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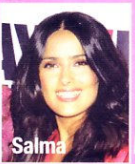
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BES Regal Haircolor; Stylist: Julie Newville; Makeup: Anna Wark; Photo: Tom Carson

Hair-O-Hues

By Karen M. Shelton, HairBoutique.com

Scorpio

October 23rd to November 22nd

Eternally intriguing, you instinctively understand the mysteries of passion and how to attract the rapt attention of the opposite sex. You either fascinate or frighten with your powerful magnetism and raw sexuality. Playing off your innate darkness you may gravitate towards shocking or unsettling strand colors like Punky's post-bleach Color Gels in Jet Black or Blood Red. Sinister or sci-fi shades like Manic Panic's Atomic Turquoise or Ultra Violet would empower your strands and allow you to reinvent yourself on the fly. Opt for extra conditioning L'Oreal's Preference shades for a more seductive sensual look with diminished shock value.



Sagittarius

November 23rd to December 21st

Ongoing personal liberation and expansion are key to your overall philosophy of life. Your always-inquisitive mind loves a good adventure including outrageous experiments in the world of hair color. Never pompous, you are comfortable with experimenting, having fun and letting nature take its course. Rich, playful and uplifting hues like Fudge's Blue Velvet, Orange Crush or Lime Spyder or Manic Panic's Electric Lizard might be just right to crank up your level of excitement. Let your Renaissance side dominate by selecting La Riche shades of Poppy Red or Violet. Go with Clairol Natural Instincts for temporary shades without long term commitment.



Aquarius

January 21st to February 19th

Although you often appear to have a need for control, life does not always cooperate. Hidden inside your soul is a big show-off trying to get out. You are very comfortable rotating your hair color hues and are drawn to shades that are designed to shock and thrill. While you love to have fun with your locks, you also love to look sensational. Play with Jerome Russel's Punky colors in wild shades of Purple Python, Flamingo Pink or intense Lagoon Blue. For a total change go with a total bleached blonde look with a rainbow of colored tips.



Capricorn

December 22nd to January 20th

Although you are willing to reach beyond the rainbow in many areas of your life, when it comes to hair color you tend to value the traditional and classic shades and colors. You are naturally sophisticated and do everything with class and style. While some Capricorns might be willing to mix and stir their own hues, many of you will find the master colorist of your dreams and form a lifelong bond that nets you gorgeous shades that evolve with your age. One thing is certain, whether you select Clairol, L'Oreal or a professional color line, you will gravitate towards exclusivity and quality. Try Clairol Sparkling Sunstone.



Pisces

February 20th to March 20th

Full of magic and mystery you vibrate with a silvery glow and posses a whimsical heart. A gentle soul, you wear rose colored glasses and shun unpleasantness whenever possible. Select a soft gentle shade from Clairol's Natural Instincts line that offers beautiful color without commitment or potential strand damage. Consider enhancing your calm by trying on shades of Redwood with its deep cherry beauty or the sensual Amethyst with its magical plum hues. Pay homage to your love of the sea with Blue Hawaii from Fudge. Take a temporary detour with "N Rage Temporary Color Spray in "N Tense Blue.





Currie Hair/Skin/Nails; Stylist: Randy Currie; Makeup: Angela Iardella; Photo: Tom Carson.

Virgo

August 23rd to September 22nd

Discretion, dignity and purity are key when it comes to any consideration of new hues for your wholesome locks and ageless beauty. Consider embracing Special Effect's Virgin Rose or Cherry Bomb to show your inner kinky side out. Give Mother Nature a big nudge with Herbatint's Semi-Permanent Hair Color in shades of Swedish Blonde, Copper Chestnut or Henna Red. For an more natural colors, try temporary ammonia free Herbavita Vegetal colors. Stay true to your chemical free existence and whip up your own batch of chamomile tea, red zinger or Earl Grey homebrewed color teas for minimal impact.

Libra

September 23rd to October 22nd

You are the beautiful people of the Zodiac known to ooze charm and personal magnetism. Balance and harmony are important pre-requisites for everything that you do from the fashions you wear to the color of your make-up and hair. Enhance your natural beauty and love for the finer things in life with Clairol's award-winning, top-of-the line, Ultres with special color maximizers. Select from several vibrant permanent shades including Copper Penny, Champagne Blonde or Milk Chocolate Brown.

For high class color pampering head to your favorite color salon. Choose from professional color options followed by deep conditioning treatments to leave your hair feeling soft as silk.



Leo

July 23rd to August 22nd

A modern version of the goddess Aphrodite, you magically know how to weave a tapestry of beautiful hair hues to showcase your magnificent mane. L'Oreal's famous advertising tag line "because you're worth it" was probably invented with you in mind since you deserve only the best in life and you know it. Transform yourself into a sophisticated blonde with Feria's permanent head-turning shades of Pure Diamond or Champagne Cocktail shades that will quench your thirst to be pampered. Feria's Chocolate Cherry or Copper Shimmer will add instant transform your luscious lioness locks into a smoldering brunette or fiery red brilliance.

L'Oréal and Clairol available wherever health and beauty aids are sold. Fudge is available online at www.fudge.com or by calling 1-888-564-9207. Jerome Russell is available online at www.jeromerussell.com or by calling 1-818-999-1222



Strand Solutions

Ask the Hair Doctor

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

I love my long hair but I have been told by my supervisor that I need to keep my hair neat and tied back in a ponytail or long braid when I am on the job. No matter what I do, I always wind up with a few stray hairs that pop out and stick up. It is so frustrating. Is there anything I can do to tame my strands? Any help would be appreciated.

—Donna, Chicago, IL

The first step to sleek, pulled back hair, is well-conditioned strands. Moisture starved tresses are more prone to misbehaving and flying free. Use a good strand taming moisture-enhancing shampoo like Phytojoboba or



Currie Hair/Skin/Nails; Stylist: Kelli Brown; Makeup: Angela Iardella; Photo: Karl Richardson

ARTec Smoothing and a matching rinse-out conditioner. Always follow with a cool/cold rinse, which seals the cuticle adding instant shine and manageability. Before you dry utilize a world-class frizz fighter like Phytodefrisant Balm to help keep random hairs from popping out. After you pull your hair back into your desired style pour a few drops of Phytodefrisant Serum into the palms of your hands and mix with your fingers. Run your fingers through your hair to give it added smoothness. Don't forget to keep split ends well trimmed while religiously performing regular deep conditioning. If your hair still pops out, keep your serum handy and apply to rowdy hair sprouts as needed for instant taming.

I have fine hair that is currently mousy brown. I have a warm skin tone and am wondering if I can liven up my drab hair with red hair? Do I need to find a colorist or should I just close my eyes and grab a box of color from the nearest grocery store shelf? What is the best red shade for my skin tone and how do I find out how to get the best look for me? Will red help give my hair more volume?

—Karen, Houston, TX

The right shade of red definitely can help you weave the illusion of volume on your fine hair. Color is known to swell the hair cuticle and will often add instant new volume to fine of thinning hair. If you have a warm skin tone, you should think about red shades that are in the earthy or bronze family of hues. Since you are unsure of the right color for your current skin tone, it would be best, at least initially, to work with a master colorist that can mix and match red shades that will result in a fabulous color for you. While home hair color can work for many, it is not always advisable for the hair-coloring novice.

Cinta Salon; Stylist: Cinta Salon Art Team; Makeup: Nancy Von der Launitz; Photo: Taggart Winterhalter for Purely Visual



Always schedule a consultation with the colorist of your choice before you take the color plunge to talk about the type of red you envision. Let the colorist show you some of their suggestions for complimenting your skin tone and eyes. If you feel comfortable with the consultation, make an appointment to have your hair colored. You can also ask the colorist to recommend some enhancements to your current cut or style that will show off your new red to maximum effect. Sharp layers or well placed shading at the roots or at the tips can add special depth. You can maximize the color created fullness by utilizing color shampoos that will maintain your beautiful new red shades as well as provide you with the appearance of fatter strands.

My shoulder length hair is mostly wavy with just a tiny bit of curl. I wash my hair three times a week and I use a lot of gel, a round brush and a blow dryer to dry my hair straight. Unfortunately all this styling has caused me to lose my natural wave and curl and now all I have is a giant ball of frizz. How do I get my natural waves and curls back?

—Trina, St. Louis, Missouri

Too much styling with gels, brushes and blow dryers can, over time, result in a loss of natural wave and curl shapes with the final result being lots of frizz. The key to reclaiming your natural wave or curl formation is to use a moisture enhancing shampoo and rinse out conditioner to banish fuzzy strands. Towel-blot hair, detangle with a good leave-in conditioner and finish with a light film of Phytodefrisant balm. Follow with a blow dryer like the hot new Conair Wave Lengths with a special soft finger diffuser optional attachment. The soft fingers of the diffuser will allow you to lift and shape your natural waves and curls as you gently blow dry. Avoid touching your hair with fingers until your hair is 100% dry. Use the dryer's cool shot feature to set your spectacular new style. Spot shape your waves or curls with a curling iron like the professionals do. Carefully arrange your new waves and curls with a pick. Finish with a light application of a defrizzant serum which provides instant shimmer along with protection from frizz formations.

I have super thick hair that is mostly straight. I currently wear my hair in a medium length, one-length modified bob cut that is very hard to control and deal with. Any suggestions on the right cut for my hair? I have an oval style face with dark brunette hair.

—Sylvia, New Orleans, Louisiana.

Thick hair like yours can end up looking bulky and being hard to handle unless it is worn either longer, or shorter and choppy. Medium lengths, as you have discovered, tend to be difficult to manage and should be avoided. With your oval shaped face you can wear a shorter tousled bedhead or choppy look that gives your thick hair lots of options without adding bulk. To keep your hair smooth, use a blow dryer with a concentrator that will allow you to focus heat on one small area of hair at a time. Use a round boar's head brush on each section to hold it taut as you dry. Experiment with large barrel curling irons and hot rollers to slightly modify your choppy look.



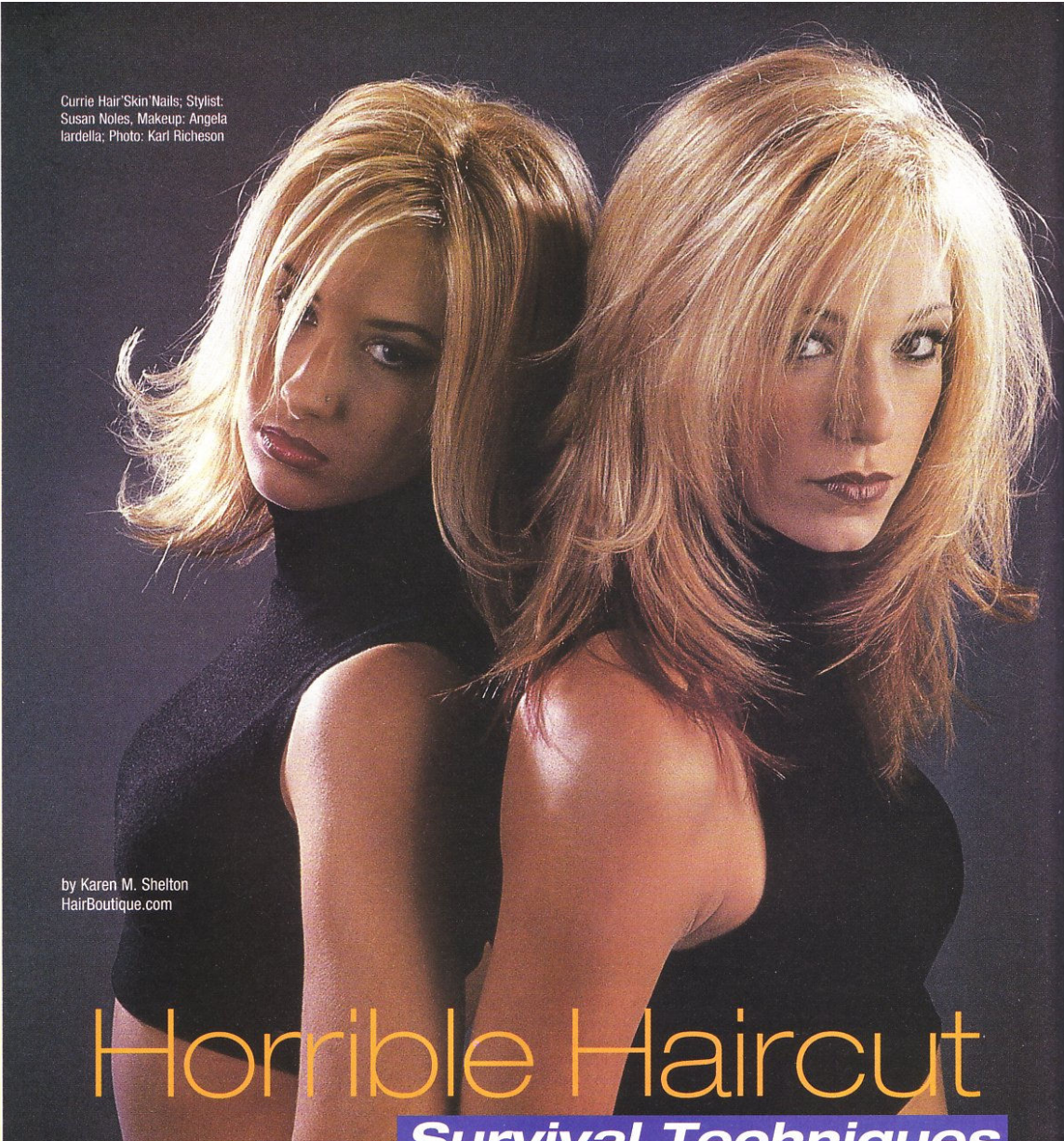
*Karen M. Shelton is President/CEO
of the popular award-winning
<http://www.hairboutique.com>*



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



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



Currie Hair Skin Nails; Stylist:
Susan Noles; Makeup: Angela
Iardella; Photo: Karl Richeson

by Karen M. Shelton
HairBoutique.com

Horrible Haircut

Survival Techniques

It happens when you least expect it—right before a very important event where photographers will be out in force. Sometimes it happens with a long time trusted expert at the helm. What is “it?” It is a dreaded bad haircut that can ruin a long string of days with just a few snips.

While there are many ways to avoid getting a bad haircut before it happens, once you have one, there are some instant remedies that will take you from geeky to glam in no time.

The key to bouncing back from a bad cut is to remember that your hair will recover despite how bad you think it looks. Don't let a bad cut ruin your life. Here are some ways to get on with your hair life:

1. Don't panic

Although you may have hated your horrid new style the minute you saw it, take a deep breath and remain calm. Hair may actually go into a temporary state of "chop shock" immediately after it is cut. Give your hair a few days to relax into its new style. You may discover that your initial anxiety was unfounded and your hair is falling into place.

If a few days pass and your hair is still giving you nightmares, be prepared to try some new cut coping options.

2. Cry your eyes out

Okay, so your hair looks like hell and doesn't seem to be recovering from the big cut. It could be worse. While it's okay to indulge yourself in feeling angry or bad about your hair, minimize the negativity. Call your best buds, rant and rave. Have a good old-fashioned cry and then move on. Stop obsessing or whining about it. Trust me, your hair will grow back. Don't let a rotten crop rain on your daily parade.

3. Forgive yourself and your stylist

Don't get wrapped up in the blame game. While it's good to evaluate what went wrong so you can avoid it again, forgive yourself, and your stylist, and move on.

4. Investigate minor cut tweaking

If you received the cut from your regular stylist immediately contact them to discuss your disappointment. Remember, even the best stylist in the world has a bad day. Give them the benefit of the doubt. Be willing to let them try and tweak the style to your satisfaction or to even out rough spots.

Most stylists will tweak a bad cut within 48 hours without additional charge. This can only happen if you politely speak up and ask for an adjustment. Don't wait too long after the cut.

If you went to an unfamiliar stylist you may want to forgo any tweaking since it might only make matters worse. Consider contacting another trusted stylist. Ask them for suggestions on equalizing or modifying your new cut. It is amazing what a good stylist can do with a hair wreck.

5. Make lemonade out of lemons

I believe that when life gives you lemons, you can have fun making lemonade. Being positive really helps in any bad situation. Not only does it make you feel better, it gives you the opportunity to learn new ways to style your hair.

Set aside some private time, drag out all your hair styling tools and play with some new looks that can help you pass the time while your hair grows out. Styling products like volume enhancing mousse or extra strength gel can work wonders on instantly changing limp locks into luscious fat locks. A good straightening or frizz taming balm like Mine's Smooth Sailing or Phytotherathrie's Phytodefrisant can remove the frizzies and help you create a smooth, sleek, shiny cap.

Experiment with various sized hot rollers or styling irons to achieve a different texture. Hair will often "snap out" of a funk with added movement. Use gel on wet hair to create faux dreads or soft sensual spikes. Play with a magnificent Meg Ryan bedhead do or go with a wet look and slicked back bangs or sides.

If your hair is long enough, experiment with tiny braids or crimped strands to give yourself a brand new funky style that you can have fun with.

6. Get the biggest bang for your bucks

Sometimes a bad haircut can be directly related to horrible bangs. Your fringe may be cut too short or appear to be completely uneven. If your bangs are too short you can opt for several options such as changing your part, wearing your bangs tousled or altering them so to display a deliberate asymmetric look.

Clip-on bangs are now available at some of the larger beauty supply stores. Celebrities love them as displayed by Mai Ling and Jennifer Lopez at recent award shows.

Another option is to add multidimensional streaks to your bangs to give them depth and new interest. While you are at it, crank up your eye makeup to take advantage of the new focal point.

7. Clip on a tail

If you still can't do a thing with your new do, head for the nearest beauty supply and check out the latest clip-on ponytails, braids and dreadlocks. If you want to crank up your playfulness experiment with some of the hot new fun wigs in platinum or glam colors. A good clip-on or wig will buy you some stealth mode time for your growing strands.

If you are more traditional you can select from an incredible array of human hair and synthetic wigs that can be purchased to match most hair colors and styles. If you opt for a more traditional wig or hair piece be sure to work with a stylist that can help you get a perfect fit.

8. Extend yourself

Britney, Christina and Jennifer Aniston do it along with more celebrities than you can count. Human hair extensions that are applied by a skilled expert can instantly transform your look from horrendous to heavenly. High quality extensions can be pricey and should not be undertaken lightly. If your rotten cut is really ruining your life, carefully chosen extensions might just be the best solution for you.

9. Pop a pill

No, hair vitamins will not instantly add six inches to your newly shorn locks. However, it will help maximize your genetic hair growth rate and to help you grow super healthy new strands. Consider adding a good essential fatty acid (EFA) to your daily vitamin count which will help to condition new strands internally.

10. Accessorize

Use hair clips, barrettes, jeweled hairpins and headbands to camouflage uneven layers. Brush haphazard bangs to one side and clip with a hot new comb. Why not show off your ability to make the best of a bad hair situation? Grab the latest fashion headgear as a last resort and only use it if you really must.

11. Get out of the house

Avoid the temptation to let your bad hair experience prevent you from enjoying your life. Don't pass up a special social event just because your hair looks challenged.

Spend some time before the event practicing some cool ways to equalize your challenged hair and then enjoy yourself.

12. Once burned

Surviving just one really bad haircut should help you avoid more in the future. Always make sure that you have a pre-cut consultation with your stylist and that you believe you are both on the same hair page. Take photos of your desired cut since stylists work well with a visual image to guide them. Show your stylist exactly where you want your hair to fall against your face. Once the cutting begins, watch carefully. If you think the cut is going wrong, instantly stop the process.

Remember, it is your hair and you have to live with it. Don't be shy, speak up and leave if you must.

More Articles

If you want to talk more about this or other hair care articles check out Hair Boutique at <http://www.hairboutique.com>

25 Urban Hair Myths

by Karen M. Shelton
HairBoutique.com

There are many hair myths that circle the globe like urban legends. Like a new flu virus, once a hair rumor is started, it develops a life of its own and spreads like wildfire. Some of the strand stories endure for years. Listed below are some of the oldest and most common hair myths along with the actual facts.



Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Nina

Myth No. 1: Cutting Hair Makes It Grow Faster And/Or Thicker

False. Shorter hair often looks and feels thicker but cutting your hair won't alter its normal biologically determined growth rate or overall texture. Thin, limp or fine hair will not ever grow thicker in response to a haircut. Plump up your hair by using volume enhancing hair care products, experimenting with a hair fattening blunt cut or getting a texturizing perm or color treatment.

Myth No. 2: Split Ends Can Be Repaired Without Trimming

False. The only successful treatment for removing split ends is with scissors. While some hair care products may temporarily merge split ends together, this fix only lasts until your next shampoo. Keep in mind that damaged ends tend to grow slower than healthy, well-maintained, trimmed hair.



Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Natali

Myth No. 3: It Is Okay To Trim Your Own Split Ends At Home

True. Although regular visits to your stylist for a professional trim are recommended, if you wish to clip your own split ends at home it is perfectly acceptable. Always use a professional set of scissors and avoid dull blades, which can actually make splits worse.

Myth No. 4: Split Ends Will Travel

True. Uncut split ends can travel up the hair shaft towards the roots. Tresses that are not tended to, over time, may develop splits that migrate and split all or part of the entire hair. Some ends can actually tear multiple times so that your split ends have splits.

Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Natali



Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Nina



Myth No. 6: Hair Will Always Remain The Same Texture

False. Although you may be born with straight, curly or wavy locks, there are many circumstances under which your hair's ultimate texture can be permanently altered. Pregnancy, medication, chemotherapy, age and other variables can cause your texture to be temporarily or permanently altered.

Myth No. 5: Hair Grows Faster On Different Parts Of The Head

True. There is some scientific evidence that the growth rate of hair may vary on different parts of the head for select people. There is also some indication that the growth rate of hair on babies may be faster on the crown than on any other parts of the scalp. Usually the growth rate differences are very marginal and will not impact the hair appearance in any way.



Planet Laboratories (Denver, CO)

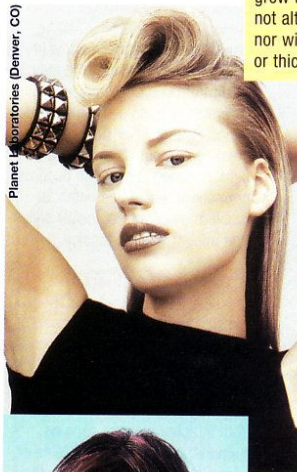
Myth No. 7: Shaving A Baby's Scalp Will Alter Their Natural Hair Texture

False. The hair that a baby is born with may or may not be the hair that they grow up with. Shaving a baby's head will not alter the texture of their ultimate hair nor will it cause their hair to grow faster or thicker.

Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Nina



Planet Laboratories (Denver, CO)



Myth No. 8: Coloring Hair During Pregnancy Is Harmful

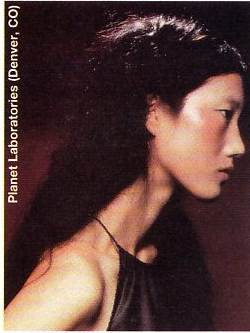
False. Although some physicians disagree, most believe that coloring the hair during pregnancy will not be dangerous to the baby. When in doubt always get your physician's permission to color your hair during pregnancy. Most experts believe that the key danger with hair coloring is not the application of the product to the scalp but the inhalation of the strong chemical odor.



Myth No. 9: Virgin Root Hair Should Be Treated Differently

True. The hair that is closest to the roots will react differently to the application of new hair color and chemical treatments. Hair color applied directly to the roots will process differently than color applied on hair that has already been treated.

Umberto's Salon (Edmonton, Canada); Stylist: Umberto; Color & Makeup: Natali



Myth No. 10: Blow-Drying Hair Can Cause It To Smoke

False. This bizarre myth has been circulating for years in a number of versions. On the rare occasion that hair "smokes" it is due to the evaporation of condensation on the hair from styling gels or similar hair care products.

Myth No. 11: Smoking Causes Gray Hair

True. According to J. G. Mosley of the Leigh Infirmary in Lancashire, England in an article in Science News (January 11, 1997) smokers are four times more likely to have gray hair than nonsmokers. Even worse, smoking has been conclusively linked to accelerated hair loss.



Myth No. 12: Gray Hair Can Only Be Covered With Permanent Color

False. Depending on the percentage of gray hair that you have, you may be able to blend or cover the budding gray with a semi-permanent or demi-permanent blend that does not contain harsh chemicals.

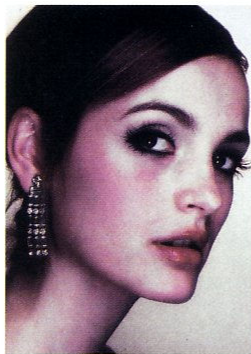
Myth No. 13: Washing Hair Every Day Dries It Out

False. The right shampoo for your

hair type and texture will actually add moisture, body and beauty to your hair. The key is to finding the correct shampoo designed for your hair.

Myth No. 14: Rinse Out Conditioners Do Not Provide Benefits Because They Are Rinsed Out

False. Rinse out conditioners applied to your hair right after washing will leave a deposit of moisturizing proteins and other ingredients on the hair shaft providing hair that feels softer, shinier or better conditioned.



Myth No. 15: Wearing Tight Braids, Ponytails Or Buns Causes Baldness

True. Traction alopecia is a very real hair loss condition that may result from wearing tight ponytails, cornrows or buns over an extended period of time. Over time, hair breakage or loss as the result of tight, stressed styles, can become permanent. Avoid this potential problem by opting for looser styles that minimize scalp tension.

Myth No. 16: Sleeping With A Wet Head Causes Scalp Fungus

False. Scalp or fungal diseases can't be caught from sleeping with wet scalps. Scalp fungus or infections requires prior involvement with infected sources such as humans, tainted hair care tools or animals. As an example, ringworm can be spread by infected animals.

Myth No. 17: Sharing Combs And Brushes Can Spread Scalp Diseases

True. It is a fact that lice and other parasites can be transported from scalp to scalp through the sharing of combs, brushes and other hair care tools.

Myth No. 18: Hair Develops Immunity To The Same Shampoo Over Time

False. Many people swear that their hair will become immune to the benefits of the same shampoo used over time. There is no scientific evidence to prove this myth.

Myth No. 19: Hair Should Be Washed Every Day

False. There is no correct schedule for washing hair. Every person should shampoo according to the specific needs of their hair type and texture. While some people do benefit from a daily shampoo, others benefit from a variety of shampooing schedules.

Myth No. 20: Lemon Juice Will Bleach Hair Blonde

False. While some naturally light haired people may notice a slight lightening or brightening after prolonged sun exposure soaked in lemon juice, the majority of people will not see any obvious change in their hair lightness or brightness.

Myth No. 21: Salon Products Are Identical To Drugstore Products

False. While there is an exception to every rule, salon products are generally manufactured to contain higher quality, more expensive ingredients that are designed to consistently provide more intensive cleansing, moisturizing and conditioning results. The quality ingredients found in salon products are not usually found in drugstore brands.



Myth No. 22: Swimming Pool Chemicals Can Turn Hair Green

True. Frequent swimmers with natural blonde or chemically highlighted hair that is extremely porous may experience the development of green tints and shades over time.

This problem can be prevented with regular use of moisturizing shampoo and conditioners that provides a natural barrier to chlorine and related chemicals.

Myth No. 23: A Sunburnt Scalp Can Lead To Hairloss

True. Severe sunburn or a series of burns that occur over time may damage delicate hair follicles at the root level. People with a genetic predisposition towards hair loss may accelerate the onset of hair loss activity. Avoid scalp burns by applying sun protection products to your scalp along with your hair.



Myth No. 24: Brushing Thinning Hair Makes It Fall Out Faster

False. As long as you use a good brush on your hair, normal daily brushing will not accelerate the normal loss of hair from the scalp. If your hair is suffering from a hair loss condition like alopecia brushing will only cause you to lose hair that is already ready to fall. Excessive brushing is always discouraged under any circumstances.

Myth No. 25: Hair Care Products Advertised As Natural Are Chemical Free

False. Not all hair care products sold in health food establishments are completely natural and may contain chemicals like SLS. When in doubt read the label.

What should you do when you hear an urban hair myth? When in doubt ask a true hair expert. This does not include your best bud, the local bartender or the checkout clerk at the local beauty mart. Always get the facts before you act on any hair rumors. Your hair will love you for it.