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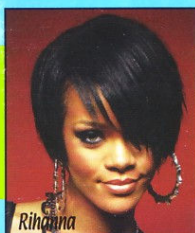
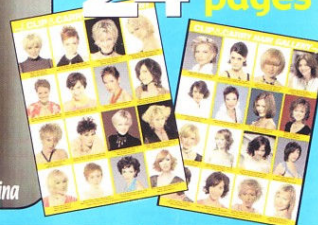
Christina

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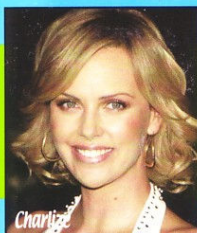
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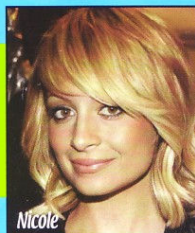
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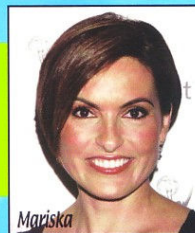
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ASK THE HAIR DOCTOR

By Karen Shelton • HairBoutique.com



Hair Reflections (Birmingham, AL); Stylist: Destiny Kyser

Recently my hairdresser told me that I am over shampooing my hair causing excessive hair dryness and damage as well as making my highlights fade prematurely. She suggested that I go to every other day washing or switch to a more gentle shampoo or one for colored hair. I am currently using an over-the-counter shampoo product that works for my budget. Can you really over shampoo? Is there a way to shampoo that will not cause dryness, color to fade or damage from washing?—Celia, Martinsburg, MO

Believe it or not, a large percentage of people regularly over shampoo their tresses. While you might be thinking that "professional" shampoo lines are more pricey, in reality a little bit of professional quality shampoo goes a very long way with the better lines. More importantly, professional shampoo products like those from Phyto, Rene Furterer and J.F. Lazartique are designed to protect colored and highlighted hair and can be diluted to help protect against dryness. To nurture your distressed strands consider the following shampoo options:

1 Consider applying a pre-shampoo treatment with a little time spent massaging your scalp with the pads of your fingertips to get that precious natural scalp oil flowing. Jojoba oil makes a great pre-treatment moisturizer. Avoid the roots but focus the treatment on the mid section extending to the ends where hair has the most dryness.

2 Always shampoo with lukewarm water only. Hot water will strip natural oils making hair dry. It will also speed up the fading of highlights and added hair hues.

3 Before you apply any shampoo make sure that your strands are well saturated. One mistake that many people make is to not get their hair dripping wet before applying the shampoo product.

4 Never apply shampoo directly to your hair. Instead, pour a small amount of shampoo into the palms of your hands and

use the water to work the mixture into a suds. Gently pat the suds to the top of your hair focusing the application to the root area and away from the middle to ends of your hair.

5 Apply only one application of shampoo. It is almost never appropriate to apply more than one shampoo formulation to your hair at any one time. The idea that hair needs multiple shampoo applications to get "squeaky clean" is a myth.

6 Rinse well. One of the main causes of scalp flaking and dull strands is not rinsing all the shampoo from the strands.

7 Unless your hair is extremely fine, always apply a rinse out conditioner.

8 The final water rinse should be thorough. Finish with a cool or cold water rinse which removes any remaining shampoo residues, closes the cuticle and adds natural shine.

9 If possible, avoid washing your hair every day. In fact, when possible try washing only one to two times a week.

If you must wash more often consider diluting your shampoo formula with water to offer a more gentle cleansing for your delicate strands. Another option is to get your hair extremely wet and then "wash" your hair with rinse-out conditioner only. This is a popular trick used by people with delicate long tresses or by people with damaged hair. If you decide to go with the conditioner only method, avoid applying the conditioner to your roots which can cause that part of your hair to become oily.

I have a medium curl to my short bobbed hair. Normally I straighten it but I'm looking for ways to speed up my daily hairstyling time. I would love to let my hair air dry right out of the shower but I'm worried my hair would turn into a big ball of frizzy curls.—June, Boston, MA

There are several tips you can try to let your curly hair "air dry" without turning into a guaranteed "frizz head."

These tips include the following:

1 Start with a moisturizing shampoo that will impart softness to your natural curls.

2 Use a good rinse-out conditioner. With natural curls, moisture is lost naturally due to the shape of the hair's cuticle. The more moisture you add the softer the curls.

3 Finish with a cool or cold water rinse to seal the newly added moisture into your cuticles.

4 Use an absorbent towel to absorb excess water.

5 Mix a cocktail of defrisant balm like Phytodefrisant and a straightening gel like celebrity hairdresser Robert Hallowell's Flat Factor in the palms of your hands. Make sure your fingers are coated with the hairstyling cocktail.

6 Rake your fingers (use them like a comb) through your hair making sure the entire head is lightly covered with the mixture.

7 Once the product has been completely distributed throughout your strands, use your fingers to lift individual curls and gently tug on the ends of the curls to slightly straighten.

8 Work your way around your head as your hair dries, gently pulling curly strands down to discourage them from puffing up. The combination of the defrisant balm and the straightening gel will prevent the formation of frizz and will gently soften your curls.

Your hair may still develop curls as it dries naturally but will most likely dry into a softer, straighter formation due to the styling cocktail. To block against frizz, finish with a shine serum to seal in moisture and block out frizz-causing humidity.

Although this process works well for most people with a slight to medium curl, people with super curly strands might not achieve the same results. When in doubt, try out new tricks on the weekends when you can experiment and not worry so much about the results.



CHRISTINA APPLGATE'S SHORT & SASSY 'DO FOR SAMANTHA WHO?

By Karen Marie Shelton
HairBoutique.com

In 1987 Christina Applegate captured America's hearts as Kelly Bundy, a classic blonde bimchette. For 10 years Christina reigned on *Married With Children*. A year later, the award-winning actress starred in *Jesse* and completely changed her onscreen persona. Christina went from the rude, crude trash talking Kelly to a soft, sweet, girl (Jesse) next door working hard to take care of her younger brother, while juggling her friends and life with a sizzling hot love interest (Bruno Campos, who played Diego). The show was heartwarming and provided a completely different view of the actress and her acting talent. Sadly the show was cancelled after just two seasons.

In 2002 she co-starred with Cameron Diaz and Selma Blair in the hilarious film, *The Sweetest Thing*, where she played attorney Courtney Rockcliffe. The role was yet another departure from both the trashy Kelly Bundy and sweet Jesse, demonstrating another dimension to her acting craft.

After winning the 2003 Emmy for her portrayal of the ditzzy yet intrusive sister to Rachel Green (Jennifer Aniston) on *Friends*, Christina decided to try her hand on Broadway. She made her Broadway

debut as Charity Hope Valentine in *Sweet Charity* and was nominated for a 2005 Tony Award for Best Actress in a Musical. She also won a 2005 Theatre World Award for her Performance in the Broadway role even though she broke a bone in her foot while the show was on the road in Chicago before opening in New York.

Now Christina has again ascended to the top of the network comedy show heap in her turn as amnesiac Samantha Newly who discovers she was truly a

wicked person in her now forgotten past. The new and improved Sam doesn't realize she's been estranged from her parents (Kevin Dunn, Jean Smart) for two years, cheated on her boyfriend and is an alcoholic egomaniac.

Samantha Who? is hilarious and has a wonderful cast of supporting actors and actresses. Christina shines, no, she sparkles in the role which has been crowned the "Best New Comedy for 2007" and has been picked up by ABC for the entire 2007-2008 season. She has been applauded for her ability to carry this slapstick show while demonstrating incredible timing and acting. Christina doesn't lose her memory, she only gets better.

Most recently Christina starred in Hanes Commercials showing off a series of fashionable Hanes clothing options. Celebrity hairdresser Ken Paves created all the hairstyles for the Hanes commercials.

Christina's Hair Secrets

When it comes to hair, Christina has a lot of great things going for her. Besides having one of Hollywood's best hairdressers, Ken Paves, on her team for years, she has naturally great hair. Off-camera, Christina often opts for a more windblown bed-head look that allows her to simply tousle her slightly layered hairstyle with her fingers. Whether she wears her hair carefully coiled or simply tousled, her hairstyles work beautifully with her face shape, gorgeous skin and stunning eyes.

Christina has highlighted tresses and with her busy acting schedules, her strands take some styling abuse. If your hair is colored, highlighted or naturally dry, consider using a color enhancing shampoo formula or a product designed to counter dry or damaged hair.

According to Ken, Christina not only has "a lot of thick hair," but she has well-formed "natural waves" allowing her tresses to hold fabulous curls and waves. To re-create Christina's chin-length curly and wavy bob style follow the directions below:

1 Shampoo and condition natural waves and curls with products created for your hair texture, type and current condition.

2 Apply a rinse-out conditioner. Concentrate the product on the middle and ends of the hair.

3 Finish with a cool/cold water rinse to close the cuticle and help add natural shine.

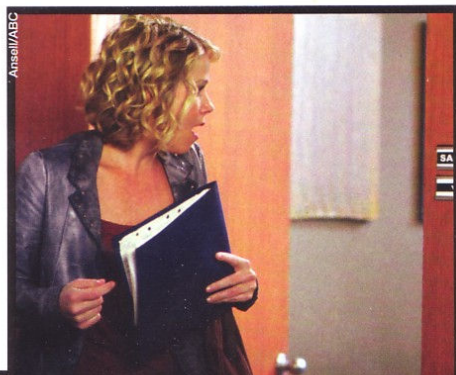
4 Towel-blot hair with an absorbent towel. Remove excess moisture so that hair is damp but not dripping. If you wish to add volume at the roots, apply a volumizing spray like PhytoVolume Actif or similar to your roots. Finger-pick and massage the volume building hair products through the root area.

5 Depending on your specific hair type and condition, apply a moisturizing heat protecting conditioner or a product cocktail which includes a leave-in conditioner and/or defrisant product along with a straightening balm (if your hair is wavy or curly) or a styling mousse (if you have straight strands and desire volume, natural bend and texture).

6 Separate hair into individual two-inch sections. Attach a long finger diffuser to a blow dryer. Allow damp strands to nestle into the base of the diffuser as you blow-dry, encouraging the creation of natural waves and texture.

7 After each diffused section is 100% dry, roll around a large curler or into a free form pin curl. Pin to the scalp and continue to diffuse dry the remaining hair.

8 When all of the hair is dry, remove the pin curls. Bend over at the waist and run fingers that have been lightly coated with shine serum through the strands.



9 Flip hair back over and arrange with your fingers or a wide tooth pick.

10 Use a curling iron to create random curls along the perimeter of the style.

11 Allow curls to cool and then tousle lightly with fingers.

12 Finish with a spritz of hair-spray for hold and to prevent frizz.

Try A Wet Set

An optional way to re-create Christina's look as Samantha is to start with a wet set. Roll hair in pin curls. When strands are completely dry, brush them out to great soft waves and ringlets.

1 Follow steps 1 through 5 above.

2 Gently detangle hair from the ends up to the roots using a "hair friendly" comb or your fingers. Create any desired part extending from your hairline or arrange a desired fringe along the front of your face.

3 Separate all of your strands into individual two-inch sections. Use your fingers to gently twist each individual two-inch section clockwise from the roots down to the ends. Use a "hair friendly" clip to secure the twisted section to your scalp to hold it in place. Keep in mind that the tighter the twist, the tighter the curls and texture.

4 Continue to work in two-inch sections around the perimeter of your head until all the hair

has been twisted and secured. This method allows your natural curls to form into their natural texture. If a defrisant product has been used the curls will be frizz free.

5 Let tresses completely air dry, which helps to swell up the cuticle for natural fullness to the strands.

6 When hair is completely dry carefully remove clips. Do not brush your strands because they may develop frizz. Use your fingers or a wide tooth pick only.

7 Apply one or two drops of shine serum to the palms of your hands and apply to your fingers. Bend over at the waist and gently shake and tousle strands.

8 After the serum has been completely dispersed through your strands, bend upright at the waist and use fingers to gently arrange curls into the desired style.

9 Finish with a spritz of Paves Professional Hairspray.

