

APR/MAY
2010

Southern
EXPOSURE
MAGAZINE

Celebrate
SUMMER
in Style!

**Backyard
Entertaining 101**

**the top
7 SUMMER
EVENTS**

**Dr. Missy's Taylor
Made Smiles** is
tailor-made for
comfort

**A Day in the Life
of FOX 47's
Shane
Tallant**



**Plus: Pat and Jody Thompson,
Martin's Barb-B-Que, Recording Engineer
Peter Coleman, The Twilight Lexicon's Lori Joffs & more!**

FABULOUS FIFTY: Defy Time and Keep Your Hair Looking Sexy and Sensational!

As we age, we try all sorts of potions and lotions on our face to tame the effects of time. But we often forget that a great hairstyle, hair treatments and rich color can take decades off our look as well. For women over 50, hormone changes can affect the texture, density and strength of hair. Luckily, the fountain of youth for your follicles doesn't require a surgical knife or an injection. You just need to find the right look and the right hair care routine to restore thick, lustrous hair with bounce and shine. Enter Redken Time Reset. This new at-home regimen gives you the most advanced tools to reverse years of damage and combat the visual signs of aging hair.

GRAY MATTER

Whether you want to show your grays proudly or hide them, the right color can transform you. If you want to keep the grays, make sure they stay in the silver tones rather than yellow by using mild purple (yes, I said purple) shampoo like Bumble & Bumble Cool Blonde Color Support Shampoo and Conditioner. If gray is not your thing, have a talk with your colorist. Dramatic hair colors can wash you out, so choose a color that works in harmony with your skin tone. I use Redken's Cover Fusion, a low ammonia color that revitalizes hair, to cover grays and create shine.

CARE FOR YOUR HAIR

Much like your skin care regime, your hair care regime should respond to your individual needs. For mature hair, using products like Kerastase Age Premium shampoo and Bain Substantif conditioning masque will help strengthen the hair shaft, and a hydrating treatment at Studio Gaven can help soften the wiry texture of mature hair.

You can also strengthen your hair from the inside out. Kerastase Age Premium Nutrients is a daily supplement that is designed to improve the quality of hair damaged by the effects of time. Fortified with zinc, vitamins C and E, and fish oil, 70 percent of Age Premium Nutrients users reported visible improvements in strength, shine and volume.



MAKE SURE YOUR PAST ISN'T YOUR PRESENT

Take a good look at your photos over the past few decades. If you've been rocking the same 'do you had when you were 20, it's time for an update. Don't let yourself get stuck in times gone by. As a hair stylist, I love helping a woman find a style that makes her feel confident. You can strip away decades with a fresh cut that flatters your face. Just follow two golden rules: one, while layers will soften your look, avoid going overboard if your hair is thinning; and two, don't go extreme - leave the shaved sides and curly top to Rihanna. Instead, tame down the trends and look to the classics for inspiration.

Visit us at www.StudioGaven.com for more style inspiration.



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Above & Beyond

SINGER AND "AMERICAN IDOL" ALUM

Melinda Doolittle

IS SCALING NEW HEIGHTS WITH
HER NEW BOOK, **BEYOND ME**

When Melinda Doolittle stepped on the "American Idol" stage in 2007 and opened her mouth to sing songs like "My Funny Valentine," a star was born. America was introduced to this vocal force of nature, and even Simon Cowell couldn't help becoming a fan, calling her "a breath of fresh air." She finished the season in third place and went on to record a successful and critically acclaimed album, *Coming Back To You*. Audiences here, there and everywhere, have been falling under her spell ever since. But then, I always knew she was great. I had the pleasure of first meeting Melinda in the late 1990s. We were both students at Belmont University and had mutual friends. She was open, warm and supremely talented then. She is the same today; and now, she can add "author" to her growing resume. I recently caught up with Melinda to chat about her new book, *Beyond Me*.

SEM: What gave you the idea for the book?

MD: Well, I was actually approached by a publisher; and when they approached me, at first I was like "OK, they want me to write a book. What do I have to write about?" But it dawned on me that I love to tell a story with song.