.

Cascading Curls



Gorgeous curls and undulating waves never really go out of style. Softly formed curls combined with long wispy tendrils, which were very hot in the late 1960s, are sizzling hot for 2005. This ultra romantic updo combines all the hottest dressy hair trends with carefully crafted curls, waves and sultry tendrils that whisper flirtatiously around the nape of the neck and the face.



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

Instructions



1. Begin by using a soft boar's head brush or similar natural bristle brush to make sure that all knots are completely removed.



2. Starting on either side of the head, use a 3/4-inch traditional or ceramic barrel hot curling iron on one- to two-inch sections of hair. Work on one section of hair at a time. For extra hold, use a good setting gel like Phytifix or similar, to prepare each chunk of hair before curling with the iron.

3. Wrap each individual strand section tightly around the heated barrel to set the curl. Hold for two minutes or longer, depending on the thickness or texture of the hair. Use a spring type of bobby pin to anchor the new curl into place against the scalp. Spray the pinned curl with the appropriate setting product. Keep in mind that thick or super straight strands may require a longer holding period.

Note: The best way to get maximum curl benefit from a curling iron is to place the iron about an inch from the scalp, do a half rotation toward the scalp, then begin to feed the rest of the hair through the iron working slowly down the hair shaft. Use constant motions of opening and closing the iron's tong as you work down the hair shaft. Remember that the base of the hair needs the most heat and the ends the least to hold a good curl.



4. Continue working on the next section of hair until all sections have been curled and pinned. The key to this look is uniformity. Strive to make all the curls the same size and tightness.

5. After the entire head has been curled and the curls have completely cooled, carefully remove all bobby pins and set the pins aside.

6. Use a smooth hair pick or long tail of a comb to form a vertical part that extends from the top of one ear to the other. After you have created the new part you should have two sections of hair, a front and a back section.



7. Using your hands, gather the back section of hair up into a tight ponytail that forms a 90° angle to the back of the head.

8. Secure with a "hair friendly" elastic band, approximately four to six inches off the head that is preferably the same color as your hair.

9. Hold the ponytail where it is gathered by the elastic band with the thumb and forefinger of the right hand. Take the left hand and carefully loop or twist the entire "tail" section of the ponytail clockwise up and over the elastic band. In essence the original tail hair will form a full loop over the elastic band.



10. While holding the top section of the loose ponytail with one hand, carefully tuck or slightly flatten the newly looped section of hair against the base of the scalp with the other. Securely pin the section with bobby pins the same color as the hair. Make sure that you pin only the loop section but leave the remaining ponytail hair loose.

Note: After you have completely pinned the new hair loop you should still have a loose section of ponytail that will loosely cascade up and over the newly pinned looped section. The looped section should be completely concealed by the remaining hair.

11. Separate the remaining loose cascading ponytail hair into a one- to two-inch section. Using your fingers or a small round natural bristle brush, form long spiral curls from the base of the strand to the ends. Use the curling iron to touch up any loose curls to achieve a tighter curled look.



12. Secure each new curl with U shaped hairpins the same color as the hair. Hide the pins as much as possible in the folds of the hair and against the scalp.

13. Carefully arrange the curls around the back crown section of the head in a symmetrical semi-circle formation. Make sure that the curls are well balanced.



14. As a last step, use fingers or a long tailcomb to gently pull tendrils pieces loose around the face and at the back of the neck. Use the curling iron to curl the tendrils.

15. Spray well with shine enhancing hairspray.

Buckled Curl Chignon



The chignon, whether woven tightly with a chic braid, a few fat barrel curls or a spectacular array of buckled curls will never go out of style. This spectacularly buckled style worn by Casey combines a sleekly sensual chignon with endless rows of perfectly formed buckled curls that softly hug the back of the head allowing curls to nestle into an amazing hair creation.



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

Instructions



1. Begin by using a soft boar's head brush or similar natural bristle brush to make sure that all knots are completely removed from all strands. Smooth all of the hair with a hot flat iron, allowing hair to cool completely before proceeding.



2. Using your hands in conjunction with the brush, gather all of the hair into a tight ponytail with a low base that rests near the nape of the neck. Make sure that all of the hair is brushed smoothly and tightly behind the ears and back from the hairline. The key is a very sleek crown area.



3. Secure the ponytail tightly with a "hair friendly" elastic band. The gathered base of the ponytail should rest approximately six to eight inches up from the base of the head. Brush the new ponytail to smooth.

4. Depending on the number and the size of the buckled curls to be created, separate the ponytail into one-inch thick strands.

5. Comb and smooth each individual section that is to be buckled. Lift the strand away from the head at a 90° angle using your thumb and first finger.

6. While holding the strand halfway from the scalp and the end of the strand start to twist the strand in a clockwise direction. Continue to twist until the strand buckles back on top of itself.

7. Hold the newly buckled strand tightly at the end of the strand. Carefully position the buckled curl so that it snuggles against the back of the head. Anchor securely with bobby pins the same color as the strand.

8. Arrange the buckled curls so that they form a balanced chignon shape.

Note: The key to this look is uniformity. Strive to make all the curls the same size and tightness. When possible it is best to work from the inside of the buckled configuration out. It is also best to start near the top of the style and work down towards the nape of the neck.

9. Spray the newly buckled curl with a strong hold hairspray.



10. Repeat the buckling steps on each individual strand until all of the strands have been buckled, positioned and pinned securely against the scalp.



Note: Twist the buckle curl to the very end of each strand except in the case of four to six optional strands that ring the perimeter or the chignon area. If desired, leave a long "tail" section on these outer strands. As the perimeter buckled sections are pinned into place, fan the longer tail sections out to protrude from the rest of the chignon.

11. Add any final bobby or U shaped pins to anchor firmly. Spray the entire chignon with a hard holding hairspray and shine-enhancing spray.

