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101 HairStyles

Celebrity style

200+
New Trends

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Dare To Go Red

The hottest color this season



The many faces of
Debra Messing

Catch Our New Look!
101 Gets A Makeover

101 Reasons

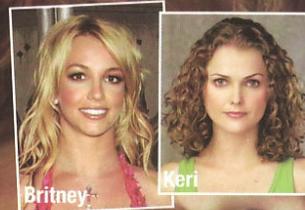
Why great hair is better than great sex

Updos & Updon'ts

What you need to know before your next salon visit!

Born To Be Wild

Celebrity glam uncovered





Express Yourself

Wilson's Leather is ready for this season, are you?
For a store location near you, log on to
www.wilsonleather.com



As the trend of faded denim continues, leather, the world's oldest fabric, shows its age through style.

With white as one of the key colors this season, Wilson's leather introduces leather and suede in powder white with warm-toned neutrals following closely behind. Streamlined, sporty jackets fall right at the hip for a polished, comfortable look.



Conair Easy Start Hairsetter

Easy Start Hairsetter – Model HS15

Leave it to hair care trendsetter Conair to solve the last remaining hairsetter problem, with their beautiful new translucent 20 vari-sized roller hairsetter.



All too often when setting hair, the problem is getting started: To solve it, Conair has created a totally unique new "starter strip" built into each roller—it adheres the hair (any length) to the roller. Along with the starter strip, each roller has ribs which allow for better heat transfer.



Rollers remove easily from hair when set is finished—hairs won't stick or pull. Not only are the rollers easy to use—the hairsetter's angled base and tilted roller deck provide additional ease of use. Now the hairsetter—still the appliance that creates the most glamorous, longest-lasting set—thanks to Conair, is perfect.

Features & Benefits:

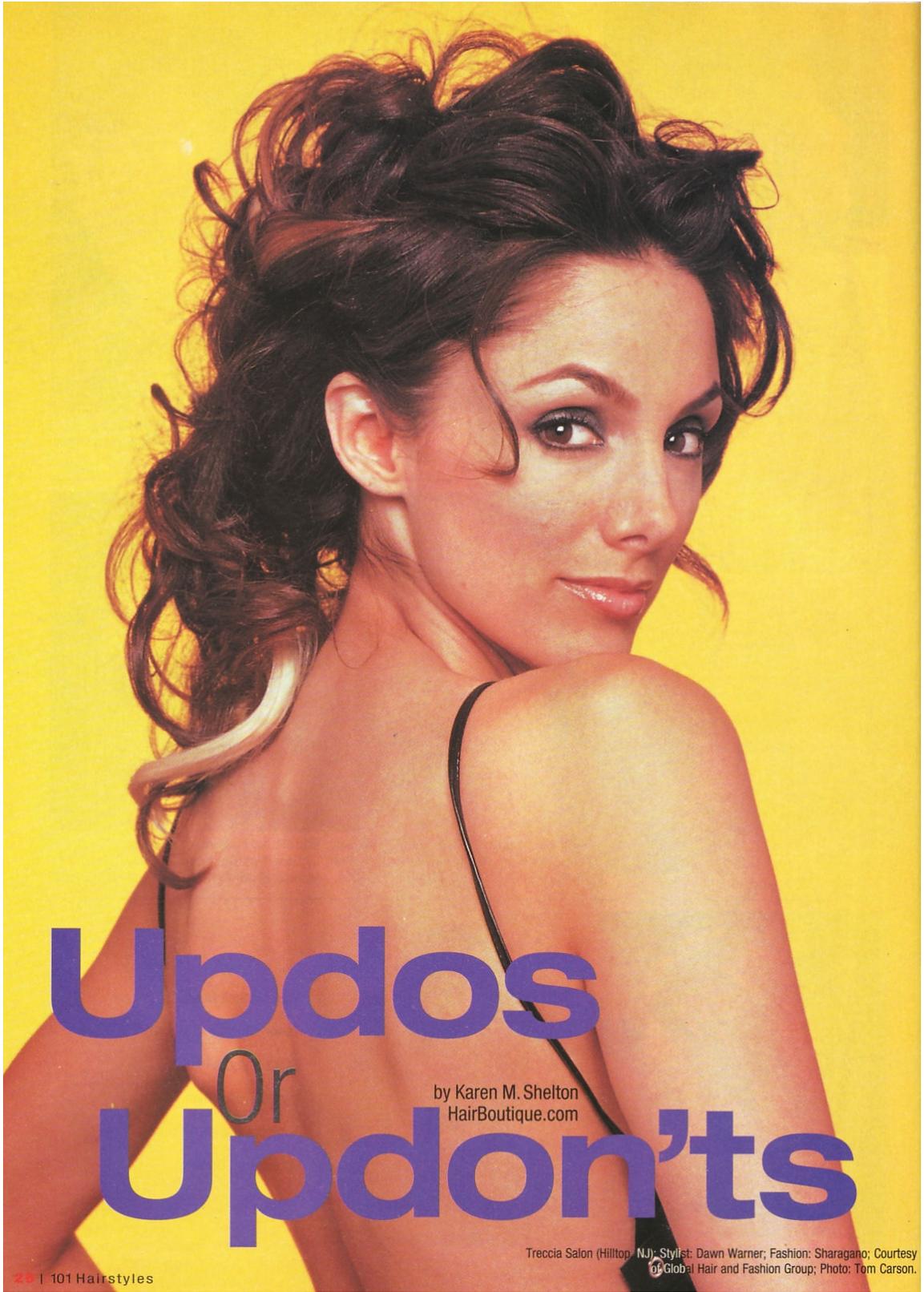
- ✂ 20 translucent rollers in 3 different sizes—jumbo, large, medium (3/4", 1", 1 1/4")—with built-in starter strips for adhering hair ends to rollers.
- ✂ Beautiful translucent rollers in three colors. ✂ Translucent base with tilted roller deck for easy access
- ✂ Clear lid with hinged cover ✂ On/Off light ✂ 20 wire hair clips & storage compartment

Available at HairBoutique.com (or call them toll free at 888-449-6028) & select retail chains nationwide.

The Perfect Pedicure

So, you want a pedicure, but you're wearing stockings—and the inconvenience of taking them off just isn't worth it. Well, we have the perfect solution. Try Glogover hose, available online at www.glogoverhosiery.com. With a toe flap that folds over for easy access, the only thing you'll have to take off for your next pedicure is your shoes!





Updos Or Updon'ts

by Karen M. Shelton
HairBoutique.com

Treccia Salon (Hilltop, NJ); Stylist: Dawn Warner; Fashion: Sharagano; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

Stylist: Saskia Sevey; Makeup: Rose Marie; Photo: Taggart-Winterhalter; Production: Purely Visual.



A gentle part is created, which is swept back sleekly to a gathering point in back. Next, smaller sections are delicately braided with a 5-strand method then twisted into soft little rosette like shapes and pinned into place at the base of the neck. The finished look is an intertwining of texture against a sleek foundation.

Salon: Fantastic Sams; Stylist: Mina Ashrafhiz; Photo: Taggart-Winterhalter; Production: Purely Visual.



For this sophisticated look, the stylist loosely pulled all of the hair on top and created a barrel curled chignon. One loose section is left out at the widow's peak to softly sweep over to the side and downward.

Smart new hairstyles come and go. One thing is for certain, there will also be a fascination with high-rise hair that is twisted, curled or backcombed into place. Long hair specialist, Barbara Lhotan, co-author of the wildly popular *5 Minute Trendy Updos* book believes "that anyone with hair that is at least 6 inches on top and three inches at the nape can wear a fabulous updo." The key to high hair success rests, according to Barbara "in the hands of your stylist."

Whether you lust after the hot new pineapple style, a funky twisty knot or the traditional French Twist, keep in mind that not all salons or stylists willingly cater to weaving updo magic for special events like weddings and proms. There are many reasons for their reluctance.

Bob Steele, master stylist and owner of the fabulous Bob Steele Salon in Atlanta, Georgia explained, "Prom and wedding looks can be some of the hardest styles to create." Why? "Many people specifically want an updo for their prom or wedding and in many cases it may be the first time they have ever worn their hair up in their entire life. Most people just don't wear these type of styles on a regular basis."

Unusual challenges definitely result when clients arrive at a salon as an updo virgin. Often they have unrealistic expectations of how they will look in multi-level hair sculptures. Even worse, according to curly hair expert Shelley Pryor, "they don't have any idea what styles are appropriate for their hair type and texture." Although, "some clients should definitely opt for the updon't but are unwilling to accept their hair's limitations."

Are you right for an updo or does your hair dictate that you go with a downdo? Anything is possible with the right circumstances. If you have your heart set on a great updo follow these key steps:

1. Pick out your special event gown first. Unless you want your hair to be the centerpiece of your formal look, focus on matching your strands to your silks and satins.
2. Select an updo-friendly stylist you know. Florida hair master Henry Amador is "constantly motivated to craft fabulous hair designs ranging from simple sleek styles to twists with bold new styles." Henry is successful because "he works with regular clients that have been coming to him for years from childhood through their proms and eventually their weddings." A stylist who knows and understands your hair will have better success at turning out a beautiful look than a stylist who has never worked on your hair before.

Salon: Fantastic Sams; Stylist: Patricia Quiroz; Photo: Taggart-Winterhalter; Production: Purely Visual.



The length of the hair was rolled up onto the crown then tucked over itself and pinned into place. Two panels are taken from the front onto either side, and around the back as if to hold up the rolled length. The ends were looped into a ribbon like wave and pinned into place. A small section on each side of the part is allowed to dangle forward.

3. Plan, plan, plan! Shelly Pryor cautions, “many updo fiascos occur when the client does not try out styles before the big event.” Guarantee a happy hair happening by allowing plenty of time to pick out some sample images to show your stylist during an updo practice session. If appropriate, take photos of your dress along with desirable hairstyles. Give the stylist as much information as possible about the look you wish to create.

4. Remain flexible. Barbara Lhotan points out “a successful updo requires team work between the client and the stylist.” Be willing to discuss styling options for your hair. Take into consideration that thin or fine locks cannot carry off the same type of hair sculptures as thicker hair. Trust your stylist to help you find the best look for you and your gown, whether it is an updo or some other fabulous finished style.

5. Be prepared. Both Pryor and Lhotan recommend arriving at the salon with “clean, dry hair.” While Lhotan is OK with “hair washed earlier in the day,” Pryor prefers hair that is “washed the night before to prevent excessive softness.” Every stylist will have their own preferences on how they want the client to prepare for an updo visit. Make sure that you discuss these issues and follow your stylist’s suggestions.

6. Express yourself. Steele, Pryor and Lhotan all stressed the importance of the client speaking up during the creation of the updo. According to Steele “many clients wait until the updo is finished and then they may not like the look, but they don’t know why they don’t like it.” While a trial run will minimize this risk, it can still happen. Pryor suggests, “if a client communicates during the actual creation of the style, it prevents an unhappy hair ending.”

7. Relax and enjoy. All the stylists quoted in this article agree that providing exceptional customer satisfaction is an important part of their success. Not only do they want you to feel comfortable, they want you to be at ease during your updo experience.



Stylist: Saskia Sevey; Makeup: Rose Marie; Photo: Taggart-Winterhalter; Production: Purely Visual.

A sleek high crown base is established using a series of pads. A long fishbone or two strand braid is added and wrapped around the head to create its own form of a headband. Neatly tucked under, the ends are pinned into place. The result is an elegant and romantic look.



“L” Salon & Color Group (San Mateo, CA); Stylist: Elizabeth Stenstrom; Fashion: Follies; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

Updos Or Updon'ts

Whether you decide on a sophisticated Hepburn-esque updo, a rock chick silo or a combination, remember to smile and let the hair pampering begin.



Mouton's (Bedford, TX); Stylist: Tiffany Mueller; Fashion: Sylvia Heisel; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

Identity Salons (Cincinnati, OH); Stylist: Linda Cooper-Keller; Fashion: Sylvia Heisel; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

Mouton's (Bedford, TX); Stylist: Tiffany Mueller; Fashion: Hype; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.



Kenneth's Hair Salons (Columbus, OH); Stylist: Tony Anders; Fashion: Tampa; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

Identity Salons (Cincinnati, OH); Stylist: Linda Cooper-Keller; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.

London Hair (Charleston, SC); Stylist: Frances DuBose; Fashion: Hype; Courtesy of Global Hair and Fashion Group; Photo: Tom Carson.



Salon: 804 (2174 5th Ave. NY, NY 10037;
212-690-1212). Stylist: Lucy; Makeup:
Smokee; Photographer: Hugh Bell;
Model: Diamond & Ruff.

Goldie

LOCKS



Salon: Salon East (2 E. Moritauk High Way, Hampton Bays, NY, NY 11946; 631-728-5212); Stylist: Jo Ann and Jennifer; Makeup: Matt; Photographer: Hugh Bell.

Salon: Le'Crimp (326 Route 10 Huntington Station, NY, NY 11746; 631-271-7470); Stylist: Tony Marino and Staff; Makeup: Debra; Photographer: Hugh Bell.

Do It Yourself: Natural Blonde Beauty

By Karen Shelton, www.HairBoutique.com

Be sure and get all the ingredients at the store and lay everything out before you start the recipe. Everything will need to be added at once.

Ingredients

- 2 whole uncut fresh lemons (squeezed & strained for juice)
- 2/3 ounces or 20 grams of marigold flowers (you can buy at health food store)
- 2/3 ounces or 20 grams of chamomile flowers (buy at health food store)
- One 1 1/4 ounces or 30 grams of finely chopped or powdered rhubarb root (grocery store or health food store)
- 2 ounces or 50 grams of acacia honey (health food store)
- 1 pint or 1/2 liter cider vinegar
- 2 ounces or 50 grams of 95% proof liqueur alcohol (liquor store).

Put the vinegar and rhubarb into a stainless steel saucepan. Bring to a boil and simmer very gently for exactly 10 minutes! Less or more may cause problems. Add the chamomile and marigold flowers and juice of the two lemons. Cover the pan and simmer for another five minutes. Remove completely from the heat.

Let the mixture stand covered with the lid until the liquid is tepid. Filter the concoction through a fine sieve into a bottle. Make sure you squeeze out any liquid in the herbs left in the sieve. Remember to be careful since the liquid may still be warm or even a tiny bit hot.

Add the honey, alcohol and squeezed and strained lemon juice from the two lemons. Put a tight cap on the bottle and store for your next shampoo.

How To Use Dye

There are a couple of ways that you can make use of the natural dyes. You can use a dilution of the mixture by adding 1 tablespoon of the dye mixture for each quart or liter of final rinse water.

If you really want to punch up the highlights, apply the mixture directly to your hair and leave on for at least 30 minutes. Be sure to cover your head with a shower cap or the drippage can stain. To get less drips, you can also mix some undiluted dye with a thick rinse out or deep conditioner and glop that on your head to get a thicker mixture.

Rinse & Shine

After allow the mixture as a quick rinse or as a longer leave on dye, rinse your hair with cold water to seal the color.

Let your hair air dry if possible. While there is no guarantee of the level of color you will have achieved, changes are good that you will definitely see some blonde highlights. The lighter the color your natural hair, the more intense the blonde color from the mixture.

Remember that this is a type of all natural vegetable dye. The dye will only last from shampoo to shampoo. If you want to maintain the highlights or added blonde colors you will need to apply the mixture after each shampoo.

One batch will last from two to three weeks if kept refrigerated. It will last a shorter period of time if kept at room temperature. Depending on the length and thickness of your hair, the mixture will provide several after shampoo applications.

Remember to take special care because in undiluted form, the final liquid will dye any materials it comes into contact with. This means it can stain your hands, your skin and any clothes or other materials. Apply this mixture in the shower and wash off immediately.

Strand Solutions

Ask the Hair Doctor

Hair guru and a true gem, Karen Shelton of HairBoutique.com provided the goods for your hair woes.

Why is it that even though I slather on tons of my coconut scented shampoo and conditioners that the wonderful aroma seems to leave shortly after I shower and leave the house for the day? Is there some way to make the nice scents last longer?
—Myria

The key to retaining wonderful hair aromas is to use scented emollient-based shampoo and conditioning formulas that will naturally cling to the hair cuticle even after the final rinse. Using fragrant leave-in conditioners that offer moisturizing benefits by soaking into the hair cuticle are another method for achieving longer lasting hair scents.

Fragrance formulation scientists report that aromas tend to diffuse more rapidly into the air at warmer temperatures. This means that your wonderful coconut essences may be getting blown away if you indulge in the daily use of blow dryers. When possible, let your hair dry naturally allowing the hair product fragrances to linger.

Remember, only use aroma-enhancing products that are specifically designed for use on hair. Resist the quick fix of spritzing perfume or cologne on your hair.



101 Hairstyles



Philip Pelusi Design Team Members; Colorwear 4.0 technique; Stylist: Philip Pelusi; Makeup: Claire Padgett; Photographer: Philip Pelusi. Products: Phyto-Life Hair Honey, www.phyto-life.com and www.phillipelusi.com

Perfumes and other fragrances may contain a high concentration of alcohol or related chemicals that can have a drying effect on delicate cuticles.

I have naturally wavy hair that is bra length. I love my current stylist and how well she does my highlights using the cap method. The only complaint that I have is that when she pulls my hair through the cap, especially near the nape of my neck, it hurts. Even though I tell her and she tries to be gentle, it still is uncomfortable. My stylist told me that the natural waves in my hair make it harder to pull the hair through and that causes the discomfort.

Do you have any suggestions on how to make this less painful? I know that I could try foils but I have never been as happy with the results. —Tiffany

Your stylist is correct to target your natural waves as the likely culprit for your discomfort during the highlighting process. Pulling wavy hair through a tiny hole in a plastic cap is a lot like trying to pull kinky thread through a small needle. Either task can be tedious and when it involves real hair it can cause ouchies.

One way to soothe the agony of your hair pulling experience is to

temporarily remove the waves before you report to the salon. Approximately 24 hours before your appointment shampoo your hair with a light moisturizing shampoo followed by a soft rinse-out conditioner. Apply a detangling spray to towel blotted hair. Using a wide tooth comb or pick, remove all the tangles. Spritz a light cover of heat protection spray before firing up your blow dryer. Anchor strands with a large boars head paddle brush. Direct the dryer's airflow from the roots down to the ends. This will help the cuticles lay flat so it is easier from them to squeeze through those tiny highlighting holes.

Remember to avoid using heavy straightening balms or similar styling products that might coat the hair blocking the proper application of the highlighting formulas.

I have chin length fine hair that never seems to plump up as much as I like, no matter how much I try. Recently I started letting my hair air dry rather than using a blow dryer. Although I thought this would help, it seems to have made my hair more limp than usual. Do you think there is a connection between air-drying and my limp locks? —Jaye

While there are many enemies of fine hair, water logged strands are one of those hidden gotchas. It is likely that your new drying method is weighing your locks down.

A guaranteed way to plump up hair is to focus on removing as much moisture as possible after your final shampoo rinse. Use a super absorbent towel to gently blot and squeeze as much water as possible from your strands. Continue the drying process as you detangle with a wide-tooth comb or pick. Make sure your hair is 85-90% dry before you begin to style it.

Combine a root-building product like ARTec's Magnifier or Phyto's Phytovolume Actif with a short burst of blow dryer heat focused only on the roots. Bend over at the waist directing the dryer's heat in the opposite direction than your hair normally lies. Finish by flipping hair back over and carefully using your fingers and a pick to style. Spritz with a lightweight styling spray.

To achieve maximum volume consider using shampoos like Phyto's Volume Mousse, Matrix's Amplify, or ARTec's Volume to building fullness from the beginning.

I got a perm recently. This was not my first. I have had several before with good results. The day after the perm my neck felt like it was on fire. A friend reported that I had four small red spots on the back of my neck near the hairline. This was not a home perm. I went to a well-know salon and paid \$95.00.

What should I do? Can you tell me what went wrong? I have never had this happen before. How do I prevent it from happening again? Also, do you think I should ask the salon to give me my money back? Although the perm turned out good, the burns were an unpleasant side effect.—Dani

While it is the exception to the rule, salon accidents do happen. Even though every precaution is normally taken, sometimes perm solutions can drip onto the skin around the hair without notice. This is most likely what happened to cause the burns on your neck.

The first thing you should do when a salon treatment results in serious burns is to seek medical advice or treatment. Minor burns can be treated at home with ice, Aloe Vera gel or over-the-counter remedies.

After you have relieved any pain, record in detail everything that happened. This documentation should include photos of any

redness, burns or other damage. Most reputable salons and stylists carry liability insurance that addresses these types of accidents. Contact the stylist as soon as possible after you discover the problem. Be prepared to provide a copy of your documentation. Request that they explain their procedures for handling damages that result from treatments. If you think it is appropriate, ask for full or partial reimbursement of any and all charges you deem is the responsibility of the stylist or the salon.

Make a conscious effort to prevent future chemical burns from future perms by asking the hairdresser to use extra thick layers of cotton around your neck and hairline to prevent any potential drips from causing burning. If you feel any discomfort, stinging or burning notify the stylist immediately.

Recently I went to a new stylist who recommended that I start using a particular ABBA shampoo because he said that it contains a special alpha hydroxy formula that will help my hair by opening up my scalp pores. I have never used ABBA products before and I am wondering what special formula the product may contain. I decided not to buy the shampoo until I could get more information about this topic.—Maj

Products containing alpha-hydroxy fruit acids (AHA) have been touted for their exfoliation benefits for the face, skin and the scalp. ABBA's Alphaworks was one of the first shampoos introduced with these ingredients. Designed to smooth dry flaking scalps AHA enhanced shampoo promises to open clogged pores and leave hair soft, shiny and glowing. Dermatologists speculate that hydroxy related ingredients in shampoos may also slow the decay of the cells lining the hair follicles, slowing or preventing hair thinning.

Do AHA ingredients really work when added to shampoos? The jury is still out. To date, alpha-hydroxy formulas have only been added into a small number of hair-care products. Experts debate whether AHAs provide good value in hair care formulas. There is also concern that use of these types of acid formulas can leave scalps and hair hypersensitive to future sun exposure if not protected by sunscreens. Others hair care experts argue that when AHA is added to a shampoo the benefits are instantly washed down the drain with the final rinse.

The best way to determine if your stylist's recommendations will work for your hair is to take the ABBA shampoo for a test run and evaluate the results for yourself.

*Karen M. Shelton is President/CEO
of the popular award-winning
<http://www.hairboutique.com>*



Have a question for the hair doctor?
Email us at cheryl@celebinsider.com
or send your question to:



Hair Doctor
101 Hairstyles

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New York, NY 10018

Beauty From

by Karen M. Shelton
HairBoutique.com • <http://www.hairboutique.com>

Whether it is summer or winter, most people are exposed to constant artificial temperature management through either air conditioning or heating systems. To maintain a consistent comfortable environmental temperature most office buildings have windows that do not open.

While your body may feel comfortable during different temperature shifts, your skin and hair may be challenged. Artificial heating and air conditioning along with constantly closed windows may accelerate the development of positive ions, toxins and dust in the air that you breathe. Inhaling toxins add to the overall amount of free radicals that are released into your body. The gunk also lands on your skin and scalp, causing potential blockages of pores and cuticles.

Positive ions are thirsty ions that need constant moisture. If moisture is not readily available from humidifiers or related generators, the positive ions will literally suck off your hair and skin to satisfy their thirst. Yes, it is a lot like the proverbial vampires that suck your blood. As you can imagine, with the moisture being robbed from your skin there can be long term consequences. Skin, over time, may lose a lot of moisture necessary to fight off sagging, wrinkles and overall tone.

What can you do to combat the ion vampires? You can make a conscious decision to replenish lost moisture to hair and skin. Remember to drink at least eight glasses of water during winter and summer months to replenish lost moisture. When you notice that that your skin or hair feels drier than normal, employ the regular use of humidifiers and moisture generators like miniature waterfalls and indoor fountains. You can also lightly spritz your skin and face with bottled water or special skin moisturizing sprays throughout the day.

Tomatoes: Oily Skin Allies

Tomatoes are the darling of many industries these days. Known as a great cancer fighting food because of its special lycopene compounds, tomatoes are also popular for use in skin and hair care. More products are showing up on the market every day with ingredients derived from tomatoes.

So what is lycopene? It is a documented free radical warrior. Over time those nasty free radicals that can be released due to positive ion challenges (those ion vampires) will break down important support structures for the hair and skin. Tomatoes and lycopene will help fight off the moisture suckers.



Images Salon (Corona Del mar, CA); Stylist: Nasser M. Sharif; Makeup: Kimberly Bouman; Photo: Taggart-Winterhalter; Production: Purely Visual.

The Garden

Garden Tomato Vegetable Complexion Soap

Although comedians are not wild about getting pelted with tomatoes, when used as a cleanser, tomatoes in the face are fabulous for balancing and maintaining moisture and pH levels while also tightening pores.

A highly recommended skin care product is Burt's Bees Tomato Complexion Soap. The folks over at Burt's are famous for their revolutionary soap made with naturally acidic fresh dried tomatoes. Designed to capture all the advantages that tomatoes can offer skin, the Garden Tomato soap gently cleanses normal to oily skin and provides soothing relief for troubled complexions. It also helps to fight against aging of the skin.

The Burt's Bees Garden Tomato Soap is 96.8% natural. It contains a vegetable soap base, fragrance, tomato powder and aloe barbadensis. Not only does the Garden Tomato Soap combat sagging skin and unbalanced pH conditions, it smells absolutely wonderful. If you love the aroma of freshly picked tomatoes you will love this soap and your skin will thank you.



Garden Tomato Toner For Normal to Oily Skin

If your skin loves the Tomato Soap it will probably also love the Burt's Bees companion tomato toner. Burt's tomato toner comes in a classy glass bottle. It removes residues of facial soaps, cleansers, and dead skin cells, while restoring natural pH balance to the skin. It is a wonderful companion product for the tomato soap.

The tonic benefits of tomato, cucumber and parsley extracts deep clean and tighten pores, leaving skin smoother, firmer, and more finely-textured.

Wild Lettuce Vegetable Complexion Soap For Normal To Dry Skin

Although the tomato soap and companion toner are designed for normal to oily skin, it is not considered to be as beneficial for dry skin.

For all your dry skin babies Burt's Bees created a wonderful 95.79% natural moisturizing Wild Lettuce Soap with great ingredients. The soap is made from a vegetable soap base and contains freshly dried succulent wild lettuce, moisturizing aloe vera and comfrey leaf powder. The wild lettuce is freshly ground into a powdered form and is nutritionally rich yet mild to the skin. It will gently cleanse, soothe and refresh sensitive and dry facial skin.

Wild Lettuce Toner For Normal to Dry Skin

Wild Lettuce Toner is the companion toner to the Lettuce Soap. It gently removes lingering traces of facial dirt and makeup while restoring the skin to its natural pH balance. It is especially good for skin that tends to get dry and the product is 99% natural.

Formulated with a blend of botanical extracts known for their cleansing, toning and soothing benefits, this mild toner deep cleanses and refines the pores.

The Lettuce Toner contains water, SD alcohol 40-B (from yellow corn),



wild lettuce extract, cucumber extract, chamomile extract, lemon peel extract, glucose & glucose oxidase & lactoperoxidase (sugar and natural enzymes), citric acid, sodium citrate, fragrance.

Garden Carrot Vegetable Complexion Soap For Sun Exposed & Mature Skin

For skin that has been damaged by the environment or from too much sun exposure, Burt's Bees make a special Garden Carrot Soap. This product works as a natural antioxidant, to help reverse free radical damage.

Vitamin rich, fresh dried and ground carrot powder is blended with aloe vera and rich beta-carotene to cleanse pores, improve skin tone and color, and help rejuvenate sun-exposed, mature and sallow conditions.

Carrot Seed Oil Complexion Mist

This 100% natural hydrating complexion mist is specially formulated for mature and sun-aged skin. Burt's Bees included essential oils of carrot seed, vetiver, and rose to tone, rejuvenate, and replenish moisture while stimulating circulation and softening the appearance of fine lines and wrinkles.

Carrot seed oil is also known as *Daucus Carota Sativa* which is a thin, yellow oil distilled from ground seeds. Rich in Carotene and valued for its soothing, relaxing properties. It stimulates cell renewal as well as the sweat and sebaceous glands, and is a great benefit to mature or dry skin.

The Carrot Seed Oil protects skin exposed to weather extremes and is indispensable for hikers, skiers and outdoor athletes. It has been proven to help deter or reduce wrinkles. It contains a wonderful woody, earthy, fruity scent.

This formula also includes Balsam of Peru or *Myroxylon Pereirae*. This essential oil contains a very rich, vanilla-like fragrance. It promotes healthy growth of skin, and can also be used for eczema and chapped hands and skin conditions.

Tomatoes In Your Hair

Everything from shampoo, cologne and candles are popping up on the market with tomato ingredients. Tomato paste is a known hair remedy that will help remove yucky green stains from hair that had a fight with pool chemicals and lost. Tomato sauce, soup or juice are great soaking agents for hair that contains hard-to-remove odors. Tomato based ketchup will also work to remove hair stains in some cases.

Although tomato products are great for emergency hair remedies, it is important to remember that tomatoes can be acidic and drying. Using fresh tomatoes regularly on the hair is not recommended.

Tomatoes can be fabulous for helping control aging and problems with skin. Although most people don't relish getting a tomato in the face, it can actually be very therapeutic. Other garden veggie formulas will help skin including lettuce and carrots. While tomatoes will help normal to oily conditions, lettuce and carrot based formulas will help dry and damaged skin conditions.

For information on where to purchase Burt's Bees, call their hotline at 1-800-849-7112, or log on to their website at www.burtsbees.com

Spa Secrets

by Karen M. Shelton • HairBoutique.com • <http://www.hairboutique.com>

History tells us that since the beginning of time people have concocted various recipes to promote beauty, anti-aging and conditioning for hair and skin.

Documented softening formulas for ancient Egyptians included hippopotamus fat, gazelle dung, writing fluid and ground donkey teeth mixed with honey. The ancient Romans used finely ground narcissus bulbs, honey and wine to prevent facial wrinkles. In the 17th century women slept in special hair and face gloves that were actually made of silk, linen or leather stretched over various creams and oils to iron out skin creases and moisturize hair.

Current day beauty spas have adopted their own form of special recipes made with fruit, honey and other natural ingredients.



Honey & Banana Deep Conditioner

The Egyptians and Romans must have been on the right track with their use of honey in their beauty recipes—honey is a fabulous natural moisturizer for hair and skin. Bananas are also moisturizing because they are chock full of potassium which adds

softening properties to the hair shaft. They contain rich natural oils and carbohydrates along with vitamins A, B, C and E that fortify the hair's elasticity and prevent split ends. Bananas contain tryptophan which is a rich amino acid and have a wonderful scent.

The Taiwano Indians use heated extract of banana as regular softening scalp treatments. The Body Shop is famous for their various banana products while the Philou Banana Shampoo and Conditioner is a big seller at HairBoutique.com.

A custom recipe was blended for my hair that included the following ingredients:

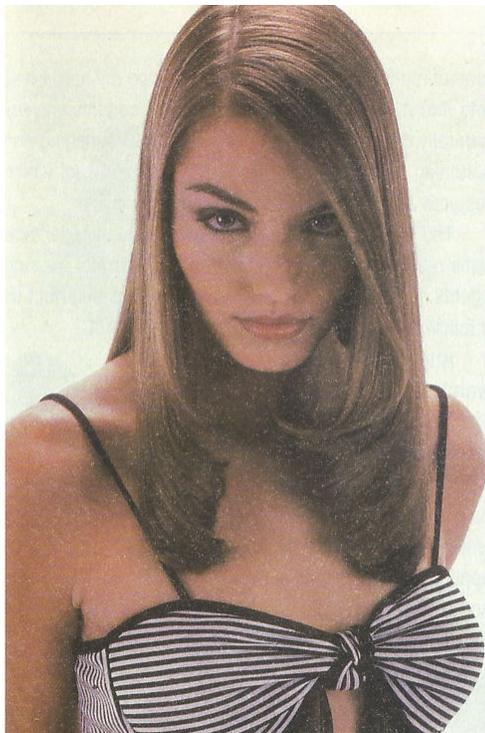
- 1 large organic ripened banana
- 2 tablespoons plain organic yogurt
- 2 teaspoons organic wheat germ oil
- 1/4 teaspoon of lecithin
- 1/8 teaspoon of organic honey
- 2 teaspoons of sweetened condensed milk
- 2 to 4 drops of ylang ylang essential oil

The ylang ylang essential is used to give a special relaxing and soothing effect. Not only does this magnificent oil calm and soothe raw nerves and emotions, it is famous as a softening agent for skin and scalps.

My spa beauty consultant explained that she buys all of her organic products at the local health food market when possible. If you are not able to find organic products or buy from a health food store, you can still try this recipe with normal grocery store products. Using a high speed blender the consultant mixed the ingredients until they were the consistency of a thick fruit drink.

A detoxifying shampoo was applied to my hair to remove any possible product build-up and was followed with a warm rinse and a towel blotting. The thick goeey mixture was then brushed onto my freshly shampooed and damp hair with a color application brush that looked like a type of paint brush. The conditioner was applied one inch from the roots down to the very ends of my hair.

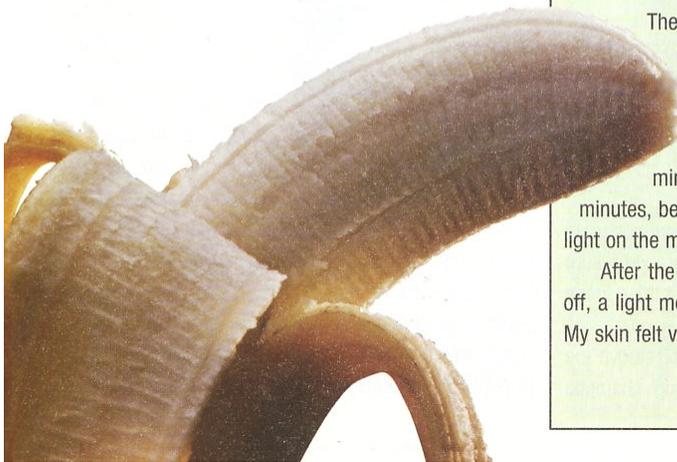




Banana & Avocado Facial Mask

My hair was wrapped in a plastic cap and then in a hot towel. While I was waiting for my “hair to cook,” I had a gentle cleansing facial followed by a Banana-Avocado Face Mask. Although I was beginning to feel like a complete banana head, I welcomed the opportunity to try yet another special recipe.

Since I have mild rosacea of my cheeks I wanted to avoid any treatments that might aggravate my skin and cause breakouts. Even though the spa also offers a



couple of different fruit juice mask options (apple, papaya & peach) the consultant suggested the gentle softening properties of the Banana-Avocado Mask.

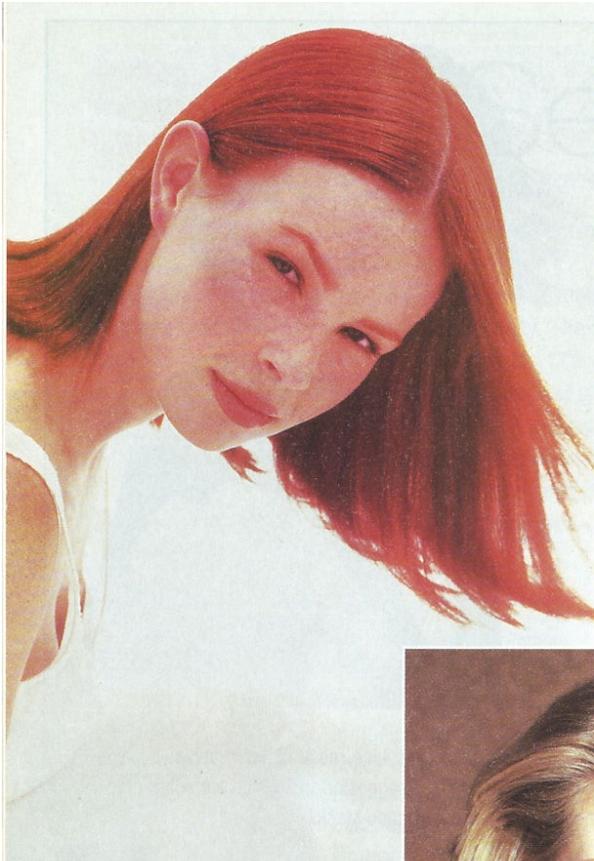
The banana/avocado facial recipe included the following ingredients:

- 1 small organic ripened banana
- 1 small organic ripened avocado
- 2 tablespoons plain organic yogurt
- 2 drops of vitamin E oil
- 2 drops of ylang ylang essential oil



The banana and avocado were mashed together to form a gooey lime green paste. The yogurt was mixed into the paste. The mixture was massaged onto my newly cleaned and steamed damp skin. The mask was left on my skin for 10 minutes. Although this mask can be left on up to 25 minutes, because of my sensitive skin, it was decided to go light on the mask time.

After the face mask was completely removed and rinsed off, a light moisturizer that is “rosacea friendly” was applied. My skin felt velvety soft and refreshed. My skin glowed.



(one of my favorites) was used to shampoo my hair. I was told that it was the perfect shampoo for conditioning my naturally dry hair. Phytoacadamia contains nourishing and softening macadamia oil, illipe butter & panthenol which restores and fortifies damaged hair.

The shampoo is made with real cider vinegar and does not foam since it does not contain harmful sudsing agents. It is a gentle balancing shampoo that is perfect as a follow-up for the banana hair mask treatment.

After a complete warm water rinse my hair was sealed with a quick cold water rinse. After towel blotting my hair, Phytotherathrie #7 leave-in conditioner was applied to help detangle and seal in the results of the mask. My hair was



braided, while still wet, into a single three strand braid and allowed to air dry.

After my hair was completely air dried I removed the braid to discover lush, very soft waves with amazing shine. I felt wonderful while my hair and skin looked terrific. All natural hair and skin recipes can be a wonderful way to treat yourself to a home spa experience. If you want to avoid the muss and fuss of drippy treatments, head for your

local day or destination spa for the full treatment. When you schedule your appointment ask about the spa's custom beauty recipes for hair and skin. Some spas also offer complete head-to-toe masks and wraps made with everything from seaweed and mud to papaya and peaches.

Removing The Hair Mask

After my facial was finished it was time to remove my hair mask that had been on my hair for close to one hour. I was told that this mask is wonderful as a regular weekly treatment for severely damaged hair. If you can stand the drippy messiness this hair mask can even be slept in overnight.

Note: If you wish to sleep in the hair mask apply it at least one hour before bedtime. This will give the mask time to dry on your hair and prevent terminal nocturnal drippage. Wrap your hair in a plastic shower cap and be sure to protect your bedding with towels. Shampoo first thing in the morning with warm water.

My hair was first rinsed with warm water to remove the mask. Phytotherathrie's Phytoacadamia restoring shampoo



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Aquarius

January 21st to February 19th

Charitable, kind and humane you do for others while sacrificing your own needs for the greater good. You will gladly give your all for a worthwhile cause. Although you march to the beat of a different drummer, people sense your subtle air of refinement and sophistication. Incredibly gifted and talented, you are seduced by the unusual and the exotic. Pamper your tresses with **Naturopathica's Green Tea Treatment Shampoo** made with Vitamin E, Wheat Germ, Green Tea and Jojoba. Materialistic issues are your lowest priorities. Experiment with **Kusco Murphy's trendy Normal Wash** that blends lime blossoms and lavender into a gentle shampoo formula.



cated and intense you also scheme to have your cake and eat it to. Red is your royal color. Ignite your luscious locks with a stunning ruby glow courtesy of **Mine's Fire Friday** or **Aveda's Madder Root Color Shampoo** that utilizes a natural colorant and imparts red warm tones to natural red and brunette hair.

Taurus

April 21st to May 20th

Quite simply you love the beauty of life. Hedonistic, materialist and deeply romantic you crave sensuality in the foods you eat, the clothing you wear and the company you keep. You enjoy frolicking with nature and have a special affinity for plants and animals.

Indulge your tresses with **Philip B's** sinfully rich **White Truffle Moisturizing Shampoo** made from the finest Italian white truffle oil combined with the very purest extracts of Nettle and Thyme to provide aromatherapeutic bliss. When only sweets will do, drench yourself in **ICE's Ice Cream Daily Shampoo** for a creamy sudsy treat for your luscious locks.

Pisces

February 20th to March 20th

In harmony with the sea, you are a magical mystical mermaid full of gentleness and whimsy. You possess a subtle, electric intensity that radiates as a silvery auric glow. A dichotomy of independence threaded with vulnerability, you have complex needs and desires. Purify yourself with **Aquage's Vitalizing Shampoo**. Cultivated from the sea, this formula is invigorated with sea botanicals and an exclusive blend of various seaweeds, kelp and marine ingredients to nurture, moisturize, protect and beautify your Neptunian locks. Keep **Phyto's Phytomiel Hypoallergenic Baby Shampoo** hidden away for supersensitive days when this honey and apricot blend will make you feel safe and secure.

Gemini

May 21st to June 21st

An excitement junkie, your brain operates as your erogenous command center. Perky and upbeat, you love making new connections that test your brilliance at mastering word games. Restless mental energy whipped up with endless curiosity drives you to experience new adventures. Your wit is only matched by your vast knowledge. All of your sensual and sensory needs will be satisfied with **Frederic Fekkai's Moisturizing Shampoo with Shea Butter**. This coconut-derived formula gently cleanses as it hydrates and smoothes with luscious shea butter. Unruly hair is a thing of the past. Opt for **Philou's Bubblegum Shampoo** to relive fun loving childhood days.

Aries

March 21st to April 20th

Fiery Mars is your ruling planet and injects you with a steamy hot passion and eternal sizzle. You live life intensely and without fear. Self-confidence is your forte. Your wild sense of humor often mingles with a slight touch of arrogance. Although you love things uncompli-

Cancer

June 22nd to July 22nd

A little bit naughty, a whole lot nice, you are full of delightful surprises. Most people have no idea what makes you tick even after knowing you for years. A full-blown worry wort, you have a looney sense of humor that can capture a smile from even the grouchiest person. Your moods flow with the tides as you bounce between babying your sweetie and wanting to be babied in return. Lather up with thick and creamy **ARTec Smoothing Shampoo** to quench your deep need for nurturing and soothing. Reach for **Aubrey's Honeysuckle Rose** when your need to be coddled screams for attention.

Leo

July 23rd to August 22nd

The official crown jewel of the Zodiac, you sparkle like a spectacular gem. The modern version of a Greek goddess, you deserve only the very best that life has to offer and you know it. Ruled by the magnificent Sun you are fiery, dramatic, high-spirited, extroverted and powerful. Everything you choose to touch turns to gold. Your bark is worse than your bite which hides a tender heart woable by all the trappings of romance. Wildly optimistic you are stubborn, opinionated and commanding. Indulge your erotic senses and spectacular mane with **Alterna's Enzymotherapy Caviar Shampoo** or **Philou's** sensuous **Chocolate Mint**.

Virgo

August 23rd to September 22nd

Hardworking, intelligent and trustworthy, you always carry more than your weight in any matter. As your own worst critic you demand top performance from yourself in every area of life. Rules are necessary boundaries that you cherish and follow to the letter of the law. If you are a typical Virgo you believe that purity and cleanliness are next to godliness. Use a shampoo like **Hayashi's Purify Shampoo** with a clean fresh scent that is as natural as possible. A healthy alternative is **Giovanni's 50/50 Balanced Shampoo** utilizing organic ingredients with carefully selected blends of vitamins, minerals, herbs, and oils.

Libra

September 23rd to October 22nd

Famous for your magnetic beauty and charm, you are skilled in the arts of persuasion, negotiation, seduction and procrastination. Many of your true strengths are often hidden behind your sweet public persona. You detest any form of injustice or cruelty and value order and symmetry. **Pure Hair Patchouli Balance**

Shampoo can help you achieve the balance of superior cleansing and conditioning that enhances your natural beauty. Your love of the finer things in life can be satisfied with Goldwell's rich, luxurious, **Kerasilk Conditioning Shampoo** that will leave your hair feeling as soft as your favorite silk and satins.

Scorpio

October 23rd to November 22nd

Extremely private, you are full of deep dark secrets. Seductive and sophisticated you exude a certain something that acts like a powerful magnet drawing people closer. Destined to experience a range of intense and transformational life experiences, you understand that nothing comes easily in your universe. Empower your strands with **Matrix Amplify Shampoo**. Ruled by Pluto, the planet of transformation, you constantly reinvent yourself while transcending to new realms of attunement. Satisfy your need to dominate and evolve with **TIGI's Control Freak Shampoo**.

Sagittarius

November 23rd to December 21st

Curiosity may have killed the cat but it won't slow down your always-inquisitive mind. Your fantastic brain needs constant stimulation to keep it buzzing. As a true Renaissance person you are always eager to walk on the wild side and try lots of new things just for the thrill. You love faddish clothes and outrageous hairstyles. Comfortable with everything from multi-colored spikes to dreadlocks, you love to shock people with your appearance. Play with **KnottyBoy's** fabulous rosemary, tea tree and peppermint dread shampoo bar to fight scalp itches. Harness your passionate side with **Elizabeth Arden's Green Tea Shampoo**.

Capricorn

December 22nd to January 20th

Born with a strong sense of loyalty and ethics, you value practicality in all matters. Enamored of tradition and predictability you are thrifty. Always well prepared for any occasion, you are constantly weighing your options and take no chances. Calm and collected, you are at your best in an emergency. You guard your heart carefully to avoid having it broken and in the process may miss out on a grand love through hesitation. Indulge your love of classic hair care lines with **Clinique's Daily Shampoo**. Splurge your hard earned pennies on **Paul Mitchell's** exclusive **Modern Elixers Refining Shampoo** custom-blended line.

Hair-O-Suds