

Art Department

InStyle

From Chlorine to Frizz, How to Summer Proof Your Hair



PHOTO: JEFFREY M. HARRIS
BY: SHERRY GORDON

What's not to love about summer? To many, it's barefoot, beach waves and barbecues as far as the eye can see. From your hair's perspective, however, there's hardly a more threatening season. Between drying chlorine and frizz-provoking humidity, the elements are ready to wreak havoc on your strands. Better take these simple steps to ensure your styles shine through your summer vacay.

To block chlorine

Think of it this way: Your hair is like a sponge. If you dive into a chlorinated pool with dry hair, your strands will absorb the chemicals and hold onto them, says N.Y.C. hairstylist Tyler Colton. He suggests pre-soaking strands with tap or bottled water or a leave-in conditioner. "Both will help create a barrier against the chlorine." If you're honey highlights have already faded or have a green tinge, try using a clarifying shampoo to remove all mineral build up, says Colton who likes Paul Mitchell Clarifying Shampoo Three (\$10; paulmitchell.com) "This formula was designed to remove chlorine and minerals so it's ideal for people who swim often," says Colton. Once or twice a week, apply a repair mask (try AD Reconstrut Intense Anti-Breakage Mask (\$30; ulta.com) to help prevent breakage. "It contains aloe butter and silk proteins which really help to rehydrate and strengthen hair which can become brittle and weakened over time from chlorine," says N.Y.C. hairstylist Wesley O'Meara.

To protect against sun damage

Just like rays can cause damage to your complexion (hello, dark spots), they can also dull and fade your hair color. If you're outdoors frequently, your first line of defense is to wear a hat, suggests N.Y.C. hairstylist Antonio Prieto. On fine strands, apply a lightweight UV protective mist like StrVectin's spray (\$9; sophies.com). If you have medium hair, try a cream like Kerastase's Elixir Ultime Crème Fine (\$42; kerastase-usa.com). "It's light enough to apply throughout the day and also gives your hair shine," says Prieto. If you have thick strands, you may want to consider coating them in sunscreen. That's right, the formula you put on your face. "Most sunscreens have a tack to them, and can work like a grooming cream," says O'Meara. "Dampen hair a bit so the sunscreen is easy to comb through. Then tie up hair in a bun or braid." And don't forget that your scalp is an extension of your skin, so "apply sunscreen on part lines and around the hairline where hair is finer and sun damage can occur," says Colton.

To shield against salt water

Even though we love to lay a day at the beach can give us Gisèle-like waves, "salt water will dehydrate your hair," says Prieto. Keep your beach bag stashed with a hydrating oil or leave-in conditioner. Try Prieto's favorite, Shu Uemura Essence Absolue Nourishing Protective Oil (\$60; shu-uemura-usa.com). Rub it in before you hit the water so it creates a protective coating that helps repel the salt water. "It will rebalance the hair's moisture level and it also comes in a travel size so it's perfect for the beach," says he.

To stop frizz

If you live in a humidity prone climate, hair can get big real fast. To prevent roughing up the outside when washing hair, coat strands with oil as a protective layer, says N.Y.C. hairstylist Adet Chahli. Then, if you're blow drying hair, make sure you keep going till it's completely dry—before moisture can cause frizz. If you are letting your hair air dry, apply your favorite anti-frizz product on damp hair and twist your hair into a loose low braid, says L.A. hairstylist Kyle Heath who relies on L'Oréal Formula Serum (\$44; sophies.com). Keeping hair bound in a braid on a bun give strands some structure and control so strands don't go errant. If you have ringlets, try maintaining a hands off approach. "Running your fingers through your hair breaks up curls and will make hair look frzier," says Colton.

InStyle

CELEBRITY HAIR BEAUTY LIFE & HOME CULTURE WEDDINGS HOW-TO

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MINI

Should You Really Use Mouthwash to Get Rid of Dandruff?



GETTY IMAGES

PHOTO: JEFFREY M. HARRIS

BY: KELLY BRYANT

MINI investigates...

Whenever we come across a viral beauty hack we greet it with a little bit of skepticism and a whole lot of side eye. Case in point: The beauty vlogger who claims she uses mouthwash to rid her mane of dandruff.

[READ: The Best At-Home Hair Tricks]

"Listerine may just work for treating dandruff," says celebrity hairstylist Daven Mayeda. "Flaky, dry skin is often caused by an overgrowth of yeast, and the antiviral and antifungal properties from Listerine can treat the disorder. The ingredients in Listerine like menthol, eucalyptol, methyl salicylate, and thymol contain antifungal properties. It's a great medication for minor cases, but might not be strong enough for moderate to severe cases."

[READ: Priyanka Chopra Shares Her Favorite DIY Beauty Tricks]

Hairstylist Tyler Colton, who has worked with the likes of Charlize Theron and Avril Lavigne, among others, agrees with Mayeda that the hack has merit, but he would actually recommend using a mouthwash that has one specific ingredient in it to help abolish the flaky stuff.

"You can basically use any mouthwash but I would use a tea tree-based mouthwash," he says. "Tea tree has natural properties that will help with dandruff. And instead of buying dandruff shampoo, you could easily mix up your own batch of mouthwash and shampoo to create your own dandruff shampoo."

Colton also wants to stress that dandruff is *not* dry skin, as commonly believed.

"This is the biggest misconception and this is where marketing for dandruff gets people," he says. "With changing season, we can get a dry scalp that flakes white. This is just dry scalp and using a deep conditioner at the scalp will help cure dry scalp. Dandruff is an overproduction of the oil gland which produces sebum. This oil/sebum builds up on the scalp getting crusty and flakes off. Anti-fungal and soothing properties found in mouthwash can help dry up and control dandruff."

So there you have it — Dhukai is on to something. We never should have doubted her.

POSTED IN: HAIR, MINI

Tyler Colton

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The One Thing Hairstylists Really
Wish You Would Stop Doing When
You're Sitting in Their Chair

BY RENEE JACQUES, ASSOCIATE DIGITAL EDITOR, FEBRUARY 10, 2016, 11:00:00 AM



Bringing an inspiration photo that isn't even close to being realistic for your hair type. "It's frustrating when a client brings in a picture of a beautiful, blonde hair color like Jennifer Aniston's or a picture of long, luminous hair like Jennifer Lopez's and wants those results, yet their hair is thin, short, and the darkest brown. Bring cuts and hair-color images to the stylist that resemble your type of hair color and texture." —Tyler Colton, a stylist who works with Katharine McPhee

When you're giving mixed messages about what you want. "It's bad when clients tell you how open they are to change or to try something new, but then put so many limitations on what can actually change. For example, they might say, 'I'm willing to go shorter, maybe my length is too long.' Then that's followed by 'How much did you want to cut?' followed by 'Well, maybe that's too much.' followed by 'Well, maybe we leave the length and just add a few layers, but not too many, because I like my hair right now.'" —Colton

BYRDIE

AUGUST 14, 2016 | HAIR

3 Haircuts That Make Your Face Look Thinner

By Heidi Katz

News flash: *Contouring* with rosin shades isn't the only thing that can make your face look more sculpted. (Which is excellent news considering we're all about the highlight now anyway.) Makeup aside, the right haircut can also transform your face shape for the better. When styled correctly, your hair can swing and frame your face in a way that makes rounder faces look narrower and adds subtle definition.

"When getting a haircut, the number one rule someone with a round face should take into account is to stay away from blunt lines," hairstylist Tyler Colton tells us. "Hard lines tend to look very young and make your face appear rounder than it is."

With that in mind, we asked him and hairstylist Amy Bradbury of Kennelwood BC to share the top three haircuts that sculpt and slim your face. If you're looking to make your face look slimmer, bring one of these photos to your stylist. *Scroll through to see the haircuts!*

This post has been updated by Amanda Menéndez.

LOB

Colton suggests opting for a lob at least three inches below the chin. "It can extend down to your collarbone, and make sure to ask your hairstylist to add some *shattered layers* to help define your face," he says. "To add separation and definition to your lob after styling, we suggest a spritz of *Amika's Un.Done Texture Spray* (\$24).

If you want to go shorter than a lob but don't want to over into "crazy" territory, Colton says to avoid chin-length bobs and cuts above the chin with straight lines (e.g., pixies or boy cuts).

LONG LAYERS

"A long, layered cut is one ideal hairstyle to create the illusion of a thin face," Colton says. "Long layers help create a soft shape and will help elongate a round face."

One thing to keep in mind when styling, Colton warns, is to maintain volume in the lower sections of your hair, to help balance your face. Too much volume on the sides of your face will only make your face look rounder.

Depending on your natural hair texture, you can either let your hair air-dry or opt to style it into soft, beachy waves à la Cara Delevingne. Or, add slight waves to your hair with a straightener.

SIDE BANGS

Lastly, you can always go the *à la Brits* route and opt for shaggy side-swept bangs. "They're a great style for women trying to elongate their face," Colton says. "Either a lob or long hair can be worn with long, side-swept bangs."

If you're taking the plunge and getting bangs, Colton says they should be cut no shorter than halfway down your nose and should have "shattered" ends (Alexa Chung is the poster child for this hairstyle).



LOB



LONG LAYERS



SIDE BANGS

BUSTLE

The One Trick To Picking Your Best Hair Color, As Told By The Pros



PHOEBE WALLER
6 days ago FASHION & BEAUTY



When choosing a new hair color, it can be difficult to know what shade will suit you best. If you're lost, don't worry, I spoke with some professional hairstylists to discover the [one trick to picking your best hair color](#) so you can discover your perfect hue.

There's a lot to think about when deciding which way around the color wheel you want to go. Firstly, if you're [dyeing your hair for the first time](#), you might want to go for something subtle, so it's not a complete shock when you walk out of the salon. On the other hand, if you change your hair color as often as your underwear, you may be wondering which shade to experiment with next. You're likely aware that some hair dyes need a ton of preparation in order for you to reach your desired tone. [Achieving platinum blonde](#), for instance, usually takes more than one trip to the salon. In addition to this, you'll need to think of funding your possible additional appointments, not to mention keeping on top of your after color care, so that your color doesn't fade too quickly.

Taking all of this into consideration, after all yours and your stylist's hard work, it would totally suck to be stuck with a shade you later discover doesn't suit you. In order to minimize this possibility, I spoke with a host of hairstylists to discover their favorite trick to picking [your best hair color](#).

Tyler Colton, a [Honey Artist Hairstylist](#), divulges his favorite trick to choosing your best hair color, "Look at your eyes and if you have any light gold, gold, or copper flecks, try to use one of those tones as your hi-light color or even an all over color." But, Colton warns, "Don't color at home, you should always have a professional color your hair if you are making a big change!" There are a bunch of [things that can go wrong when dyeing your hair at home](#), so it's probably best to leave your locks in the hands of the pros.

Honey Artist Hairstylist Daven Mayeda tells me his trick, "Go with the color of your ends. Most people's hair is not the same tone from root to ends, so try to match them with the mid-shaft to ends." He continues, "If you have ombre or a noticeably darker root, try using colored dry shampoo 'Oribe' to spray the roots to disguise them into your own hair."

So next time you're [contemplating a new color](#), try out the favorite tricks of these hairstylists to ensure you end up with your perfect shade!

Tyler Colton

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BUSTLE

How To Dye Blonde Hair Dark Again, Because It's Not As Easy As It Sounds



PHOEBE WALLER
6 days ago FASHION & BEAUTY



It's good to have a change, whether it be a new career, home, or hair color. But, you might change your mind when it comes to your appearance and if being a blonde isn't your favorite look, you may want to discover [how to dye blonde hair dark again](#). In life, sometimes things don't work out and that's totally fine! Life is all about experimenting and giving something your best shot - if it doesn't work, you can usually go back to what you were doing before or try something different.

So, you tried being a blonde because you heard blondes had more fun, but lighter locks just aren't working for you? Considering that [going blonde can take a long time](#), a lot of money, and many salon trips, you might be a little concerned about performing the task in reverse. Don't worry you're not alone. There were numerous [celebs who went platinum in 2015](#) and plenty of us mere mortals followed suit. Now, it seems some celebs are going back to their roots; recently [Taylor Swift's platinum hair disappeared](#) and was replaced with her usual, darker natural blonde.

Well, if [Kim Kardashian went from blonde to black](#) in a matter of weeks, it can't be that hard to dye blonde hair dark again... Can it? I spoke with a bunch of hairstylists to find out.

Miguel Angarita, Master Colorist at [Miss New York](#) explains the process, "Traditional 'tint back' is the technical name for blondes going back to brown hair colors. It is becoming increasingly popular. I think that super blondes are done looking like clones of each other." Angarita believes, "The only way to do this and do it right, is by a professional who understands the laws of both color and chemical reactions." Angarita explains what happens during a "tint back" and why it's so important, "In order for a tint back to work we have to do two things. Number one is to assess the condition of hair like porosity, elasticity, density, and the overall damage caused by lightener/bleach. The second is we must 'fill' the hair; we have to put back in (the tint) that was taken out of the hair (by lighteners)."

[Honey Artists Hairstylist Daven Mayeda](#), seconds this telling me, "It's important to re-pigment the hair when going darker. All of the warm tones including auburn colors need to be put back into the hair to prevent fading." Mayeda explains, "If they aren't put back in the hair, it can leave your hair with a not so pretty gray or green tone to it. Definitely seek your professionals when going darker."

[Honey Artists Hairstylist Tyler Colton](#) tells me, "I would first suggest going to a professional to color blonde hair back to brunette," however he explains if you are trying this at home, "you will need to first fill the blonde hair with the missing underlying pigment which in most cases will be a gold/copper color." Colton echoes Angarita and Mayeda's advice, however he gives a step-by-step breakdown of [how to dye blonde hair dark again](#) at home.

Colton says, "This means first using a demi-permanent color and coloring your hair using a level 8 gold/copper. Process for 10 minutes, then rinse or lightly shampoo this color out of your hair. The color will be bright and sexy looking, but do not worry the next color will cover it. The next color to create a medium to dark brunette color, you will use a level 5 natural brown color, also in a demi-permanent color. Process the entire 20 minutes before shampooing. Remember this will cover your blonde back to a solid looking brunette. If you are looking for more dimension/highlights/ombre then you should see a professional colorist!" If you're new to hair dyeing or beauty isn't your strong point, like Colton, I'd suggest getting your hair done by a professional. However, if money's tight and you're a natural at coloring, at least you've got some thorough instructions.

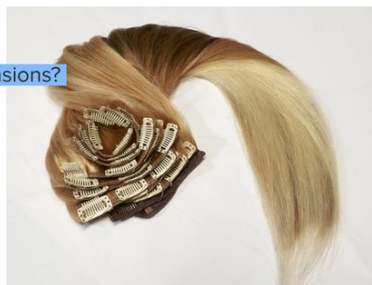
Brunette bombshells rejoice! It is totally possible to go back to the dark side again. Depending on your funds and free time, it may take a little longer than you first imagined, but at least you now know how to go about it!

BUSTLE

How Much Are Hair Extensions? The Experts Weigh In



PHOEBE WALLER
4 days ago FASHION & BEAUTY



This summer, you may be interested in buying some hair extensions to elongate your tresses and give yourself a sassy surfer girl style makeover. However, if you're new to the hair extension world, you might be wondering: [How much are hair extensions?](#) Seeing as you'll be shopping for something you've never purchased before, you probably have no idea about the price ranges, which brands to buy, or the different types of hair extensions, unless you've done your research.

Although hair extensions may play into the beauty myth perpetuated by society and the media, that only feminine presenting women with long hair are traditionally attractive, there's much more to them than meets the eye. Aside from adding length to your tresses, hair extensions can be used to add volume if you want to rock thicker locks or even [inject some colorful streaks into your tresses](#). They also work wonders with formal up 'dos, giving stylists way more to play with; hair extensions open the door to a myriad of fancy hairstyles that may not have been possible to achieve with your natural hair alone. That being said, they're particularly useful for gals getting married, who want an elaborately styled mane.

If you've made up your mind, but you're unsure how your hard earned cash translates into hair extensions, let the experts help guide you through the purchasing process, so you can [pick hair extensions](#) to suit your budget.

If you're looking for something a little lighter on your purse, [Honey Artists Hairstylist Daven Mayeda](#) says, "If you want some pre-made hair, check out Ricky's Beauty Supply for a good selection of hair extensions." He explains, "If you have super fine hair or want super silky quality extensions, try going to The Hair Shop and getting their skin weft hair pieces with clips sewn in. These will run you around \$300."

[Honey Artists Hairstylist Tyler Colton](#) also recommends The Hair Shop, "I really like the hair from The Hair Shop; you can buy online or in stores located in NYC and Los Angeles. I prefer Indian hair and using clip-ins which can be put in and taken out easily." Colton says, "I suggest only buying human hair which can range between \$150 to \$250 for a nice, quality set of extensions ranging between 14 to 18 inches in length. This cost is for a set of 7 clip-in extensions."

Mayeda also explains how DIY hair extensions are a much cheaper option, "You can make your own extensions by sewing on clips and buying hair in bundles at your local hair store. This will cost you around \$60 for 14 to 16 inches." Thus, getting your craft on could actually save you a ton of money.


All that's left to do is assess your budget and pick your favorite shade. You'll be resembling Rapunzel in no time!

Tyler Colton

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Lucky Shops



The One Purchase That Could Improve Your Skin And Hair While You Sleep

BEAUTY / 21 HOURS AGO

BY SARAH FERGUSON

SHARE   

When shopping for sheets, I have just two criteria: They must match my duvet cover and they must be inexpensive. Despite spending hours each day in bed, I'd much rather spend my money on activities and clothes than thread count.

Recently, Fiona Stewart, founder of silk pillowcase brand **Slip**, attempted to alter my linen purchasing habits. In a meeting, she waxed poetic about the numerous beauty benefits of sleeping on the pricey fabric. I was unconvinced, but dutifully in the interest of you, dear reader, I took a sample pillowcase home to test. "If anything," I thought, "I'll feel glamorous."

After logging a few nights on the 22 momme (that's silk speak for really good silk) pillowcase, there were several surprising things I began to notice. First, that sleeping on silk is way nicer than on cheap cotton. Second, upon waking up each morning, suddenly my bedhead was more controlled, my skin felt softer and more hydrated and my complexion looked more even. Was I imagining things or was the pillowcase actually working?

In the office, when I recounted my miraculous results, my colleagues remained skeptical, so I consulted the pros. "There are a couple of truths about sleeping on a silk pillowcase," says hairstylist **Tyler Colton**. "The first is that silk fabric can reduce the friction or roughing up of hair while you sleep, which reduces split ends. The second is that, because it doesn't extract moisture from the hair like cotton does, silk can help lessen frizz."

As for the skin, New York-based dermatologist **Howard Sobel** finds that "silk pillowcases really are worth the extra cost." He highlights the fabric's ability to keep skin hydrated and its hypoallergenic and antimicrobial properties. Plus, "you won't get those annoying sleep lines that can eventually become permanent," he says.

Last weekend while visiting a family member, I slept without my beloved new pillowcase. In the morning my hair looked wild, my skin was parched and itchy. Needless to say, I did not get my beauty sleep.

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TYLER COLTON

With a signature style and unique approach, *Tyler Colton* brings a fresh and creative approach to hairstyling. Tyler has been one of Hollywood's top and most sought after hairstylists for the past 12 years. The diversity of his creativity includes styling Grammy Award winning music artists, Avril Lavigne and Sarah McLachlan to Oscar winners Hillary Swank and Charlize Theron, as well as film/television superstars Eva Longoria, and Jennifer Garner.

Tyler's recent work includes styling *Christina Perri* for her "Arms" video; as well as her tv appearances on "E!sen" and "The Jimmy Kimmel Show". Colton also styled for the cover of *944* magazine.

TYLER LOVES...OSiS Grip, OSiS Buff & OSiS Magic

"I love OSiS Grip's light weight feeling and the amount of body it adds to the hair without weighing it down! I also love it that it doesn't get crunchy like old school mousses. The OSiS Buff and OSiS Magic cocktail is great for blow-dry finish; adding texture and shine. Clients love the fragrance of OSiS Elastic and most importantly that they can touch their hair without it feeling hard and crunchy. They can brush it out without any build up even when we have been spraying it all day for shoots. The hair is still shiny and fresh feeling after a 10+ hour day!"

To learn how to create amazing hairstyles for red carpet work, register for Tyler's Evolution of Beauty Class at: www.schwarzkopfacademy.com

Check it out on YouTube:
www.youtube.com/watch?v=0000000000

OSiS+ OSiS OSiS Magic

Check out Christina Perri's video "Arms" Hair by Tyler Colton

Christina Perri's appearances Hair by Tyler Colton

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HELLO! lifestyle

BEAUTY AT EVERY AGE

30s CHANGE WITH THE TIMES

Concern #1: POSTPARTUM SHEDDING

Almost everything changes when you have a baby, including your hair. And this is one development that likely won't leave you cooing with joy. Many mothers, including Kim Hudson (left), experience hair loss following the arrival of their bundle of joy. "With my second child...all my hair fell out after he was born," says the blond beauty. A change in progesterone hormone levels is to blame, and the effect will be different for every new mom. "It's not like every woman who has a baby is going to lose shedding," says Dr. Cam Simmons of the Canadian Hair Transplant Centre. "But it's common enough that most women will know somebody who went through it, and it doesn't always happen with every pregnancy."

To combat diminishing strands, Puncture Pro's senior scientist Dr. Rolanda Johnson Wilkerson suggests looking for treatments that thicken the diameter of existing hair fibres. A touch of colour can also help, advises celebrity stylist Tyler Colton. "When you colour hair, you can thicken it - you're sweetening strands," he says. "The hair is getting a fuller coat with a touch of dry shampoo. Fine hair ends up getting a little bit of oil, which starts weighing it down throughout the day. A dry shampoo helps remove some of that moisture, so it makes it fluffier again."

Concern #2: GREY MATTER

The silver strands seen on Kelly Osbourne, Lady Gaga and Nicole Richie are part of a temporary trend, but for most women, spotting their first grey is a less-than-entirely-pleasant experience. "The average person in their 30s is going to start turning grey," says Tyler. "Usually it starts around your temples and through the top."

Headling to the salon every four to eight weeks for root touch-ups is one solution, as is opting for an at-home dye that grows over grey. Avoid certain hairstyles that highlight grey roots like razor-sharp parts or slicked-back ponytails - or opt for a temporary root concealer that washes away at your next shampoo. -JULIA REED

Star Tips

They are recognized for the colour of their coats just as much as they are for their famous faces. Are Hollywood's hottest stars the work of talented colourists or a genetic gift?

With Jessica Chastain (34)

The second the Oscar nominee's strawberry strands settle on the red carpet? Her colour is 100 per cent natural, says her stylist, Renata Campos. A few drops of camellia oil help keep her hair glossy.

With Zoëy Deutch (32)

The smallest beauty is loyal to her rose roots. "I had to dye my hair blond for a season last year ago, and it really wasn't me," she says. "It's a beautiful hair. When I had blond hair I would wake up and be like, 'Shocked. Your hair is part of your identity.'"

With Sergio Miller (31)

Her colourist, Tacey Cunningham, gives Sergio "a soft-washed golden blond with warm brownish highlights around the crown." Sergio sticks with a palette she occasionally turned her own strands pink and green.

HELLO! CANADA

HELLO! lifestyle

BEAUTY AT EVERY AGE

20s TIME FOR TRENDY TRESSES

Concern #1: COLOUR CHANGE-UP

In a period of less than 60 days this year, colour chameleon Jennifer Lawrence, 22, went from blond to black and back to blond as the fitted the sequel to *The Hunger Games*. Like most 20-somethings, Jennifer's hair experimentation is a rite of passage, but it's one that can leave hair damaged. Hydrogen peroxide, ammonia and the high pH levels found in dye can strip away the hair's natural protective layer - a fatty acid called SMMA or the "cuticle" which acts as a natural lubricating mechanism, explains Dr. Rolanda Johnson Wilkerson. Puncture Pro's senior scientist. "Repeated colouring can cause this protective surface to completely disappear," says Dr. Johnson. "As a result, the hair becomes hydrophilic (water loving) instead of hydrophobic (water repelling), and the natural lubricating properties are removed. Hair is more susceptible to damage, can feel dry and can be hard to detangle."

For some stars, frequent colour changes can lead to what celebrity stylist Tyler Colton refers to as the "chemical cut" - defining a drastic new short style necessitated by damaged strands. "It's like, 'Oh, you're getting a chemical cut' because you look at the hair and it's broken," says Tyler, whose client list includes Rosario Dawson, Katherine McPhee and Nina Dobrev. To avoid a forced change with the scissors, she advises need to follow one simple rule: condition strands each time you step in the shower. "Applied daily, conditioner provides intensive care for even the most damaged hair," says Dr. Johnson. Consistent hair care includes argan oil, macadamia oil, olive oil or wheat proteins. "Avoid sulfates which might be too harsh for colour-treated hair," he says.

Concern #2: GROWING PAINS

When Milly Cyrus posted a photo of her blond hair about to meet its demise at the hands of Hollywood hairdresser Chris McMillan, fans were initially less than impressed; however, the 20-year-old singer's platinum piece cut is now one of the most collected styles.

Since hair grows an average 1 cm a month, a cut that drastic requires pain and commitment. If you're not as enamoured with your new do as Milly, and patience isn't your strong suit, all three experts agree that vitamin treatment takes really can encourage hair growth. Viviscal, a daily supplement that provides hair follicles with stimulation, is a celebrity fave - Reese Witherspoon and Jessica Alba are fans. "I have referred clients to them," says Tyler. "This do work." -JULIA REED

Star Tips

The ladies in the fashion page are also at the forefront of the trendiest hairstyles on the red carpet. These risk-takers aren't afraid of a pair of scissors...

With Lindsay Lohan (27)

"My long, wavy hair got a lot of mileage, so it was time for a change," says the former *Clash of the Titans* star. "I got out of the shower and it takes five minutes to dry!"

With Selena Gomez (26)

Boyband's life is inspired by an army of young women to embrace an on-trend look. "I get what all the time saying, 'I did this because you did it,' says the singer. "That's really humbling and it's amazing."

With Emma Stone (24)

Burst bangs add weight to the Spider-Man star's mane. "My hair is so soft. It can curl, like, baby, baby!" she says. "I love bangs!" But now they have hot clips and extensions that you can take off and clip in. So, it's play time!

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BEAUTY AT EVERY AGE

40s DAMAGE CONTROL

Concern #1: BREAKING BAD

She may stimulate a wave of eye-cats cut every time she changes her look, but Jennifer Aniston admits that even her famous locks aren't immune to damage, especially broken strands. "I decided to have a couple of hair extensions, not knowing that you end up with 400 things in your head that cause your hair to break off," says the former *Friends* star of her break with fans strands. "Nothing destroys your hair faster. It took a year and a half for my hair to recover."

The extensions may not be the only reason for it, as experienced breakage. "On average, hair thickness begins to decrease around the age of 40," says Dr. Rolanda Johnson Wilkerson, Puncture Pro's senior scientist. "This causes hair to appear thinner and become more prone to damage and breakage."

Decreasing density plus the cumulative effect that aggressive styling can have on hair means that strengthening and thickening are prime importance.

Look for products that contain collagen (which is linked to hair growth), niacinamide - a water-soluble vitamin that activates the transportation of oxygen to hair follicles - and panthenol, part of the vitamin B group which helps thicken and moisturize locks.

Concern #2: OFF COARSE

Schmoo - the only secretion from glands - decreases as we age, which means strands have less moisture than before. "This dryness can cause hair to become rough and brittle," says cosmetic chemist Ron Robinson. This change in texture means it's extra important to handle your hair with care - damage strands in the shower with a wide-mouth comb before you time out conditioner, don't repeatedly rub wet hair with a towel and never wash strands with water that's too hot. "With super-hot water you dry out your hair," says celebrity stylist Tyler Colton. Heat styling tools can have the same effect. Think of your hair as a treated garment. "If you wash your favourite dress and you found it every day, you're breaking down the fabric," says Tyler. "Why treat your hair the same way?"

Brushed hair strands to a heat protecting spray before running for the camera or flat iron.

Your genital care can also play a role in a change in hair's texture. "The water that we use isn't all the same," says Tyler. "Each water district has different parts per million for minerals and chemicals, which can affect how your hair feels. Try a showerhead filter specifically designed to remove chemicals from the water stream before they reach your scalp." -JULIA REED

Star Tips

Just because you're aging, don't get grumpy," says Tyler. These 40-something ladies are getting their best hair forward with well-defined parts - both curly and side-and-slicked-back dos.

With Jennifer Lopez (40)

Top lock, better hair and pretty ponytails - all with slicked-back strands - are an option for the Latin sensation. "Pulling hair up and back from behind the most makes you look years younger, and she loves it," says her stylist, Kim Powers.

With Jennifer Garner (41)

She's won fashion rings and a sexy side swoop but this busy mother of three is now going bold with a classic coupe part complete with subtle blonde highlights.

With Robin Wright (42)

A deep side part complements the House of Cards star's high cheekbones and leads to a well-oiled and shiny top. She has the luxury of playing with her hair, sweeping her front piece back or leaving it down across her forehead.

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BEAUTY AT EVERY AGE

50s TURN BACK THE CLOCK

Concern #1: DULL STRANDS

Long and luscious it just describes Demi Moore's physique. Her timeless dark mane is the result of keratin treatment at Star Zone One salon in Los Angeles. "Keratin is a protein property," says celebrity stylist Tyler Colton. "As we age, it's one of the things we end up missing." The 50-year-old star relies on the protein to keep her hair strands high on shine and low on frizz. Moisturize the effects at home with an intense massage infused with keratin or a keratin silk spray.

For extra-strand strands, it's also about keeping as much moisture as possible in the hair. "Imagine that you are building a brick wall," explains Tyler. "The protein is the strength, so for the bricks to really stay strong and to stay in place, you need moisture. Moisture is the mortar." Instead, a lack of moisture means protein can't penetrate the hair shaft so hair won't benefit regardless of how much it receives.

Demi takes this into account when she's styling her own locks. "If I'm not working or going to an event, I don't blow-dry my hair or flat-iron it or curl it," she says.

No give your hair a break from heat styling tools when you can - and don't forget the conditioner!

Concern #2: SCALP SAVERS

Testing the surface of your scalp is just one part of the age equation. "Normally, you're born with about 100,000 hairs on your head," says Dr. Cam Simmons of the Canadian Hair Transplant Centre. "For every hair on the surface of the scalp, there's a follicle underneath the skin - like a bulb that makes the hair grow." Since we grow about 100 new hairs a day, starting with a healthy scalp is one way to ensure a healthy mane, especially as we age. "As a result of the biological process, intense aging to hair - changes that happen below the scalp - are a part of the aging process," says Dr. Rolanda Johnson Wilkerson.

Essential strands are fed right from the start by opting for shampoo and conditioners that nourish the scalp in combination with a serum that penetrates the surface of the head. -JULIA REED

Star Tips

If wisdom comes with age, so can healthy, long locks. Here's how these stars keep their shoulder-grazing (and longer) strands in tip-top shape.

With Joan (57)

Instead of using damaging heat tools, the supermodel likes to go low. "I keep changing my looks all the time," says the *Clash of the Titans* star. "But now they have hot clips and extensions that you can take off and clip in. So, it's play time!"

With Julianne Moore (52)

The natural beauty's vibrant crimson shade, which taps the lot of Hollywood's most coveted colours, is the result of a gentle vegetable-based - not chemical - hair dye.

With Kim Cattrall (56)

Don't overdo the salt! "I dye my hair, which is hard on it," says the *Sex and the City* star. "So I baby it and don't wash it every single day."

HELLO! CANADA

Tyler Colton

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BEAUTY

HAIR BANT

Take centre stage at your favourite summer concert by matching your do to the lead act - By Carli Whitwell

POP STAR

POP STAR *Katy Perry* July, August, across Canada, **Beyoncé** December, July 9 and Winnipeg, July 27 **REVEALING** Perry's "California Gurls" is always evolving. This summer get ready to have with perfectly imperfect, voluminous, bubble waves – no wind machine required. **STEP 1** Apply a gelified mix of mousse to damp hair before creating the ends and to ends. **STEP 2** Roughly blow-dry hair to enhance your lead waves. **STEP 3** Twist strands of hair so a locks spring out and wrap sections around a curling iron. "It gives you a much more natural, beachy-looking," says celebrity artist Tyler Cohen, whose clients include Jessica Alba. Try a deep cleanser for a "90s-inspired look."

Schwarzkopf GDS + Gyn Style Super Hair Mousse, \$19.99, schwarzkopf.ca

Mark by Ann Thorl's Beachy Texturizing Surf Spray, \$16, markbyann.com

Paul Mitchell Conditioner \$18.99, Paul Mitchell Shampoo 28 \$16, paulmitchell.com

GUITAR HERO *Christina Aguilera* January, June, July 19, across Canada, **Journey** Toronto, June 19 **REVEALING** "Freaky Little Dancers" keeps hair off your face and adds a note of glamour with an ultra shiny, sleek finish. **STEP 1** Smooth, blow-dried hair into a pony on the top of your head, says Schwarzkopf Professional's Essential Looks artist Jayne Marchese. **STEP 2** Spritz a sea-salt spray for texture. Take one piece out of the pony and secure it in a knot. **STEP 3** Flip the pony over for a top knot effect. Secure in place with another elastic. **STEP 4** Wrap the loose piece around the base of the knot with bobby pins. **STEP 5** Detangle the top knot and set with hairspray.

COUNTRY GIRL

REVEALING Shania Twain or the Calgary Stampede July 19, The Boots and Hearts Festival, Woodstock, Ont. July 11 to Aug. 3 **REVEALING** "Wild as the Wind" is a love letter to country with a messy feather braid. "You want to tie it in a little bit," says Tyler. Tie in a cowtail knot on the side of the head. **STEP 1** Spray dry shampoo on unwashed hair at the roots for volume. **STEP 2** Divide hair from the side. Take a large section of hair from the section of the right side and cross over into the middle of the hair. Repeat on the other side and back again until done. **STEP 3** Spritz a spray for texture and on your hair up to the hair from the bottom up. "Like when you put it on backwards," says Tyler.

Osis+ **Solve The Bombshell Come Out Curling Iron** \$110, oisiscanada.com, shipping charges, local

Schwarzkopf Moisturizing Non-Alcohol Texturizing Hairspray, \$23, schwarzkopf.ca

Head Excess *Head Dry Shampoo*, \$5, dryshampoo.com

By: LISA WATSON

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Photo: (top) Justin Tanaka; (bottom) Justin Tanaka

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