

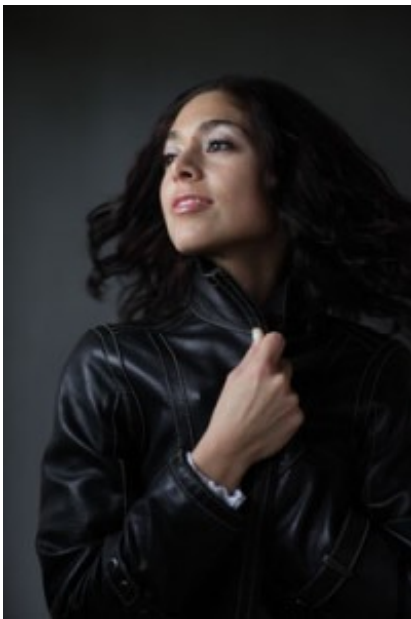
# TheStyleGeek.com » Blog Archive » Nicole Cyrese:A Cut Above

<http://thestylegeek.com/uncategorized/interview-with-nicole-cyrese-hairstylist-00554/>

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By now, I shouldn't be surprised by the power of the Internet to forge new relationships. After all, I did "meet" my husband through Facebook and a mutual friend. Last month-through the magic of the Internet-I had the pleasure of "meeting" [New Jersey Stylist Nicole Cyrese](#).

Nicole looks at hair like I look at a story idea-something to be created, crafted, and refined to (near) perfection. Below, you will find an interview with Nicole about everything from the best hair cuts for thin or course hair to the best hair products on the market today. Enjoy!



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Jennifer Prentice (JP)-When did you first know you wanted to become a stylist? What is it about being a stylist that you like?

Nicole Cyrese (NC)-I grew up in the hairdressing industry, my parents both being well known for their craft & owning their own businesses. I was always into fashion from a very young age. It wasn't until I was 18yrs old when I started apprenticing at one of the most high end salon's in the Princeton area that I felt the passion & found my true calling to become a stylist.

I truly love making my clients look and feel their best and giving them the utmost attention to feeling great !

JP- When did you start your career?

NC-I was 18yrs old, finishing HS, and beauty school, and working part time as an apprentice in Princeton, NJ. I've been in business for 12 years now, and I've had many opportunities to open my own salon. I have chosen not to because I enjoy the freedom I have to expand outward into other realms in the industry like traveling and connecting with others (in the industry) much greater than I, who have influenced and inspired my growth.

JP-What are some of the things that set you apart from other stylist in the industry?

NC-I personalize all my work for each of my clients. Haircuts that suit their lifestyle and face shape, color that complements their skin tone. Through the years, most clients have said that I approach all my work in a Zen-like way. I'm very calming and to the point from the start of my consultation.

JP- What are some of the trends you are seeing in special occasion styling?

If you are wearing your hair down, it's big hair, wavy curly, and not so neat (hair

styles). Or, I'm also seeing quite the opposite: slick straight, sharp part (Sandra Bullock at the Oscars) at the crown.

Adding lots of vibrant colors in hair accessories and big bows are really hot on a thick hair band (for best results with this style, wear your hair down and pushed to the side).

If you are wearing your hair up, it's an automatic ballerina bun (big, ultra big, small, ultra small, high or low) messy or neatly set in place.

JP- What are the best hair cuts for people with thin, fine hair ? What about cuts for people with thick, coarse hair ?

NC-Thin, fine hair textures call for lots of texture cutting. This meaning cutting into the hair on an angle, adding layers to create volume and fullness. Volume enhancing shampoo and a light weight conditioner is ideal. Styling products such as a volume enhancing spray and mousse is also recommended.

For thick, coarse hair , vertical layering is the best approach, every time! This technique reduces lots of weight. Also, razor cutting for most, not all clients, reduces any heaviness within the hair shaft. Some textures I find can't handle razor cutting. Layering is also ideal for alleviating any weight (in stylist language, this is the 90 degree approach).

As a general rule, any product used in the hair must be light weight, using nothing to weigh the hair down.

JP-Describe what it was like working backstage at the International Beauty Show .

NC-I met and worked with hair icons very early in my career such as Ruth Roche, Chris Sorbie and Jill Leitz-all former artistic directors for Redken. They really inspired and set more of a creative tone in how I started approaching all my work. I helped work on models backstage with them, learning new tricks and watching my styles take shape and form at a fast pace.

JP-What is the best part of your job?

NC-Giving time to my clients to help them feel great and giving all of them the best look for them personally.

JP-What is your advice to other people who want to become a stylist? What should they do to get a career started?

NC-If the passion and creativity is there, then this career is for you and you will excel at it! I recommend finding a highly reputable beauty school to attend. There is an abundance of knowledge and experience to learn from and to be greatly inspired from at higher end beauty schools. Find a job at the top salon in your area, go through an apprentice program and stay updated consistently with global style!

JP- What are some of your favorite hair products-both salon quality and those found in the drugstore?

NC-For salon quality products, I enjoy Unite Eurotherapy (sulfate and paraben free) and Phyto, which is an all organic hair care line from the south of France. In the drugstore, nothing else other than Bumble and Bumble hair care products.

If you're in the Princeton, New Jersey area and want to schedule an appointment with Nicole-and who wouldn't-contact Sydney Albert Salon and Spa at 609-228-0300.

-Jennifer Prentice