

Special Summer Hair Showcase

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HAIR.BEAUTY.STYLE

Summer
HAIR
Issue

24

**ultimate
makeovers**

***Looking Great!
Feeling Sexy!***

hair reconditioning

June / July 2004



Everyday Chic
Sexy Styles
The Latest Color

It's All Here!

**bang
bang**

Living Life On The Fringe

158

HOT HAIRSTYLES

contributors

Frank Commisso



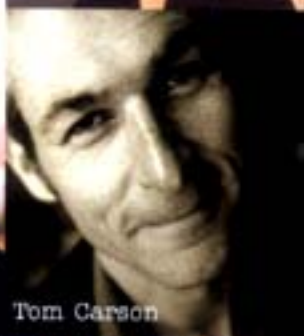
Photo by Harry Langdon



Dr. Yvonne Thomas



Nancy Brown



Tom Carson



Christian McNally



Bobby & Voula Fairbanks



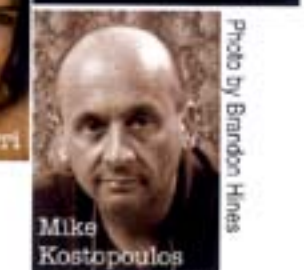
Maria Shaw



Edie Noppenberger



Jesse Briggs & Egidio Borri



Mike Kostopoulos

Photo by Brandon Hines

Yvonne L. Thomas, Ph.D. is a licensed psychologist with a private practice in Los Angeles, CA. She is a member of the Los Angeles County Psychological Association, the California Psychological Association, and the American Psychological Association. Some of Dr. Thomas's specialties include Goal-Setting and Time Management, Body Image Issues, and Life Transitions. In *The Perils of Perfectionism* (Page 49) she discusses the problem of being too big of a perfectionist. She can be reached at (310) 726-3944

Aveda Pureprofessional, **Nancy Brown** co-owner of Ladies & Gentlemen Salon & Day Spa in Mentor, OH produced three "ultra glam" transformations for this issue. With over 30 years in the biz, she redefines the makeover experience by combining current fashion trends with classic beauty styling for a final look that is "dynamite". See her work on page 56.

Hair and Beauty photographer **Tom Carson** puts his best foot forward for this month's story "Street Smart" on page 62.

Yellow Strawberry Global Salons founder **Jesse Briggs** and **Egidio Borri** owner of Yellow Strawberry Salons Italy joined forces for this month's cover as well as many of the images in our feature story "Street Smart" on page 62.

The Hairbender's Internationale' Artistic Team of Chattanooga, TN cooks up some outstanding hairstyles with a little help from the French. Intercoiffure USA members **Bobby & Voula Fairbanks**, owners of Hairbender's Internationale' Salon & Spa offer the Jacque Dessange cutting method. This French technique creates softer more feminine lines to hair cutting. See their outstanding results in "Gourmet Hairstyles" on page 42.

Since 1990, **Christian McNally** has been contributing his talents as a make-up artist and beauty consultant to salons, fashion magazines, and TV shows around the country. Christian's work has appeared on MTV, CBS, NBC, E! Entertainment Television, and Style as well as in high fashion magazines such as Cosmopolitan, Vogue, Modern Salon, Salon Today, American Salon, Elle, and many more. We are grateful to have him as a contributor for our "Saving Face" makeup tips column (pg. 16).

Celebrity astrologer **Maria Shaw** is the author of the best selling books *Heart and Soul*, a karmic love and compatibility guide and *The Enchanted Soul*. She's in the national spotlight appearing on Fox's *Mr. Personality*, *Blind Date*, *The Anna Nicole Show*, *Soap Talk*, and *WGN*. Check out *BeautyScope* (Page 82) For consultations, appearances and to order her books, visit www.MariaShaw.com

Edie Noppenberger, owner of Edies Styling Center, Clearwater, Florida, is a member of the prestigious Intercoiffure USA, and has studied with some of the top names in hair, both in the USA and in Europe. She brings her 25 years of experience and education to her regular column *Ask Edie* (Page 59), solving your hair and beauty problems. Please email your questions for her at: edienoppenberger@tampabay.rr.com

Frank Commisso is a seasoned hairdresser with a background as a salon owner and a role model to new stylists. His philosophy has always been based on educating the young and new talent, putting a special emphasis on color theory and techniques, which has proved to be a success in expanding his salon business for over 25 years in New York. He is a master member of the BES International Artistic Team and is also very instrumental in the development of all new products. His passion for haircolor is evident in all that he does and his enthusiasm is contagious. Frank lends his expertise to some of your toughest haircolor questions in *Q&A* (Page 55).

Chicago area fashion and Beauty photographer **Mike Kostopoulos** adds his elegant touch this issue with some beautiful updo images in our updo gallery, page 46.

The Perils of Perfectionism

By Dr. Yvonne Thomas, Ph.D.



who has mastered this and I never will. I unequivocally can guarantee this because NOTHING IS or can actually REMAIN perfect. Thus, the pursuit of having perfection in one's life can become a non-ending, FUTILE goal. Chasing after perfectionistic dreams and ending up with less than "paradise" often can lead to LOW SELF-ESTEEM AND

UPSETTING FEELINGS, including frustration, irritability, depression, anxiety, and hopelessness. In fact, the ironic truth is that attempting to HAVE and MAINTAIN perfection is an IMPOSSIBLE and actually stress-INDUCING way of living one's life!

"Keep remembering that we are all HUMAN (i.e., we all make mistakes, have some things in disarray, and/or do certain things imperfectly.)"

Often, a person is perfectionistic because one is trying to compensate for an insecurity he/she feels on the INSIDE by having some EXTERNAL "EVIDENCE" available that "proves" to oneself and the world that one is "really" O.K. The original insecurity and the need for perfection may have developed for several reasons. Maybe a person only got attention when young for outstanding actions, but otherwise was ignored or mistreated. Or a person may have grown up with an emotionally abusive or critical parent who kept indicating that the child was NEVER GOOD ENOUGH. Or maybe some people are now their OWN WORST JUDGE by unknowingly becoming that "critical voice" with themselves that

they first heard from a parent, sibling, teacher, peer, etc. in their youth. In any case, the attempts to achieve perfection generally CONTINUE into adulthood to prevent a person from feeling vulnerable to further negative judgment or criticism from oneself or others. So, perfectionism can be used as the ULTIMATE PROTECTION OR DEFENSE against experiencing more mistreatment and more negative feelings about oneself (i.e., shame, embarrassment, hurt, anger, self-dislike, or self-loathing).

The good news is there ARE ways to combat the urge to obtain perfection. Firstly, keep remembering that we are all HUMAN (i.e., we all make mistakes, have some things in disarray, and/or do certain things imperfectly), and that being a MERE MORTAL SHOULD BE GOOD ENOUGH. Also, recognize which of YOUR qualities ARE good enough. If this is hard to do, try to recall even the tiniest of things about yourself that you are proud of or feel positive about. Too often, when a person is striving for perfection and doesn't get it, he/she ends up feeling bad about oneself OVERALL, rather than just about that specific area. Thus, it is important to see and give oneself CREDIT for one's noteworthy characteristics. In addition, remain aware of the futility of pursuing perfection, and that feeling good from the INSIDE OUT is the key to happiness, peace, and self-worth. In essence, it is CRITICAL to remember that NO ONE IS PERFECT nor does one NEED TO BE in order to feel special, valued, and GOOD ENOUGH AS IS.

Ah, to be perfect! Just imagine the kind of world you might be living in. You'd BE and HAVE everything you wanted, with no worries or stress. In spite of the old saying that one can never be rich or thin enough, YOU could be, along with all the other perks of having a "perfect life" (i.e., abundant numbers of quality friends, the greatest significant other on this planet, a genius I.Q., scintillating wit and humor, the most well-behaved children known to mankind, model looks with never a "bad hair or makeup day," no cellulite or acne, etc., etc., etc.). Obtaining this fabulous version of how life COULD be resonates with many people who believe that if they have certain things perfect in their lives, that they will be happy and stress-free. Thus, they may try to keep things in perfect order in their environment (i.e., their car, house, office, etc.) and/or may strive to have the perfect looks, job/career, financial situation, significant other, house, car, and so on.

What an AWESOME life this could be – if only it TRULY could be attained! Although people may aspire to be perfect and have perfect lives, I don't know anyone