

How To Achieve Miley Cyrus Hair Beauty Tips

Apparently, it's not just teens and tweens who want to learn how to achieve Miley Cyrus hair, even adults love the look of a long, luxurious blond mane. If you want this look you have several options for achieving it.

First of all if you have long blond hair you can just style your hair in this fashion. To do that you will need to follow some simple steps:

1. With your completely dry, thoroughly brush your hair. Make sure it is totally tangle free.
2. Get some big (about 1" to 1 1/2" in diameter) hair rollers. Make sure that you get the type that are easy to remove from your hair. Some rollers are better at not just achieving the style you want but their design makes them less likely to damage your hair too. That is the kind you want to get since the heat of curling your hair is bad enough.
3. Start on one side of your head and take small sections of hair. Roll the hair in the curler all the way up as far as you can with the roller. Keep working your way around your head until you have curled all your hair. Let cool and remove rollers.
4. You can also get the same look by using a curling iron with a big barrel. If you use a curling iron you only have to leave it on the hair for 8 seconds at the most. Remember, heat damages your hair so do the very least you can and still achieve the look you want to have.
5. After removing the curling iron or curlers, lightly run your fingers through your hair to soften the curls. Doing this will soften the curls as well as give your hair the tousled look.
6. Finish with a hydrating product that can double as a holding product. That will keep your hair in place and also help you undo some of the damage you've just done to it.

If you don't have long hair, blond or otherwise, and you still want to learn how to achieve Miley Cyrus hair, you can get hair extensions to achieve

this look. Hair extensions are becoming more and more popular and allow you to get the length you want, even though it is just on a temporary basis.

These extensions can last up to 6 weeks if they were properly applied and are properly cared for. They are bonded using glue and there can be a large difference in the quality of the extensions and the quality of the glue that is used.

Ask your hair stylist to put them in for you. Please be aware that they will fall out over time, a little here and a little there so you will need frequent trims of your hair to keep it looking right and to cover any 'holes' from where an extension has fallen out.

Now that you have learned how to achieve Miley Cyrus hair it's up to you to find the method that works best for you. You will have a slightly easier time of it if your hair is already long and healthy, but even if it's not, you can still get the hair style you really want.

How To Achieve Silver Hair - The Right Way

Wait long enough and most of us will learn how to achieve silver hair, the only problem is that for most of us our hair won't be a pretty, uniform silver color. Most people will have areas of silver and areas of some other color, maybe a few other colors.

Many people will cover their silver hair at first. They simply think that it makes them look old and they feel that they are too young to look that old. But in time, a lot of folks will realize that silver actually isn't such a bad thing.

One of the greatest sex symbols of our time, Richard Gere, has had silver hair from a young age. Of course, women will argue that some silver is ok on a man, women will still find him attractive, but silver on a woman is a turn off to men.

That unfortunate double standard may or may not be true, I don't know, but at some point most people simply get tired of having to color their hair and

they want to let it go natural. Of course, the problem then becomes what to do if your hair isn't completely silver yet. You don't want to look like a patchwork quilt.

For most people the best thing to do when you start getting quite a bit of silver gray in your natural hair color, but not quite enough to just let it go natural, is to go to your salon and have them dye your hair a beautiful silver / gray color.

As with all hair coloring, if it is not done properly you will end up with a flat, dull monotone hair color that is not only unnatural looking it's also not attractive looking.

If you look at hair, no matter what color, it usually has several shades or highlights that make it shiny and "bright" looking. This effect is hard to achieve on your own at home, especially with silver gray hair. It's best to rely on the professionals so your hair color is attractive and not dull or old looking.

The best thing to do is to determine a "start date", figure out when you are going to stop dyeing your hair the color it used to be, or the color you wished it had been, and transform it into the natural silver gray color it is becoming. There may be some time between processes where your hair won't look that great.

Once you have the older color out, either by growing out or by cutting it short enough that it's out, you can go to your hair stylist and have them apply a pretty silver/ gray dye to your hair. This color will most likely be easier to maintain than the color you were using before if it is closer to what your natural hair color is.

The closer to your natural color the less noticeable the roots will be when it starts to grow out. That means less frequent hair colorings to "blend" the look (and that means less time and money on a hair stylist).

So, if you want to know how to achieve silver hair you basically have two choices: you can get married, have kids and wait, or you can go to see your hair stylist and have it colored! It's up to you.

How To Achieve Straight Hair - Step By Step

Many of today's most popular hair styles require you to have stick straight hair, and for anyone who has naturally curly or wavy hair, learning how to achieve straight hair is the top priority.

There are a couple techniques you can use to get that straight hair that is so important to really be able to pull off today's popular hair styles.

Follow these steps:

1. Wash your hair thoroughly. Brush it out to remove all tangles. You should always brush gently from the bottom up to the scalp, this helps reduce breakage which can also make your hair damaged and not silky straight like you want it to be.
2. Buy and use a quality heat protection product. Most of these will go a very long way so you only need to use a little bit. Also, if you use too much your hair will look greasy and dirty, definitely not the look you were going for! Apply it evenly all over your hair starting at the bottom of your hair.
3. Section your hair and hold the sections you are not currently working on up with a pin or hair clip. You will be working with one section at a time.
4. Then you will need to take a straightener to one small section of hair at a time. You don't want to get too big of a section to work with since you will need the heat from the straightener to penetrate all the way through the section of hair.

Better to do too small a section and take a little longer than to try to do too big of a section and not get the results you want.

Depending on how thick your hair is and the quality of your straightener and how hot it gets, you may need to do a section more than once to get the results you really want. For that reason, make sure that you do this at least once so you know how long it will take, before you plan on doing it for some big event.

5. When straightening your hair, make sure you don't curve the straightener outward on the way down the section of hair. Doing so will make your hair flare out at the bottom and that probably isn't the look you want. Make slow controlled movements from top to bottom and keep it straight.

When you are done, carefully look over your hair, get a mirror to look over the back, and make sure you didn't miss any spots. Going out on the town with one section of hair that is wild and untamed while the rest is stick straight will look kind of weird, again, not the look you are going for.

6. And last, but not least, use a holding spray that will not only hold your hair in place, it will also add shine and luster.

That's it! You're ready for that night on the town. Go out and show the world your gorgeous straight hair now that you've learned how to achieve straight hair.

How To Achieve White Blonde Hair Tips And Hints

A lot of people like the platinum, or white blond, hair color and would like to know how to achieve white blonde hair. This can be an attractive look on many people and with advances in hair dying processes it can be done without causing as much damage to your hair as it used to.

That's not to say, however, that it won't cause damage. Whenever you dye your hair you will damage the hair strands, it's unavoidable, the best you can hope for is to mitigate the damage done by going to a professional and only using a top quality product. After you've gotten your color it's also a good idea to trim the ends of your hair to remove as much of the damage as possible.

If a trip to the stylist is not in your budget, you can do it yourself at home (or better yet, get a friend to do it for you). This color does work best on anyone who is already light blond, or if you're not, you can bleach your hair to remove the color than build it back up with platinum hair dye.

Here are some easy to follow steps to get the hair color of your dreams:

1. With rubber gloves on, mix the hair dye solution thoroughly. Make sure you get a smooth consistency.
2. It's generally recommended that you start at the back of your head but that can get tough on your body. Just decide where you are going to start and comb the hair so it is tangle free. Pin up the sections of hair that you aren't going to be working on right away.
3. Brush the dye into the hair from root to tip. Keep the coverage nice and even. Use the end of the applicator to separate sections of hair. Keep applying dye until you have even coverage all over your head (you may need to mix more dye, it's usually not a bad idea to buy more than one. If you don't need the second one and it's unopened you can return it).
4. Loosely pile hair up and cover with the enclosed plastic cap and secure it in the front and set a timer.
5. Remove gloves and hair cover, rinse and shampoo hair.
6. In many cases you will be left with yellowish hair after the first dye, which is not what you were looking for. If this happens you will need to repeat the dye process for any sections (usually closer to the bottom of your hair) that are not a desirable color. This is extremely hard on your hair and if it can be avoided, like you are just being too critical, it should be.

Figuring out how to achieve white blond hair is not that hard, you can either dye it yourself (this shouldn't be your first choice) or go to a professional and have it done by them. No matter which method you choose don't forget that this hair color may be attractive but it is also hard on your hair.

How To Avoid Frizzy Hair - You Can Do It

If summertime is your least favorite time of the year for the sole reason that you suffer from frizzy hair, than don't give up. Help is on the way! Today more than ever there are products available that can help you get over your

frizzy hair and not have to wear a hat all summer long. Learn how to avoid frizzy hair and start enjoying summer again.

In many cases frizzy hair is simply a by product of the hair care, or lack thereof, routine that you have. If your hair is broken and damaged it is more prone to get frizzy, especially when it is humid out.

To help reverse the damage to your hair, and prevent further damage in the future, here are a few simple things you can do starting right now that will help you achieve healthier hair and less frizz:

1. Start with your shampoo. Some shampoos are just not that good for your hair, no matter what the commercials say. All you have to do is to look at the back of your bottle and read the ingredients. If your shampoo has sulfates in it, keep looking. Sulfates will dry your hair and damage it further.
2. To undo some of the damage you do to your hair every week, deep condition it at least once a week. Using coconut or jojoba oil can provide a deep penetrating hydration that your hair is dying for. If your hair has the proper level of moisture it is less likely to frizz.
3. When you step out of the shower, do not "rub down" your hair. It's much better to gently pat it dry so you don't break off the hair strands. This breakage can ultimately lead to frizz.
4. If you can avoid it at all, do not blow dry your hair. If you simply do not have the time to let your hair air dry than at least minimize the damage to your hair by using a diffuser on your hair dryer, this will help prevent tangles which cause breakage when you brush your hair.
5. Get trims frequently. Trimming off the damaged ends of your hair will lessen the damaged parts which in turn will lessen the amount of frizz you get.
6. Keep the blow drying, curling and dyeing to an absolute minimum. All of these things are very damaging to your hair. Even if you can't avoid them altogether, at least cutting back on them, say by not blow drying your hair

on the weekends when you aren't pressed for time and don't have to get to work, can help a lot.

You don't have to be sentenced for life to frizzy hair. Some simple day to day changes may be all you need to learn

how to avoid frizzy hair. While these things may not completely get rid of the firzzies, they sure won't hurt. The healthier your hair is, the less damage it will have and the smoother and less frizzy it will be. Do as much as you can to tame the mane that Mother Nature gave you.

How To Avoid Hair Loss - Dont Be Called Dome Head

Even though it is currently in fashion to be bald, for men at least, there are still many men and women who really want to know how to avoid hair loss. While a lot of hair loss is genetic and there are limited things you can do to prevent it, that doesn't mean that you just have to accept it.

Sometimes it is something like a hormonal imbalance that can lead to hair loss. An imbalance of estrogen or testosterone can cause many problems in the body, hair loss is just one of them.

If caught early, and treated, it is not uncommon to not only stop the hair loss but possibly even reverse the loss that has already occurred. You may get back that full, lush head of hair that you have lost.

Hormonal imbalance can be caused by many factors such as stress, poor eating habits, environmental toxins, and smoking. Women have a greater tendency for hormonal imbalance due to their ever changing hormones due to menstrual cycles, menopause, pregnancy and child birth.

Trying to keep these fluctuating hormones in balance may be a challenge but there are some things you can do. One of the easiest things is to take a full spectrum multi - vitamin. This, along with eating a well balanced diet, can help you keep your body fed with the right amount of nutrients as well as help keep your body in balance.

Another thing that can help is to keep your hair clean. By using a gentle shampoo and not allowing the hair follicles to get plugged up with excess oils you can promote more growth and that will help you keep your hair full and lush.

Some other simple things you can do to keep your hair are:

1. Change shampoo's. There are two reasons for this, for one thing many shampoos are actually made using harsh chemicals that dry out and damage your hair. It may not directly lead to hair loss but it can lead to damaged, dry hair that is thinner. Another reason to change shampoo's is that if you are losing your hair, you can find a shampoo that helps thicken your remaining hair and can help improve hair growth.

2. De-stress, right now. Stress can take a terrible toll on many aspects of your health. It starts on the inside but it will work it's way to the outside. Try to eliminate or at least lessen some of the things in your life that cause you stress.

If you have a high stress job there may not be much you can do about it, at least not right away, but you should be able to at least find some time everyday to spend just a few minutes and relax. Please don't make the mistake of thinking that you have to spend hours at a time relaxing to get a benefit.

Even a few minutes everyday can make a huge difference in your stress level. Something is better than nothing at all.

You can fight heredity, at least slow it down a little bit, learning how to avoid hair loss can make it more of a fair fight. Use these simple tips to help keep more of your hair on your head and out of the drain.