



FALL'S SEXIEST HAIRSTYLES

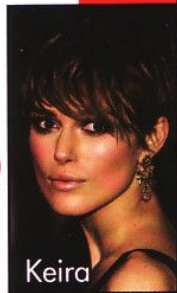
# SHORT CUTS

Celebrity style

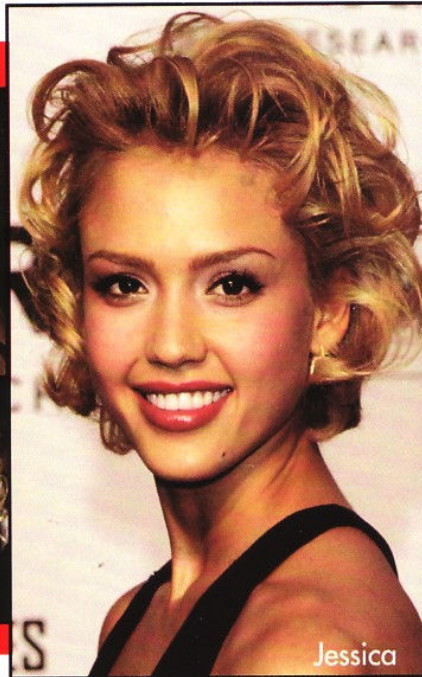
**WIN!**  
The products used for your favorite styles!

**72**  
**STAR STYLES**

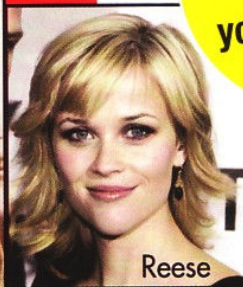
Why shorter is better



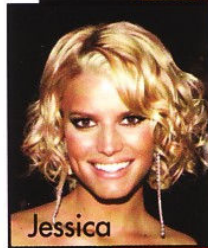
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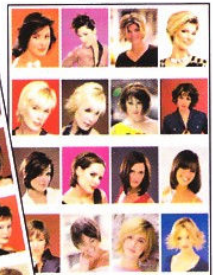
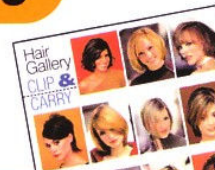
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# Tress

By Karen M. Shelton  
HairBoutique.com

*Whenever I go to have my shoulder-length hair trimmed, my hairstylist blows it out for me at the salon. Somehow she makes my hair look amazing. It is super shiny, bouncy and smooth. The problem? I can't ever seem to get the same results as she does when I blow-dry my own hair. I am frustrated and can't figure out what I am doing differently. Any suggestions?* —Kate

Many stylists will saturate damp hair with styling products such as mousse, gel or leave-in conditioners and/or shine products that will provide a super shiny, smooth finish. If you watch your stylist closely from the minute she takes you to the shampoo until the time that you leave the salon, you will probably notice that she uses a lot more products on your hair than you probably do at-home.

Next time you go to the salon, take a notebook and a pen and tell your stylist that you love how your hair looks when she blows it out and you want to try and duplicate the look at-home. Ask her if she can tell you exactly what products she is using and then watch how much she actually uses for each one. Ask her what each product is designed to do. Is it a gel, a cream, a leave-in product or a shine product?

Watch carefully how she applies each product to your strands. Does she use a big glob of mousse rather than a tiny amount? How much gel or cream formula does she rub into the palms of her hands before she applies it to your strands? Does she carefully and evenly comb the products she uses through your hair so that it is evenly distributed? Does she use her fingers, a wide tooth comb or some other method? All of these things make a big difference in the final look of your tresses.

Another factor that can impact shine and smoothness is how carefully shampoo is rinsed from your strands. Because stylists have the advantage of having the assistance of a shampoo person who works at the bowls all day long, or because of their own experience, they tend to take more time and care when rinsing out any shampoo residues. Often, they will rinse several times with lukewarm water and finish with cold. When suds are not completely rinsed out, a filmy residue may remain which can dull a natural shine.

The actual blow-drying technique that your stylists uses is also noteworthy. Pay attention to how she sections off your hair and the thickness of each section. Does she work from the top down? Ask her to show you and explain how to do the same blow-drying technique at-home. Most hair experts will blow-dry the hair from the roots to the ends, moving in a methodical pace to make sure each section is smooth and completely dry. Some hairstylists will use a round brush, others a flat

brush, depending on the hair type and style desired. Finally, many stylists will finish a blow-drying session with a blast of cool air to set the style.

While it is not necessary to buy all the same products that your stylist uses, it is important to acquire similar tools. For example, if your stylists always uses a mousse on your hair, you should invest in a mousse with the same properties. If a leave-in conditioner is part of her secret weapon for your shiny strands, make sure you follow her example and use one that is developed along the same lines.

*I love to experiment with all sorts of at-home hair treatments. I am always wanting to try new things. Do you have some unusual at-home recipes you can recommend?*—Ginny

I am always happy to share tidbits that I have discovered over the years. However, I want to start with a big disclaimer. Please proceed with caution and avoid using any products that you may have a known allergy to—always do a small patch test to make sure you are not allergic to any of the ingredients. When in doubt, check with your physician.

Some well-known at-home beauty treatments include:

## Banana Avocado Hair Conditioning Treat

Purify your hair and remove environmental gunk and junk. Use this weekly (but never daily).

### Ingredients:

- 1/2 ripe banana
- 1 heaping teaspoon plain vanilla yogurt
- 1/2 ripe avocado
- 1 tablespoon of olive oil

### Directions:

Combine the ingredients together in a blender. Mix well. Pour contents into a clean plastic squeeze bottle (old ketchup squeeze container works well). Shampoo scalp and hair. Rinse well. Towel-dry to remove excess moisture. Work the Hair Treat into your hair. Coat well, especially the ends but AVOID the scalp areas. Use a wide toothed comb to distribute the mixture through the hair. Cover head in with a plastic cap or plastic wrap and cover with a warm towel for 25 minutes. Rinse well with lukewarm water. Shampoo. Do a final rinse. Apply a leave-in conditioner if you wish. Recipe provided by Robert Hallowell, [www.thekitchenbeautician.com](http://www.thekitchenbeautician.com).

## Jell-O As Styling Gel/Mousse

Use Jell-O to create your own hair setting product. Buy Jell-O in the same shade as your hair,

if possible, or the closest to your shade. Depending on the amount of hair you have to set, use 1/2 of the suggested recipe. If you have a lot of hair to style, use the entire amount in the Jell-O package. Follow the directions on the package and then let sit at room temperature until the mix is cool enough to apply to your hair. Apply liberally to towel-dried strands. Dry with a blow dryer or air dry. Optionally you can use plain gelatin products if you prefer to simply set your hair without adding any hue.

## Fabric Softener Rinse Out Conditioner

Depending on the length and thickness of your hair, dilute one to two teaspoons of the softener to eight to 16 ounces of warm water. Shake gently to mix. Drizzle through middle to ends of your hair and rinse with warm water. Finish with a cool water blast. Be careful to avoid getting it in your eyes.

## Honey Leave-in Shine Treatment

Stir one teaspoon of honey into four cups of lukewarm water. After you shampoo and have completed your final rinse, drizzle the honey mixture through your strands. Do not rinse. Detangle and blow-dry or air dry as normal. As an option you can add one squeeze of lemon to the mixture. If your hair is fine or thin, you may either wish to dilute this recipe using 1/2 teaspoon of honey to four cups of water or mix one teaspoon with eight cups of water. Recipe provided by [www.honey.com](http://www.honey.com).

## Honey Hair Conditioner

For dry or damaged strands, mix 1/2 cup of honey with 1/4 cup of olive oil. For normal or oily strands, mix 1/2 cup of honey with two tablespoons of oil. Using a small amount of the mixture at a time, work it through the hair until it is completely coated. Cover hair with a plastic shower cap and leave for 30 minutes. Remove shower cap, shampoo with your regular shampoo and rinse well. Finish with a cool water rinse. Blow-dry or air dry normally. Recipe provided by [www.honey.com](http://www.honey.com).

## Pear Pack Volume & Texturizer

Run a ripe Bosc pear under warm water to soften. Peel and remove seeds. Place the pear in a bowl and mash with a fork. Mix in one teaspoon of plain gelatin. Apply the mixture to just washed hair, massaging into the scalp and working completely through the ends. Leave on hair for 15 to 30 minutes. Shampoo out and do a final cool water rinse. Recipe above from *Bargain Beauty Secrets* by bestselling beauty author Diane Irons.



# AstroStyle

## Short Hair by the stars

By Karen Marie Shelton HairBoutique.com

Whether you are contemplating a new chop or a redesign of your current short hairstyle, you may be undecided if you are on the right hair track. While I am the first to advocate that everyone take their time before making a big hairstyle change, I also believe that each sign of the zodiac has their own sense of style. So while you are trying to decide whether to go short, consider the influence of your sun sign as you contemplate a new style.

### Virgo

August 23 to September 22

Clean lines and healthy looking tresses are some of your hair priorities. You like sleek and sensual rather than an overly frilly style. You are drawn to classic styles with beautiful curves as well as sizzling and flexible texture that can be classed up or punked down. You won't hesitate mixing and matching different looks within one basic hairstyle, combining sleek with choppy and shaggy with wavy.

### Libra

September 23 to October 22

You love looks that are pretty and powerful, yet you understand the importance of showing off your gorgeous features. You would never get caught dead with an ugly style since beauty is your middle name and Libra's signature profile. You have a natural attraction to more romantic styles like bobs or chops that have gentle waves, curls or movement. A short choppy shag that drapes seductively across your forehead and cheeks would be another Libran hairstyle winner.

### Scorpio

October 23 to November 21

Seductive and sophisticated, you exude a certain something that acts like a powerful magnet drawing people closer. Ruled by Pluto, the planet of transformation, you constantly reinvent yourself through your hairstyles and hair colors while transcending to new realms of attunement. You look fabulous in short seductive styles that blend exotic with a subtle element of mystery. Vibrant highlights, especially in the red family, impart a gutsy image to any short style.

### Sagittarius

November 22 to December 21

Sagittarians love to do things without any warning—you love surprises and instant changes to your hair, makeup and fashion. Most Sagittarians need constant stimulation and what better way to jazz things up than to go with constant short hairstyle changes. As a true Renaissance person you are always eager to walk on the wild side and try lots of new things just for the thrill—and comfortable with everything from super short pixies to multi-colored spikes.

### Capricorn

December 22 to January 19

Hidden underneath your cool exterior is an earthy and very sensual person who enjoys feeling feminine. You want to leave a lasting impression but also want to look crisp, neat and appropriately professional. You hate styles that are high maintenance or border on the frou-frou. You look for short styles that are wash and wear classics like the basic bob or a more conservative shag that will endure for a long time.

### Aquarius

January 20 to February 18

Your constant need to be racy and unconventional will often manifest in your selection of short hairstyles that combine a fresh casual look with some sort of original twist. You might wear your hair in a longer up-to-date bob but add unusual textures ranging from punky curls and retro waves. Your selection of highlights and hues are inventive and inspiring. You are a trendsetter and your hairstyle often reflects your charismatic, original and progressive personality.

### Pisces

February 19 to March 20

You are equally alluring, mysterious, fluid and wildly changeable. Flexibility is your middle name. Your extremely sensitive feelings and fluctuating moods have major impact over how you wear your hair, whether you select a classic one length bob or a super choppy hybrid style. You love short styles that are glam yet practical and easy to maintain. You march to the beat of your own hair drummer avoiding hot trends like the plague.

### Aries

March 21 to April 19

You love to be a pioneer in everything you do. You are ruled by Mars, the fire planet. You like radical short edgy cuts and styles that are fast, flashy and hot. You set trends and turn heads with superbly designed and executed cuts. You want sizzling styles that call attention to your magnificent eyes and radiant smile. Red shades are often one of your best colors. Embrace ruby hues and add flaming highlights to any style you select.

### Taurus

April 20 to May 20

You are the essence of femininity, earthiness and sensuality. While you would enjoy the simplicity of a short style, you want one that allows you to express your sexy side and enhances your natural beauty. Bullish babes should consider a flirty medium to short bob with full sensuous bangs. Indulge your love of sultry styles that highlight your best features.

### Gemini

May 21 to June 20

A true Gemini loves to keep people guessing with a revolving set of short hair trends. You tend to be impulsive and may decide to chop your locks in a moment's notice. You are constantly changing your lengths or mixing and matching different lengths within your existing cut. Since Geminis hate details, a messy shag or heavily layered bob with choppy bangs would be a good option.

### Cancer

June 21 to July 22

Cancers ooze sensuality and look unbelievably fabulous in a range of short styles that cover the spectrum from femme fatale to sophisticated lady. Although Cancers love to feel relaxed and at ease, you can also be moody and whimsical and will wear your hair to reflect your current feelings. Many Cancers love peek-a-boo hairstyles that flow and move like a silken drape of hair. A medium to short shaggy 'do with eye-skimming or long draped bangs is perfect for you.

### Leo

July 23 to August 22

Elegant, sexy styles that are trendsetting and head turning are a must for beautiful Leos. When selecting a shorter style, you will most likely adore a short flirtatious mane that absolutely glows and gives a feeling of vibrancy. Since you love to dress up for any occasion, a flexible short style, like a choppy bob with lots of texture and movement, that can be glammed up and is guaranteed to stop traffic would be ideal.

When in doubt about the best short style for you, evaluate your facial shape, your lifestyle and your hair's texture and type. For additional help in selecting a flattering short cut, consult with your favorite hair care professional. Be willing to consider all the options and keep your eye on current trends so you can have a look that not only works with your facial features and lifestyle, but current hair trends and fashions as well.