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22 BONUS Pages



5 Steps to Easy, Glamorous Hair

#14 2008 \$4.99 U.S.



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STYLEFILE

THE GREATEST BEAUTY AND HAIR SECRETS—UNVEILED!



WIN!!! Superfood for Your Hair

New L'Oréal Paris VIVE Pro Hydra Gloss Shampoos and Conditioners (\$4.99 each; LorealParis.com) bring beneficial natural ingredients to the realm of haircare with an advanced formula that includes Royal Jelly, nature's superfood concentrate with the most essential nutrients for your hair. This unique mixture deeply replenishes dry, damaged strands—up to seven times more moisturization—hydrating them from roots to ends until they shine with a hi-gloss finish. Hair is left clean and soft with a radiant, glossy shine and without heaviness or dullness.

We have 25 Sets of L'Oréal's Hydra Gloss Shampoo and Conditioner to giveaway to the first 25 readers to respond. To enter, send your name, address and telephone number to Hydra Gloss Giveaway c/o 101 HairStyles, 106 Apple Street, Suite 301, Tinton Falls, NJ 07724. Entries must be received by October 10, 2008. Retail value of each prize: \$9.98.

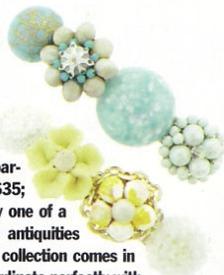


Real Solutions

We love Real Solutions' collection of organically formulated shampoos, conditioners and treatments designed to address hair's key problems and concerns. Loaded with nourishing extracts, Real Solutions improves hair's health naturally. Lines include Moisture Recovery, Color Care, Volume Remedy and Frizz Repair. For purchasing locations, log onto RealSolutionsHair.com.

Accessorize Your Tresses

The forever fashionable and uniquely different barrettes of Lenora Dame (\$35; HairBoutique.com) are truly one of a kind. Each composed of antiques from around the world, the collection comes in a multitude of colors to coordinate perfectly with every outfit. Whether worn to the side or atop a low ponytail, each piece unfolds its own unique history into the perfect hair accessory!



The Bombshell of Beauty



Hollywood makeup artist Julie Hewett has expanded her signature Los Angeles collection with her latest offering—the Ursula Palette (\$48; JulieHewett.net). “My Ursula Palette is an absolute beauty delight,” says Julie. “Paying homage to the quintessential Bond girl—Ursula Andress, it features a collection of rich, earthy shades that are as sexy and glamorous as the 70's actress herself, but also extremely wearable.” With radiant shades that can be used on cheeks, face, eyes, and lips, Ursula will surely leave you stunning in seconds. Ursula contains: Cleo, a sparkly bronze shimmer; Mimi, a shimmering sheer gloss; Neon Rose, a bright pink powder blush and Natural, a perfect hint of brown for eyes and lips



Kate Beckinsale



Wespa/WireImage

Fall in Love with Haircolor

Fall in love with haircolor this season! Designers showcased the hottest fall fashion trends on the runway and it's time for you to be in-the-know on the season's latest haircolor trends for fall to complete your look. Tracey Cunningham, Redken Creative Consultant for Color, has the fall haircolor trends you will be after this season!

“This fall, haircolor will be earthier, deeper, richer tones full of shine,” explains Tracey Cunningham, Redken Creative Consultant for Color. “This overall trend compliments the season as the weather cools down...haircolor warms up.”

“Blondes this fall will feature low lights, soft shades, and natural looking blonde tones—similar to Cameron Diaz,” notes Cunningham. “Brunettes will be after true brown earthy shades full of life and shine...think Kate Beckinsale. And redheads will depart from strawberry red tones and toward deep red shades similar to Lindsay Lohan.”

To locate a Redken Certified Haircolorist in your area, visit RedkenColor.com.



Lindsay Lohan

Jerson/WireImage

2008 HAIR TRENDS

THE HILLS' BRILLIANT, SEXY HAIRSTYLES

Watch the Celebrities for Hair Trends

I always pay attention to celebrities. They have to look great all the time because that's their job. Even during their off screen time, they are constantly followed by flashing cameras and spotted by fans. If they have a bad hair day, it is on the cover of the tabloids in a matter of hours. Just think what happens when they gain weight, lose weight or suddenly change their hair color, length or textures.

By Karen Shelton • HairBoutique.com



Karin's Garden, \$26; HairBoutique.com



Audrina's Side Pony

to be popular for both day and evening wear. Don't believe me? Check out Audrina Patridge and Whitney Port on MTV's *The Hills*. Both wear a variety of chic ponytails with Audrina looking downright steamy with her raven hued strands wrapped in a variety of over the side tails.

Pony Up!

Yes, ponytails seem to be a good bet for the 2008 hair season. Forget the ponies that are composed of hair that is first blow-dried stick straight and smoothed with glossers and shine serums. The most likely style is a wide range of ponytails crafted from hair allowed to air-dry and then are twisted in a wide variety of styles.

Look for side ponytails

Flowers, Flowers, Flowers

Sleek, high fashion ponies might show up at night for parties of other evening events, but the majority of ponies will be fun, flirty, fresh, sexy, sassy and just downright easy and breezy.

Ponytails will be adorned with all sorts of flowers, which are huge in Paris right now.



Medusa's Heirlooms, \$28; HairBoutique.com

Decorative Hair Accessories

Look for the return of fabulously decorated pony elastics in bright colors. Bows, butterflies and barrettes are also going to be popular because they allow a lot of creative license with creating those twisted ponies.



Audrina's Side Sweep

Hair On The Side

Even if hair isn't wrapped into a side pony, it might be brushed all to one side for a chic sophisticated style. Random strands may be pulled out to nestle around the face providing a flirty style without lots of hair covering the face.

Basic Ponytail Hairstyle Secrets

1 High ponytails give an instant and refreshing lift. Saggy anything is transformed to tight and taut. Medium slung ponies offer a great profile for a sassy look. Low slung is more seductive and can easily be pulled up and over to drape in front of one side.

2 Ponytails flatter every face shape from oval and round to square, diamond and heart. The way to get extra sass out of a pony is to add the appropriate part or hair fringe to perfectly complement a challenging face shape.

3 Ponytails can be gathered so hair covers the ears or can be pulled up and over the ears.

4 Bungee bands or cords are the best for making the cleanest and tightest ponies. The secret to keeping the bungee well anchored is to make sure the hooks actually are secured to the inside of the hair. Otherwise there might be some slippage over time.

5 The advantage to Blax bands is that they make softer, looser ponies and can be easily cut out with scissors saving hair from any pulling, tugging or broken strand trauma.

6 Finish a ponytail with a defrisant or smoothing cream. Add a touch of spray and shine product and you will shimmer as your pony swishes back and forth.

7 When adding hair accessories to ponies, always add after all hair products have been applied. A great look is to wrap one strand of hair around the base of the pony for a seamless look. When using bobbies to hold wild strands down, use pins in the same color as your tresses.

8 If you get bored with your pony, it's easy to change it up by wrapping it into a chignon, messy twist, braiding it or adding bubble sections with the help of a great set of pony elastics or other ponytail holders.



Lauren's Beautiful Braid

Braids

The Simpson girls love them and so do the girls on *The Hills*. Braids are easy, fun and can be worn as simple accents along the face like Lauren Conrad likes to do, or they can be the main hairstyle worn in single or multiple plaits. Besides allowing hair to be worn soft and sensual, braids are no muss, no fuss when the heat turns steamy.



Whitney Goes Natural



Lauren's Lush Curls

Natural Textures

Since natural hair textures such as waves, curls and bends are popular, look for more air dried hairstyles where natural texture is allowed to dominate the look. A great look that is sure to be popular is to plait damp strands out of the shower into soft braids, allow them to air dry and then remove the braids for punched up waves.



Whitney's Side Rolls

Hair Rolls

Look for a few strands along the front of the hair line to be picked up, rolled and then pinned into place. This removes hot strands from close proximity to the face and creates a sizzling new look. Whitney has been seen with this look and so has Lauren.

TRESSRX

Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

I took my long time hairdresser a photo of a short hairstyle I really loved and asked her to duplicate it. She refused telling me the cut was not right for me and suggested I try a different style instead. Rather than go with my hairdresser's recommended style which I didn't like at all, I decided to get up and walk out of the salon. My husband told me I was wrong to just leave and thinks I should call and apologize to my hairdresser.

I was very upset my hairdresser tried to impose her opinion on me and think I did the right thing by leaving. Who was right and who was wrong? Should I apologize or just find a new hairdresser?—Angela, New York, NY

While I can understand how upsetting it was for your hairdresser to refuse to create the hairstyle you desired, it's important to consider the reasons why she refused.

Hairdressers are taught in cosmetology school to guide their clients towards the very best hairstyle possible and to discourage them from making selections they ultimately won't like or enjoy long term. It's possible your hairdresser was only trying to guide you away from a hairdo you might ultimately dislike and towards one that she felt would work best with your hair type, texture, length and current condition.

While your hairdresser probably had the best intentions, maybe she did not communicate her reasons in the best possible manner for you to feel comfortable. Or possibly, she was having a bad day and didn't do her best at explaining herself to you.

Certainly it is the prerogative of every hair client to leave a salon if they are uncomfortable in any way. Which is exactly what you did. Were you wrong to walk out of the salon because you were upset? It all depends on whether you ever wish to go back to your hairdresser or not. Hopefully you have another hairdresser available you can visit in the near future.

Walking out of a salon after an upsetting experience with a hairdresser is actually not as uncommon as you might think.

Some clients even kick up a bit of a fuss so they won't feel guilty about deciding to leave the hairdresser permanently. While simply walking out, or creating a fuss, makes leaving easy in the short term, it makes it harder to return to the hairdresser if circumstances change in the future.

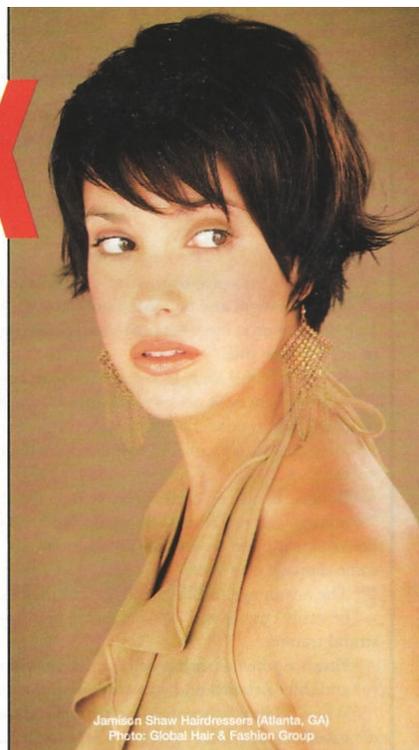
Should you call and apologize to your hairdresser? Only you can answer that question. The answer depends on whether you want to give your hairstylist a chance to make things right. If you do, send her a note and apologize for walking out and explain why you were upset. Give her a chance to fix the problem, especially if she has been a great hairdresser for most of the time you have worked with her.

If you don't think you can work things out with your hairdresser, you still may wish to send a note to make sure you leave on 'good terms. You never know when you may bump into your stylist out in public. If you send her a note thanking her but explaining you need a change, you won't be embarrassed if you do have an expected meeting. When clients just disappear without explaining why, the hairdresser never learns how to do better for all of their clients.

Remember, the truth will always set you free.

I am getting ready to go away to school. My mother has warned me to avoid sharing pillows with any of roommates, especially if they have dandruff or psoriasis. My mom claims that both dandruff and psoriasis can be transmitted by sharing a comb, brush or a pillow. My hairdresser told me this is not so. What are your thoughts?—Genna

Your hairdresser is correct. Although you may see flakes on pillowcases or in brushes from dandruff or psoriasis, it is not contagious. While neither dandruff or psoriasis is contagious it is possible to pick up other microbes from sharing pillows. It



Jamison Shaw Hairdressers (Atlanta, GA)
Photo: Global Hair & Fashion Group

is probably always best to avoid sharing combs, brushes or other hair tools. In the name of good hygiene, pillows and bed linens should also be kept separate.

I read somewhere there are certain lengths that are best for the hair to fall perfectly against the body. Is this correct? If so, can you provide any additional details? —Angela, San Jose, CA

The great scientist, inventor, artist and observer of human behavior—Leonardo da Vinci—had a theory about hair which has proven throughout the ages to be correct. Leonardo determined that indeed there are certain lengths at which human hair falls best.

According to Leonardo, the measurement from the very highest point of the head to the point where the skull slightly dips at the back of the head is 1/14th of our total height. Hair worn at any multiple of that measurement (from the highest point to the dip in the skull) will not only fall best, but will be easiest to style, regardless of overall height of the body.

Get out your soft measuring tape and check out Leonardo's theory for a new way to evaluate how to achieve a perfect length for your body.

To ask the Hair Doctor a question about your hair, write to cheryl@mimags.com.

80+ TIPS FOR LONG HAIR

By Karen Marie Shelton • HairBoutique.com

Here are the most popular long hair tips, tricks and advice available which I have discovered after years of research and talking to other long hair professionals and fans. By properly caring for your hair and following proven long hair techniques, you too can have long, beautiful and healthy strands. *Photos: Tom Carson*



Studio Todd G (Atlanta, GA); Stylist: Todd Wright



RJJ Salon (Atlanta, GA); Stylist: Elijah Kelly



The Brown Aveda Institute (Mentor, OH)
Stylist: Chetna Patel

The Long Hair Tool Kit

1 Make a serious commitment to having healthy lush strands. Although your commitment can span the range from total to minimal, long hair requires focus, concentration and the willingness to nurture it.

Make sure you keep all the damaged ends completely trimmed off. You can't grow healthy long locks on top of split, ripped or damaged strands. Eat right and take vitamins to nurture your long strands.

2 Invest in the very best hair care products and tools you can afford. If you can't afford a Mason Pearson or Kent brush, go with a Conair look-a-like in a decent quality faux boar's bristle.

Improper use of hair tools combined with incorrect detangling, brushing and combing techniques can cause long term damage to delicate long tresses.

3 No matter what some experts say, when it comes to hair care, you do get what you pay for. Although it is not necessary to buy the most expensive brands, the cheap drugstore brands are definitely more riskier to use than high quality salon brands.

4 Buy hair care products keyed to your hair type, texture and condition. For example, if your hair is dry, utilize moisture enhancing products. If it is curly or wavy, address frizz and moisture loss.

5 Never use a hair brush with hard bulbs at the ends. These will rip out delicate strands.

6 Avoid cheap plastic combs that may also rip and tear strands. Always use wide tooth combs on long delicate strands.

7 If you opt to trim your own split ends in between visits to the hairdresser, always use professional grade scissors to avoid ripping ends. Conair makes some good hair trimming scissors.

8 Keep fingernails trimmed and rough skin moisturized if you use your fingers or hands to "finger pick" or "finger rake" your delicate strands. Rough nails and skin will snag precious long tresses.

Long Hair Washing Tips

One of the most common causes of long hair damage and breakage is related to excessive or improper washing or lack of proper conditioning.

9 Always detangle strands with a "long hair friendly" brush, comb or fingers before wetting or washing hair.

10 Detangle hair from ends to roots working with small sections at a time. Take your time and do not yank, pull or force the comb, brush or fingers through tangled strands.

11 Pre-treat dry, damaged or other challenged hair before applying water and/or shampoo products. Use a great pre-treatment oil such as jojoba or HairTopia Beautiful Hair Oil (available at HairBoutique.com) which is chock full of long hair healthy essential oils and secret flower essence ingredients in a pure jojoba base. Massage Beautiful Hair Oil or similar oil based products into the ends and dry sections. Apply a few drops to fingertips and massage into the scalp to stimulate natural oils.

12 When possible it is best to cleanse long hair in the shower rather than in the bathtub (where hair can absorb soap and other water scum) or a sink where hair can become more easily tangled in the drain.

13 Always cleanse with lukewarm water. One option is to use clean plastic bottles pre-filled with lukewarm water. Douse dry hair completely with lukewarm water before applying shampoo formula.

14 Consider extending cleansing/shampoo periods so that hair is only washed once or twice a week.

15 Experiment with alternate cleansing formulas such as: conditioner/shampoo/conditioner, diluted shampoo/conditioner, conditioner only wash or water only cleanse/leave-in conditioner.

16 Never apply shampoo, diluted shampoo or conditioners directly to the hair or the scalp. Either apply shampoo to the palms of the hands and mix with water before drizzling onto the strands or pour diluted formulations over the top of the head and as the suds flow down the ends, pat carefully into the tresses.

17 Massage scalp with the pads of your fingertips. Avoid scratching scalp which can cause long range problems.

18 Always work any lather or suds down the length of the strands as gently as possible.

19 Never pile wet hair on top of head as this will cause breakage.

20 Deep condition tresses on an "as-needed basis." Deep conditioning treatments should be focused on the middle and ends of the hair with the roots being excluded from direct product application.

21 Concentrate conditioner on hair from ear lobes down to the ends.

22 Rotate shampoo and conditioning products utilized for cleansing depending on seasons and overall behavior of your hair. As an example, during hot summer months hair may need more moisture while in the fall hair may need less moisture. Let your hair and how it behaves be your ultimate guide.

23 When possible, buy trial sizes of hair care products to experiment with on your own tresses. Always remember that what works on some hair types, textures and conditions will not necessarily work on others.



The Brown Aveda Institute (Mentor, OH)
Stylist: Megan Januska

24 Rinse hair completely. Consider the plastic bottle trick to make sure hair is dowsed well. Hair experts report that dry tresses and scalps are often the result of hair that has not been properly rinsed.

25 Always finish with a cool/cold water rinse to close the cuticle and help add natural shine. To avoid blasting your body with a freezing spray, fill the handy clean plastic container with cool/cold water and then lean over at a 45° angle and pour on hair from roots to ends. This prevents water from making contact with your body.

Long Hair Out Of The Shower

26 Before stepping out of the shower, use fingers to gently squeeze excess water from the ends.

27 Gently blot wet hair in an absorbent towel or special wrap for removing excess water.

28 Hair is most fragile when wet. Never brush wet hair to prevent breakage.

29 Detangle hair properly by starting at the very ends and slowly and carefully working up the hair shaft to remove tangles. When possible use either your fingers (finger picking/raking) or a wide tooth comb or pick.

30 Never ever rush detangling or power push through snags.

31 Air dry hair whenever possible.

32 If you absolutely must blow-dry, apply a leave-in conditioner to protect strands.

33 Consider a hard or soft hood dryer which distributes heat more evenly and is less damaging as an option for faster drying than air-drying.

34 Combine air drying with blow-drying for less damage.

35 Never use electric fans, air conditioner blowers or hand blowers to dry hair. The air that is emitted has moisture robbing properties that can make strands more prone to breakage.

36 If you must blow-dry, select a high quality dryer that offers different speeds and heats to control the potential damage to your strands.

37 Experiment with ionic blow dryers that require less drying time for less damage. Conair and Remington offer great "long hair friendly" dryer options.

38 Make sure that your blow dryer offers a cold shot or cool temperature setting. Remember that hot air makes hair expand and cool/cold air will set the style. Use the cool air setting as much as possible.

39 Blow-dry hair upside down (bend over at the waist) to protect delicate top hair.

40 Keep hair away from the nozzle and the ends of the dryer or else long strands can get inadvertently sucked in and tangled. If hair does get tangled in the dryer, turn it off immediately and use a long tailed comb to slowly unwind hair from the inside of the blow dryer.

41 Avoid directing air flow from the blow dryer on any one section of your hair for more than two to three minutes at a time. Keep blow-drying constantly moving to avoid direct heat blast.

42 Hold nozzle of hair dryer at least eight to 10 inches from your strands to avoid burning hair.

43 Direct air flow "down" the air shaft for natural shine.

44 Opt for a long finger diffuser to protect hair from excessive heat damage.

Long Hair Styling Secrets

45 Any long hair texture from straight to naturally wavy will develop lush waves if strands are braided into three-strand braids while hair is still damp and allowed to completely air-dry.

46 Optional styles include wet buns, which consist of wrapping long hair into a variety of top knots or twisted buns and allowing hair to air dry.

47 Depending on the buns or twists that are created, newly dry hair will take on different waves, textures and bend. Experiment with all types of wet bun formations. A well wrapped top knot will add instant volume and lush fullness.

48 Homemade rag rollers offer the option to create lush waves and curls with no damage to delicate strands.

49 If making rag rollers is too much of a hassle, use ready-made long hair rollers. Sponge rollers may also work depending on the length and thickness of your strands.

50 Never use rubber bands on your hair. The bands will rip and tear delicate hair.

51 Always use coated elastic bands, Bungees with special snag-free hooks or Blax elastic bands.

52 If the elastic band or Blax gets caught in your hair, simply cut it free. This protects your hair without long-term damage.

53 Only use bobby pins with coated or covered ends to avoid scratching delicate scalps or ripping out long strands.

54 Use "hair-friendly" hair accessories. They include:

- Handmade French style chignon combs with smooth teeth and edges.
- Hair sticks made from smoother materials such as handmade cellulose (faux Tortoise Shell) or carefully prepared woods, metals and plastic materials.
- Migali style "mini" barrettes and hair clips with smooth metal findings.
- Hair clips made of either smooth metals, cellulose or plastic.

55 Braids of all kinds are ideal for longer tresses. Buy a loose string mop to practice braiding strands. Or invest in one of the hot new clip-in ponytails or add-on HairDo hair pieces and practice braiding on friends and family members.

56 Learn the basic braid patterns including the three-strand Dutch and English braids as well as the traditional French braid.

57 Use styling products to enhance natural waves and curls.

58 Avoid using products with heavy alcohol content which can dry out hair.

59 Experiment with old-fashioned pin curl sets.

Your Hair Is What You Eat & Drink

60 Just as the coat on an animal acts as an overall health barometer, hair determines the body's general state of wellness. What you ultimately eat and drink will help or hurt your hair. A balanced diet that



Studio 2000 Salon & Spa (Naperville, IL)
Stylist: Mel Brandenburg

incorporates all the major food groups is best for producing balanced hair.

Long Hair & The Elements

61 Although the wind through your long locks may look and feel sensuous, the wind can be whipping your hair into a frenzy of split ends and tangles. Always pull hair up and secure when riding in a convertible or hanging out in a windy area.

62 The sun can burn your scalp as well as dry out precious long strands. Always protect with proper sunscreen applied to scalp.

63 When possible wear a hat while out in the sun. Apply a leave-in oil such as Beautiful Hair Oil from your roots down to the ends to nourish and block out damaging sunrays.

Long Hair Trimming & Detangling Secrets

If you don't have a long hair-friendly hairdresser or one that you totally trust, consider taking the following actions:

64 Trim your own hair if you can't find a hairdresser.

65 If you trim your own tresses, never use paper scissors which can cause hair to split further.

66 Remember that more frequent trims are better for hair than less frequent ones.

67 If you can't trim your own tresses, ask for help from family members, friends or other long hair buddies.

68 Never trust the trimming of your ends to someone who has encouraged you to cut your hair.

69 Schedule your end trimming when you are most relaxed. Never rush. Some long hair experts refer to end trimming as enjoyable.

70 If you prefer, only trim the ends that are actually split.

71 Experiment with applying a tiny bit of leave-in conditioner or gel on the ends before trimming to help keep hair in place.

Long Hair Styling Secrets

Consider the following long hair preservation styling secrets:

72 Braid scarves or ribbons into your tresses to create new looks.

73 Only use clean combs, brushes and related styling tools on your hair to prevent transferring dust, debris or dirt to your strands.

Long Hair Day To Day Tips

74 Pin your hair up when you are going to be anywhere near fire.

75 Braid your hair if you are around a baby or small child who loves to pull hair.

76 Tuck your hair down the back of your clothes if you temporarily need to keep it out of the way.

77 Wear your hair inside a cute hat when it's windy outside.

Long Hair & Chemicals

78 If you can't live without hair color, use the most "hair-friendly" products and avoid bleaching.

79 Consider a carefully constructed webbing of lighter hues around your face to create the illusion of lighter colors without the potential long-term damage.

Long Hair & The Environment

80 Quit smoking if you already do. If you don't, don't start. Keep in mind smoke will cause hair to get dull and discolored over time.

81 Avoid hanging out in smoky bars or with smokers since this will also impact your beautiful tresses.

82 Bypass crash dieting which can cause sudden hair loss.

83 Contrary to what some hair experts teach, long hair is always beautiful and timeless. Regardless of your age, if you love wearing your hair long, enjoy it.

101 EXCLUSIVE!

JESSICA GALVÁN

The Stylist Behind Hair's Hottest Trends

By Karen Shelton • HairBoutique.com



Paula's Idol Style

When it comes to the life of celebrity hairdresser Jessica Galván, the apple doesn't fall far from the tree. The daughter of a famous celebrity hairdresser in Monterrey, Mexico, Jessica and her sister Erika grew up watching their talented mother coif some of the biggest celebrity names. Jessica's mom was also in demand in other countries, including Spain and Puerto Rico.

As the bubbly Jessica explained it, from the time she was a little girl hanging out in her mom Silvia's salon, she "loved the biz." She had a "true passion for the hair business" and wanted it to "play a major part in my life."

Holding onto her dreams of becoming a celebrity hairdresser like her mom, in 1991 Jessica embarked on her first adventure in hair. After researching all the major hair academies in the United States, she and her mother selected Toni & Guy in Carrollton, Texas as the place for Jessica to go to cosmetology school. Her mother, who studied at the Vidal Sassoon Academy, "always loved the Toni & Guy methods." She was impressed "by the fact that the actual Toni & Guy founders and owners were always in their academy helping the students become the best that they could be with their hair techniques."

When the teenaged Jessica arrived in Carrollton (a suburb of Dallas), she immediately focused all of her time and energy into learning everything she could about the hair world. Of course, she confessed, "all those years watching my mother and



Emmanuelle Ponies Up

helping her in the business, made cosmetology school an easier experience for me than for others. I adored my experiences at Toni & Guy and I couldn't wait to graduate and start working with hair," she said.

Blazing to Beverly Hills

After putting all of her attention on her hair studies, Jessica, who was barely 21-years-old, finished and was ready to start her own professional hair career. Although the plan was for Jessica to go back to Mexico and work with her mother, Jessica was hit with a revelation. She wanted to stay and move to California to live and work.

Jessica packed up and moved to Los Angeles where she knew absolutely no one. She managed to overcome the fact she had

no connections and immediately landed a job as an assistant in a high profile salon where she blossomed. Word of mouth about her work spread and she rapidly built a good clientele. As Jessica said, "things were hopping for me and my hair career."

At times, she laughed "it felt almost too easy for me." Everything just "fell into place," for which she is extremely grateful and appreciative.

Style That Makes a Difference

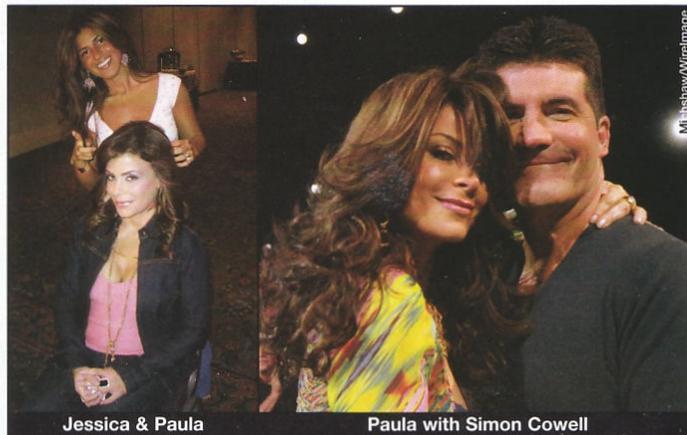
Once Jessica had established a solid clientele in L.A., she took another "big risk"—in 2002 Jessica opened Jessica Galván Hair Studio (450 N. Canon Drive, Beverly Hills, CA; 310-278-6655) with her beloved sister Erika, who moved to L.A. from Mexico to open the salon with Jessica.

One of the very first celebrity clients she worked with at her salon was Paula Abdul, followed by actors, musicians, producers, writers and other Hollywood notables. Thus her career as a celebrity hairdresser was up and running.

Jessica pointed out, "unlike a lot of big name celebrity hairdressers who only specialize in either cut, color or other parts of the hair biz, I am an expert in all those areas. I can do cut, color, styling and hair extensions." When celebrity clients work with Jessica, she says they "have the advantage of having a complete hair look which is custom designed for them and incorporates the perfect cut, hairstyle and color."

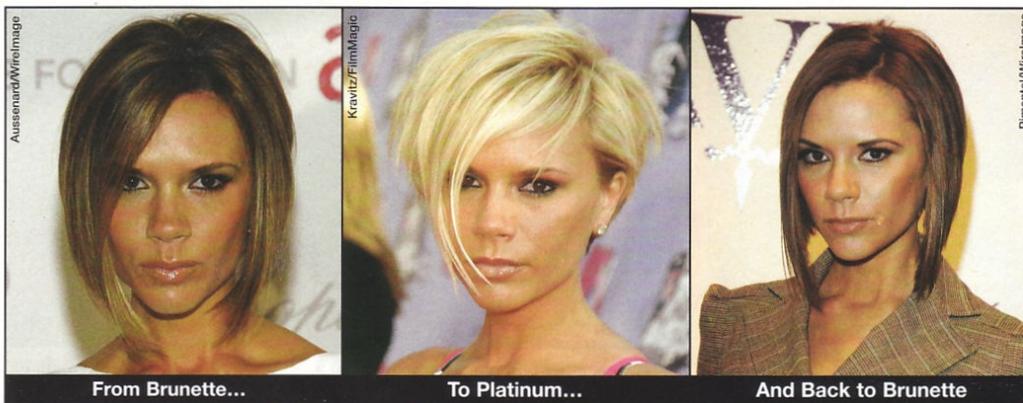
Paula Abdul's Idol Style

Over the past five years Jessica has creat-



Jessica & Paula

Paula with Simon Cowell



ed a wide range of hair designs for Paula, including cuts, colors, hairstyles, extensions and even wigs. Jessica reported that Paula has gorgeous chocolate brown hair that is very healthy and super shiny. She adores working with Paula and had the opportunity to work with her on *American Idol* for Seasons 3 through 6.

In the earliest days of working with Paula, Jessica expressed she had a lot more time to devote to traveling with Paula and trying lots of new hair techniques. But now Jessica has less time to devote to just one client, so when Paula needs on-the-road hair assistance, she sends her Jessica Galván hair ambassadors to work with Paula. Jessica also works with Paula when she is in LA and does her hair for celebrity red carpet events.

Beauty & The Bob

While Paula Abdul was Jessica's first celebrity client, one of her most high profile celebrity clients is Victoria Beckham. Jessica first started working with Victoria in early 2007, even before the famous Beckhams (David and Victoria) had moved to the United States from England. She was referred to Victoria Beckham (aka Posh Spice) by the makeup artists on *American Idol*.

The celebrity hairdresser received a call asking if she could work with Victoria on her reality TV show for an episode that involved Marc Jacobs. Jessica "really wanted to meet Marc Jacobs" so she agreed to "do Victoria's hair."

Victoria got along famously with Jessica and from "that point on, every time Victoria came to town, she would ask me to do her hair," she said. "Victoria is very adventurous when it comes to her hair." She likes to "change up her hairstyles from the length and cut to the color." She loves "to go brighter." Between Victoria's love of new hair

adventures and Jessica's ability to develop a hair vision for her clients, the platinum bob was conceived and ultimately created.

Victoria's edgy short bob set off a wave of hair envy not seen since Jennifer Aniston's "Rachel." Women everywhere rushed to the salons and requested Victoria's sexy look, which will live on in the hair history books forever with Jessica as the official hair master behind the latest hair phenomenon.

Jessica was also the color maestro behind Victoria's much heralded transformation in February of 2007 from light brown tresses to stunning platinum blonde, then back to brown for her Spice Girls tour in late 2007. Victoria was looking for "something different" but not any old shade of brunette would do. It had to be special and it had to work completely with her face shape and skin tone. The celebrated hair colorist took the famous Spice Girl back to brunette in a complicated color reversal that took approximately eight hours. And to make sure that Victoria had a natural brunette shade with dimension, shimmer and shine, Jessica painstakingly

wove in three different shades of brown to give the beautiful Victoria a stunning multi-dimensional finish.

Victoria's Hair Secrets

Jessica reported that Victoria "loves when her hair is sleek and shiny." She also likes "to have a lot of volume and lift at the roots." Victoria has "a little bit of natural wave in her hair, but it is very easy to manage." Jessica explained "you can blow her hair dry with a round brush and immediately get it sleek and straight."

To make sure her tresses are "really straight," Jessica goes over Victoria's tresses "with an Ionic flat iron." When she is finished flat-ironing Victoria's hair, she "sprays a bit of hairspray on her fingertips and then swipes them down through the strands to give them hold without stickiness."

Jessica never uses pomades but prefers "to use hairspray because it provides great shine and helps to manage any flyaways that might pop up." She works "hard to make sure there are no flyaway strands sticking out because that can instantly ruin any great hairstyle."





Emmanuelle & Jessica

Although she grew up in the Toni & Guy family, she no longer uses their products and prefers Redken because it gives the hair so much shine. Jessica tends to use Redken products on her clients like Victoria.

On Emmanuelle Chriqui

I confessed to Jessica, during our 45 minute chat, how much I love the various soft, seductive hairstyles worn by *Entourage* co-star Emmanuelle Chriqui. She agreed—the talented actress “has amazing hair” which is “naturally curly. Emmanuelle’s hair has a very well formed curl pattern but it is very easy to work with.” In addition to the lovely natural curl, Jessica explained “it has fabulous natural rich raven color and shine without a gray hair anywhere to be found.”

When Jessica colors Emmanuelle’s hair to give it more dimension, she always finishes with a clear gloss application to prevent the newly added color from fading and to create a high overall shine. Although Jessica “never styled Emmanuelle’s hair on *Entourage*,” she did



Jessica's Bridal Style for Ali

cut, color and add extensions to get the actress ready for her role on the hit show.

To provide “lush fullness and length,” Jessica “adds human hair extensions.” Jessica explained “the hair extensions are great for Emmanuelle and save her natural curls from the wear and tear of constant styling for her acting roles.”

The last time she applied extensions on Emmanuelle, Jessica applied 100 individual strands of fusion hair extensions. She used the “Great Lengths System of hot fusion,” which worked perfectly, especially with the combination of extension hair colors to give the actress natural highlights and lowlights.

Working with Ali Landry

After chatting about Paula, Victoria and Emmanuelle, Jessica mentioned she had also worked with actress Ali Landry, former Miss USA (1996) and one of *People* magazine’s “50 Most Beautiful People” (1998).

Jessica commented, “Ali is so stunning, even with no makeup.” She also has “very pretty hair” which is a gorgeous shade of dark blonde hair with some hints of red in it. Ali’s hair currently has three basic shades of color which Jessica created for her—her base color is a gorgeous warm shade of brown with honey blonde highlights and darker brown lowlights.

Healthy Hair

Jessica always tries to accommodate the needs of her hair clients—celebrity or not—but she believes that hair needs to be first and foremost, healthy. When a client goes with a drastic new hair color, such as light blonde from brunette, she encourages them to keep the new color for “at least one year.”

Regardless of her expert advice and opinion, some of her clients change their hair color all the time and go from red to blonde to brown and then back to red. She understands their desire to constantly change their hair color and style, but she tries to encourage them to go as slow as

possible so their hair has time to adjust. When her clients want to change their hair color too often, she laughed and said she “wants to put a wig on them so that their natural hair can rest and get healthy.”

As a talented colorist, Jessica is also not a big fan of swimming pools because of the damage chlorine can do to the gorgeous colors she spent hours creating. She noted that pool chemicals can almost instantly turn rich brunette shades into less attractive brassy and coppery hues. She suggests completely skipping the pools to hold onto that high gloss finish she creates.

And to maintain that high gloss finish, she always tells her celebrity clients to “grab their iron and use Redken Color Extend Shampoo to protect the color and prevent brassiness.”

Living the Charmed Life

Jessica Galván is an amazingly talented celebrity hairdresser who is a self-made, rags-to-riches, success story. Even better, she is a genuine person who’s charming and thoughtful to everyone she meets. Jessica is living a charmed life with her fabulous husband, a gorgeous new baby girl, a very successful business and clients she adores. Both Jessica and her many celebrity clients are truly blessed.



Ali Gets Gorgeous with Curls