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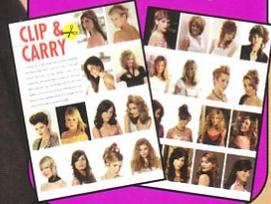
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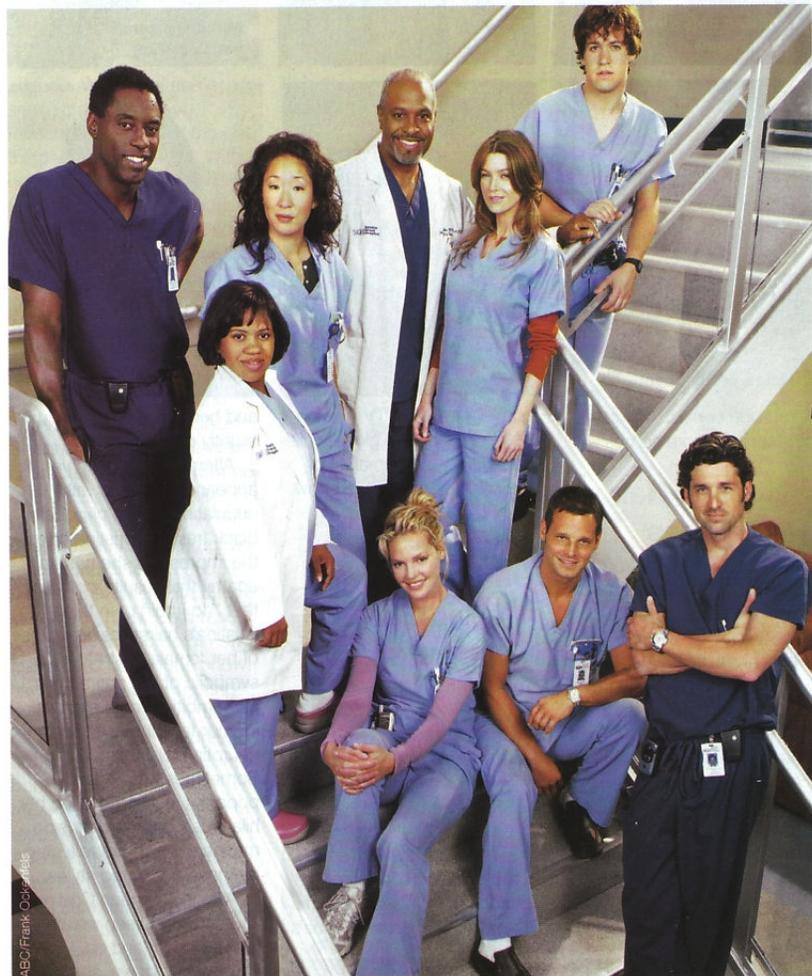
Pony Up!
This season's sexy 5-minute trend

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Grey's Anatomy

The sexy styles of TV's hottest new drama!

By Karen Marie Shelton • HairBoutique.com



Isaiah Washington as "Dr. Preston Burke," Chandra Wilson as "Miranda Bailey," Sandra Oh as "Cristina Yang," James Pickens, Jr. as "Dr. Richard Webber," Ellen Pompeo as "Meredith Grey," T.R. Knight as "George O'Malley," Katherine Heigl as "Isobel 'Izzie' Stevens," Justin Chambers as "Alex Karev" and Patrick Dempsey as "Dr. Derek Shepherd"

Beware! *Grey's Anatomy* is one of those "can't just watch one episode" television venues. I'm really not kidding. But then I'm not the only one that adores this quirky but

endearing show. *Grey's* debuted to an audience of 20 million people and is now the third most popular show in TV land. I approached my first viewing of the show "for professional hair watching reasons"

and became so addicted that I had to beg, borrow and steal to get my hands on all the original episodes that I missed. I was beyond curious how Meredith and her hot doctor first got together at Seattle's Grace Hospital,

where the agony and ecstasy of human life takes place.

Oddly enough, some people compare the show to that other popular hospital show, *ER*. Frankly, I don't get it. *Grey's Anatomy* is completely different in so many ways. Don't get me wrong, I still love *ER* but I have never been as invested in the characters as I am with the *Grey's* team.

Maybe I find it different because actress Ellen Pompeo (Meredith Grey) adds a personal touch with her voiceover dialogues that highlight her ongoing self-doubt. Not to mention the fact that every episode feels like these are real people with all their warts hanging out. After just one show I felt like I knew most of the characters personally. Plus the show does a great job of mixing real-life humor with tragedy—just like life is for all of us.

Besides the fabulous, true-to-life, but not-too-gory story lines, the addictive cast with major acting chops and the amazing guest stars like Rosanna Arquette and Christina Ricci, the hairstyles are also a true visual feast to behold. After all, I'm a hair watcher, which is how I got this TV series monkey originally on my back.

Contrasting Styles & Trends

The main female characters, copper hued Meredith Grey (Ellen Pompeo), raven tressed Cristina Yang (Sandra Oh), blonde Isobel "Izzie" Stevens (Katherine Heigl) and dark brunette Miranda "The Nazi" Bailey (Chandra Wilson) are perfect opposites in their hair hues, textures and styles. Mix



Cristina lets it all hang loose

ABC/Scott Garrabdi



Addison gets straight to the point

ABC/Craig Spodin



Sweetly chic Meredith Grey

ABC/Frank Ockenfels



Miranda's simple, yet sleek bob

ABC/Frank Ockenfels

in the thick ruby red locks of Meredith's enemy, Dr. Addison Shepherd (Kate Walsh), and you have the full spectrum of imaginable hair happenings.

Grey's Anatomy is based upon the daily traumas, joys and triumphs of Meredith Grey, played brilliantly by a long haired Ellen Pompeo. The spunky actress pulls you easily into her world where she constantly struggles with the stress of fighting for the most interesting patients, dealing with an impossible love triangle, handling quirky roomies and caring for a mother with Alzheimer's.

You would expect nothing less than for Meredith to wear her hair in an array of messy but edgy ponies, loose chignons and adorable tousled styles. With a life as chaotic as hers, no woman would have time for perfect hair. Bad hair days would be more the rule than the exception for someone with a life like Meredith's. The set hair-dressers do a great job of creating hairstyles that clearly telegraph the frenzy of her life. Never mind that her



Izzie's pretty updo

ABC/Frank Ockenfels



Katherine hits the red carpet in style

Kirk/DailyC



Meredith's casual half-updo

ABC/Craig Spodin

wardrobe consists of scrubs, scrubs and more scrubs.

Symbolic Hair References

Yet hair still pops up from time to time in other symbolic ways. Ironically, during a recent episode where Meredith faces eminent death via a bomb implanted in a surgical patient, she anguishes over the last kiss she shared with Dr. "McDreamy" Shepherd (Patrick Dempsey). When finally discussing their final kiss, Shepherd (Dr. Great Hair) reminds Meredith of her "sweet smelling hair," which Meredith explains was scented with "lavender." That little

comment melted TV viewing hearts around the globe while underlining the humanity of the characters and the show.

Hairstyles That Underline The Characters' Roles

The brilliantly charming Sandra Oh who regularly steals the show with her award-winning acting (winner of 2006 Golden Globe & Screen Actors Guild Awards) offers yet another tressed viewpoint that perfectly reflects the personality of the character she plays. Both her conflicted character Cristina's

and her hair seem to be just slightly out of control.

Alternately ignoring yet appearing to battle with undulating waves of cobalt black tresses, Cristina gives the impression she has hair apathy that results in styles that "do [their] own thing." Cristina's hairstyles, like those of her female castmates, is symbolic of her character's raw ambition, cool exterior, in-your-face intensity and neurotic ballsiness. Sometimes her wild side pops out swirled through her hilariously brusque bedside manners which are reflected by messier, twisted styles.

Aspiring surgeon Cristina alternates between wearing her hair down and up. When she wears it down, she will often casually clip it back from her stunning face with a silver hued jaw or claw popped casually into the shimmering strands. When she wears her hair up in random twists and ponies, she sends the message that she just happened to roll out of bed looking like a million hair bucks.

Miranda Bailey is affectionally known as "the Nazi" for her no-nonsense attitude. Her hair perfectly reflects this

Meredith, Cristina & Addison Pony Up



ABC/Michael Desmond



ABC/Craig Spodin



ABC/Craig Spodin

Dr. Derek "McDreamy" Shepherd & Meredith



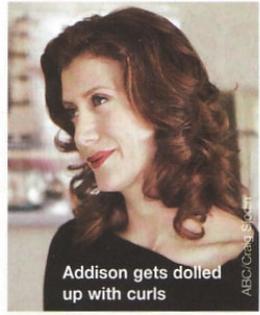
attitude. Wearing a no-nonsense chin-length bob, Miranda's hair style is the last thing you might notice. With her constant need to be on target with her interns and her bosses, her hair is also on target for her character and perfectly in place.

Hair Follows Fashion

Beautiful blonde Izzie and impeccably coifed Addison Shepherd provide different character viewpoints with an array of sleek styles that would definitely work in a busy hospital setting, but are much more finished and less tousled than Meredith Grey's signature styles. Both Izzie and Addie (as some of her friends call her on the show) alternate between wearing their lush locks down, setting off their beautiful features, and pulling their tresses into buns and chignons. In a recent episode it was revealed that Izzie and Addison are similar in many ways. Is it any wonder that they often have similar hairstyles on the show?

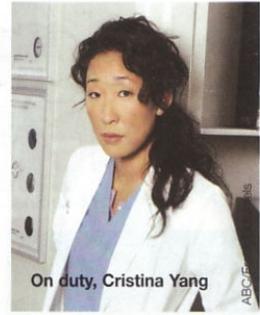
Recently Izzie looked sassier than usual showing up with a style designed around side-swept bangs and slicked back sides and top. Since her story line involved a sizzling love-hate flirtation with Alex, it made sense that the on-set hairdressers would give her a saucy com-hither appearance keeping with her story line.

More so than any of the actresses on the show, Izzie appears to enjoy wearing



Addison gets dolled up with curls

hair accessories that range from plain tortoise inspired hair sticks to a variety of beautiful but practical hair-clips and barrettes. She definitely seems to have the most hair fashion sense. Of



On duty, Cristina Yang

course there is always the reality factor that her character has to keep her hair out of the way for surgical procedures and when seeing patients on rounds.

Tune In!

Grey's Anatomy is a fabulous show. In fact, it is so addictive that you may not be able to only watch one episode and walk away. You may be hooked forever. Besides the great actors, plot lines and guests, the regular characters offer an ever-changing show of hairstyles that reflect the personalities of their characters and their plot lines. However, the real life tresses of the *Grey's Anatomy* actresses seem very different than the characters that they play—which goes to show you what acting is really all about.



Nothing Like Their Characters

If you wondered whether the hairstyles worn by the *Grey's Anatomy* characters reflect their true personalities and style, the answer is a resounding no. In a recent DVD launch held at Hollywood's Geisha House on February 13, 2006, actresses Katherine Heigl (Izzie) and Kate Walsh (Addison) appeared in drastically different styles. Both were wearing edgy mini-quiffs. Izzie's normal studied softness was replaced by a hard core rock and roll vibe. Addison had her soft red curls and waves slicked back into a stark style that was completely different from what you would expect her character to wear. Even Chandra Wilson (Bailey) looked different. She morphed into a soft and feminine look that played up her eyes. Hard to believe it was really "the Nazi."

Don't Judge A Celebrity By Their Hair Roots

By Karen Marie Shelton • HairBoutique.com

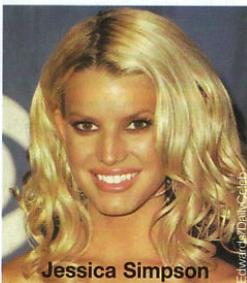


Jaime Pressly

Jessica Simpson, Jaime Pressly and Sarah Jessica Parker are famous for their luscious blonde locks. Ironically, while their atomic kitten white, honey and dark golden shades are the constant subject of the entertainment, beauty and fashion media, their dark re-growth roots are also buzzed about.

Recently a well-known celebrity watcher's website chided celebrity hairdresser Ken Paves for the fact that his famous client, Jessica, had very obvious dark roots. So what's the deal? "Jessica has dark roots on purpose," the famous celebrity hairdresser pointed out. In fact, he continued, "the roots were carefully and painstakingly designed by celebrity hair colorist Rita Hazan" who consulted with long time client Jess "on her hair color for her current movie role in *Employee of the Month*."

Ken explained that Jessica's character works in a Costco-like store and "just like real women, she doesn't have time to fix her roots. It felt more realistic and less glamorous." Rita confirmed that Jessica also had roots in her *Dukes of Hazard* role because it went with the "true character of the role and how Daisy Duke might really have her hair."



Jessica Simpson

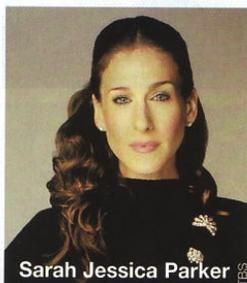
Move Over Joy On *Everyone Loves Earl*

Rita (of the Rita Hazan Salon in New York City, 212-735-4757) has been "working with Jessica's hair color for several years." She also personally tends to the custom weaving of the glorious golden hues of sizzling star Jaime Pressly. Not only has Jaime been working with Rita for "quite some time" the two women are "very good friends." *Earl's Joy* is the queen of trailer trash. Her hair is often teased into an array of big hairstyles with very prominent dark roots. While the blonde hair and dark root line is perfect for Joy, it can cause some challenges for the actress when she is doing a red carpet gig.

I spoke to Rita right before the recent People's Choice Awards show. She had just recently "freshened up" Jaime's blonde hues and made it a point to "leave the darker roots intact." Rita explained that when her famous clients like Jessica, Ashlee, Jennifer Lopez and Jaime are working in a specific role, she is limited to what she can do with their current color.

Hue Happenings

If you consider carefully the fact that most actresses (and actors), are often required to jump through all sorts of appear-



Sarah Jessica Parker

ance hoops to portray film and TV characters, the viewing audience should be more surprised when the celebrities don't have odd hair color anomalies than when they do.

I was surprised personally to learn that there was buzz about Jessica's latest root appearances because I know that she has the very best celebrity hairdresser and colorist in the industry at this time. Certainly it would never have occurred to me that she would have root growth looming from her follicles unless there was a very good reason.

Rita understands better than most hair colorists the constraints of constant hair color changes that her celebrity clients and their delicate strands must endure. She explained that whether the challenge is freshening up the surrounding color while maintaining the roots or dealing with drastic color changes, her goal is always ultimately to honor her client's performance requirements and to make sure that their hair stays as healthy as possible.

Color And Conditioning At The Same Time

Regardless of the color constraints that Rita has to live with, she confessed that she always "loves the color she utilizes to be really vibrant"

regardless of the shade.

To guarantee perfect hues, Rita always finishes off her highlights and color treatments with "a glossing treatment that adds shine and prevents frizziness." She also insists that her famous clients "have a deep conditioning treatment to maintain the health of their heavily treated tresses."

Rita confided that she has other tricks that allow Jessica, Jennifer, Jaime and her other famous celebrities to get conditioned while they are being colored or highlighted. Rita's secret? She mixes Phyto's Huile D'Ales Intense Hydrating Oil Treatment with the color chemicals.

Rita loves the results that she obtains with the Huile D'Ales. She pointed out that it is a fabulous "revitalizing botanical oil that smoothes and hydrates dry, brittle hair and mends splits ends." The oil is also 100% natural and it includes essential oils of sage, rosemary and juniper, ideal for color-treated and long hair.

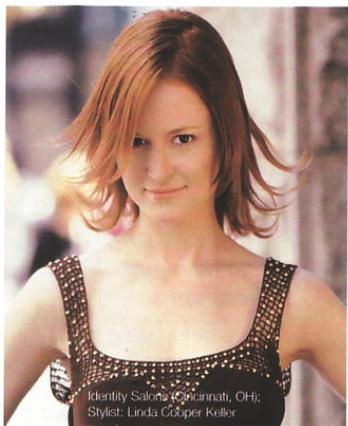
Rita encourages her clients to use the Huile D'Ales at home in between their color treatments. Rita promised that using Huile D'Ales makes a significant difference and makes her celeb's tresses "super shiny, healthy and luscious."

So the next time you see your favorite celebrity having a bad hair day, think before you judge their hair roots. If the actress has darker roots, it probably just means that she is very sought after in her acting field since working actresses are most likely to be required to color their hair for their latest role. And just think, it could be a lot worse. They could be required to gain or lose large amounts of weight for a character and that is certainly a lot harder than letting a few roots go dark!

TRESS RX

Ask the Hair Doctor

By Karen M. Shelton • Hairboutique.com
Photos courtesy of Global Hair & Fashion Group



Identity Salons (Cincinnati, OH);
Stylist: Linda Cooper Keller

I recently took the plunge and had my shoulder-length hair cut into a chin-length bob with layers around my face and heavy texturizing in my bangs. While I love my new short style, I discovered some long forgotten cowlicks that are causing some problems at the front of my hairline. I normally just let my hair air-dry after applying a light leave-in conditioner. However, I have discovered that when I do that, I develop two or three kinks in my bangs. What do I do now? Should I just wait to let my hair near the problem area grow longer or can you help with tips?—Donna, Chicago, IL

Cowlicks can definitely be a challenge, especially when they literally pop up along the front of the hairline, where they are most likely to show up. Cowlicks occur when tufts of hair growing directly from the follicles emerge at a different angle than the rest of the hair in that area. No one knows exactly why some strands develop into cowlicks although some experts believe it is hereditary.

No one is exempt from the dreaded cowlick. Famous beauty Claudia Schiffer



Jamison Shaw Hairdressers (Atlanta, GA); Stylist: Cindy Watts

reportedly has two cowlicks around the front of her hair which she deals with quite successfully.

Although cowlicks can definitely be annoying, there are proven ways to tame these wild strands without surrendering your shorter style. The most common techniques include:

1 Working with your hairdresser to carefully cut the cowlick challenged area so that there is more natural hair weight applied to the problem strands. Many times cowlicks will disappear when surrounding strands are cut to overlap the cowlicks and thus hold them down naturally with heavier top hair. A skilled and experienced hairstylist can scissor the offending cowlick into long term submission.

2 Controlling the formation of the cowlicks by utilizing moisture enhancing shampoo and rinse out conditioning products. Many times cowlicks can be tamed by cranking up the moisture quotient in the problem strand area. Softer strands are less likely to spring up than less moisturized strands. Conditioners can help soften the cowlick strands to the point that they lose their oomph and fall naturally into place.

3 Redirecting the formation of the cowlicks by applying styling products that help to soften and redefine the way that the hair ultimately lays along your scalp can help. Depending on the overall texture of your hair, styling gels and creams would be good product candidates for helping to contain the random tufts. A straightening gel or balm, combined with a boar's head paddle brush and a blow dryer's air flow directed down the hair shaft, can help to straighten a kinked up section. Drying isolated areas of the bangs or the front of the hairline does not mean that you have to blow-dry your entire head of hair. Applying spot drying to just the problem area and allowing the rest of your hair to air dry is still a great option.

4 Train the cowlick by using headbands and related hair accessories. Celebrity hairdresser Ken Paves recommends utilizing bandeau style headbands that can be worn snugly at the hairline for helping to train the cowlicks to lay flat. Soft bandeau headbands apply subtle pressure to the hair roots and help to focus them to lay flat. Bobby pins, baby barrettes and tiny alligator style clips can create a similar result.

5 Work with a hair removal expert to permanently redefine the hairline. Some celebrities plagued with challenging hair sections have been known to work with electrolysis experts, laser hair removal specialists or plastic surgeons to have the problem hair permanently removed. While this is always an option, it can be painful, time consuming and very expensive. If this idea appeals to you, research hair removal experts in your area to find one that performs work on cowlicks or other hairline anomalies.

6 Opting for the application of highlights, lowlights or other chemical treatments to the bang area often will alter the texture of the strands and help redirect them appropriately. Gentle relaxers applied just to the cowlick area may also be a viable option. Phyto manufactures a highly rated home relaxing kit that is available in a gentle version, PhytoRelaxer #1. Some people utilize the PhytoRelaxer to spot soften challenging hair areas.

7 Growing the strands longer in just the area where the cowlick exists will often erase the existence of it. But why not try some of the tricks listed above which will allow you to enjoy your sizzling new short style.

No matter what I do I get oily roots, but the middle and ends of my hair are very dry from a left-over highlighting job that caused some damage. Any suggestions?—Claire, New York, NY

A good trim with a professional hairdresser is a great place to start. Ask them to remove just a few inches from the ends to help your hair recover from the chemical damage. To address the oily scalp and the dry middle sections, consider utilizing two different shampoo formulas. Wet hair and then apply a shampoo designed for oily hair only to the root section where oil develops. Apply a moisture-enhancing product designed to address chemically damaged hair to just the middle and end sections.

Rinse both shampoo products from the hair. After all shampoo is completely rinsed from your strands, apply a rinse-out conditioner to the dry areas of your hair only. Do not apply conditioners or related moisturizing products to the roots since this will increase the likelihood of oil buildup.

Always finish with a cool water rinse which helps to reduce oil buildup as well as builds in natural shine. It also assists



Pierre De Beaumont (Haddonfield, NJ)
Stylist: Pierre & Robert Avedissian



Douglas Carroll Salon (Raleigh, NC); Stylist: Michelle Tabbert

in closing the cuticle and helping to lock in moisture.

Once a week apply a deep conditioning treatment to the dry middle and end sections of your strands. Use a protective leave-in conditioner before blow-drying to seal the hair shaft from further damage. When possible, opt for air drying of your strands.

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

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PONY UP!

By Karen Marie Shelton • HairBoutique.com



Nicollette Sheridan

Merritt/FilmMagic



Scarlett Johansson

Wargo/WireImage



Carrie Underwood

Wallamson/FilmMagic



Mena Suvari

Edwards/DailyCeleb

Ponytails aren't just for playing sports or surviving bad hair days. This easy hairstyle can be worn 24/7 and dressed down or up. Everyone from babies to big name celebrities love ponytails, known also as hair tails, ponies and simply tails.

Whether you start with wet or dry, freshly washed or aged strands, complete the following steps for creation of your basic ponytail:

1. Make sure that hair is completely detangled and knot free. Do not create a ponytail out of hair that is tangled or has knots. This may make the knots more difficult to remove down the line.
2. Use a good quality brush (boar's bristle is always a good bet) and your fingers to direct the hair into the ponytail. Brush the hair into the direction you wish the hair to lay and use your fingers and hands to help direct the hair.
3. Once you have gathered the hair into the desired base

location, use one hand to hold the base hair while you use the other hand to attach the elastic band to the base. Always use a "hair friendly" elastic or other pony base attachment to prevent pulling or ripping fragile hair.

Hollywood hairdresser Robert Hallowell prefers using Bungee cords for his celebrity clients. He loves the Bungees because "they are adjustable to any hair length and thickness" and can be

"wrapped very tightly before closing off." He also likes the fact that they can be easily unhooked to release the hair without ripping or tearing.

Jessica Simpson's hairdresser Ken Paves prefers Blax ponytail holders. He notes that "they hold the hair a lot more snugly" and to avoid pulling or tearing hair, he simply "cuts them off with a scissors" when he wants to remove them.

4. Take your time when creating your ponytail. The key to a great ponytail is making sure that all of the hair that is pulled into the ponytail base is smooth and bump free.

Ponytail Musings

Ponytails are incredible versatile and can be created on freshly washed and dried hair or can be woven out of day old or aged hair. Consider the following pony rules:

1. For a fluffy hairstyle, shampoo and blow-dry hair and then wrap into your favorite pony style.
2. Stretch time in-between shampoo sessions by wearing a ponytail.
3. Wear multiple ponytails for a funky look.
4. Play with a wide range of hair accessories from simple "hair friendly" elastics like Blax or Bungee cords in different colors, to using multi-colored elastic bands, metal pony barrettes or ribbons.



Paris Hilton

Edwards/DailyCeleb



Alexis Bledel

Edwards/DailyCeleb



Carmen Electra
DailyCeleb



Christina Milian
Kirki/DailyCeleb



Fergie
Edwards/DailyCeleb



Charlize Theron
Kopalo/FilmMagic

The only thing that limits how you decorate your ponytail is your imagination.

5. Decorate the base only or decorate the base and the actual tail hair. Use multiple Blax or "hair friendly" elastic bands to create a "bubble" ponytail style.

6. Wear one or multiple side ponies.

7. Wear pigtails.

8. Create a wide assortment of different braided ponytail styles.

Types of Ponytails

The classic ponytail, which has been around since the beginning of time, involves pulling all the hair on the head back into one central spot on the head, gathering all the hair and tying it onto a "tail." A ponytail basically consists of a base section that hold the hair and then the pony section which is the bulk of the tied off hair.

The base of the ponytail can be located in a number of locations on the head ranging from the front near the hairline all the way down to the very nape of the neck. The following is a list of ponytail locations:

Half Pony: This is a very popular style worn that is a key component of the half up/half down 'do. The ponytail is created by pulling ONLY the hair on either side of the face up so that the hair is gathered into a ponytail that is positioned either a few inches in front of the crown or right at the crown. This is known as a half ponytail.

The bulk of the pony hair that is created from the half pony spills out over the rest of the hair that is allowed to flow down towards the neck, depending on the overall length of the hair.

High Ponytail: All of the hair is brushed up with the base

of the ponytail resting right at the top of the crown. This elevates the tail hair so that it has a flirty appeal. The high ponytail that rests near the crown is one of the most popular ponytail styles.

Back Of The Head

Ponytail: All of the hair is brushed back from the face and up from the nape of the neck with the base of the ponytail resting in the middle of the back of the head.

Nape Of The Neck

Ponytail: All of the hair is brushed back from the face and the hair is directed down towards the nape of the neck. The base of the pony-

tail rests in the middle of the back of the head. This allows the tail hair to lay closer to the head. This style is adopted by people looking for a sleek or low key pony style.

Stacked Ponytails: Make a series of equally-sized ponytails that are staggered from the hairline back to the nape of the neck.

Another option is to make two ponytails so that the base of each pony is adjacent to each other. This gives a gushing waterfall image and makes hair seem thicker.

Behind The Ear Ponytails:

The hair is separated into two "tails," usually with a center



Jaime Pressly
Edwards/DailyCeleb



Beyoncé Knowles
Edwards/DailyCeleb



Lindsay Lohan
Poki/FilmMagic



Hilary Swank
Kopaloff/FilmMagic



Katherine Heigl
Kravitz/FilmMagic



Mischa Barton
Kirk/DailyCeleb



Molly Sims
Edwards/DailyCeleb

part. Two tails are created with the base of the tail centered behind the ears.

Ponytail Options

Besides creating ponytails that rest in different locations on the head, there are many options for creating interesting styles out of the basic pony. These include:

Hide The Band: Take a small section of hair from your ponytail, wrap it up and around the base of the ponytail so that it covers all the elastic band or clasp. Secure the band with a bobby pin to hold the looped hair piece in place.

Pull It Out: For a fun look, after you have your ponytail completely secured, use the tail of a tail comb and carefully pull a few pieces of hair from the base of the pony to create a light "fringe" around the perimeter of your face.

Clip It: Many celebrities love ponytails for all events. Gwen Stefani is a pony fan. Sometimes Gwen will clip on a ponytail extension to add fullness, height, length or just create a new retro style. To use an add-on pony, pull your hair back to the crown and create a high pony with a base that rests at the back of

the crown. Leave the base of the pony loose so there is room to add-in the clip-on pony hair. Stick two fingers down through the hair behind the base of the band (your fingers should peek through the other side). Next use your fingers to pull the ends of your ponytail up and through the space so it's flipped up and over itself.

Make Waves: Rub a quarter-sized blob of gel through slightly wet hair. Put it up in a ponytail. Divide pony hair into one-inch sections and braid each section. Let braids dry completely then unwind for lush waves.

Banana Curl: Curl the tail of the ponytail into one sleek banana curl that nestles into your back. Use a medium

barrel curling iron and curl the entire tail section into one large curl. Let the curl cool by pinning the entire curl at the back of your head. Right before you go out of the house undo the curl, form with fingers and spray well with firm holding hairspray.

Add Flirty Curls: Curl the tail of the ponytail into multiple curls using either a curling iron or hot rollers. Separate the pony hair into individual sections and use a hot iron or hot rollers on each section to create random curls. Remove the iron or roller and then pin the new curl to the back of your head. Allow the curl to completely cool. Spritz with hairspray and then "finger pick" the new curls into the desired shape.

Loop Pony Into A Hat:

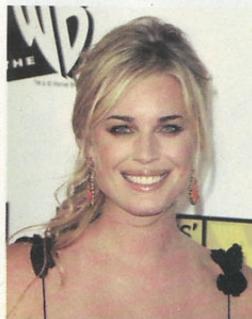
Make a sleek ponytail with the base centered near the middle of the back of the head. Loop the tail of the pony through the opening of a baseball cap or similar style hat. Let the pony hang out the back of the cap for a flirty and fun look.

Trick Pony: Go wild by pinning random strands of colored hair into the pony. Or do what Michelle did in the movie *Romy & Michelle's High School Reunion*. Wrap the same or contrasting colored braid around the base of the pony.

Accessorize: Go crazy with hair accessories to trick out your pony. Let your imagination run wild. Ponytails are meant to be a fun experiences



Naomi Watts
Edwards/DailyCeleb



Rebecca Romijn
Kirk/DailyCeleb

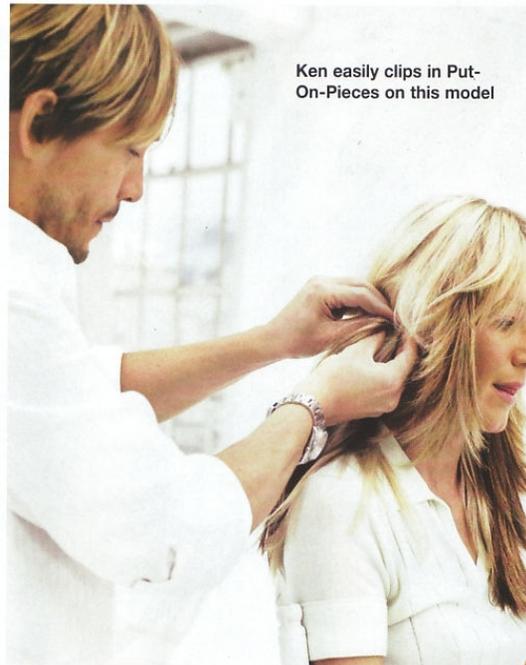


Sheryl Crow
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TrendWatch 2006

Stylist Ken Paves gives 101 the scoop on this year's hottest trend!

By Karen Shelton • HairBoutique.com



Ken easily clips in Put-On-Pieces on this model

The major celebrity awards such as the Golden Globes, People's Choice, Grammy Awards and The Academy Awards always provide strong clues to where hairstyles are moving in the next year. Not only do Hollywood's red carpet paparazzi provide sneak peeks into the length and texture of star style for both men and women, their images provide clues to popular hair color hues. Because the red carpets are populated by stars of every age, race and sex, taking a good look at the resulting award show hair fashions is very informational.

What's even more interesting is the fact that celebrity hairdressers all have their own opinions about the state of hair trends—and it may or may not agree with their

peers. Since celebrity hairdressers are the master geniuses behind these looks, their opinions will be reflected by the hairstyles worn by their famous star studded clients.

Celebrity hairdresser Ken Paves is famous for the spectacular trendsetting styles that he has architected for such major stars as Jessica and Ashlee Simpson, Eva Longoria, Jessica Alba, Brittany Murphy, Carmen Electra, Avril Lavigne and a host of other celebrity beauties.

Put-On-Pieces From Hair-U-Wear

When I caught up with Ken to get his pronouncements on emerging hair trends for 2006 he had just finished creating the beautiful tresses Jessica Simpson wore to the very recent 2006 People's Choice Awards. Ken confided that

"the blonde beauty was wearing the absolute most add-on hair pieces that he had ever used on Jessica—or on any other celebrity—for that matter." Ken gave me explicit permission to report that the add-on pieces he utilized to create the three different looks that Jessica wore at the awards were Hair-U-Wear's Put On Pieces.

Feel Good Hairstyles

I asked Ken what he believed was happening with hair for 2006. He replied "everything." In his always exuberant and charming manner Ken explained "anything goes with hair for 2006—from short to long, straight to textured, in any hue." Ken has discovered from working with his "girls" that women are tired of wearing their hair according to

dictated fashion trends. They are "breaking all the rules" in favor of "creating their own" style. Ken noted that women, "celebrity or not," are "bucking the required hair wear trends and selecting styles" that "feel good."

Loving this new "do your own hair thing" movement, Ken explained that women are "finding their own beauty signatures and selecting hair, fashion, makeup and accessories according to what makes them feel beautiful, self-confident and works with their own unique style."

So what does that mean exactly for 2006 hair trends? Are they stick straight, curly or full of waves? Short or long? Blonde, brunette or ruby red hued?

"All of the above!" The key is for women, as well as men and children, to follow their



own desires and work with their hairdresser to create their own "signature looks." While Ken agrees that more people are favoring longer styles with waves and curls, he believes that it's as much the desire to embrace their natural textures and stop fighting their hair, then following specific trends.

Hair Follows Fashion

The master celebrity hairdresser also commented that "hair follows fashion" and right now, fashion is all about softness, beauty, simplicity and freedom. Part of that freedom is to "build your own look" which also supports Ken's creed that "everyone is beautiful," regardless of "how they wear their hair or what fashion style they adopt."

In fact, Ken believes that women are not only learning to embrace their own natural beauty and uniqueness with regard to how they wear their hair, they are learning to think of their hair as a type of "accessory" that can be instantly changed to flow with their current moods, attitudes and fashion styles they are embracing.

One of the reasons that Ken adores working with

wigs and Hair-U-Wear's Put On Pieces is because it gives women "so many amazing options" on a daily basis to completely change their looks "to honor the way that they are feeling." Utilizing options like Hair-U-Wear's Put On Pieces allows women to easily morph from short to long, wavy or curly to stick straight and even change colors as often as they like. All of these fantastic hair changing options can be done without any chemical damage, major chopping or color alterations.

Ken believes so strongly in the Hair-U-Wear's line of Put On Pieces and the Great Lengths Professional Line (which he finds of the very best quality), he uses the products on his celebrity clients whenever possible.

Embrace Your Natural Textures

Ken also believes that women can easily "enhance their natural beauty" by utilizing the right styling products that will assist them in maximizing their natural textures. Based on feedback from the thousands of women that Ken has worked with over the past, he created a line of hair care and styling products that help women to wear their hair



according to what makes them feel beautiful.

The Paves Professional line of products was custom designed to meet Ken's very specific requirements. Not only are the products "sulfate free," they are used by many of Ken's favorite celebrity clients like Jessica, Ashlee and Carmen. Oprah, who is a constant source of creativity and inspiration to Ken, has actually given Paves Professional products away on her award winning show. They are also available by visiting www.hairboutique.com.

Ken Paves is the ultimate disciple of inner beauty awareness and believes that everyone should embrace their own unique gorgeousness and enhance it. Whether you wear your hair full of natural curls, bursting with luscious waves or stick straight, select the style that makes you feel fabulous and

completely self confident.

The entire world of hair is yours to own with the correct styling products and the willingness to step outside the box and play. Don't forget to try Hair-U-Wear Put-On-Pieces and Paves Professional products to enhance your own special beauty.

For Hair-U-Wear visit their website at: <http://www.hairuwear.com> and check out the fabulous Put-On-Pieces selections.



Jessica at the People's Choice Awards