



VO5 Presents
**GET THE STAR
TREATMENT**
with Tamyra Gray

Ever wonder how your favorite celebrities survive the relaxers, flat-irons and everyday stress on their hair? Tamyra Gray and the Alberto VO5® 5-vitamin-enriched Conditioning Treatments reveal their secrets to keeping hair in top condition, looking healthy and vitally alive. So you, too, can look like a star!



5 TIPS FOR STAR-QUALITY HAIR FROM VO5

1 Blow drying, hot rollers and irons damage hair. Set temps at "medium" and use a leave-in conditioner before styling.

2 For maximum shine, deep condition once a week; use a lightweight, leave-in conditioner as needed. Follow with spray or pomade liquid-shine.

3 Braids and twists prevent natural scalp oils from reaching ends of hair, causing breakage. Avoid this by spraying with conditioner.

4 Wet hair tangles and breaks easily. Use a light, leave-in conditioner before combing out with a wide-tooth comb.

5 Take braids down a week before any chemical process to rest the scalp. Shampoo five days prior so hair is clean, and scalp not irritated.



VO5 SHEER HAIRDRESSING

What it is: A lightweight, leave-in conditioning cream for wet or dry hair.

What it does: Instantly transforms dry, coarse, frizzy hair to hair that's shiny and easy to manage.



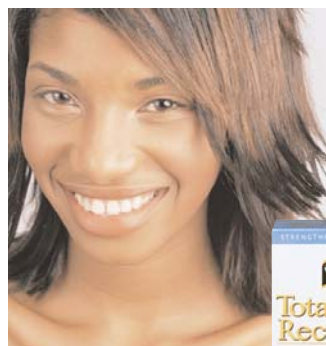
VO5 HOT OIL TREATMENT

What it is: The cure for chemically treated, over-styled hair.

What it does: In one quick minute, VO5 Hot Oil seeks out and reconstructs damaged hair by bonding to weak areas. VO5 Hot Oil Shower Works® works with the heat of your shower so you don't have to pre-heat!



5 VITAMIN VO5® FORMULAS TOP THE CHARTS



VO5 TOTAL HAIR RECOVERY

What it is: A power-packed, weekly intensive treatment.

What it does: Improves your hair's condition by 200%. You'll see the beautiful difference in just one use.



VO5 DETANGLE & SHINE

What it is: A sheer, weightless, leave-in conditioner.

What it does: Prevents breakage and split ends, leaving hair smooth, shiny and ready for styling. Its UV filter protects color-treated hair from the sun.



How to Look Like a Star

Celeb talk from the "American Idol" singer and Broadway star



Being on Broadway is fantastic," says Tamyra Gray, who recently opened in *Bombay Dreams*. The multi-talented singer who won our hearts on "American Idol" is performing the lead role and enjoying every moment, even though it's a bit tough on her hair. "My hair is dry to begin with," she says, "and performing eight shows a week with it wrapped under a wig doesn't help." Thanks to her mom, who took care of her "really thick" hair until she turned 13, Tamyra knows what to do.

"Probably the most important part of my regimen," says the star, "is to use detangling shampoo. I couldn't comb my hair without it. Also, I've found coconut oil, which you can buy anywhere, and a professional hot oil treatment once a month, really work for me. I like to experiment with different products. One thing I know is that everyone's hair is different, and what might work for my best friend might not work for me."

Recently while on the road performing and promoting songs from her new CD, "The Dreamer," Tamyra decided to go short. "Just cut it," she said, but the stylist suggested taking it a step at a time and went for flippy layers. "It's fun like this, and all I really need to do is get it pressed once a week. By the time summer comes and I'm back in hot L.A., I'll probably keep it braided, maybe add some extensions, so I don't have to worry about it." Whatever Tamyra does, we're sure to be watching her!

GET THE STAR TREATMENT AND WIN!

Purchase one of the VO5 conditioning treatments featured here, send your receipt to ESSENCE/VO5, 1500 Broadway, 6th floor, New York, NY 10036, and receive Tamyra Gray's latest CD, "The Dreamer" (quantities limited). Promotion valid through April 1, 2005 or while supplies last. Limit of one entry per person.

