



feel-good hair

You know how it is when you walk out of the salon: Your hair shines like crazy. It swooshes with every step. And you think, I want to look like this every day. But next thing you know, you're back in your bathroom, stressing over your hair. Well, no more! You really *can* get that confidence-boosting gorgeousness on your own with pro tricks that will make you an at-home styling whiz, plus a few secrets to supercharge your next salon visit.

By Joanne Chen Photographs by Greg Delves

Body beautiful
Bouncy hair puts a spring in your step. Spritz roots with a thickening spray to turn up the volume.

find your hair “care” level

Your hair may have more power over your mood and life choices than you think. Take this quiz to pinpoint what you'll sacrifice for the sake of your style.

1 Your neighbor invites you to a black-tie charity event next week. You immediately think...

- A I'm in! I love to glam it up, so I'll call my salon ASAP.
- B What will I wear? (It will probably occur to you to get your hair done when it's too late to get an appointment.)
- C And climb out of my jeans?! Nah, I'll just send a donation.

2 Your initial reaction to Julia Roberts's ever-evolving hairstyle in *Eat Pray Love* was...

- A Too much hair! Are brushes banned from ashrams?
- B So pretty! I love that it changes with her life experiences.
- C Italy! India! Bali! Who was looking at her hair?

3 You wake up one morning and swear your color has morphed into an unrecognizable shade. You...

- A Speed-dial your colorist.
- B Think about calling the salon but end up throwing on box color yourself.
- C Wonder whatever possessed you to dye your hair in the first place.

4 A new friend walks into your bathroom. She's likely to say...

- A “Are you running a salon on the side?”
- B “Wow, I've never seen so many skin and hair products before. Can I have a few?”
- C “Is that three-in-one shampoo, conditioner and soap any good?”

5 It's one of those days. Your hair just won't behave. So you...

- A Call in late to work. After spending

all morning struggling with your hair, you still have to eat breakfast and fortify yourself for the day ahead.

- B Reach for a bright-red lipstick. No one will look at your hair now.
- C Put your hair in a pony or throw on a hat; it's hair, people.

6 As your stylist is snipping away, what best describes what's going through your mind?

- A I said a trim! Stop. Cutting. Now.
- B It feels so good to get rid of those darn split ends.
- C Can I put the tip on my credit card? I can't remember!

7 You could take a Bikram class or you could get another day out of your blowout. You would...

- A Skip the yoga. Having great hair will feel just as good.
- B Wrap your hair in a neat bun and hope you can salvage it post-class with some oil-zapping dry shampoo.
- C Choose the yoga and sweat up a storm.

your hair personality

mostly As } You're a fanatic.

It's a bit dramatic to say your hair rules your life, but you have to admit that, well, it does! And because it's so important to you that your hair look stellar every day, you're willing to invest as much time as it takes to get it that way. We'll also go out on a limb and say that you've rearranged a lot of other priorities (sleep, working out, etc.) to allow you to do this. Read on to find out how to make your hair look even more incredible; you may realize it doesn't require as much work as you've been putting in.

mostly Bs } You're a realist.

You'd love to have more good-hair days (who wouldn't?), but you're not about to lose sleep for them. You're also not the type to fuss over a little frizz or some emerging roots. Of the holy hair trinity—cut, color and texture—you probably focus on the upkeep of only one; you don't think it's practical to spend energy maintaining all three. But our tips for what to ask for in the salon and tweaks to make at home will change your mind. Integrate a few that appeal to you and your lifestyle into your daily routine to make your beautiful hair even better.

mostly Cs } You're a naturalist.

It's not that you don't love it when your hair looks good. It's just that wash and go is how you roll—either because your philosophy is to let things be or because you have time or lifestyle constraints. You may not suffer bad-hair days as acutely as other people do, but you are probably underestimating how big a lift your hair could give you if it were gorgeous on a regular basis. You can keep your hands-off approach by experimenting with the simple cut, color and style solutions on these pages. The result: You can have stellar hair with less effort than you ever imagined.

55%

of you say that if your hair looks good, you smile more, feel more confident and take more risks (such as chatting up that hottie who has caught your eye), a Self.com poll finds.



Shine on
Use a boar-bristle brush to detangle and draw natural, moisturizing oils from root to tip.

easy steps to hair bliss!

Start here for cut, color and styling strategies that work mane magic.

clean, fresh, fabulous Your first have-hot-hair trick: learning to give yourself a salon-caliber shampoo. It will leave you feeling—and your hair looking—like a million. Use these insider techniques in your own shower.

Be scentsitive. Sniff out shampoos and conditioners infused with citrus notes (zesty orange, grapefruit and lemon). You're most apt to describe these aromas as happy and invigorating—and research shows that, because of this cheerful association, one whiff can give you a similar charge. Not a bad way to start the day!

Get precise. Lather up at roots only. But do the opposite with conditioner—ends need moisture. Rinse thoroughly so your hair isn't weighed down. If your hair is very fine, condition first, then shampoo to keep volume, says Michael Wright, senior research scientist at Nexxus Salon Hair Care in Melrose Park, Illinois.

Give your scalp some TLC. Studies have shown that getting a massage can significantly lower anxiety. Try to re-create that Zen-like experience in the shower: When shampooing, gently rub your scalp with small, circular motions. Not only does it feel good, but you'll also rev blood flow, necessary for healthy hair.

17%

of you have skipped a party, date or social function because your hair didn't look right, a Self.com poll indicates.

Temporary pigments in Natural Instincts Week 2 Color Refresher, \$9, fight fading.

color theory

Whether it's on jewels, cars or hair, shine has universal appeal. Here's how to make sure your colorist keeps you on the bright side.

• Circle what you like about the haircolor you've clipped out of a magazine. "There could be five different shades on a head of hair," says Amanda Jenkins, master stylist at Arrojo Studio in New York City. "Pinpoint which parts you like specifically—the lightness around the front, the darker roots—so your colorist can create them for you, too."

• Pick a shade that brightens your skin tone so you don't look faded. "If you need to wear more makeup since you had your color done, it's not the right one for you," says Louis Licari, owner of the Louis Licari Salon in NYC. And try an ombré process, which leaves roots darker and the middle of strands and ends lighter. The overall effect is blended and soft—to enhance hair and skin. Plus, you'll increase your odds of getting the right shade, and roots are less noticeable.

• Add a flash of lightness around your face. "I call these psychological highlights," says Kim Vo, a colorist in Los Angeles and owner of Kim Vo Salons, whose clients include buttery blonde Katherine Heigl. "You'll look and feel brighter—uplifted." If you have black hair, try dark brown. Brunette? Caramel. Lace blonde with golden honey or a sandy shade.



Live up any shade with moisturizing Aveeno Living Color Shine Glaze, \$8.

Conceal regrowth easily with low-ammonia L'Oréal Root Rescue, \$8.

68%

of you say the day before a stressful work deadline, you'd rather get the best haircut of your life than the best spa massage of your life, a Self.com poll finds.

get scissors-happy

A cut that makes you smile every time you look in the mirror? No problem. Just be sure it does these three things:

Shows off your best features If you love your eyes, consider bangs; if you have a long neck, highlight it with a bob, says Oribe, cofounder and creative director of Oribe Hair Care in NYC. (Caution: Both cuts require maintenance, so if the quiz showed you're a naturalist or a realist, you might not want to go so drastic.) If you want a little less upkeep, experiment with long layers around your face. They'll accentuate features wherever they fall: Go chin length to draw attention to your lips; slightly shorter—hello, high cheekbones!

Puts your hair in motion We survived as a species because our ancestors were drawn to movement—mostly running toward prey or away from predators in their periphery, says Michael Smith, Ph.D., a neuroscientist at NeuroFocus in Berkeley, California. This hardwired behavior might explain why hair that swings is so attention-grabbing. For hair that's shoulder-length or longer, cut long layers. This way, hair moves more freely while still giving a full, thick look, says Kevin Mancuso, creative director for Nexxus Salon Hair Care in NYC, who styled the hair seen on these pages. If you have bangs, ask your stylist to snip into the ends so they don't lie static. Whatever your length or style, get a trim every four to six weeks. You'll banish split ends, which can latch onto each other and hinder that mood-lifting swish. Can't make it to the salon that often? Switch your part. "It freshens up your look and provides movement," Mancuso explains.

Works with, not against, you Discuss with your stylist how you want your hair to look and also what you're willing to do to get it. You might love Emma Watson's gamine cut, but don't take the plunge if you'd prefer a style that lets you effortlessly sweep it up when you're not in the mood to style it. It's the precut conversation with your stylist that's key to achieving what you really want. Find a photo of yourself with hair that made you happiest, says Hallie Bowman, a celebrity hairstylist in Seattle for Pantene. "It's about what cut you like on you."

50%

of you say that a great haircut puts you in a better mood than amazing sex, a Self.com poll notes.

love at first touch

As soon as we're born, our brain learns to link smooth textures with beauty, according to a report from Wella Professionals. Take a hands-on approach to getting silky, soft hair.

If you're naturally curly...

EMBRACE IT. Frizz is the downer—not the curl itself. After shampooing, define waves with an oil-based styling product. (Try Alterna Bamboo Smooth Kendi Pure Treatment Oil, \$24.) Use twice as much product on the top as on the bottom, because your crown is dry from having the most heat damage and also has the most flyaways, Bowman says. Dry damp curls with a diffuser. **CHANGE IT.** "Part of the feel-good sensation of great hair comes from undergoing a transformation," says Eugene Souleiman, Wella Professionals global creative director for care and styling in NYC. To straighten hair yourself, spray towel-dried hair with a curl relaxer; divide into large sections; stretch curls out with a round brush. At the salon, consider treatments that ease curls into waves. (We like Ouidad Softening Treatment, \$250.)



John Frieda Frizz-Ease 3-Day Straight, \$10, smooths with keratin.

If you're naturally straight...

EMBRACE IT. But give it some oomph. Use a keratin-based smoothing shampoo to lessen flyaways. Next, apply a texturizing spray: Spritz your palms (so strands won't be sticky), turn your head upside down, then scrunch the roots starting at your neck—where there is more hair—making your way to the front, says Sally Hershberger, owner of Sally Hershberger Salons in NYC. **CHANGE IT.** After washing your hair, turn your head upside down and blast the roots with a blow-dryer. (For best results, use one with at least 1,500 watts.) Then separate hair into sections above the ears and along the cheek line. Wrapping them vertically around a round brush, blow heat on them until dry, and seal in the spiral shape with a burst of cool air. Coat waves with a shine spray so hair reflects light. (We like Garnier Fructis Nutrient Spray, \$6.)



Protein-packed Paul Mitchell Awapuhi Wild Ginger Keratin Cream Rinse, \$20, lessens frizz.

STILL LIVES: SVEND LINDBAEK

Shear greatness

Most hair grows about 6 inches per year, so hair that falls at your bra strap could be six years old. Trim time?

Styling, Robin Page; hair, Kevin Mancuso for Nexxus Salon Hair Care; makeup, Bernadine Bibiano for Dior Beauty. See Get-It Guide.