



I HOPE WE ALL  
EMBRACE EACH  
OTHER AND  
WHERE WE ARE  
IN OUR HAIR  
JOURNEY"

## Gabrielle Union's Hair Story

Whether she's making a major change or putting a modern spin on a classic style, we can always count on Gabrielle Union to serve up amazing hair inspiration. And after more than 20 years in front of the camera, the 44-year-old star of the BET drama *Being Mary Jane* is pouring everything she's learned behind the scenes about hair care into a new role: owner of namesake product line *Flawless by Gabrielle Union*. Now, with her collection for textured hair types set to launch this April at Ulta Beauty, the actress and entrepreneur is opening up about what it took to love her own hair.

TURN FOR MORE ►

# YOUR BEST & Healthiest! HAIR EVER

EXPERT ADVICE, FRESH TIPS AND NEW  
PRODUCTS TO MAKE YOUR HAIR LOOK  
ABSOLUTELY GORGEOUS





**I LOVE A PONY!  
I USUALLY HAVE TO  
GET TALKED OUT  
OF DOING ONE"**

**My hair journey began at age 8. As the only black girl in my class, no one had hair like mine. But I didn't want to be "other," I wanted to fit in.**

I begged my mom to let me get a relaxer [a chemical process that straightens hair], and I would try to keep it on longer than the recommended time, thinking, "It says 15 minutes is good, imagine what 40 minutes will do." I would get sores on my scalp from leaving it on too long. I was also



**"When I do my hair myself, it ends up in a bun more often than not," says Union.**

damaging my hair by constantly putting a lot of heat on it to keep it straight.

**There was a lot of trial and error when I started in Hollywood in my early 20s too.**

I was going from set to set having to work with people who did not know how to style my hair correctly or keep it healthy, which made me turn to extensions, clip-ins and weaves to protect it. I think a lot of people, especially women of color, get a bad rep for asking for a stylist who is qualified to do their hair. But if that means being labeled a diva,

**I can live with it. I started growing out my relaxer when I was around 25.**

That's when I realized that my natural state gave me my best shot at having healthy hair. That said, using wigs [eventually] became a godsend because underneath them I could treat my hair, allowing it to thrive.

**From spending so much time in hair and makeup trailers, I realized a lot of other women were having issues with their hair.**

After years of having these honest conversations and of being a guinea pig myself, I thought, "How can I create a line that addresses the needs of women with textured hair?" That's where the idea for Flawless by Gabrielle Union came from.



**THESE SENEGALESE TWISTS  
TOOK A LOT LONGER  
THAN I THOUGHT THEY  
WOULD, BUT I LOVED THEM!"**

**This oil  
"is key for  
anyone  
battling dry,  
brittle hair,"  
she says.**



**Flawless  
by Gabrielle Union**  
(top to bottom)  
Hair Repair Masque,  
\$29, Oil Treatment, \$25,  
and Blow Dry Cream, \$19;  
ulta.com in April

**My hair-care line is all about moisture.**

That's a big thing we don't put enough emphasis on. But I also wanted products that are safe enough to use when you're styling your own hair, like the Blow Dry Cream and Heat Protection Spray. **Right now I am a little obsessed with my hair [right].** For my bob my hairstylist Larry Sims said, "Let's go a little shorter than we talked about!" I was a little nervous about if it'd work because I've got big cheeks. But when he cut [the extensions] I was like, "Oh my God, this is our best one yet!"

**Everyone is on their own amazing hair journey.**

Whatever you do, all I ask is that you take care of your hair, because it needs nourishment and nurturing.

**"I love playing around with a bob," says Union of this new do.**





# Brunette

## The Problem:

Yes, brunettes get brassy too! "Within two weeks of your service, the hair can look too warm and even coppery like a penny, especially if it was previously packed with orange or red tones," says Lucy Hale's pro Kristin Ess.

## The Solution:

It sounds weird, but using a green-colored conditioning cream once a week is an effective way to neutralize unwanted reddish undertones. **Dessange Professional Hair Luxury Salon Color Restore Color Correcting Crème**, \$13.99; cvs.com



Lucy Hale



Jessica Chastain

# Red

## The Problem:

"There's more upkeep for redheads than any other color," says colorist Negin Zand, who keeps Jessica Chastain's (natural!) hue shiny with clear glosses. The reason: Red pigments lose vibrancy with each wash and oxidize quickly.

## The Solution:

Natural and unnatural redheads alike can maintain richness by lathering weekly with a shampoo that deposits a small amount of color.

**Revlon ColorSilk Shampoo in Brave Red**, \$3.20; at drugstores

This cream's yellow tone makes blonde hair more radiant!



Reese Witherspoon

# Blonde

## The Problem:

That gleaming golden hue blondes walk out of the salon with can change after a week from heat-styling and other factors. "Clients cringe when their hair takes on a greenish-orange tinge," says Reese Witherspoon's colorist Lorri Goddard.

## The Solution:

Bring back shine and combat brassiness by applying a brightening treatment every three washes between appointments.

**John Frieda Sheer Blonde Brilliantly Brighter Blonde Perfecting Treatment**, \$9.99; ulta.com

WHETHER YOU'RE PLATINUM, BRUNETTE OR RED, COLOR IS ALWAYS BEST ON HEALTHY HAIR

—Colorist Marie Robinson

# Preserve YOUR COLOR

KEEP YOUR HUE VIBRANT WITH THESE SHADE-ENHANCING OPTIONS

# Platinum

## The Problem:

Think of platinum hair like your favorite white T-shirt. "Since bleached hair can be more porous, the more it's exposed to the environment and washed, the more faded and yellow it becomes," says colorist Marie Robinson, who's worked with Michelle Williams.

## The Solution:

Using a shampoo and conditioner with a blue-silver hue eliminates yellow tones. If you're naturally gray or white, use it to illuminate your strands too. **Oribi Silverati Shampoo**, \$46; oribi.com



Michelle Williams



# Care for YOUR SCALP

TRY THESE INNOVATIONS TO GIVE YOUR SCALP THE TLC IT NEEDS

If you want healthy, shiny hair, it's essential that you start with your scalp, says New York City-based dermatologist Dr. Francesca Fusco. "If the hair follicles on your scalp aren't nourished, it could lead to premature shedding, among other problems." And while we all love the convenience of dry shampoo, you should lather up with the real stuff at least twice a week to remove dirt, oil and product buildup, in addition to using treatments that encourage growth and alleviate scalp-specific issues.

**Taraji P. Henson**

**Henson's pro Tym Wallace has prepped her hair with this duo.**



## If You Have Dandruff

Shampoo and condition with this flake-fighting system, which also calms itchiness. **Dove** Dermacare Scalp Anti-Dandruff Shampoo and Conditioner for Dryness & Itch Relief, \$4.99 each; at drugstores

## If You Have Thinning

Encourage growth with this concentrated formula that helps fight various causes of shedding. **Not Your Mother's** Way to Grow Scalp & Hair Booster Shot, \$8.99; ulta.com



## If You Have Excess Oil

Massage a few drops of this serum into clean, dry roots to help balance sebum production. **Aveda** Pramāsana Protective Scalp Concentrate, \$45; [aveda.com](http://aveda.com), April 30



## If You Have Product Buildup

Remove dirt and residue by exfoliating with this gentle scrub before you wash. **L'Oréal Paris** EverFresh Micro-Exfoliating Scrub, \$9.99; at drugstores



## If You Have Dryness

Evenly distribute this hydrating treatment throughout clean, wet hair to soothe your scalp. **Brigeeo** Scalp Revival Charcoal + Tea Tree Scalp Treatment, \$32; [sephora.com](http://sephora.com)



## Treat Your Ends!

Split tips can wreak havoc on your hair because "once they start, they don't stop, causing further breakage," says Adir Abergel, Kirsten Dunst's pro and creative director of hair-care line Virtue. While a trim is the only permanent fix, between salon visits Abergel recommends using the brand's serum (left) to temporarily mend frayed ends and prevent new ones. "It contains keratin that bonds to the broken cuticle like glue."

**Virtue** The Perfect Ending Split End Serum, \$40; [virtuelabs.com](http://virtuelabs.com)



**Kirsten Dunst**



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HEALTHY  
HAIR STARTS  
FROM THE  
INSIDE OUT™

—Dr. Dendy  
Engelman

# Keep Your HAIR STRONG

THESE SIMPLE STEPS WILL WHIP YOUR  
STRANDS INTO SHAPE

## ✓ Lower the Heat

Superhot blow-dryers and irons can cause the hair's cuticle to expand, potentially leading to excessive dryness, warns Lars Skjoth, founder of the worldwide Harklinikken hair-regrowth clinic. To prevent damage, keep your hair dryer on medium, and turn down the dial on styling tools to 365° or below (any higher can burn your hair).

**BaBylissPRO**  
Nano Titanium 1"  
Digital Straightening  
Flatiron, \$99.95;  
ulta.com

## ✓ Try a Supplement

Dermatologist Dr. Dendy Engelman recommends Nutrafol (right), a daily supplement that contains keratin, biotin and zinc as well as vitamins A, C and D. "The combo can help support the hair's structure, growth and moisture levels," says Engelman, whose clients include Sofia Vergara.

**Nutrafol**  
for women,  
\$88 (for a  
one-month  
supply);  
nutrafol  
.com

## ✓ Stimulate Your Scalp

Massaging your roots for 30 seconds while you shampoo "increases blood circulation around the hair follicles, improving the hair's ability to grow," advises Skjoth, who recommends a thorough head rub every other day.

## ✓ Be Mindful of Your Diet

Eating ample amounts of protein "helps maintain the strength of your hair," says Skjoth. Pack your diet with lean meats, fish and eggs, plus healthy fats like avocado, nuts and cold-pressed olive oil that contain hair-supporting fatty acids.

## ✓ Apply Protein Topically

Coating hair with a product that contains protein can help repair it. "When it's protected from the outside, it can grow longer without breaking," says Skjoth. Try Nexxus's City Shield DD Crème, a styling cream that uses wheat protein to nourish strands.

