



825+ WAYS TO UPDATE YOUR STYLE



Celebrity style

# 101 Hairstyles

## Sexy Celebrity Styles

Achieve them at home each and every day!

### Easy Fixes for Fried Hair

### 10-Minute Makeovers

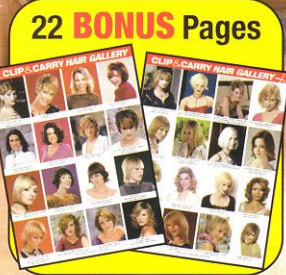
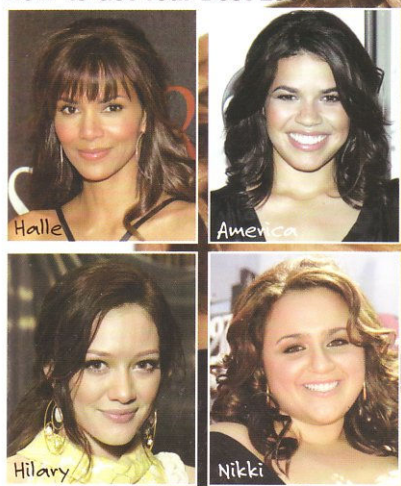
How-to Get Your Best Look



### Is Diet Soda Making Your Hair Fall Out?

Read this before your next sip...

Ellen Pompeo



### 20 TOP WINTER TRENDS

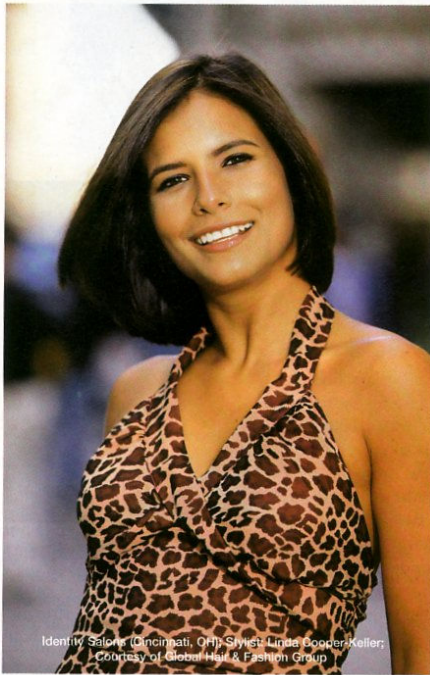
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# EASY FIXES

## FOR FRIED HAIR

By Karen Marie Shelton • HairBoutique.com



Identity: Salony (Cincinnati), OH; Stylist: Linda Cooper-Keller; Courtesy of Global Hair & Fashion Group

### THE MOST COMMON SYMPTOMS OF FRIED HAIR

1. Split ends.
2. Overall or general breakage.
3. Uncontrollable frizz.
4. Over porous tresses that feel spongy.
5. Dry, straw-like texture.
6. Lack of shine.
7. Difficult to manage.
8. All of the above.

### MAIN CAUSES OF FRIED HAIR

1. Improper washing, drying and styling.
2. Chemical treatment damage (hair color, bleach, relaxers, straighteners, relaxers).
3. Excessive or improper use of some styling products.
4. Overexposure to sun, wind, environmental toxins.
5. Heat styling tools (hot rollers, blow dryers, hot irons).
6. Faulty hair styling tools (sharp edged brushes, combs, hair rollers, pins, clips).
7. Too frequent back-combing, teasing.
8. Lack of proper maintenance (regular trims).

**S**ummertime brings lots of dangers besides nasty sunburns. Most people don't realize that hair can burn just as easily as skin or scalps. When hair is damaged the cuticle is popped open, causing hair to be fried or severely damaged. Fried hair can also result from logging too much time in the salt water filled ocean or chlorine pools.

### FRIED HAIR FIXES

Now that we have covered the most common reasons, let's look at the best ways to fix fried hair:

#### 1. CUT OR TRIM IT OFF

Yes, you can try and save fried hair. Do you really want to? The reality of fried hair is that it just can't be repaired. Once hair has gotten to a certain stage of damage you may be able to mask the problems but never restore your hair to a pre-fried stage. If you wish to spend infinite amounts of time and money for at-home or salon treatments, then know going into your repair process what to expect.

It may be painful to cut or trim but in the long run it gives your hair a better chance for full recovery as it grows back in. Of course the choice should always be yours. Never let a hairdresser pressure you to remove fried and damaged hair unless you agree.

#### 2. CAMOUFLAGE IT

Whether you have the damaged removed or not, why not camouflage fried strands? There are great clip-in hair extension options available today that can instantly mask damaged tresses. Some of the very best clip-in extensions were created by celebrity stylist Ken Paves and Jessica Simpson (HairDo Clip-in Extensions; available at HairBoutique.com) who has devoted his life to protecting the strands of his famous celeb clients. Whether you use clip-ins to cover newly shorn locks (after you have the fried strands removed) or use them to cover your current damage, consider taking advantage of this great option.

#### 3. SHAMPOO LESS OFTEN

When possible shampoo every couple of days. If you feel you must shampoo every day either use gentle shampoos or dilute your shampoo to minimize the potential to dry out your strands from harsh shampoo chemicals and the water. (To dilute shampoo: 1/4 to 1/2 teaspoon in one clean quart bottle filled with lukewarm water and shake to form suds. Drizzle suds over top of head and let suds flow down over rest of the strands. Gently pat into hair to avoid rubbing or pulling damaged strands. Lightly massage scalp with finger pads and not fingernails).

#### 4. PRACTICE GOOD SUDS-INGS

Consider the following good suds-ings shampoo steps:

1. When possible wash hair in the shower or sink instead of the tub (dirt residues can settle in over porous strands).
2. Get hair very wet before applying shampoo.
3. Only shampoo one time except in unusual circumstances (extremely dirty hair or hair that has been soiled with unusual substances).
4. Rinse well. One of the biggest causes of dull hair is shampoo that is not properly rinsed out.
5. Follow with a good rinse-out conditioner. Slather from top of ears to ends. Allow to stay on hair for up to 5 minutes.
6. Rinse well and finish with a cool/cold water rinse that helps close the cuticle.

#### 5. DEEP CONDITION

In response to the popularity of hot irons, relaxers and other chemical straightening treatments, the major hair care companies have released a series of deep conditioners designed to help with fried hair conditions. While a deep conditioner won't completely reverse any damage, various conditioning ingredients will make hair easier to detangle and will help provide necessary moisture balance. Ones to try (available at HairBoutique.com):



• **Rene Furterer Karite Nourishing Conditioning Cream:** Karite nourishing conditioning cream revitalizes very dry and damaged

hair. Using natural ingredients such as "shea butter," it deeply nourishes the keratin fiber, leaving the hair full, lustrous and alive. It repairs and protects, detangles and softens. Besides shea butter this fabulous product includes quince seed and Vitamin E.



• **Phytospecific Intense Nutrition Mask:**

Intense nutrition mask can be used after every shampoo depending on the dryness of the hair. Plant marrow has an instant untangling effect and deeply nourishes the hair shaft.

#### 6. PRE CONDITION YOUR HAIR

Hair feel dry? Use a few drops of one of these hair treats to help condition your hair...anytime, anywhere.



#### • Phyto Huile D'Ales Intense Hydrating Oil Treatment:

A unique compound of castor plant oil and essential oils of sage, rosemary, juniper berries and lemon.

Huile D'Ales was specially formulated to moisturize and restore shine to dry hair.



#### • Rene Furterer Complex 5 Regenerating Extract:

Essential for healthy scalp and beautiful hair. Orange, lavender and verbena essential oils stimulate micro-circulation and invigorate the scalp to favor the growth of beautiful and healthy hair.



#### • HairTopia Beautiful Hair Oil:

A synergistic blend of pure organic jojoba oil, essence of flowers, vibrational elixers of gems, pure essential oils of lavender, bergamot, grapefruit, rosemary and lime designed to moisturize dry hair and scalp.

#### 7. AIR DRY

Towel-blot, never rub, until excess moisture is eliminated. Finish with a spritz of conditioning detangler or leave-in conditioner. When possible let hair air-dry by "plopping," wet bunning or rolling in rag curlers. Avoid hot tools such as blow dryers, hot irons, hot rollers except on special hair events. This will give your fried hair time to heal.

#### 8. WEAR SPF IN YOUR HAIR

Before you go to the beach or a pool be sure to apply a hair product with SPF in it to protect hair color. If you find yourself without one you can make your own by mixing water, sunscreen and leave-in conditioner in a spray bottle.

Another great tip is to rinse your hair with bottled water BEFORE emerging hair in salt or chlorine. Hair absorbs chemicals much easier when it is dry. Rinse immediately upon leaving pool. When possible, wear a protective swimming cap.

#### 9. MAINTAIN YOUR HAIR RELIGIOUSLY

Prevent day to day damage by using great products, taking necessary care precautions and by getting a trim regularly. Most hair experts recommend you get a trim every six to eight weeks. If



Chanelia & Company (Bayside, NJ); Stylist: Marisa Miranda; Courtesy of Global Hair & Fashion Group

your hair is prone to serious damage and frizz, go more frequently such as every four to six weeks.

#### 10. BE FASHIONABLE IN HOT WEATHER

The hot sun can take a toll on delicate strands. It can also cause hair color to fade faster. Wear a cute baseball cap or other headgear to protect your precious strands from the sun.

#### 11. AVOID PRODUCTS WITH TOO MUCH ALCOHOL OR SILICONE

Yes, some products can build-up on your strands adding to the frizz factor and making hair look and feel fried. These products usually have a strong alcohol or silicone base. Read any labels to make sure your hair is adequately protected.

#### 12. MOISTURIZE FROM THE INSIDE OUT

When the body is dehydrated the scalp and tresses will suffer. Drink plenty of water. No, frozen margaritas don't count! In fact, minimize alcohol and caffeine consumption to allow less stress on your liver which will pay you dividends in healthier hair.

#### 13. EAT RIGHT & TAKE YOUR HAIR VITAMINS

When hair is fried it needs all the help it can get. Hair vitamins will strengthen hair and provide much needed nutrients that will allow hair to regain its natural sheen. Eating right is also important for healthy hair.



DeGarcia/WireImage

## Hairspray's NIKKI BLONSKY

It's the stuff some people live for—winning the lottery, looking sizzling hot (and super successful) at their high school reunion, getting a great job or having their wildest dreams come true. Nikki Blonsky is one of those people that not only has her high school reunion goals nailed, she recently watched all her long held dreams for an acting career fulfilled in spades.

A wall at Great Neck Village High School (where Nikki went to school) brims with pics and clips lauding the recent alum. In fact, Nikki won the part of Carmen in the end-of-year musical at the school. Nikki told the media “it was the biggest role I ever had, and I was so excited and so nervous.” But wait, that was just the first act for the 18-year-old.

Beating out literally hundreds of hopefuls, newcomer Nikki won the role of the voluptuous dancing teenager heroine,

Tracy Turnblad, in the cult musical, *Hairspray*. Tracy fights weight and race discrimination by entering a local TV dance party. The Tony Award-winning Broadway musical, which was inspired by John Waters' 1988 campy film, has now been redone for the big screen.

Overnight Nikki was transformed from a teen working at an ice cream store to having a lead role in a major movie, joining a stellar cast including John Travolta, Michelle Pfeiffer, Queen Latifah, Christopher Walken, Zac Efron and Amanda Bynes.

### NEW HAIR PRESSURES

The 4'10" brunette actually had to work hard to maintain a consistent weight for the part of the curvy Tracy. In a scenario where art imitates true life, Nikki has confessed to being taunted for her chubby profile throughout her life. However, the

actress, who has been singing since she was three, believed “you have to live your life for yourself and create your own happiness at the end of the day.”

Now that she has soared to the top as Hollywood's new acting sensation, the pressure has begun for Nikki to lose weight, change her hair and become a bona fide Hollywood glam girl. But Nikki is not planning on listening to the Hollywood types that want her to dye her hair or go on a diet. She has proclaimed “this is me, this is what you get.”

### NIKKI'S FACE SHAPE & HAIR TYPE

Nikki most often wears her shoulder-length strands brushed off her vibrant face which shows off her prominent chin, well defined cheekbones and wider forehead. Nikki's face widens from the chin up to her forehead which indicates she has a heart-shaped face.

Her light chocolate-brown hair appears to be slightly lighter on the top layers and gradually morphs to a dark chocolate underneath and on the ends. Nikki's hair appears to have a natural bend and is most likely medium in texture.

For her appearance at the recent *Hairspray* premiere, Nikki wore her tresses in romantic tumbling waves that were probably created with the help of clip-in (human or synthetic) hair extensions. Wildly popular, clip-ins allow anyone to alter their look from day to night in a matter of minutes. Check out the fabulous Jessica Simpson clip-in extensions designed by Jessica and her celebrity hairstylist, Ken Paves, at HairBoutique.com's Marketplace.

### STEAL NIKKI'S LOOK

Fresh, flirty and fun is a great way to describe Nikki's red carpet hairstyles. Whether she wears her hair sleek along



Laroux/WireImage

the crown with cascading curls and waves along the perimeter or she goes for instant waist-length waves with clip-in hair extensions, Nikki has a fabulous hair IQ. To steal Nikki's latest look complete the following tips:

**1** Start by selecting a shampoo that works with your current texture, type and condition of hair.

**2** Apply a rinse-out conditioner that works for your hair's normal texture, type and condition. Consider trying a color coordinated mask to intensify your existing color.

**3** Finish with a cool/cold rinse to close the cuticle and help add natural shine. This helps to minimize frizz.

**4** Towel-blot (never rub or rough-dry) to remove excess water.

**5** Coat damp strands with a customized styling product cocktail containing styling tools such as a defrisant, volume building mousse, gel or other styling products that work best with your hair texture and type.

**6** Blow-dry using a large round boar's bristle brush (try a Conair Round Brush; HairBoutique.com) for strong, lasting support. Direct the air flow down from the roots towards the ends to build in shine and smooth strands.

**7** Use fingers to lightly scrunch near the roots for desired volume and lift.

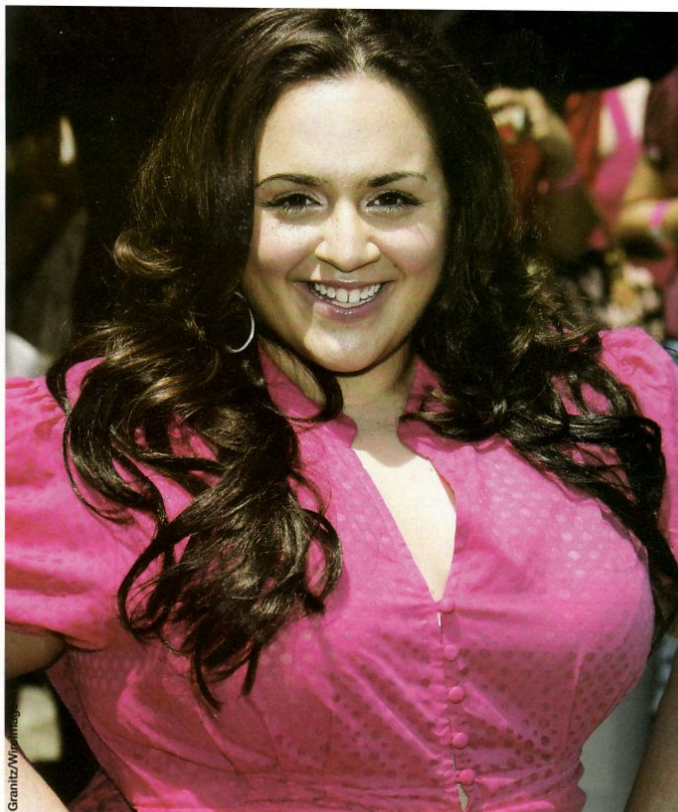
**8** Use your round brush to lightly roll the ends of the hair under.

**9** Finish blow-drying with a blast of cold air, if possible, which helps to set the style.

**10** When hair is 100% dry, separate hair into individual two-inch sections and set on medium-sized hot rollers—or curl with a medium-sized curling iron to add movement to the strands.

**11** If curling with a curling iron, after working with each section, roll the newly formed curl with your fingers up towards your scalp and pin into place to allow the curl to cool completely. Work around the entire head until all sections have been curled and pinned to the scalp. Spritz lightly with a soft hold hairspray.

When curling with hot rollers, let the curlers completely cool before removing.



Once all the rollers have been released, let new curls dangle free before styling. Spritz lightly with a soft hold hairspray.

**12** Use a tail comb or brush to create any desired part.

**13** Use your fingers and/or a boar's head brush to lightly break up the curls and arrange into a halo of bouncy waves with a slight curl at the tips.



**14** If desired use a small-barrel curling iron to touch up the curls on the ends. Let the curls cool and then tussle lightly with fingers.

**15** Apply a small drop of shine serum and lightly brush over the top of the finished style. If you prefer, use a shine spray product, spray into the palms of your hands and then glide over finished style.

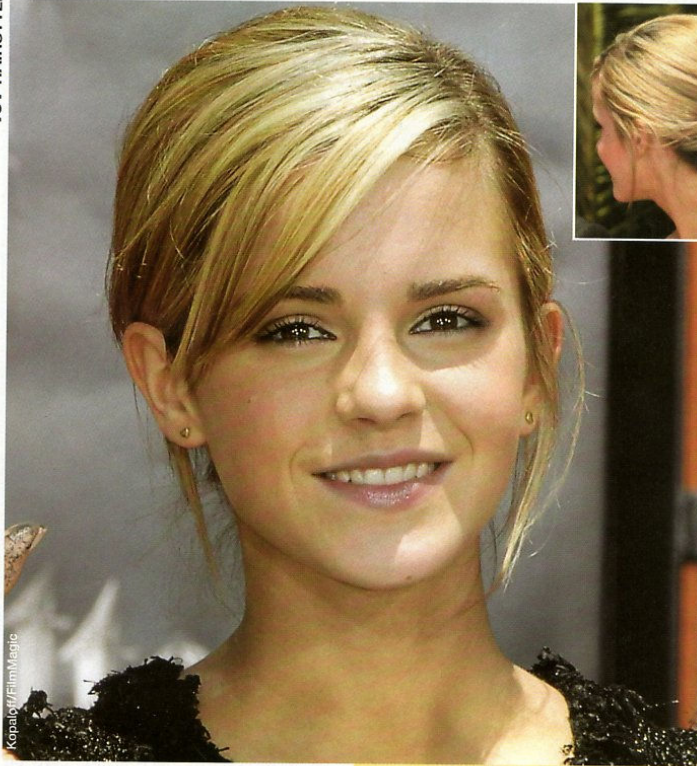
**16** Instantly extend the length of the style by clipping in a wavy hair extension.

**17** If desired, finish the look with a long lasting hairspray for a silky shine effect.

#### A STAR IS BORN

Expect to see Nikki Blonsky's career continue to skyrocket. Not only does Nikki have tremendous talent, she has already set her acting career on fire with her fabulous co-starring role in *Hairspray*.

Will success spoil the sweet Nikki Blonsky? Certainly not anytime soon. Nikki still lives at home with her parents and siblings—and her only splurge with her *Hairspray* earnings was a new bed!



includes wearing her hair in some new styles ranging from long and loose to pinned up in soft hair twists.

#### EMMA'S FACE SHAPE & HAIR TYPE

Emma has been photographed lately wearing her naturally wavy, medium-textured hair in a variety of soft, sassy updos and twists.

Although she wore her below-the-shoulder chocolate-brown tresses parted slightly off-center back in 2002 at *The Chamber Of Secrets* premiere, she now wears her tresses flowing from a deep side part with a few loose strands brushed across her forehead. It's soft but definitely a more sophisticated hairstyle than those from the past. Which makes perfect sense since Emma has grown up since those days.

Emma has a chin that is slightly pointed giving her a face shape that straddles the boundaries between oval- and heart-shaped. Wearing her hair brushed to one side minimizes her wider forehead and balances her face shape, providing the illusion of a more oval shape. The lovely actress has beautiful eyes, lashes and well defined eyebrows. She is a perfect candidate for wearing her hair brushed off her face or wrapped in twists and buns.

## Emma Watson's Hair Evolution

**W**hether you are a fan of Harry Potter or not, you've probably heard of the lovely 17-year-old Emma Charlotte Duerre Watson, who has played Hermione Granger, a key role in the Potter franchise, since the beginning. Now that the fifth movie in the wildly successful series has just been released six years after the first movie (2001), the actress is achieving international stardom.

In the current *Harry Potter and the Order of the Phoenix*, Emma as the grown-up Hermione Granger helps Harry create the top secret Dumbledore Army to fight against the evil Lord Voldemort. The buzz on the latest Potter flick is that it is the "best ever."

When Emma first made her appearance as Hermione she was truly a little girl. This can be verified in many of the

current movie's flashbacks. Emma said that when she watches the return to the past she "sees a little girl with chubby cheeks and wild hair." Which makes total sense since Emma auditioned for the first film as a 10-year-old!

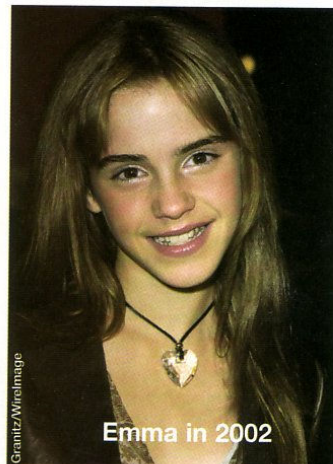
#### NEW HAIR PRESSURES

The brainy little wizard girl has blossomed on all levels since her first appearance on film. Gone are the unkempt strands. Replacing them are lovely light golden-brunette tresses with interwoven strips of lighter blonde highlights.

"When I was 9 or 10, I would get really upset when they tried to make me look geeky, but now I absolutely love it" she said. "I find it's so much pressure to be beautiful. Hermione doesn't care what she looks like. She's a complete tomboy." Now that the actress is all grown up she has new pressures to look great. This

#### STEAL EMMA'S LOOK

Whether she wears her hair sleek across the crown, tucked behind her ears in a soft twisted bun or in a sassy French twist she looks sweetly sophisticated. To steal Emma's French twist complete the following tips:



Emma in 2002

**1** Start by selecting a shampoo that works with your current texture, type and condition of hair.

**2** Apply a rinse-out conditioner that works for your hair's normal texture, type and condition. Consider trying a color coordinated mask to intensify your existing color.

**3** Finish with a cool/cold rinse to close the cuticle and help add natural shine. This helps to minimize frizz.

**4** Towel-blot (never rub or rough-dry) to remove excess water.

**5** Coat damp strands with a customized styling product cocktail containing styling tools such as a defrisant, volume building mousse, gel or other styling products that work best with your hair texture and type.

**6** Blow-dry using a large round boar's bristle brush for strong, lasting support. Direct the air flow down from the roots towards the ends to build in shine and smooth strands.

**7** Use fingers to lightly scrunch near the roots for desired volume and lift.

**8** Use a round brush to lightly roll the ends of the hair under.

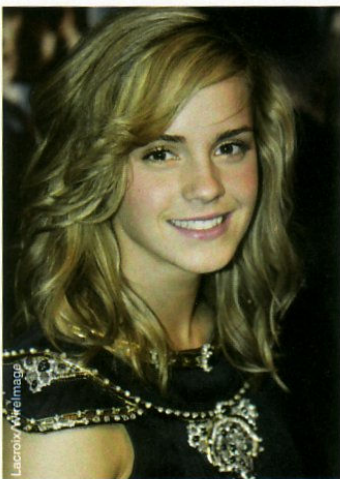
**9** Finish blow-drying with a blast of cold air, if possible, which helps to set the style.

**10** When hair is 100% dry create either a back hair knot or a French twist like Emma's.

- Create desired part.
- Separate out any desired bangs and clip to one side.
- Comb or brush your hair smoothly back from your forehead.
- Gather your hair into a ponytail with a base halfway between your crown and nape, slightly to the left of center. Don't anchor it at this time.
- Twist the ponytail all the way around twice, in a clockwise direction. This holds the base of the hair closer to your head and gives you a firm anchor to work against.
- Hold the base of the ponytail in your left hand. With your right, hold the ponytail end up, pointing toward the ceiling.
- With your right hand, fold the end of the ponytail, about the top third, down towards the nape of your neck.
- Fold the entire ponytail down under itself, towards your nape so that is it

less than half as long as it was.

- Curl the folded ponytail in your left hand. There should be a slight hollow between the ponytail and your scalp.
- With your right hand, begin to gently push the upper right hand portion of the folded ponytail down into the hollow.
- Continue pushing the hair underneath your left hand into the hollow so that the folded ponytail is slowly rolling inside the hollow.
- The French twist is complete when you can't push any additional hair into the hollow and the folded ponytail has become a tight roll.
- Create a back seam by tucking in bobby pins along the line formed where the right hand edge of the roll meets your scalp.
- Starting at the bottom, place bobby pins (same color as your hair) all along the seam up to the top of the roll, concealing them just under the roll.
- Begin to push the upper portion of the ponytail over into the space with the other hand, so that the folded part is slowly rolling over into it.
- When you have pushed all the hair in, secure with pins along the seam, starting at the bottom. Conceal the pins by pushing them right underneath the roll.



**11** Spritz the newly formed twist lightly with a soft hold hairspray.

**12** Apply a small drop of shine serum and lightly brush over the top of the finished style.

#### OTHER STYLING OPTIONS

Even though Emma has recently appeared in public with her hair worn in a variety of twists, she also loves to wear her hair in loose waves and curls cascading down around her face and shoulders. Emma's long naturally wavy hair can also be changed up by wearing her hair straightened, in a half up/half down style or worn up in a series of sassy wavy ponies.

Either blow-dry straight with a round or paddle brush or let tresses air-dry naturally. If you prefer, add extra dabs of gel and scrunch to create loose waves.

#### What's Next?

Will success spoil the sweet Emma Watson? Probably not, as her future plans include taking time off from acting to head to college. "People can't understand why I don't want to be a full-time actress, but school life keeps me in touch with my friends. It keeps me in touch with reality. Let's be honest: I have enough money never to have to work again, but I would never want that. Learning keeps me motivated." Definitely an actress who knows what she wants and where she's going.



## Leslie Mann's Lush Locks

If you don't know who actress Leslie Mann is, just pop in a DVD copy of *The 40-Year-Old Virgin* and pay attention to the drunk chick that drives Steve Carell home from the bar. The scene is one of my favorites in the movie and completely hilarious. And yes, the scene could be used by Mothers Against Drunk Driving as a very good example of why you shouldn't drink and drive.

In the absolutely fabulous film, *Knocked Up*, the lovely Leslie has a much larger role. As Debbie, the sister of pregnant Alison Scott (Katherine Heigl), Leslie pulls out all acting stops. She alternates between being funny, serious, dramatic and a little ditzy. I loved her, hated her and felt bad for her—all at the same time.

Even better, Leslie shows off her beautiful blonde tresses in a series of eye-popping hairstyles that include wearing

her hair in soft ringlets which hint at hardcore natural curls, her hair pulled up in a messy bun (adorable), in a sleek 'do for a club scene (sexy) and in a variety of other hairstyles that range from cute to edgy. Interestingly, her character's ever-changing hair is part of a dialogue between her on-screen hubby Pete (Paul Rudd) and the baby's daddy Ben Stone (Seth Rogen).

While hanging out in Las Vegas, Ben points out to Pete that his wife Debbie is great on a number of levels, including the fact that she is always changing her hairstyle. Ben definitely admires Debbie's hair fashions. I thought that line was priceless and so funny. Seriously, how many men really notice when their lady changes her hairstyle unless it's a dramatic change like going from blonde to purple or adding or subtracting six to 10 inches?

Besides having beautiful hair and stellar acting chops, Leslie has a brilliantly talented husband, Judd Apatow, who wrote and directed *Knocked Up* as well as *The 40-Year-Old Virgin*. After 10 years of marriage, Leslie is blessed with two adorable daughters who actually appeared as her real children in *Knocked Up*.

### HAIR TEXTURE, FACE SHAPE & STYLING OPTIONS

Leslie is blessed with big beautiful eyes, gorgeous brows and a face shape that incorporates a well defined chin, tapered cheekbones and a square-shaped forehead. Although not truly a classic heart-shaped face, Leslie does possess some of the characteristics. For her appearances in *Knocked Up*, Leslie wears her hair a myriad of ways ranging from well-defined curled ringlets to softly textured waves. She also wears her hair down around her face and pulled up into messy half up/half down styles.

Leslie's hair color consists of a rich honey-blonde base with strategically placed lighter blonde highlights painted around her hairline to bring out her stunning eyes and open up her face. Whether she wears her hair straight, with lots of ringlets, tousled or scrunched, she has demonstrated a fabulous sense of hair fashion savvy.

### STEAL LESLIE'S STYLE

Although Leslie had access to a team of top hairdressers for her array of perfectly finished *Knocked Up* styles, with a little time and practice it would be possible to steal her various on and off screen styles. Follow the steps listed below to recreate





Leslie's basic hairstyle:

**1** Start by selecting a shampoo that works with your current texture, type and condition of hair.

**2** Apply a rinse-out conditioner that works for your hair's normal texture, type and condition. Consider trying a color coordinated mask to intensify your existing color.

**3** Finish with a cool/cold rinse to close the cuticle and help add natural shine. This helps to minimize frizz.

**4** Towel-blot (never rub or rough-dry) to remove excess water.

**5** Coat damp strands with a customized styling product cocktail containing styling tools such as a defrisant, volume building mousse, gel or other styling products that work best with your hair texture and type.

**6** Blow-dry using a large round boar's bristle brush (try a Conair Round Brush; HairBoutique.com) for strong, lasting support. Direct the air flow down from the roots towards the ends to build in shine and smooth strands.

**7** Use fingers to lightly scrunch near the roots for desired volume and lift.

**8** Use your round brush to lightly roll the ends of the hair under.

**9** Finish blow-drying with a blast of cold air, if possible, which helps to set the style.

**10** When hair is 100% dry, separate hair into individual two-inch sections and set on medium-sized hot rollers—or curl with a medium-sized curling iron to add movement to the strands.

**11** If curling with a curling iron, after working with each section, roll the newly formed curl with your fingers up towards your scalp and pin into place to allow the curl to cool completely. Work around the entire head until all sections have been curled and pinned to the scalp. Spritz lightly with a soft hold hairspray.

When curling with hot rollers, let the curlers completely cool before removing. Once all the rollers have been released, let new curls dangle free before styling. Spritz lightly with a soft hold hairspray.



**12** Use a tail comb or brush to create any desired part.

**13** Use your fingers and/or a boar's head brush to lightly break up the curls and arrange into a halo of bouncy waves with a slight curl at the tips.



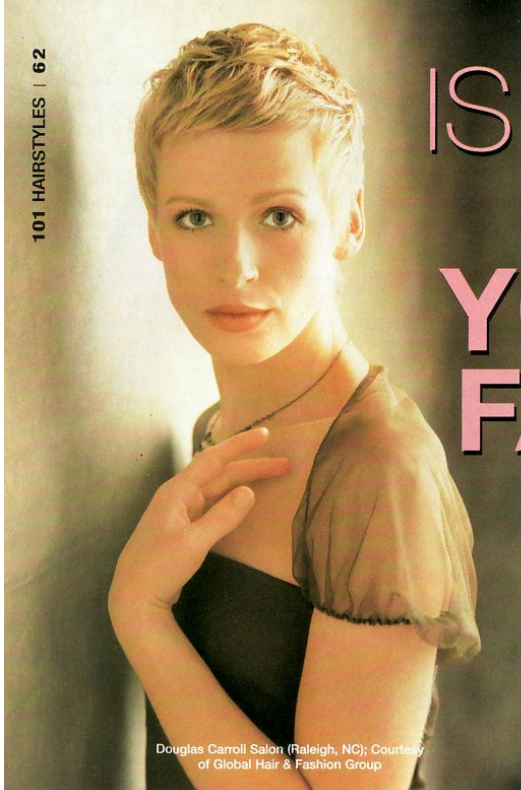
**14** If desired use a small-barrel curling iron to touch up the curls on the ends. Let the curls cool and then tousle lightly with fingers.

**15** Apply a small drop of shine serum and lightly brush over the top of the finished style. If you prefer, use a shine spray product, spray into the palms of your hands and then glide over finished style.

**16** If desired, finish the look with a long lasting hairspray for a silky shine effect.

#### OTHER STYLING OPTIONS

Leslie's basic style offers many options. If you prefer a sleek straight style, use a flat brush to blow-dry straight. Finish with a flat iron. If you prefer tousled textures, experiment with scrunching or use different sized hot rollers, and break up the finished curls with your fingers or a brush. This style offers many options including working well when pulled up into a half up/half down tumble of texture or wrapped into a messy twist.



Douglas Carroll Salon (Raleigh, NC); Courtesy of Global Hair & Fashion Group

# IS DIET SODA MAKING YOUR HAIR FALL OUT?

Karen Marie Shelton • HairBoutique.com

tists that can validate or debunk my theory about diet pop related strand shedding. However, I can share what I have learned about hair over the past 10 years.

One well-known cause of hair loss for men, women and children appears to be directly

linked to the foods and liquids consumed. Even more importantly, hair loss studies done over the years have shown links to accelerated strand shedding for people with diets that include a high concentration of caffeine, alcohol and sugar. Another key suspect in hair loss is extended consumption of food and drink laced with artificial sweeteners.

## DIET BEVERAGES INCLUDE HAIR LOSS GENERATING ARTIFICIAL SWEETENERS

How could diet drinks or foods sweetened with artificial sweeteners impact the numbers of hair in your brush every day? To simplify a complicated explanation of how the human body processes food, it's suffice to say that ingested artificial sweeteners have to be eventually filtered through the liver. The liver is the main organ that performs detoxification of the human body. Everything taken into the body has an impact on the liver which controls the filtering out of toxins. This includes diet drinks.

Artificial sweeteners added to food or drink have been known to cause a variety of physical reactions. Diet soft drinks may also potentially change the cell structure, metabolic and circulatory rate of the body. If and when this happens, hair shedding may be triggered or

if already an issue, it may accelerate. Liver malfunction from high toxic filtering of the artificial sweetener particles has definitely been linked to hair loss. Whether diet cola has a direct bearing or not is still up for ongoing debate.

## ASPARTAME, SPLENDA, SUCRALOSE, SACCHARIN & OTHER SWEETENERS

Diet beverages are often chock full of artificial sweeteners such as aspartame, splenda, sucralose (sucralose is made when chlorine is added to sugar) and saccharin, which has been believed to attack the body at the cellular levels, clog the liver and even block some kinds of medications such as antidepressants, hormones, insulin, vaccines and various other drugs.

Aspartame is a dipeptide that is composed of phenylalanine and aspartic acid linked by a methyl ester bond. According to aspartame supporters, the methyl ester bond is not absorbed and is completely hydrolyzed in the intestines to yield the two constituent amino acids and free methanol. Opponents suggest that the phenylalanine and methanol released are still dangerous. They believe that the ongoing consumption of artificially sweetened drinks may cause metabolic acidosis and neurotoxicity.

It should also be noted that it is known by supporters of natural pesticide methods that aspartame can be used as an effective insect poison and is very successful in dealing with unwanted ants. It's also documented that people with an uncommon genetic disorder called phenylketonuria should not ever consume aspartame sweetener because long term studies show that people with this condition can't metabolize one of aspartame's ingredients.

Lately diet soda and related soft drinks have been generating a lot of buzz and debate over whether or not it will make you fat. Scientists at Purdue University in Indiana discovered that rats who were fed a diet consisting of artificially sweetened liquids ate more than rats fed a diet of natural high calorie sweeteners.

This news caused a huge scientific debate that still continues to rage. Whether diet soft drinks cause weight gain or not, the reasons why they might are also a big question. Is it because people who drink the reduced caloric soft drinks are still sneaking snacks or it is because somehow diet drinks alter the body's chemical composition? Or maybe there are other reasons that are still being studied.

Some researchers, as reported by Dr.Mercola.com, came to the conclusion that an inability to distinguish calorie intake was brought on by artificial sweeteners which would explain weight gain issues. While the scientists ponder those fat questions about diet soda, I will pose an even more important question: Can drinking diet soft drinks cause your hair to fall out?

No, I don't have a lab full of scien-

### ARTIFICIAL SWEETENERS: REAL OR FAKE DANGER

Depending on what you read, on or off the Internet, the health and hair loss concerns linked to artificial sweeteners may be real or not. While a group of concerned holistic physicians and practitioners have been working hard to inform the public of the dangers of artificial sweeteners and their impact on hair loss and other health dangers, the industry behind the production of these products cry foul. The bottom line should always be to do your own research both off and on the Web and make your own decisions based on what is happening with your own hair, skin and body.

Regardless of what the "experts" say, if you have a diet high in artificially sweetened products and have been troubled by excessive shedding of hair, skin breakouts or other mysterious health challenges, consider doing your own nutritional testing. Start carefully reading all the labels on anything you consume and make a conscious effort to stop eating or drinking anything with artificial sweeteners for at least a period of one month. Pay close attention to the effect on your body, hair and skin. Based on the results, make your own decisions about whether artificial sweeteners impact your hair or not.

### WHAT TO DRINK INSTEAD

Hair responds well to increased circulation and energy levels in the body. Rev up your energy naturally and you will be able to boost hair follicle production and stop unnecessary shedding. If poor liver function is often the cause of shedding hair, eat and drink foods that support the liver and counterbalance the absorption of diet drinks or other foods that may be causing challenges.

Listed below are some drinks that are good for your body, liver and kidneys. If you buy the drinks from a store or vendor, be sure to read the label and make sure they are free of any type of artificial ingredients or sugars.

**1** Water is essential for preventing dehydration which is a factor in accelerated shedding. Studies are finding that filtered waters may even be better. When possible, select water sources that are known to be free of excessive chemicals. Evian and Fiji water have consistently been given the green light as good water sources.



Jamison Shaw Hairdressers (Atlanta, GA); Stylist: Candy Shaw Codner; Courtesy of Global Hair & Fashion Group

- 2** Research shows that green tea boosts the rate at which your body burns calories when it is digesting food. Consider sipping six to eight ounces of green tea with breakfast and as an afternoon boost.
- 3** Squeeze 1/2 lemon in eight ounces of hot water first thing in the morning when you get up. Let the lemon drink cool enough to drink comfortably. Be sure to drink with a straw to protect delicate teeth enamel. This will help detox your liver.
- 4** Squeeze 1/2 lime in eight ounces of hot water first thing in the morning when you get up. Let the lime drink cool enough to drink comfortably. Be sure to drink with a straw to protect teeth enamel. This will help cleanse and detox your kidneys.
- 5** Drink herbal teas: organic horsetail for strength and nettles for softness and shine. When possible purchase teas at a reputable health food store and always read the labels. Rosemary tea is good for supporting the maintenance and growth of healthy hair and skin.
- 6** Fresh vegetable juices, including freshly juiced carrot and green juices, offer great nutritional support for the hair, skin and body.
- 7** Apple juice serves as an excellent means of providing essential nutritional fluids to the body. Even better, research has shown that apples are a rich source of antioxidants which are important for healthy hair and skin.

# TRESSRX

## Ask the Hair Doctor

By Karen Shelton • HairBoutique.com

**I am thinking about adding extensions to my hair, but I don't really know a lot about them. Can you help me? Thanks! —Margaret C., via email**

### Definition Of Hair Extensions

Generally speaking, add-on hair, whether human or synthetic, basically is attached to the human head through either the fusion or clip-in process.

### Fusion Hair Extensions

Hair extensions applied through a fusion method is the traditional method of hair extensions where human or synthetic hair is fused via a variety of methods ranging from hand tying to the utilization of adhesives.

When hair is extended through a fusion technique it is considered semi-permanent since the hair will remain in place anywhere from a few weeks to a few months depending on a variety of factors.

### Clip-In Hair Extensions

When hair extensions are applied using clip-ins (also known clip-ons, pop-on or add-ons), hair is literally attached through a variety of methods ranging from snap on clips or other forms of attachment devices usually in some form of clip.

Hair can be temporarily attached for the purpose of adding length, texture, volume or even highlights and lowlights. Add-on hair traditionally comes in the form of clip-on ponytails, chignons or kits including individual "hair wefts" that are designed to be strategically merged into the existing hair.

### ADVANTAGES & DISADVANTAGES

#### Fusion Hair Extensions

Hair extensions applied through one of the current fusion methods offers a more permanent solution for anyone interested in changing the appearance of their hair's type, tex-

ture, color or length for a period of weeks or months. The majority of hair consumers that opt for traditional fusion attachments will usually visit a hair extension expert for the application of the hair which can be custom colored, cut and styled for a perfect integration.

The disadvantage to traditional fusion methods, whether applied at a salon or by sophisticated Do-It-Yourselfers, is the commitment of time and money required for the best results. The process takes anywhere from a few to several hours at the salon—and depending on the fusion method and type of hair selected, regular maintenance visits may also be required.

#### Temporary Clip-In Extensions

Clip-in hair extensions, whether add-on ponytails, chignons, two- or 10-piece extensions kits or the revolutionary new HairDo line by Jessica Simpson and Ken Paves from HairUWear (available at HairBoutique.com) can be attached in a few minutes.

The new Jessica Simpson line incorporates the latest designs in add-on hair extensions. A lightweight piece embedded with sewn-in hair clips can be integrated to your own hair within a matter of five minutes. Almost anyone can easily apply the HairDo line with a snap of the hair clips and a finger tousle through the attached hair piece.

One disadvantage with clip-in extensions is the fact they are completely temporary. Another challenge is matching the add-on pieces to your current hair so that the colors are compatible. Some of the traditional extensions kits that come with a number of hair wefts can be difficult to self-apply without lots of practice.

#### Prepare Your Hair for Adding the Hair Piece

**Step 1** Using your thumbs, a comb with a tail or your index fingers, part your hair in a horizontal line from ear to ear.

**Step 2** Once you have separated your hair, lift all the hair above the newly created part and clip the hair out of the way using the included duck bill hair clip.

**Step 3** Take all the remaining hair and



HairDo by Jessica Simpson and Ken Paves from HairUWear

twist it into large flat pin curls. The goal is to get the remaining hair to lay as flat as possible since the add-on hair will be attached over it.

**Step 4** Use a comb or brush and select individual items of hair where the clips on the hairpiece will be ultimately attached. Ken advises lightly teasing those strands so that the clips will have better traction when they are attached to your natural hair.

#### Add the Hair Piece

**Step 1** Open all the clips that are sewn into the back of the hair piece. The top middle clip should be attached first by placing it at the middle of the back of your head, just below the horizontal part, so that the top of the hair weft is placed evenly with the part when it is attached. Move the clip slightly downward, catching your hair in the clip and then snap it shut.

**Step 2** After you have attached the first clip, make sure that it feels secure and comfortable. Attach the second and third clips. Start by attaching the left top clip next. Hold down the center clip with your right hand, and use your left hand to move the left edge of the weft as far as it will go around your head. Snap left clip shut. Holding the middle clip with your left hand, now attach the top right clip in the same fashion. Check for gaps by running your fingers along the top weft to make sure it lies flat against your head. If you find a gap, open the clip and reposition.

**Step 3** Place the remaining clips. The bottom right clip is next. Pull the hair out of the way and place this clip by stretching the piece down to the bottom edge of the nape and slipping the clip into your hair, making sure the clip securely catches the hair at the end of the nape. Repeat on the left bottom clip. Next attach the right side clip behind your ears. Finally, attach the left side clip.

**Step 4** Carefully unclip all the top hair that was clipped out of the way. Use your fingers to gently "finger pick" your natural hair to blend it with the newly applied HairDo Clip-in Extensions.