

Bravo Reality TV Star Tabatha Coffey Says It's Important to "Connect and Continue to Get to Know Your Partner"



By Brittany Stubbs

Celebrity hairstylist Tabatha Coffey is more than just an expert on bouncy curls and shiny locks. Known for her business expertise and tough-love approach while helping restore struggling salons on Bravo's reality TV show *Tabatha Takes Over*, it's no wonder the questions from viewers inspired the star to put her profitable advice on paper. In her new book *Own It! Be the Boss of Your Life – Home and in the Workplace*,

she provides readers with the tools to be successful not only in their professional lives but in their personal lives as well.

Exclusive Celebrity Interview with Reality TV Star

“Living a successful and well-balanced life is, to me, what it’s all about,” she shares in our exclusive celebrity interview. With so many people today struggling with work-life balance, Coffey believes her book will empower readers of all kinds, whether they’re looking to move up in a current career, they’re fresh out of college, or they’re stay-at-home mothers. More than just a catchy title, she shows readers how to “own it,” teaching them how to take control and responsibility for their own lives.

Related Link: [Molly Sims Talks New Hair Color & Favorite Date Night Looks](#)

While her blunt honesty has often been perceived as bitchiness, she says that “it’s always in the name of helping someone.” Whether giving a new haircut to make a woman feel beautiful or guiding a failing business owner towards a fresh start, the author has always been passionate and motivated by any activity that can empower people.

But empowering people sometimes requires a harsh reality check. “It’s just my tough love that comes from a place of wanting people to move forward,” she admits. “I truly understand when people get upset by some of the things I say because change is hard. Sometimes, people who ask for my help don’t really want to hear the truth, but they need to hear it in order to make changes and become successful.”

Speaking of asking for help, we couldn’t help but pick the hairstylist’s brain for a few summer hair tips. After all, it

is her expertise! When it comes to managing hair in the hot and humid months to come, “it’s all about using the right product to protect your hair in the sun, especially if you have color in your hair. There are many products out there that will help minimize the fading you’re going to get from the sun.” While it might seem like your hair is constantly in the water between pool parties and trips to the beach, she encourages you to rehydrate your hair with a great conditioner or treatment too.

Related Link: [Celebrity Stylist Raphael Reboh Says Jennifer Lopez Has the Best Hair in Hollywood](#)

One thing Coffey loves about summer is embracing a more casual look. Whether you’re letting your hair air-dry, rocking a messy ponytail, or just slicking back short hair, try using a leave-in conditioner to get a nice treatment in your hair and a smooth result without a bunch of mousse or gel. The reality TV star assures us that this hair trend will be spotted in Hollywood as well. “We’ll definitely see waves, especially more casual, beachy waves that allow movement and more of a natural texture to the hair as opposed to being so formal and so done with a curling iron.”

Another great, summer go-to style that she predicts celebrities will be wearing is ponytails. Whether high or low, with or without a part, “ponytails are a great summer trend and can look incredibly chic, even if you’re wearing an evening gown.”

Tabatha Coffey Shares Her Best Dating Advice

Although hair and business have been her main focus, Coffey stresses the importance of still making time for a relationship and love life. Being with the same partner for over a decade, she has learned that it’s important to avoid

routines. “The longer you’ve been in a relationship with someone, the easier it is to get in the habit of just doing your duties and going about your daily routine side-by-side,” she explains of her best [dating advice](#). “I think it’s important to make an effort to go to the movies or go out to dinner and spend time connecting and continuing to get to know your significant other better instead of just the daily updates that we all seem to do.”

Related Link: [Tabatha Coffey Shares Life, Relationship, and Hair Tips](#)

While the Australian native believes in scheduling time for your partner, she encourages you to not forget about yourself too. “It’s often easier to just focus on work or on putting other people first, but you can’t put yourself on the back burner.” Whether it’s five minutes of meditating a day or just enjoying a cup of tea, you need to take time to reenergize and do something nice for yourself.

Still, she knows with today’s constant connection to our phones and tablets that this is often easier said than done. You have to work to find out what works best for you. For Coffey, one of her activities of choice is playing Candy Crush. “I’m obsessed,” she says with a laugh – but sometimes, that’s all she needs.

To purchase Coffey’s book Own It!, check it out on Amazon. You can keep up with the hairstylist on Twitter @tabathacoffey.