

# 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.

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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.

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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.*

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# 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.”

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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."

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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.*