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Celebrity
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101 HairStyles

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**IDEAS FOR
THE SEXIEST
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Best Cuts
for Your
Face Shape

Top 10
Best Tressed
Secrets

CSI Style



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Celebrity
Trend
Forecast



J.Lo



Halle

Courtney Cox

Cover Model
Semi-Finalists
Announced
***It could
be you...***

101's **Sneak Peek** for Spring 2003





ISSEY MIYAKE L'EAU D'ISSEY

The Eau de Toilette and Pour Homme:

Based on the flowing element of water, this fragrance set awakens a feeling of total beauty. Pour Homme is a combination of fiery spices, like nutmeg and geraniums. The sweet scented fragrance for women is based in notes from orchards and petals drenched in sap. Available at fine department stores nationwide, Sephora, www.sephora.com or 1-877-SEPHORA.



Wear Romance In Your Hair

Romantic legend has it that Cleopatra captured the heart of Marc Anthony when she toasted him with a glass of wine infused with the crushed remains of a priceless pearl. Cleo was also famous for covering her body from her tresses to her toes with exquisite gems and ornaments.

Historically hair ornaments have been worn by both men and women for many thousands of years. Like fashion, hair accessory designs change with the social and political climates. With the current fashion movement towards anything soft, lacy and romantic, it is only fitting that hair gems are morphing into elegant and feminine designs. Romantic hair baubles date back to the Edwardian, Victorian and Art Nouveau periods famous for soft, delicate lines and curves.

Watch for stunning hair ornaments like the breathtaking circular, looped and delicate lacy lattice hair slides from FranceLuxe to gain major popularity during 2003. Gorgeous filigree leaf barrettes made from luxury tortoise materials are additional candidates for popular appeal. A very fine hair jewelry item, the FranceLuxe filigree leaf barrette consists of a curved lacy hand-made leaf front piece mounted upon a gold plated barrette fitting. Each piece is carefully hand-polished to perfection and is a work of wearable hair art.

Delicate hair slides and filigree barrettes would have been a perfect accessory for the ethereal looks of the Edwardian period that was marked by elegant and feminine fashions that harked back to French Royalty of the 18th century and included

neo-classical and Rococo influences. More importantly, these designs are wonderful hair jewels for the current 2002 romantic hair revival.

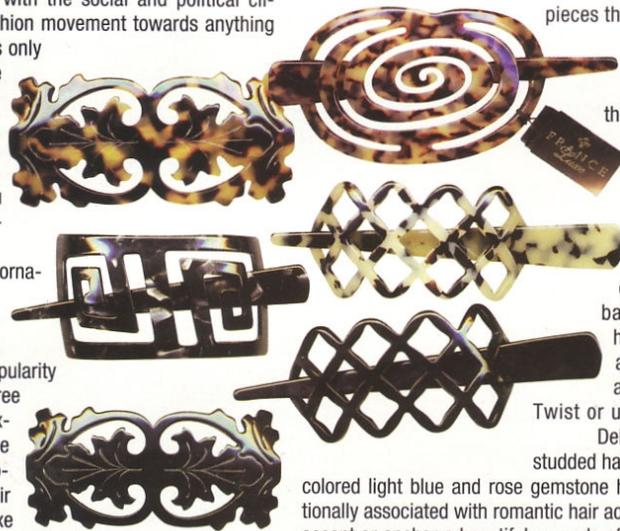
Traditional romantic jeweled motifs that portray delicate lace, bows, roses and hearts will also flourish, working well with the new looks highlighting soft curls, waves and ringlets.

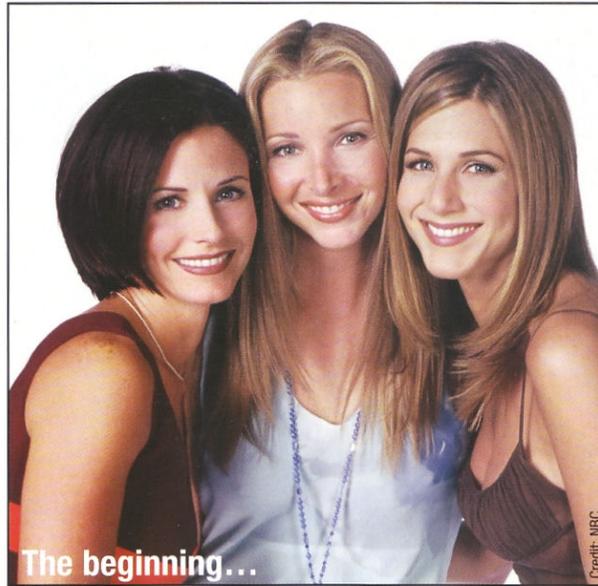
Whether you have short or long locks, you can enjoy the new romantic hair jewels. Select pieces that evoke thoughts of romantic periods from the past. For short to medium tresses look for delicate accent pieces that contain rich details, delicate, open or pierced styling.

For longer or thicker locks check out slightly larger jewelry designs such as the new hair slides and loops that feature open-worked styling to present a delicate appearance and balance. These sizzling hot new designs are also perfect to offset a classic French Twist or updo.

Delicate pearl and cameo studded hair clips along with soft-colored light blue and rose gemstone hairpins are also traditionally associated with romantic hair accessories. Use them to accent or anchor a beautiful cascade of curls. Mother-of-pearl barrettes, headbands and ponies are also a staple of a well-rounded romantic hair jewelry wardrobe.

FranceLuxe luxury hair jewels are considered to be the most beautiful hair ornaments in the world. FranceLuxe is available in a number of rich shades and designs at HairBoutique.com (www.hairboutique.com) or by calling 1-866-469-4247.





Make Friends With Your Hair: Best Celebrity Cuts For Your Face Shape

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

For many years the fabulous trio of female *Friends*—Rachel (Jennifer Aniston), Monica (Courteney Cox Arquette) and Phoebe (Lisa Kudrow) have offered their fans ongoing hair styling inspiration. Throughout the course of the show all three of these lovely ladies have entertained us with their onscreen antics and constantly changing looks. Although rumor has it that contractual requirements keep the threesome from altering their manes too drastically, they still manage to change their strands in a variety of subtle but noticeable ways.

Many stylists hold the belief that there are four basic face shapes: oval, round, square and heart. Although it may seem simple to pick from one of the four options, identifying your own face shape can often be challenging. This is because the majority of people, even celebrities, do not have classic shapes. It is common for face shapes to take on the characteristics of more than one type. Hence you might find a square shaped face that is long, a heart shape that is slightly rounded or an oval shape that becomes round or even square with added poundage. One thing is certain. Most stylists do not limit styling options based on facial definition. In today's world anything goes.



Jennifer Aniston

During the second season of *Friends*, Jennifer launched "The Rachel" which took the hair world by storm. Not since Farrah's blonde wings did the public react with such fervor over a hairstyle. It was both a blessing and a curse to the now Mrs. Brad Pitt who eventually grew

out the look to lose all the public frenzy about her hair. Jennifer has a prominent chin prompting many to deem Jennifer as having a heart shaped face. If you look closer you might surmise that Jennifer's face is not a classic heart but also appears slightly rounded.

Famous for her natural waves and curls, Jennifer has run the gamut from her short bob-like straightened Rachel to her very long natural wavy locks that she wore for her spectacular wedding to the luscious Mr. Pitt. After her nuptials she went much shorter with a shaggy bob that she promptly grew longer.



Credit: WireImage

For the current 2002-2003 season of *Friends*, Jennifer is sporting a soft, sleek wavy style that is parted in the middle. Jennifer's longer layers originate at her chin which helps to weigh down her natural waves with movement and definition. Jen's current sophisticated style also counters her prominent chin with the extra volume that flicks outwards right below her chin.

The narrow angles of a heart shaped face can be countered with the extra volume of a layered or choppy bob, which flicks outwards at chin level. Super short or severe bobs that accentuate a prominent heart shaped face should be avoided.

Courtney Cox Arquette



Credit: JPI

A classic beauty, Courtney has a very angular facial shape that appears to be mostly square. In the beginning, Courtney as Monica Geller was sporting a short classic bob. As her career expanded into the world of the *Scream* movies she became more adventurous with her

locks. Who could ever forget the teeny tiny baby bangs that she wore in *Scream 3*?

For the current season of *Friends*, Courtney is wearing her deep chocolate tresses slightly below shoulder length with shaggy, shattered auburn kissed layers that start slightly below the cheekbones. She's let her hair grow much longer over the past few years, as her stylists added depth and softness to her angled layers. Courtney's current style is worn without bangs and appears thick, lush and full of movement. Her current soft-layered look seems to be just right for her type hair and her facial shape.

Layers are a perfect way to softly disconnect sharp square or angular



face shapes like Courtney's. Longer styles that defocus harsh lines are preferable to short or angled styles. Even better are styles that fall into soft curls or waves that nestle at the shoulders.

Lisa Kudrow

Lovely blonde Lisa has a long face with a slightly prominent chin. The best style for Lisa is layered side-swept bangs that help soften her high forehead. Bangs cuts at different lengths offer a myriad of styling options.



Lisa started life as Phoebe with a very long center parted hippie-girl look befitting her quirky character. While the look was a perfect compliment to her on-screen personality, the style accentuated Lisa's long face.

Like her other *Friends*, Lisa as Phoebe has evolved into a much more sophisticated and flattering hairstyle for the current season. Looking stunning in her new shoulder-length softly layered style, Lisa's high forehead is camouflaged with longish side-swept bangs. Her shoulder dusting length adds volume and softly rounds out her face. The Phoebe character is the most adventurous of the three female *Friends* often appearing in chic hair accessories and jewels. The long bangs and layers give her many styling options from her famous pineapple messy updo to the various clips she appears to love.

A softly cut wavy or curly bob could work for anyone with a thin face and prominent chin like Lisa. An off-center part is also an option for adding instant width to a narrow face.

For shorter hair a wavy or curly bob with an off-center part adds width to a narrow face. Bangs can actually be utilized by any type of face shape as an instant remedy. Having bangs can give a new look without a major change.



Credit: WireImage

General rules of thumb include the fact that disconnected layers work for heart shapes or prominent chins, and off-center parts can fix a variety of challenges slimming broad faces and providing defocus. Face-framing pieces that fall below the jaw line can also create movement and flow as well as adding needed fullness or softness.

Oval faces generally look good in almost any length or hairstyle. Round faces have more challenges but generally look good in longer, wispy face-framing layers or in a sleek style with softly fringed bangs and worn in a straight shoulder or longer length.

101's Top Ten Styling Secrets

by Karen M. Shelton • HairBoutique.com

In our quest for eternal hair bliss many of us perpetually chase those indefinable secrets that will transform our tortured tresses into sensual shimmer. The reality of beautiful hair lies in the following ten pearls of styling wisdom.

1. Start With A Stellar Attitude

One of the most important secrets to having a great style is to have a positive attitude. Whether you're stuck with limp locks or do-nothing strands, dream the dream of luscious locks and it will happen. If you mope about your mop you are doomed to an endless string of bad hair days. Many fabulous styling techniques have been developed to help counter challenged hair. Be open to the possibilities and know that lovely locks are doable for even the most follically challenged.

2. Partner With A Great Stylist

Behind every great head of hair is a brilliant stylist. J. Lo, Jessica Simpson and Kirsten Dunst have the fabulous Ken Pave on their tresses team, while Oprah has the talented Andre Walker. The right stylist will help you select the best cut, and color for your skin tone, bone structure and hair type. They will also coddle your follicles with well-timed treatments and styling tips. Remember that there is no substitute for quality hair care in the hands of a stylist who can make you look like a million bucks. Make it your life's mission to find a great stylist and then stick with them for the long haul.

3. Select a Signature Style

Don't fight Mother Nature. Do as celebrities like Meg Ryan, Sarah Jessica Parker and Heather Locklear do. Know your hair, maximize its natural beauty and make it your signature style just like Jackie O's pearls. Whether you love long and luscious, medium and edgy or short and sassy styles, select a realistic look that works well for you and your lifestyle.



Oak Street Hair Group (Mountain Brook, AL);
Makeup: Jistine Howard; Photo: Tom Carson

4. Avoid The Temptation To Be A Trend Tramp

Hairstyles and hues change as quickly as hemlines. Just when it seems that hair has settled into a hot new style, it changes. One season hair is long and lush, the next it is short and choppy. Who would have guessed that rock star Pink and reality star Kelly Osbourne would have ushered in a Flamingo hue craze? Save your strands and banish periodic urges to follow the latest trends. Blast off style boredom with slightly altered shades, well-chosen classy accessories and texture. Your hair will love you for your resistance to style swings.

5. Invest In The Best Products You Can Afford

Phyto, Frederic Fekkai, Philip B and Rene Furterer products are used around the world by celebrities like Jennifer Aniston and catwalk queens like Gisele. Why? They are some of the best lines around. The reality is that you get what you pay for. Limited resources don't mean that you can't have great products. The beauty of the premiere lines is that a little bit goes a very long way. Ask your stylist to recommend formulas designed for your hair's challenges that are compatible with your budget.

6. Design A Custom Hair Care Regime

Whether you shampoo daily or weekly, blow-dry or not, how you care for your hair must be customized to your strands. The current trend is to shun shampoo on a daily basis. If your hair must indulge in daily suds, experiment with gentle formulas that won't trip precious oils. Pay attention to how your hair reacts to your regime and then fine-tune it to perfection.

7. Learn To Use Your Tools

The right products used improperly are a waste of time and money. Even worse, using the wrong tools can actually damage your hair. Cheaply made combs and brushes can snag delicate strands. Invest in good tools and learn to use them correctly. Ask your stylist to teach you how to shampoo, apply conditioners and utilize styling aides.

8. Pamper Your Strands

Book regular appointments with your favorite salon for scalp and deep conditioning hair treatments. Pollution, styling products and life's daily wear and tear will stress out the healthiest cuticles. Scalps can be abused by a variety of hair care techniques. Opt for treatments that deep clean, stimulate and nourish the skin on your scalp. Ask for a gentle detox treatment for your strands followed by a moisture rich deep conditioning application. Pampered scalps and strands result in healthy glossy manes.

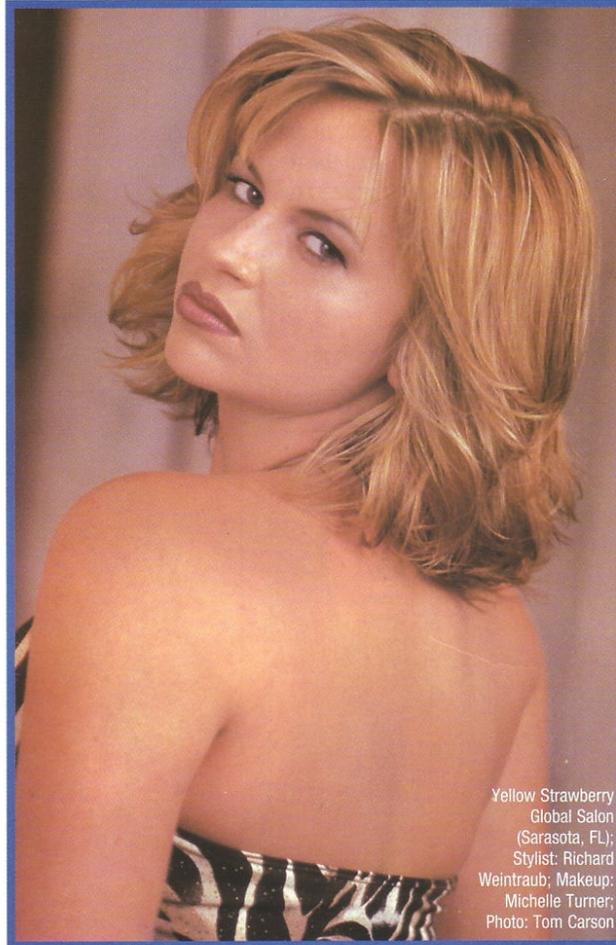
9. Nourish Your Hair From The Inside

It's true, the food you eat and the liquids you drink

influence the hair that you wear. Glossy healthy locks depend on a nutritious diet, vitamins, good rest, exercise and lots of water. Supplement your daily food plan with lots of water, healthy herbal teas and sugar free fruit juices. Avoid hair-busting diets and radical food plans. If you must diet, supplement your food plan with vitamins that give you a complete balance of nutrients and herbs.

10. Be Prepared For Anything

Even the most accomplished celebrity stylists like Lorraine Massey, author of the popular *CurlyGirl* bible for curly hair has to deal with her own bad hair days. Rest assured that



Yellow Strawberry
Global Salon
(Sarasota, FL);
Stylist: Richard
Weintraub; Makeup:
Michelle Turner;
Photo: Tom Carson

even if you do everything right, from finding a great stylist to using the best products and tools, you can't control climate. Extremes in temperatures along with humidity and rain can wreck even the best behaved hairdo. Understand how your hair reacts to your environment and be prepared with the appropriate accessories and products to get you through stormy weather.

Moments in Color

Coloring Curly Hair

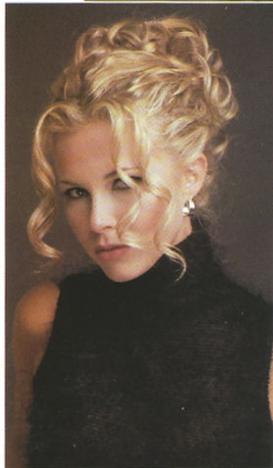
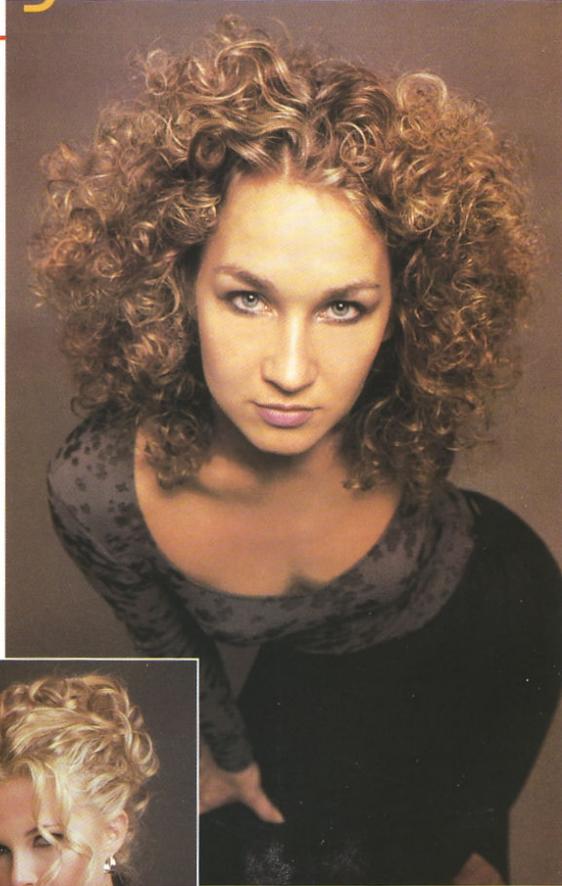
by Karen M. Shelton www.hairboutique.com

Naturally curly hair presents many challenges as those who have curls are more than aware of. A few months ago, Lara, a Hair Boutique visitor wrote to Ask Karen about the problems she was having achieving a good hair color for her naturally curly hair. She explained to me that it didn't seem to matter whether she applied the color at home or if she went to the salon. It was her opinion that the applied color always looked darker than she hoped for. She also complained that no matter what she did, she could not seem to achieve the amount of depth or shine that she wanted. What's a curly girl to do?

Lara's problem was not new to me. One of the most common problems I hear about curly hair is how to deal with adding color or highlights. While Lara has problems with applied color looking too dark and drab, many people with naturally curly hair experience problems with the color fading prematurely. Others find that adding color will increase dryness and brittleness of their curly hair.

Basic Composition & Shape Of Curly Hair

Luckily, I had spent a lot of time on the phone chatting with world-famous curly hair expert, Ouidad. During our conversation Ouidad graciously spent a lot of time explaining the basic composition of curly hair. Ouidad told me that curly hair is "baby fine hair in the shape of a corkscrew. With curly hair, the fish scales stay up all the time."



"The cuticle of curly hair does not stay closed because of its shape. Consequently, the hair, if not treated correctly, easily becomes dry and feather like. Curly hair is very delicate and more prone to damage from improper treatment because the molecular layer is constantly exposed."



Because the cuticle of curly never completely closes, chemical treatments of any type (color, straightening) can have a major impact on the hair. If curly hair is already damaged or overly dry, the addition of chemicals in the form of color or highlights will only magnify the hair's damage.

Ouidad explained that "people think that curly, frizzy hair is tough, but it's really quite fragile. Curly hair requires special care and handling along with special products that nourish the unique structure of the hair.

Coloring Curly Hair

I specifically asked Ouidad why color fades or seems to get lighter sometimes in curly hair. She reminded me "that since the curly hair cuticle never really closes, the actual molecular layer is constantly exposed and this results in both natural and chemically induced hair color fading."

I asked her opinion regarding coloring curly hair. I also inquired what color products she recommended. And Ouidad explained that if a person is willing to first relink the base of their hair by using products like her Ouidad Deep Treatment every two weeks, they can safely and happily color their hair. The use of Deep Treatment will rebuild the substance of the hair and this will allow the relinked hair to hold color longer and better. However, she warned that coloring should only be done by a professional with coloring expertise

that has knowledge of coloring curly hair.

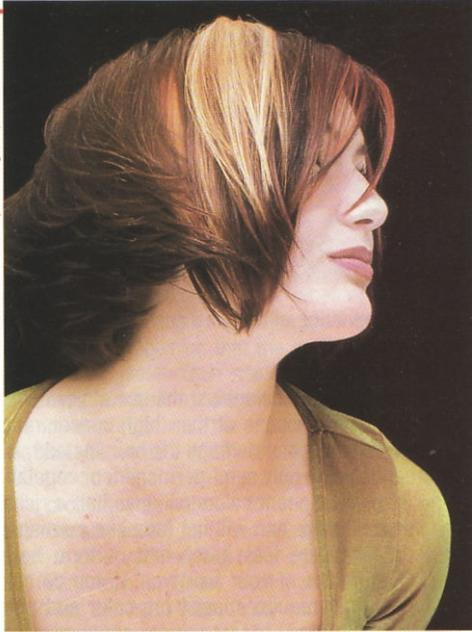
Avoid Use of Permanent Color

Ouidad strongly advises against the use of permanent color treatments because of their high concentration of chemicals which can damage the hair. Instead, she recommends using only semi-permanent or vegetable colors. Semi-permanent colors will give hair a richer, more beautiful color and will not fade like permanent colors do. They are less harsh and perform better overall. Regardless of your hair type, if you do color your hair, it will require special pre-color and post-color care. Ouidad recommends applying Deep Treatment to your hair three days before coloring, then again two weeks afterwards to seal and protect. In essence, Ouidad's Deep Treatment acts like a filler or toner in the hair shaft. With properly pre-color conditioned hair, the resulting color tones will appear more uniform from root to ends. The healthier your hair, the longer it holds the color and it is less prone to pre-mature brassiness or fading.

Color that is applied to curly hair can often look different than color that is applied to hair that is straight. Since naturally curly hair diffuses light, it may make the newly applied color dark and drab with little or no shine. Straight hair, on the other hand, has a naturally smooth surface which easily reflects light and therefore picks up the vibrancy and shine of applied color.

Moments in Color

Longer Lasting Hair Color



Hair: Benders International (Chattanooga, TN); Photo: Tom Carson

by Karen M. Shelton www.hairboutique.com

Whether you have your hair professionally colored or you use a home hair coloring kit, you probably want to make your hair color last as long as possible. There are many ways to maximize your newly colored locks so that the color remains deep and vibrant as long as possible.

There are several techniques you can try for finding a great hair color you will love:

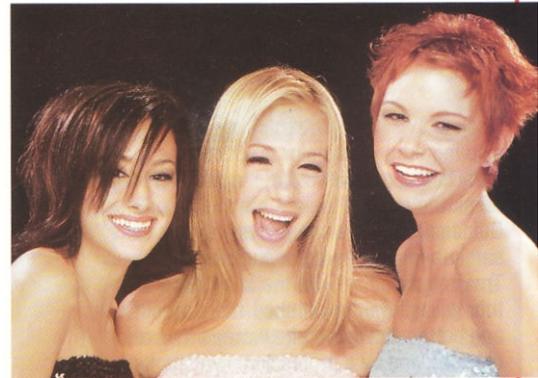
Select the hair coloring product that is most compatible

with your lifestyle. If you don't have time to redo your roots every three to four weeks, you may want to select a hair color shade that is only one to three shades lighter than your natural color. The closer you go to your natural hair color, the less your roots will show as they grow out. When your roots are less obvious, your hair color will last longer before you have to touch up your roots. Always select the type of coloring product that is easiest for you to maintain.

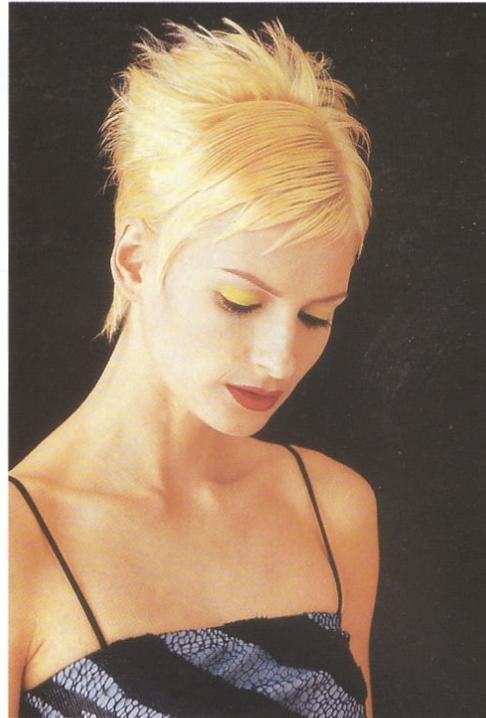
Apply a deep conditioning treatment to your hair a few days before coloring. The better conditioned your hair is, the easier the color will take and the longer it will last. Recently conditioned hair will also be softer and shinier. As an extra bonus, a deep conditioner will protect your hair against any possible damage from the color chemicals.

Color hair that has not been washed for one day. The natural hair oils will assist in making the hair color application more successful. The color will cling better to hair that is not dry.

Use a color enhancing shampoo between applications



Currie Hair'Skin'Nails; Stylist: Susan Noles; Makeup: Angela Iardella; Photo: Tom Carson



Stylist: Frances Dubose

to enhance and maintain the color. The color shampoos like Mine, Manic Panic, ARTec and Aveda's color shampoos are specifically designed to keep your color fresh as long as possible. Be sure to use the color shampoos religiously to maintain your color. The color shampoos will help you keep your color looking good until it is time for the next application. If you don't wish to use a color enhancing shampoo then at least use the most gentle shampoo that you can.

Avoid exposing your colored hair to the sun or chlorine in swimming pools. The sun may fade your hair color and the chlorine may damage the color. In some severe cases, if you have colored your hair a very light color the chlorine may leave a green tinge to your hair.

Keep your hair conditioned. Hair coloring will make your hair drier than normal. It is important to keep your hair conditioned and soft. Conditioned hair holds color better than dry, brittle or damaged hair. Conditioned hair also makes the colored hair shinier and brighter.

Add a temporary color to give you longer wear. There are several wonderful temporary hair colors now available on the market that will give your hair a temporary color that washes out after a few shampoos. If the roots seem to be growing out a lot faster than normal, or the

color looks a little faded, use a temporary color until your next permanent color application.

Use layered colors to prevent an overall faded color look. If your hair is colored all one color, or seems to fade fast after each color application, you may want to try a layered color look. The advantage to applying layered colors would be to have complimentary shades of darker and lighter colors which would reflect the light and give the color a multidimensional look. This would give your color a fresher, less faded look. It would also last longer because of the multiple shades woven into your hair. A professional colorist would need to assist you with layered coloring since it can be somewhat complicated.

Final Hair Coloring Notes

If you use a home hair color kit be sure to read all the instructions before you begin and always have an extra box on hand in case you run out of the mix, have an unexpected spill or the bottle is damaged in any way.

If you visit a color professional, be sure that you carefully explain your lifestyle and time constraints. Be sure to select a color that you can maintain easily and will fit your pocketbook.

Strand

Ask the Hair Doctor

Dear Hair Doctor,

I am 41, and in that dreaded stage of menopause. I had beautiful hair down to my waist up until the last four years. Now I have continuously cut it thinking that it would help and it is worse.

I have frosted my hair for 22 years never with any problems until menopause. I do not take hormone replacement, but I do take herb replacements. I NEED HELP. Everyone is asking me what happened to my hair. So not only am I trying to deal with the changes in my body—my hair is also an issue.

My hair is a little below my shoulders, but won't hang properly (especially in the humidity) due to the thinning. I have tried many products my hairdresser recommended. I sleep in conditioner—I spray it with leave-in and so on.

Can you please help me? I don't want to grow old gracefully. I want to fight it all the way. I need a miracle. I have been praying but so far nothing. I have bought an artificial ponytail in the meantime and that makes it somewhat better.

Thanks in advance.

*Waiting For A Miracle In Mississippi,
Robin*

Dear Robin,

Yes, growing older can be a bitch sometimes. The good news is that there are many options available to you to help with your current hair challenges. Taking some right steps will allow you to craft your own hair miracles.

Society's attitudes about hair has changed with the rise of 40+ Baby Boomers. Many are throwing caution to the wind and not worrying about going gray, thinning hair or wrinkles. Actress Jamie Lee Curtis recently posed sans make-up and hair color for *More* magazine. Why? To prove that she feels beautiful in her 40s with less hair, salt and pepper roots and advancing wrinkles. Many people in their 40s, 50s and above are learning to be comfortable in their own skin and support others who do the same.

Consider taking a little time to reflect on who you are at this stage in your life and clarify what you really value. Celebrate who you are and the wonderful things in your life. Consider that when one hair door closes another opens. Challenges always lead to new opportunities.

If you really want to effect changes with your current hair situation you are going to have to be proactive. Changes will not happen overnight without some investigation and legwork on your part.

1. Seek advice for your thinning hair from your chosen health practitioner as well as your hairstylist.

It's possible that your current hair thinning can be due to a combination of factors that include hormone imbalances, thyroid malfunction, nutritional deficiencies or other medical issues. Start with a complete physical

Solutions



Spa Uptown (Pittsburgh, PA); Stylist: Geri Mataya; Makeup: Nancy Weiland; Photo: Archie Carpenter

work-up that includes testing of your hormone levels, your thyroid output and your overall physical condition.

2. Consult with a nutritional expert.

Work with a nutritional consultant to examine your daily habits. Ask yourself some hard questions. Are you eating a good nutritional diet, getting enough sleep and drinking enough liquids to support your hair? Are you supplementing with vitamins and herbs that are right for your body's needs at this point in your life?

If you are currently taking herbs it's conceivable that you may not have the right formula or balance that is best for you. The same can be said for any vitamin or mineral program you are following. Keep in mind that as we age our bodies require different type of nutrients from a variety of sources. A good vitamin program is definitely necessary to grow healthy hair and skin. This is even more important the older we become since our bodies may require extra support.

3. Consider alternative hormonal solutions.

Although traditional hormones may not work for you, there are many alternatives that can make a difference. Many women have achieved great success with alternative forms of hormones sold at health food stores and through alternative physicians. Life-Flo Products available at many health food establishments and on the Web offer all natural progesterone and estrogen creams that can help balance hormones naturally. It's possible that your thinning may stop once you have addressed hormone imbalances or other physical issues like thyroid malfunction or common nutritional deficiencies.

Of course it may be that your genes contain a family history towards age related hair loss. If this is true, external solutions will probably work best. These solutions would include custom hair extensions, hairpieces, wigs and styling products that will help to fatten your locks by naturally expanding the hair shaft.

4. Evaluate hair extension options.

Many people have great success with "spot hair extensions" designed to add thickness and fullness in thinning areas. All natural human hair extensions are a wonderful option because they can be dyed and cut to match your current hair color and style. Clip-on ponytails, like you have recently

purchased, are a great fun way to enjoy the benefits of longer hair even with your hair loss challenges. Don't count out wigs. They have come a long way from the early days. Not only are they lightweight, they can be amazing close to real human hair.

5. Work with your stylist to find a great new style.

A great stylist can help you select a style that enhances your hair and gives it more fullness and movement. Make an appointment for a consultation with your stylist and discuss your styling options. Don't agree to make any changes during the initial consultation. Take the time to think about what your stylist suggested before you take the next step.

6. Evaluate the range of hair loss products on the market.

Many hair care products are designed specifically to help with hair loss issues. Phytotherathrie makes a series of hair care related products designed not only to address hair loss issues but to help camouflage the thinning hair. They offer a special vitamin program for thinning hair as does Viviscal.

Some of Phytotherathrie's hair loss and strengthening products include:

Phytotherathrie - Phytocyan Treatment: Phytocyan revitalizing treatment addresses female temporary hair loss from pregnancy, stress, diet or menopause. Grape seed extract & ginkgo biloba protects & revitalizes the hair. Clinical efficacy testing showed 83% positive results. This product also has been proven to delay grey hair onset.

Phytotherathrie - Phytocyan Shampoo: A combination of plant-based active ingredients restores vitality of the hair by encouraging blood flow to the hair bulb and promoting hair growth. A mild cleansing base derived from coconut oil makes Phytocyan shampoo effective, gentle and pleasant. This shampoo is a great compliment to the Phytocyan Treatment program.

Phytotherathrie - Phytoaxil Treatment: With two patented botanical active principles, Phytoaxil helps combat the process of thinning hair,

The Spa at Margo Blue; Photo: Tom Carson



Carter T. Lund and Associates; Stylist: Carter T. Lund; Makeup: Jaime Queenin; Photo: Taggart-Winterhalter for Purely Visual

Salon Boucle (Anaheim Hills, CA); Stylist: Mehran; Makeup: Rose Marie; Photo: Taggart-Winterhalter for Purely Visual

due to accelerated aging, by acting both on the hair bulb and surrounding area. Exclusively formulated with natural active principles and proven scientifically to help hair grow.

Phytotherathrie - Phytolaine Scalp Treatment: A 100% botanical scalp treatment for weak, anemic slightly thinning hair and dry or oily scalp. Essential oils cleanse purify and balance the scalp which stimulates the hair bulb. This is a must product for regular maintenance that promotes the health of the scalp.

7. Consider temporary volume enhancers

There are wonderful volume enhancing products now available on the market that allow you to shampoo in temporary hair fullness. Follow with gels and volume enhancer formulas that will help. Matrix Amplify and Vavoom are both great lines with many options for volume enhancement. Phytotherathrie offers two volume enhancing shampoos. Their wonderful Phytovolume Actif spray is the favorite hair fattener of many well-know celebrities.

Simple things like using cool water as your final rinse and drying your hair bent over at the roots will also help add fullness. Hair color applied strategically will also swell the hair shaft making it appear fuller.

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

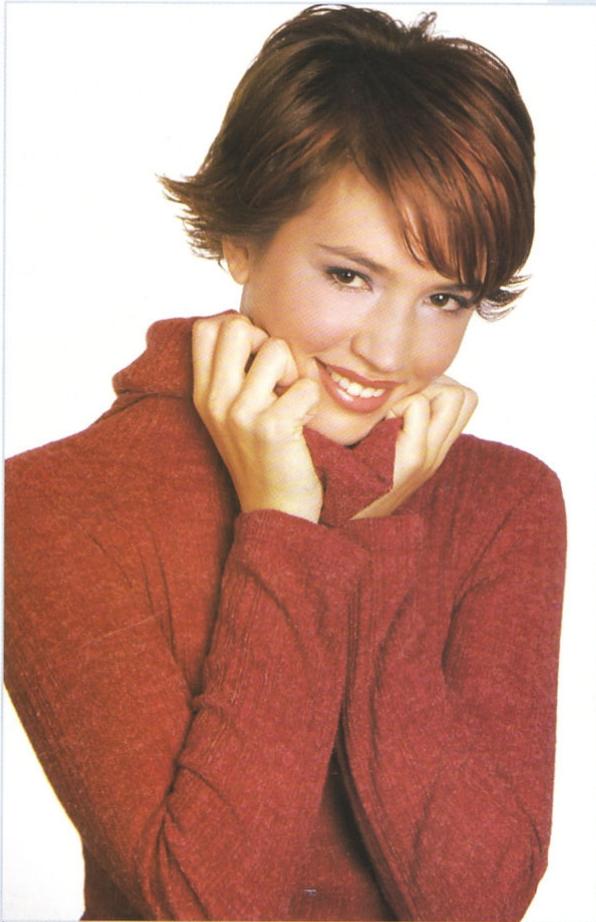


Have a question for the hair doctor? Email us at cheryl@celebinsider.com or send your question to:



Hair Doctor
101 Hairstyles
1359 Broadway, Suite 1203
New York, NY 10018

Romantic Tresses



By Karen M. Shelton
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The beauty of women's hair has been one of the most provocative inspirations for poets, musicians, painters and romantics throughout history. Some of the earliest recorded references to female hair was in 3000 BC where masses of curls were revered as the essence of beauty and sensuality.

Who can deny that there is nothing more sensuous and inviting to the touch than shiny, silken layers of tantalizing tresses? Hair can be perfumed to emit inviting aromas to invite caressing and stroking. Many lovers enjoy incorporating silky strands into love play.

If you fantasize about your sensuous hair splayed across that special guy's satin sheets try some of these tips for irresistible tresses:

get odor free results. A diffuser can be your hair's best friend. It can help you curl and wave or just ruffle-up your hair.

2. Healthy vibrant shiny hair is a major turn-on. Schedule a hot-oil or deep conditioning treatment every week, or whenever your hair needs it to maintain tip-top condition.

3. Right before that special romantic evening go a little heavier on your conditioning routine. Your style should hold through the few hours you will be out. Touchable softness is what matters.

1. Remember that men love to bury their faces in your shiny manes and inhale the fabulous scents. Chemical processing aromas can linger in your hair and may scare that special someone away. Ban the use of hair chemicals like perms or hair color a few days before a hot date. Opt for color enhancing shampoos and a good curling iron to

4. Sleep on sensuous silk or satin pillowcases to keep your strands silky soft. Consider taking your special pillowcase when you sleep over with your honey so that your hair is silky soft in the morning.

5. Shampoo your hair right before your date. Freshly

washed hair that smells yummy will tempt most men to bury their faces into it.

6. It has been scientifically proven that men respond well to scents of licorice, chocolate, vanilla and musk. Plan your hair care product use in advance so that they all have the same aroma. Consider using Philou chocolate or licorice shampoo and conditioner to tickle your man's fancy.

7. Avoid spraying perfume directly onto your hair. Lightly mist a little cloud into the air and then walk through it ala *Legally Blonde* to allow a light residue to settle on top of your locks. Coordinate your perfume with your hair care product scents for a unique and sensuous personal signature.

8. Use minimal styling products. Remember that less is more. Avoid stiff, over-styled or 'every hair in place' looks.

9. Adopt light shine, leave-in conditioning or mousse products that won't leave hair sticky or tacky. Opt for water-based styling products that have lighter hold than alcohol formulas. Avoid hairsprays that will give a dry or crunchy look.

10. When in doubt go for a simple, straight and shiny look. Men often can't resist playing with silken locks.

11. If you have naturally curly or wavy hair go for a rumpled catwalk style that invites bold fingers to caress and stroke. Think Sarah Jessica Parker's sexy rumpled Botticelli curls.

12. Surprise and tantalize him by wearing your glistening hair up in a sexy topknot for the evening held softly in place with one beautiful crystal clip or barrette. When the lights dim let your gorgeous mane down in all its glory.

13. Consider a Veronica Lake look and let your hair fall in a seductive wave over one eye. Not only will you come off as mysterious it subconsciously will encourage your guy to gently brush your hair out of your eyes.

14. For casual dates wear your hair off your neck in a simply sensuous high ponytail. Many men are intrigued and attracted by the beauty of a woman's uncovered neck.

15. Avoid styles that have to be 'undone.' Although Bo Derrick looked hot in braids, most men would pass on cornrows, heavily crimped and braided styles. Unless your hottie already loves your bright pink colors, skip the wild or garish colors.

16. Minimize hair jewels, glitter or other accessories. These add-ons get in the way of exploring hands and fingers. Keep earrings small and simple and close to your ears. Large hoops get in the way.

Remember that sensuous romantic hair can heighten the mating dance. Use your hair to attract attention, tease or tantalize. Here are some additional tips for romantic hair play:



Yellow Strawberry Global Hair Salon (Sarasota, FL); Stylist: Robert Carolla; Makeup: Anna Wark; Photo: Tom Carson



Hair Benders Int'l.; Stylist: Mark Copeland; Photo: Tom Carson

1. Gently play with your own hair using body language to signal your interest. Let that guy know that you have come-play-with-me attitude.

2. Do the famous hair toss. Men have long recognized that when a woman flips or tosses her hair back away from her face it is a play for male attention.

3. Use your fingers to slowly and seductively pull your hair up off your neck and then let it fall softly back into place. This allows you to tempt and tease with a brief glimpse of your sexy neck while showing off your soft, shiny mane at the same time.

4. Ask your guy to brush your silky tresses with your favorite brush. Few men could resist.

5. Invite your lover to shampoo your hair. What could be more romantic than a long shared shower with lots of sumptuous suds?

Take a hint from those famous hair beauties like Lady Godiva, Janet Jackson and Mariah Carey and package your own hair to tease, tantalize, enchant and capture the man of your dreams. So what are you waiting for? Get out there and work it.

Hair Profiling

By Karen M. Shelton
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Do you ever wonder why you experience bad hair days? How can simple strands of hair become such a challenge to manage? Although hair may look uncomplicated to the naked eye, in reality, hair is quite complex. Each and every hair has its own signature profile. There is no such thing as a perfect hair type or texture, however you can learn to understand your own hair's profile and how to coax your tresses to perform to their optimal best. Knowledge is truly power when it comes to minimizing misbehaved strands.

Hair Texture

Genetically predetermined and unchangeable, hair texture is measured by the degree of fineness or coarseness of your hair, which varies according to the diameter of each individual hair. Texture is also defined by the cortex or middle layer of the hair's structure and by the feel of the hair, whether it is baby soft or rough and hard. In some cases hair can be permanently altered through chemical treatments. It is also possible for some people to have more than one texture on their head at the same time.

Atenas Salon & Spa (Atlanta, GA); Stylist & Makeup: Joahma Barron; Color: Lacey Percepsie for Euphoris; Photo: Tom Carson



Hair experts generally agree that there are four major types of hair texture:

Fine hair has the smallest circumference. Fine hair can be soft and silky, and can feel like feathers. Unless it has been chemically altered, fine hair reflects light the best of the textures. When it is healthy, fine hair will often have a natural megawatt shine. Fine hair generally has a much thinner cortex and cuticle than other hair textures and generally does not contain the inner medulla.

Medium hair is the most common type of texture. Medium textured hair is neither super soft nor rough to the touch. Medium hair has lots of body and bounce, and usually holds either a blow-dry shape or any type of set well. It has the most styling flexibility of the three types. Although most medium textured hair usually contains the medulla, cortex and cuticle structural layers, there are exceptions.

Coarse hair has the largest circumference. Coarse hair can feel heavy and rough. Exceptionally coarse hair may feel a little like horse hair to the touch. The outside layers of coarse hair are often overlapped at the scales and raised from the shaft. It holds many styles with ease but can look wild and bushy with the wrong cut or style. It almost always contains three distinct layers known as the medulla, cortex and cuticle.

Wiry hair which has a very hard, glassy finish as a result of the way cuticle scales lie flat against the hair shaft. Wiry hair can also be coarse, medium or fine and usually contains all three structural layers.

Both fine and medium textured hair can be plumped up with hair shaft-swelling perms and color. They'll both get increased resilience and shape-holding power from setting lotions, mousses and hairsprays. Coarse hair can be calmed with rich conditioners and a helping of styling gel.

Density

Your hair's complete profile also includes density.

Thin hair lays flat to the head, and can be sparse or become straggly. Often the scalp shows through the hair whether the hair is wet or dry. Many conditioners and styling products will weigh thin hair down. Remedies for thin hair are similar to fine hair. Perms and color applied to thin locks will swell the hair shaft. A variety of volume building products can be utilized to give hair a thicker appearance.

Medium hair is neither thick or thin. Medium density hair completely conceals the scalp when the hair is either wet or dry. Hair appears neither straggly or bushy. It has the flexibility to be thickened with chemical processes or to be compressed through styling or product use like gels and hair waxes.

Thick hair can be quite heavy making it challenging to deal with. It completely conceals the scalp when hair is wet and dry. It can be unruly, often having too much body. Thick or very thick strands can be tamed with an expert cut, layered or

blunt, that helps build shape and eliminates bulk. Hair worn longer will help compress some of the mass and gentle relaxing treatments will add bend and movement.

It is not uncommon for hair to be thicker or thinner on different parts of the head. One side of the head may contain more follicles. It also happens that hair can be thinner at or near the hairline. Although you can't increase or reduce the actual number of hair, you can maximize the advantages and minimize the shortcomings of each type.

Type

How do you describe your hair—do you say it's stick straight, curly, wavy or kinky? The type of hair you have is determined by how much bend your hair has. All hair has some natural bend which can range from just a little in straight hair to a lot in curly hair. Your hair type is also determined by the shape of the hair shaft. Straight hair is round, wavy hair has an oval shape while curly hair is almost flat.

Hair also has an overall condition. It can be normal, dry, oily/greasy or chemically damaged. Although a normal condition is neither oily or dry, but just right, normal hair can become damaged through chemical processing and the result can be chronic dryness. Hair can be oily and dry at the same time, i.e. oily roots and dry ends.

Like all hair challenges, there are different products, treatments and remedies for different types of conditions. Chronically dry or damaged hair can benefit from special conditioning formulas and deep treatment masques while oily hair can benefit from special shampoos and handling. There is an endless supply of products developed to assist hair with special needs. The key to getting the right products for your hair is to understand its true genetic makeup and profile.

Color

Your natural hair color is genetically pre-determined. The ultimate color of your hair is controlled by the pigment known as melanin which resides in the hair cortex layer. The amount and density of melanin your hair contains, along with the way it is distributed through your strands, actually determines your color.

If you don't like the color of your natural hair you can alter it in a variety of ways from total color coverage to color accenting with highlights or lowlights. Chemical hair processing is an entire complex topic in itself. However, it can generally be said that depending on the ultimate color goal, chemical hair coloring either removes melanin or deposits new color.

Perpetually good hair days can become the rule rather than the exception when you get to know your hair and understand its own unique profile

Hair Profiling is the first of a series of articles written by HairBoutique.com's Karen Shelton. Next month Karen discusses the various texture types and will go in-depth on products that will best compliment your hair and its pre-determined structure. As the series continues, you'll be able to analyze your own tresses, and discover the best way to take care of your glorious mane!