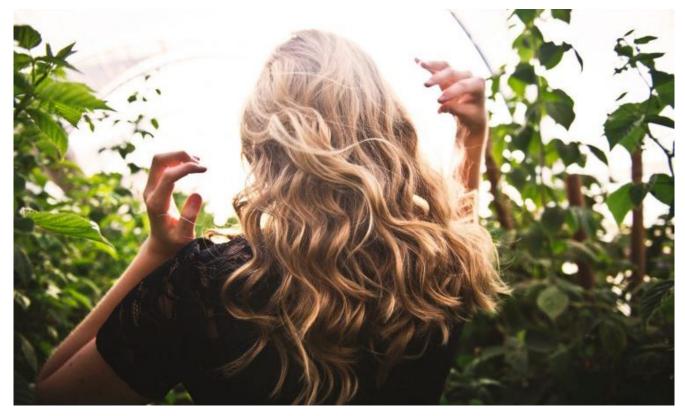
Beauty Tips: Everything You Need to Know About Shampoo for Healthy Hair





Healthy hair is something most people strive for, but you don't always know how the wrong shampoo can impact the overall look, feel, and health of your hair. With the rise of social media beauty influencers and bloggers, it's become even easier to be misled by false information. Luckily, we have some beauty advice to help you have the healthiest hair possible.

No matter your hair type you have,

here are some beauty tips to help debunk common shampoo myths to keep your hair healthy.

How Long Can I Use the Same Shampoo?

Despite the rumors, there's really no science behind your shampoo losing its effect after frequent use. That's not to say that you may have noticed your shampoo has stopped giving you the results you're used to seeing. What may be happening has less to do with the shampoo and more to do with the condition of your hair. If the condition of your hair has changed, it may have different needs now. We recommend trying out a new brand every few years.

Will Frequent Shampooing Strip my Hair of its Natural Oils?

Every person is different, so it's hard to say exactly how often someone should wash their hair. We like to suggest starting off with a weekly wash and pay attention to how your hair responds. Chemicals like coloring and change in the seasons may mean tweaking your hair care regimen to support continued growth.

The type of shampoo you use will also affect your hair's health. Certain brands have harsh cleaning agents in them that can strip the hair and scalp of the oil we need to protect our hair and keep it moisturized. The key to making sure shampoo does not dry out your hair also has to do with your technique. Instead of spreading the shampoo evenly throughout your hair, focus primarily on cleaning your scalp. This will increase blood circulation, which also encourages hair growth.

Will Frequent Shampooing Dry Out My Hair?

The <u>ingredients in your shampoo</u> can make all of the difference. You want to look for formulas that contain a

balance of cleaning and moisturizing agents. If you are struggling with hair loss, you want to focus on a shampoo that contains a DHT blocker. DHT can be credited with causing hair loss because the hormone binds to the healthy hair follicles and deprives them of proper oxygen and nutrients.

Will Frequent Shampooing Make My Hair More Greasy?

Believe it or not, the opposite may happen. Sebum is produced by the glands near your hair follicles. Factors like your genetics and your hair type decide how much or how little sebum we each produce. Our glands will continue to create around the same amount of sebum to protect the hair or scalp, regardless of how often you use shampoo. You can trust that your shampoo will only wash away the dirt, oils, products, and dead skin cells that build-up on the scalp.

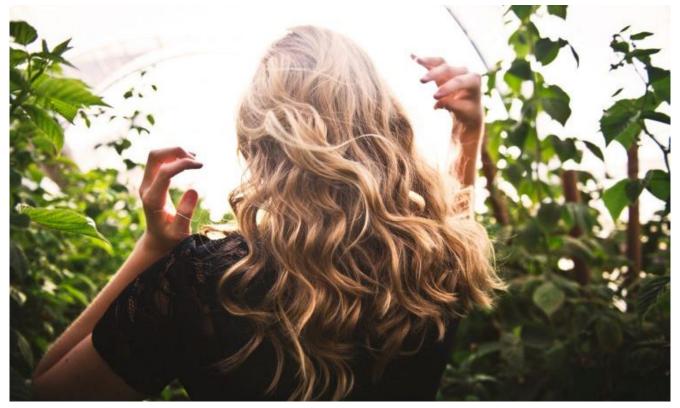
Will Frequent Shampooing Make My Hair Fall Out?

We naturally lose around 100 hairs a day, but we don't usually notice it. Even though the strands have been dislodged, they may still be hanging on near the follicle. When we shampoo, we tend to dislodge hair that was probably already detached. The longer you go between washes, the more time you're allowing loose hair to dislodge and wait until your next wash. Eventually, when you do wash, you're technically losing the same amount of hair, it's just all coming out at once.

Which changes will you make in your hair washing routine? Start a conversation in the comments below!

Beauty Tips: Celebrity Hair Trends to Brighten Up for Spring





By <u>Karley Kemble</u>

After enduring the brutally cold winter temperatures, you're probably super ready for the sunshine and warm weather. It's time to put away your warm clothes for the season, get out the lighter colors, and update your look. Do a bit of spring cleaning and refresh your hairstyle! If you're ready for a big change in your hair game, look no further. Cupid has the scoop on the hottest <u>celebrity hair trends</u> this spring. You'll surely turn heads with your new 'do!

These <u>beauty tips</u> and celebrity hair trends are huge game changers!

1. Blunt bangs: Bangs may seem like a somewhat risky decision. but when done right, they look absolutely amazing! The key is to make sure they go cohesively with your overall hairstyle. Look to Rose Byrne or Taylor Swift for some bang-speration! Blunt bangs go really well with a symmetrical bob. If that is too dramatic for your taste, try some light, feathered bangs with your choppy layers.

Related Link: Get a Knockout Look with This One-Two Punch in Hairstyles

2. Scrunchies: One of the most beloved trends from the '90s is making its way back into 2017! Scrunchies are a fun way to dress up ponytails and top knots, or can even be used for a more stylish look at the gym! These plush hair ties were seen on many different springtime runway shows, and Selena Gomez is a big fan of this oldie-but-goodie, too.

Related Link: Beauty Trend: The Ultimate Guide to Eyelash Extensions

3. Changing up your part: Sometimes, a major hair update is as easy as parting your hair a different way. If you always part your hair to one side, try the other side or even a center part! The best thing about parting your hair is that there's no commitment. If you don't like it, you can easily change it back. If you need some celebrity inspiration, Rihanna or Kendall Jenner are always changing up their 'dos.

Related Link: Beauty Advice: The 5 Best Beauty Tips from Celebrities

4. Lightening your color: A popular thing to do in the springtime is to change your hair color! Whether you'd like to

go big and dye your whole head, or start small with some tasteful highlights, the options are endless. Celebrities who have really mastered changing their hair color along with the seasons are Rachel McAdams and Emma Stone!

5. Luscious layers: Layers are always a winning option and will liven up hair that has become dull to the chilly weather. Layered hairstyles are extremely versatile and are extremely easy to customize for your own face shape. Take notes from Lindsay Lohan if you're looking for a celebrity that has really rocked the layered look over the years!

What hairstyle will you be rocking this spring? Leave us a comment below!

Celebrity Hairstyles: The 2017 Hair Trend That's Brightening Up Fashion Week





By Cortney Moore

Celebrity hairstyles have always influenced pop culture. Whether it be the "the Rachel" haircut from the 90s, or the partial buzzcuts made popular by the likes of Rihanna and Cassie Ventura in the 2010s- fans can't help but take cues from celebrity style. New York Fashion Week 2017 is no exception. According to Vogue.com, bright and colorful dye jobs were hair trends that made celebrity news. If you want to make a bold statement this year, then try to make it clear with your hair. Here are six celebrities that have masterfully flaunted their colored locks.

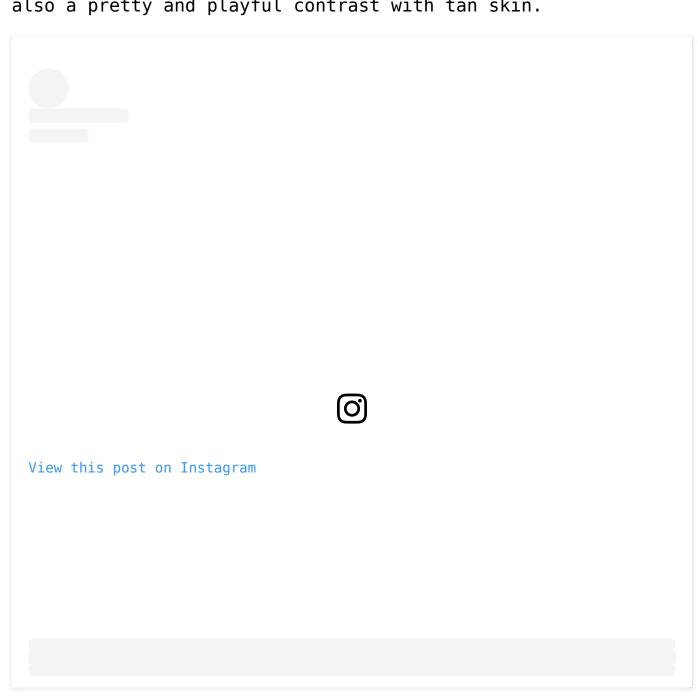
Colorful tresses took over NY Fashion Week, see if you can take inspiration from some of these bright celebrity hairstyles!

Steel Blue: English singer and songwriter Louisa Johnson isn't

afraid to dabble in icy tones. The smokey pastel blue color helps to bring out her lovely features. Her blunt cut and soft layers also add a hint of sophistication to this punky color. What's even better? She achieved this look with L'oreal box dye!

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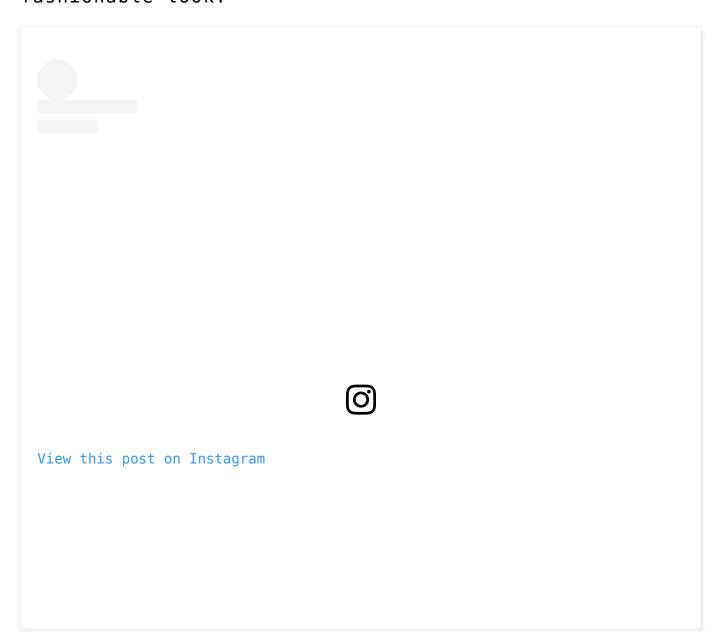
Pretty in Pink: American model Hailey Baldwin mixes femininity and edge with this rosy pink hair color. Loose body waves give this style a youthful appearance, so be wary if you're trying to achieve a mature look with your hairstyle. Pastel tones are also a pretty and playful contrast with tan skin.



A post shared by <u>Hailey Baldwin Bieber</u> (@haileybieber) on Jan 16, 2017 at 7:45pm PST

Related Link: Beauty Tips: 5 Hair Trends for 2017

Earthy Tones: If you love mother earth, then Katy Perry's faded green hair might be the look for you. Her dark roots seamlessly blends with the green tones in a nice ombré effect, much like a lush forest. The bob cut adds a retro, but fashionable look.



SLIME GREEN FOR SPRING by my bb's @neeenaboo & @brantmayfield at the @mcmillansalon \$\pi\pi\pi\$

A post shared by <u>KATY PERRY</u> (@katyperry) on Apr 7, 2014 at 5:34pm PDT

Go Granny Go: Aside from Kardashian-related drama, Blac Chyna is known for her long and colorful wigs. This year however, the reality star surprised us with cropped grey tresses. Her beautiful cheekbones and jawline are brought out more with this color and cut combo.

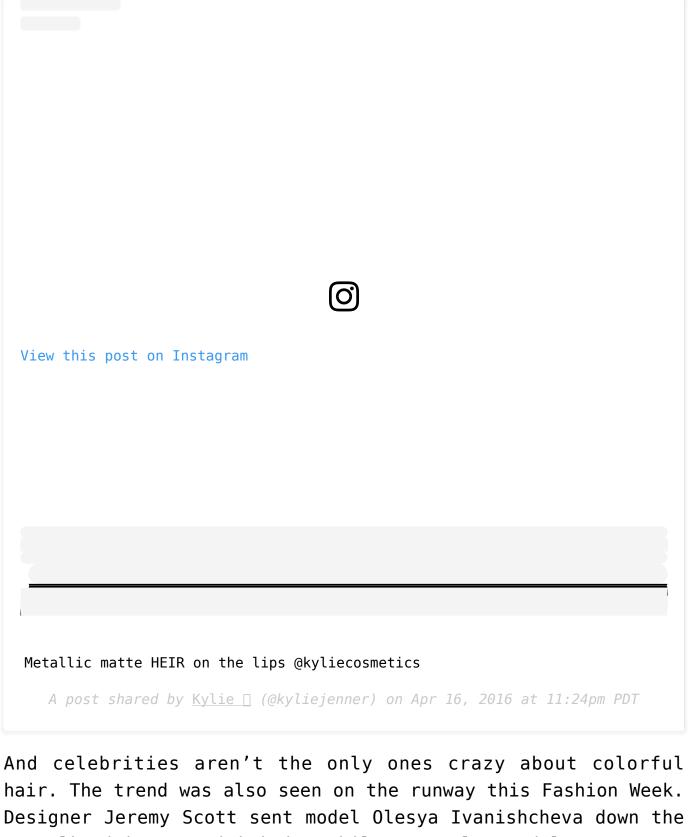
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=en

Related Link: <u>Celebrity Looks: 3 Easy Ways To Dress Like a</u> Celebrity

Galaxy Colors: Demi Lovato does much more than sing, she can also paint the colors of the galaxy! Dying a whole head with multiple colors can be high maintenance and difficult to upkeep, so take a page out Demi's book and try colorful extensions or dip-dyed ends in purple, blue and pink.

https://www.instagram.com/p/o_s5xq0KmL/?taken-by=ddlovato&hl=e
n

Pastel Rainbow: Some might say Kylie Jenner is the queen of changing hair colors. She stunned fans at Coachella last year with multicolored locks. The pastel touch adds a modern twist to rainbow hair. However, it's important to note that this look is very high maintenance.

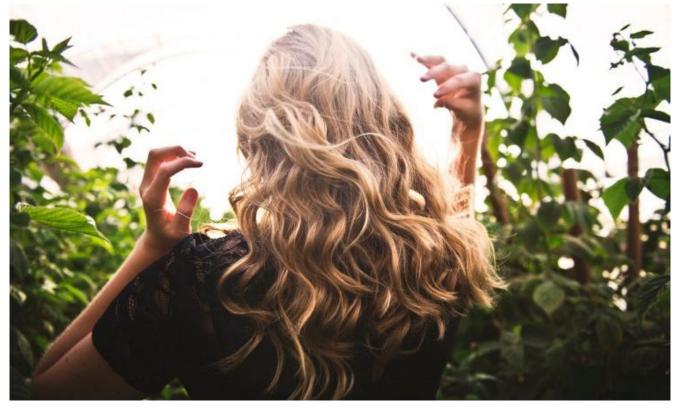


catwalk with neon pink hair, while ADEAM let model Mae Lapres walk down in electric blue. So it seems that celebrities are onto to something with their out-there hair trends.

What do you think of this latest hair trend? Would you experiment with the colors of the rainbow? Let us know in the

Beauty Tips: 5 Hair Trends for 2017





By <u>Cortney Moore</u>

Need a a dramatic change for 2017? Maybe these <u>hair trends</u> are just what you need in your life! Sometimes all you need is a different style, color or cut to make you feel brand new. Learn about the latest <u>celebrity style</u> and how you can achieve these fashionable trends with the following <u>beauty tips</u>.

Beauty tips that will keep your hair up to date!

1. A touch of orange: Ladies no longer have to be afraid of brassy tones. Orange hair is becoming a popular trend this year. There are so many shades you can try: copper, rose gold, peach bellini, blorange (the new strawberry blonde), creamsicle and much more! Go out and take a risk; maybe redheads are the ones who have all the fun.



2. Low maintenance cuts: Boys aren't the only ones who can rock short hair. Cropped tresses are here to stay for 2017. This look is perfect for those who want to bring out their bone structure or add edge to their style. That's not to mention how low maintenance these cuts are, so you'll save a lot of time on your beauty regimen. You'll also save a bit of money on styling products compared to your long-haired companions.



Related Link: <u>Product Review: The Perfect Products To Start</u>
<u>Your New Year Off Right</u>

3. The faux-perm: Big curly hair has made a comeback! Chunky spiral curls can be achieved with a flexi rod set. Don't worry if your curls don't come out perfectly uniform. A little frizz or varied texture gives your hair more definition and looks chic. The fluffier the curls, the better. Enjoy bringing the 80's out with this unique hairstyle.



4. Denim everything: Another popular hair color trend for 2017 is denim hair! Much like the granny trend, the shades for this style vary from subtle to bold. Sneak in a pop of color to dark hair by adding a bit of indigo, or go the acid wash route with pastel blues, purples and greys. If you're really daring, you can add drama with a blend of these colors altogether.



Related Link: Product Review: The Perfect Beauty Products To Look Your Best This Fall

5. <u>Intricate braids</u>: An elegant braid is a great way to add glam to this commonly known casual hair style. This trend requires a bit of patience and dexterity because it can be tricky to get your hair to cooperate, but practice makes perfect. When you've mastered braiding your your tresses,

you'll be delighted to see how regal you look when your hair is out of your face.



Start the new year right with one of these fashionable hair trends! You're sure to impress on your next <u>date night</u> with one of these polished looks.

What do you think of this year's hair trends? Tell us what you think in the comments below!

Product Review: Get Ready for Date Night Faster with the BeachWaver S1 Curling Iron





This post is sponsored by BeachWaver Co.

By Mackenzie Scibetta

Spending hours doing your hair and make-up for <u>date night</u> is not only a hassle but a complete waste of time and energy too. The last thing you want to do is lock yourself in the bathroom after a long day at work! Thanks to the BeachWaver S1, you can spend less time creating those celebrity curls and more time cuddling with your honey. Check out our product review below for more details about this innovative curling iron.

Product Review: Prep for Your Next Date Night with the BeachWaver S1

Offering a unique spin on the traditional curling iron, the BeachWaver S1 has a ceramic barrel that rotates on its own. Created by acclaimed celebrity hairstylist Sarah Potempa, the curling iron performs at two different speeds (slow or fast) and also has a temperature range from 290 to 410 degrees. Faster speeds and hotter temperatures mean you can be out the door and ready for date night quicker than ever

before!

Potempa developed this product specifically for women who have difficulty styling their hair. While the iron will do a majority of the work for you, it also gives you the feeling of being completely in control with an arrow button that provides rotation control as well as a home button that resets the clamp to the start position. No matter what type of hair you have, the BeachWaver S1 will leave you feeling glamorous and ready to take on the world!

With this styling tool, resembling your favorite celebrity's hair is no longer an unachievable goal. Whether you opt for loose and beauty waves like <u>Lauren Conrad</u> or defined, cascading curls like <u>Blake Lively</u>, you'll feel like a star on your next date night.

You can purchase the BeachWaver S1 curling iron and other BeachWaver products at <u>beachwaver.com</u>.

Celebrity Video Interview: Molly Sims Talks About Her "Rocking Red" Hair: "I Feel Really Good!"





Interview by Lori Bizzoco.

Molly Sims is known for her long blonde hair, but as of Tuesday evening, she traded in her golden locks for a red hue — and CupidsPulse.com Executive Editor Lori Bizzoco got the scoop straight from the star! "You know what, I feel really good," the actress says of her new look in our celebrity video interview. "I went from bombshell blonde to rocking red. I wanted a change — something different and fun and energetic and vibrant and bold."

Celebrity Video Interview with Molly Sims

When it comes to keeping her red color, the former *Sports Illustrated* supermodel depends on <u>Nexxus</u> Color Assure products. "If something's going to save me time and make me look good, I'm all for it!" she enthuses.



Molly Sims. Photo: Francis
Tulk-Hart

Sims certainly knows a thing or two about making a transformation — whether it's with her hair color or her career. "My parents really taught me that I could be whoever I wanted to be," she shares in our celebrity video interview. It's important to have a positive attitude about change too: "Everyone gets stuck in a rut. You kind of just have to dig your way out."

Related Link: Molly Sims Celebrates Pregnancy at Baby Shower

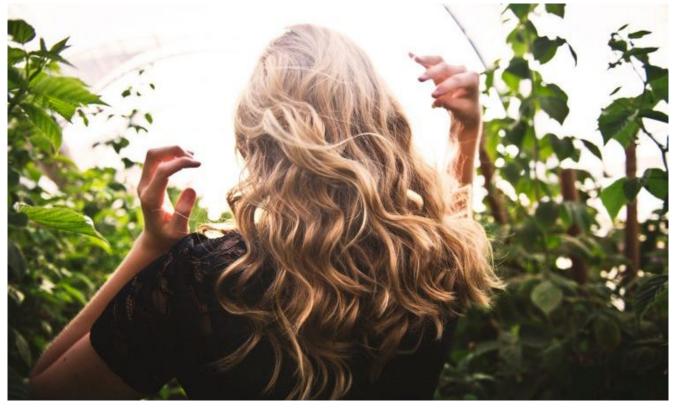
Of course, we had to ask the style icon about her best fashion and dating advice. She encourages women to keep it simple: "You feeling good in whatever you wear is the number one most important thing." She recommends a leather jacket, tank, and great jeans with a pair of boots for your next date night.

To learn more about Color Assure, check out Nexxus on www.facebook.com/nexxus.

For more videos from CupidsPulse.com, check out our <u>YouTube</u> channel.

Tabatha Coffey Says That Staying True to Yourself Is Important In All Aspects of Life





By Kerri Sheehan

Australian hairstylist, salon owner and television personality Tabatha Coffey sure has a solid resume. She has been in the hair industry for over 30 years, and in 2007, she was voted the first ever Fan Favorite on the Bravo network's reality series *Shear Genius*. Since then, she received her own spin-off series, *Tabatha's Salon Takeover*, in which she helps failing salon owners turn their businesses around. After three successful seasons, Coffey has moved on to sprucing up a

variety of small businesses on her newest reality television endeavor, *Tabatha Takes Over*.

"I just had such an overwhelming, positive response from everyone writing to me and saying, 'I really love what you do. I wish you could help me, but I'm not a hairdresser. I really need help with my business.' It seemed like a natural progression to be able to go into other businesses and help them turn things around," says the reality star sensation.

The current season of *Tabatha Takes Over* is the second of its kind, and Coffey hints that viewers will have quite a lot to look forward to. "We still have some salons that I'm going into, and for a lot of people, the salons are still the favorites. We have a lot of non-salons that we're going into as well, and I know a lot of people enjoy that too. It's a lot of fun. There's a nice balance with both." Coffey also alludes to the return of some of the show's alumni. "We may check in with some past favorites," she says.

After seeing her in action, it's no surprise that the hairdresser loves filming the show and helping people turn their lives around. "I get so emotionally invested with every business that I go into that I take the journey with the owners and the employees." Her favorite times on the show are when she is really able to help the business owner and employees turn over a new leaf. "I always enjoy any time that I see success, that I see people turn their business around. When we're able to save a business, that's my favorite because that's ultimately what I hope for every time."

Related Link: <u>Celebrity Couples Who Have Turned Over a New Leaf</u>

Of course, her life isn't all work. Coffey has been in a committed relationship with her partner for more than a decade. She cites communication as the key to keeping her love a priority despite her hectic schedule. "It's hard for

everyone to find a balance because I think we all get so busy and get so into our own things," she explains. "So if I'm travelling, I make sure that I'm sending a text and seeing how everything's going. It's important to check in and not just be concerned with what's going on with me."

As someone who is open about being gay, the television personality shares some tips to anyone struggling to be honest and open about their feelings: "It's easy to become wrought with the fear of having to tell the truth to your family and friends, but you have to really believe in yourself and be true to yourself. It's your life, and you have to live it and be happy with who you are and be honest about who you are. You can't live inauthentically."

Coffey believes that staying true to yourself is vital in every facet of life, especially when it comes to your primping rituals. When asked about hairstyles for different events, she thinks the best rule to follow is to be you. For a first date, she says, "It's great to glam it out a little bit and, you know, put a little bit more makeup on or dress your hair up a little bit, but you should also be true to who you are. If you're going to go overboard and really glam it out and that's just not you, then you're really not letting your date see who you truly are."

Related Link: Four Dates and a Wedding

For a more glamorous night, like a romantic dinner, she thinks that it's okay to do something fancier with your locks. "I'm sure that the dress you're going to wear is a little bit sexier, and your hair should follow suit."

More likely than not, your spouse has a strong opinion about how they like your hair. "Let's say your guy likes your hair when it's curly, but that's not your favorite thing. Maybe then, your romantic date night is the time to indulge your significant other. Make sure that you play into their opinion a little more and do what they like." Whether it's wearing your hair up, down, slicked back or with some extra texture, show your partner what he wants to see.

As for a wedding day, Coffey urges readers to not stray from what they know works and says, "Never make a drastic change before your big day!" The weeks before a wedding are always heavily laden with emotions, so a bride may feel like she's being spread thin. Therefore, a major change can lead to disaster. When you feel out of control, the one thing you can control is hair, so it's never a good time to change your hair when you're engulfed in emotion. "Stay true to yourself because a lot of brides go crazy and do something that they normally wouldn't do with their hair. When they look at their pictures, they don't even feel like themselves anymore."

You can catch Tabatha Takes Over on Thursdays at 10/9c. If you can't get enough of Coffey on Bravo, you can catch her speaking tour called Meeting with Tabatha, which will begin in Connecticut before it heads to Los Angeles and Arizona. It will give business owners tips for turning their business around and allow them to have an up-close-and-personal questions-and-answers session. You can also follow Coffey on Twitter and Facebook.

Make Your Holiday Hair Wishes Come True with Hair Products from Folica





This post is sponsored by Folica.com.

By Jennifer Ross

With the holidays upon us, you already received and RSVP'd to one of the hottest holiday parties in town. Then, your best girlfriend tells you that your ex, who is still gorgeous, will be there alone. You want to make sure he notices you, and you're already off to a good start. Since your breakup six months ago, you're routinely exercising again. You're also taking great care of your hair, which he always complimented you on when you were together. It's a good thing you receive all your wonderful hair products, like the Moroccan Argan oil, right at your door step by shopping online from Folica.com. Never missing a day, your girlfriends notice the difference in your hair, and soon, your ex will too.



Sedu Anti-Frizz Polishing Treatment with Moroccan Argan Oil

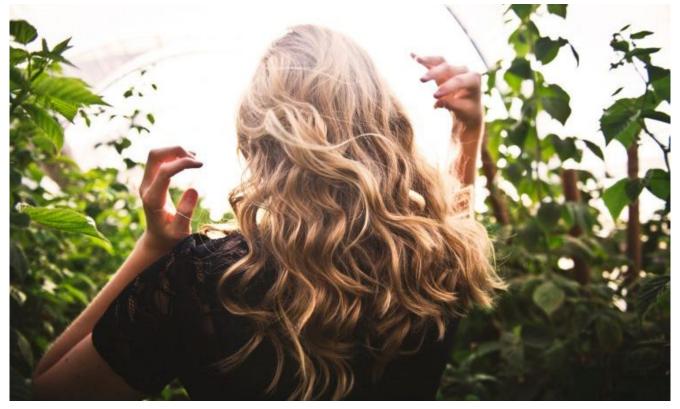
One thing is certain: Folica knows your hair is your most important accessory. That's why in November and December they're offering a special promotion where everyone wins up to \$50 to spend on hair styling products at Folica.com. Just think of all the fantastic hair care products you need to keep you looking your best. A few favorites are the Sedu Revolution Clipless Curling Iron to give you fabulous curls every time and the Sedu Anti-Frizz Polishing Treatment with Moroccan Argan Oil for shine and softness. Folica.com has virtually everything you need to create and maintain gorgeous locks. With over 60,000 great hair products, more than 300 beloved brands and over 70,000 customer ratings and reviews, Folica.com is your one-stop shop to recreate today's hottest hairstyles.

This holiday season everyone can cross great hair off their wish lists when they enter to win a credit for hair products at Folica. The best part is that 1 in every 100 entries wins a \$50 credit to spend on hair care. Don't put

this wonderful deal off until the last minute! This Folica promotion ends on January 1, 2013.

Giveaway: Do It Yourself Beauty- Say "Yes" to Shaving Less





This post is sponsored by Silk'n SensEpil.

When I first received the <u>Silk'n SensEpil</u> laser hair removal device, I had a little hesitancy about using it. As a women who doesn't really mind shaving, I wasn't interested in embarking on a new technological adventure. I just wanted to

stay in my little shick and bic disposable world. After all, I had been shaving my legs for 20+ years and never had a problem with it.

For a few days, the device sat on my desk staring at me in its pretty pink box. It also sat there staring at the team of young ladies working with me. Everyone was enthralled and wanted to test it out. Even my brother, Frank who had been visiting from out of town asked me about the product. "I haven't actually tried it yet," was my response. "However, I do need to test it out this week."

That evening, while I was cooking dinner, Frank decided to open the box, and read the instructions for me (I think he secretly wanted to test it out-lol). He set it up, so that all I had to do was put it on the area I wanted to treat and go! To my surprise, it was easier than I thought. I turned it on, waited for the indicator light to illuminate and began the process of testing it on my leg. I even snapped a few before photos to showcase the results but unfortunately, they didn't come out so well. that's what happens when you try to take close-ups with a blackberry. Again, it all goes back to being too lazy to buy a new camera and read the operating instructions. It's iust not my thing. But, here's a photo that did come out well. One of me using the device:



It was so easy to use the Silk'n SensEpil laser hair removal device. You put in on the area you want to treat, and hit the button. A light flashes, a quick pulse of heat touches the surface of the area and bam...it's done. It's virtually It did take some getting used to the heat but it painless. goes away before you can even really register that it happened. A full leg takes about 15 minutes. At first, I thought it would be inconvenient to use this but considering that most of my morning is spent shaving my legs and underarms, this is definitely worth the time it will save me And, the cost is so reasonable, at\$499.00, in the long run. it not only beats the spa treatments by a large margin but razor blades can add up pretty quickly too.

Once I got past the fact that I had to learn a new technology (which was nothing to worry about), I was excited about the experience. More time, less money and smooth legs. There's really no reason not to use it, buy it and love it.



Special Discount:

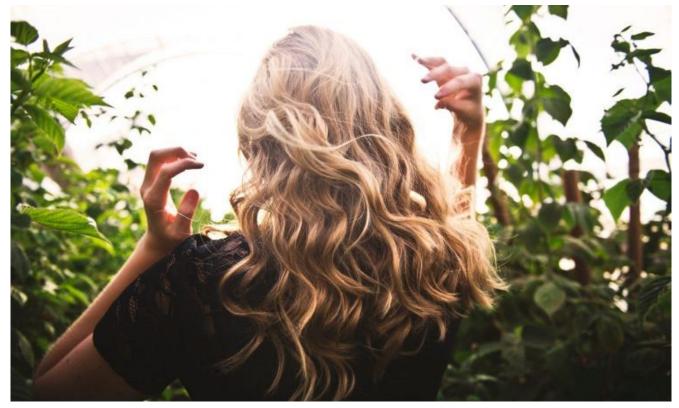
From September 1st through December 31st, 2011 you can receive an extra 20% off your purchase of Silk'n SensEpil products (\$200 minimum purchase required). To redeem this offer use this code: "Beauty20." Don't miss out on this great opportunity for rapid, beautiful, hairless results.

Giveaway Winner:

When we first posted about <u>Silk'n SensEpil</u>, the company offered to give one lucky winner a chance to win the home device. All you had to do was submit your very own humorous or horrific hair removal story. The contest ended on September 23 at 12:00 p.m., and we had a great story come in from Melissa Cabellero. Melissa, who was sick and tired of waxing her boyfriend's back was struggling for an easier solution when she heard about our contest. Well, Melissa….your wish was granted. Congratulations!

Giveaway: Do It Yourself Beauty- Say "Yes" to Shaving Less





This post is sponsored by Silk'n SensEpil.

You're riding the elevator with the hottie you've been eyeing in Apartment 12B when he spontaneously asks you to grab a drink downstairs in 15 minutes. As you get off at your floor and fumble for your keys, you not only realize that you have nothing to wear but that you haven't shaved your legs in days. In a panic, you grab your razor and do one of those "dry shaves," only to be left with little red bumps everywhere. What a nightmare!

If only you had cashed in on your local spa's painless laser treatment promotion that came to your inbox last week. Then again, the thought of laser treatment is just a mere dream as you calculate the expense, inconvenience and time. What's a girl to do?

Our Solution:

Well, Cupid wants to share a little secret with you: there's now a home laser device that's simple, quick and clean with minimal set-up required. Silk'n SensEpil is the answer to your shaving frustrations. It takes only minutes for you to get started and you can do it in the convenience of your home. You don't have to worry about squeezing a laser appointment into your already crazy schedule. And, Silk'n SensEpil covers a larger area of skin than other competitors so an entire male chest or set of female legs can be treated in 15-20 minutes. Yes, you heard that correctly!



Cost:

Worried about spending a fortune? Not with Silk'n SensEpil. Professional spa treatments can cost up to \$2,000 for one area, but this device covers all areas of your body for a quarter of the price. And, unlike those conventional laser treatments it's approved for facial hair too. Wow!

Giveaway:

Too good to be true? Try it out for yourself. The company is giving one lucky visitor the chance to win a free Silk'n SensEpil laser hair removal system. All you need to do is send us details about your own humorous or horrific hair removal experience here. The contest ends September 23 at 12:00 p.m., so enter now.

This giveaway is now closed.

Exclusive Offer:

From September 1st through December 31st, 2011 you can receive an extra 20% off your purchase of Silk'n SensEpil products (\$200 minimum purchase required). To redeem this offer use this code: "Beauty20."

Don't miss out on this great opportunity for rapid, beautiful, hairless results.

Note: Similar to professional laser hair removal systems, Silk'n SensEpil will not work on individuals with dark skin tones and is not recommended for their use.