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25 tricks for a spring break bod

(No push-ups in sight!)

April/May 2012, Vol 18, Issue 5

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SPECIAL REPORT:

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15 ways to *glam-ify*

Shhh...our fave hair geniuses are spilling the secrets to scoring the latest hot-off-the-runway styles. And (yay!) their coif creations are super simple to pull off but still take your tresses to new lengths of cool. These darling 'dos go from school to your spring semi, so master a few and you'll have officially enviable hair all year long.

BEST ON LONGER THAN CHIN LENGTH HAIR



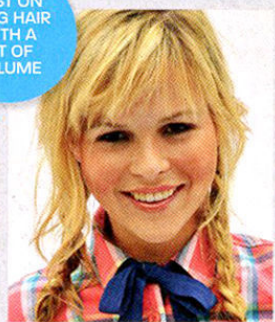
Laid-back waves

Somewhere between beach babe and grunge girl, a go-anywhere coif.

The secret is keeping the top straight-ish (but not sleek) and giving the bottom plenty of bend. Get a jump-start on this style before ya hit the hay by applying mousse to damp hair, then twisting the whole lot into five or six mini braids. In the a.m., unleash your waves. Give your mane a quick scrunch and sashay right outta the house.

BACKSTAGE SECRET: Encourage the curl a lil' more by spritzing on a beach-y spray (we heart John Masters Organics Sea Mist Sea Salt Spray, \$17, beauty.com, or go to girlslife.com for a DIY how-to).

BEST ON LONG HAIR WITH A BIT OF VOLUME



Textured piggies

Our guru dubbed this the go-to look for 2012.

Nicholas Penna Jr., lead stylist of SalonCapri in Dedham, Mass., says you can achieve this piece-y look by working a dab of texturizing cream into wet hair. Blow-dry while scrunching with your free hand. Then, divide your hair into two sections and begin to braid. "Allow small pieces of hair to fall around your face," Nick says. Use clear elastics to secure each piggie.

BACKSTAGE SECRET: Run your fingers through your bangs for a final muss 'n' fluff.

BEST ON ALL LONG LENGTHS AND TEXTURES



The full pony

This tail hits new heights.

Start with dry hair. Using the arch of your eyebrow as a reference, create a deep side part with a comb. Gather the locks from top of head (leave sides alone for now) and pull 'em slightly off to the side. Take the same comb and gently tease the front to create some volume. Smooth hair back and use bobby pins to secure. Then, pull rest of mane into a low, tight ponytail and secure with an elastic.

BACKSTAGE SECRET: Hairspray ensures your pouf stays up all day.

BEST ON LONG HAIR OF ALL SORTS



A luxe loop

Um, why didn't we think of this sooner?

Brush hair back into a low pony and secure with an elastic. Keeping a small part of the pony free, flip the rest under into a loop and use another elastic to hold it in place. Wrap the loose strands around the base of the style, pinning the ends underneath. Hairspray is the final touch.

BACKSTAGE SECRET: Locks are unruly? Apply smoothing serum to dry hair (try L'Oréal Professionnel Textureline Smoothing Serum, \$17, amazon.com).

BEST ON ULTRA-LONG LOCKS OF ANY TEXTURE



Heart-worthy hippie braid

Hair crush! We love how this looks like a heart.

Create two 1-inch sections directly up from your nose (where your center part would be, but don't actually create a part). Braid one side back until the braid reaches just below your crown. Use an elastic to (temporarily) keep it in place. Repeat on the other side, then join the two braids. A bitty hair tie holds it together. Remove the other elastics.

BACKSTAGE SECRET: Hit hair with a texturizer to up this style's piece-y feel.

your hair for spring

Want more? Head to girlslife.com for our hot hair vids.

BEST ON MEDIUM OR LONG LOCKS



DIY bob—with a twist

Ya don't have to face the scissors to get a cute crop.

Use a medium-barrel curling iron to create rows of ringlets. Then, gather your mane into a low pony and secure with a tiny elastic an inch away from the end of the tail. Grab the bottom of your pony and tuck it up and under, so the length of your hair vanishes and the new "ends" are at chin length. Take a bunch of bobby pins and use 'em to hold the tucked tail in place. A flower headband makes it flirty.

BACKSTAGE SECRET: When curling your mane, start close to the nape of your neck and use salon clips to keep still-straight locks out of the way.

BEST ON LOOONG, THICK STRANDS



Top knot...with a tail

Not tress-timid? Try this 'do.

Use hot rollers to get all-over curls (try Remington H-1015 Ceramic Rollers, \$16, amazon.com). Spritz on some hairspray and use your fingers to brush out the spirals. Then, pull the top of your mane into a high, tight pony and twist that section into a bitty bun. Leave the rest of your locks loose.

BACKSTAGE SECRET: Head to girlslife.com for the hot-roller tutorial—they're not as scary as they seem.

BEST ON EVERY LENGTH AND TEXTURE



Luxe 'n' layered

An instant style that's fab for girls who are growing out their bangs.

Start with dry hair. Apply thermal protector spray to avoid damaging tresses. Use a flat iron to zap away any waves or curls. Create a deep side part, pull bangs over (keep them taut to get the definition) and pin them behind your ear. To make it a lil' edgier, use pomade on the opposite side to slick those locks back—it creates a look that's both sleek and soft. Finish with hairspray and you're done.

BACKSTAGE SECRET: Play around to see which side part is most flattering.

The bouncy blowout

Give your locks the royal treatment.

Ever since Kate was crowned, the world has been craving her princess-perf blowout. To score this golden girl vibe, spray towel-dried hair with a potion that'll protect it from the heat (we like CHI's Keratin Mist, \$12, target.com). Divvy hair up into four to five sections using salon clips to keep the excess strands outta your way. Bust out the blow-dryer and use a round, vented brush to sweep your locks up and away from your scalp in a "C" motion. When you're done, use a rattail comb to create a deep part, and give your mane the once-over with some shine serum.

BACKSTAGE SECRET: Point the nozzle of your dryer down and keep hair taut to ensure zero frizz.

BEST ON LONGER THAN SHOULDER LENGTH



Baby bun with a power pouf

Infuse your basic ballerina bun with a ton of volume for a sophisticated style.

Working with dry hair, clip a 1-inch section of your bangs out of the way. "Gently tease a 2-inch section of hair behind the divided portion with a fine-tooth comb," says Nick. Zap that portion with a bit of hairspray. Leaving those two sections to the side, pull the rest of your locks into a pony and keep them in place with an elastic. Twist locks into a bun. Carefully comb the 1-inch section of hair over the teased portion and use a few bobby pins to secure it.

BACKSTAGE SECRET: Lock your look with every celeb stylist's favorite spray, L'Oréal Paris Elnett Satin Strong Hold Hairspray, \$15, amazon.com.

BEST ON FINE TO MEDIUM SHOULDER LENGTH



BEST ON
STRAIGHT
OR WAVY
SHOULDER
LENGTH

The swooping bun

A few sweeping strands crank the glam factor on this cinch-y updo.

Start with dry hair (hint: Skip a wash to increase your mane's natural hold). Grab an inch-wide section of hair from the center of your forehead and leave it to the side for now. Use a brush to pull the rest of your tresses back into a low pony and secure with an elastic. Twist the pony into a bun and tuck it all in place with a few bobby pins. Separate the remaining strands into three or four tiny sections. Loosely pin each portion to the back above the bun, so it creates a cool cascade effect along the side. It's A-OK if some of the bangs frame your face. Finish with hairspray and you're golden.

BACKSTAGE SECRET: To make the petite pieces look amazing, pin the first one highest on your head (between ear and crown) and work your way down.



BEST ON
LONG,
THICK
LOCKS



The sorta-scrappy braid

A bit o' fabric makes this braid seriously rad.

"Go for a fabric that's bright and fun...stripes or a pattern can add the perfect dose of interest to this look," Nick tells us. Cut the fabric into a 1-inch strip that's twice as long as your strands. Using a comb, snag a 1-inch section of hair from behind your ear (pull the rest of your locks into an impromptu pony to avoid a tress mess). Fold fabric in half and use a bitty elastic to attach it to the base of your soon-to-be braid. Separate the tiny section of hair into three parts, including the fabric in two of the parts. Braid until you're 2 inches from the end, knotting the fabric to keep it all from unwinding. Let down the rest of your hair and use a comb to create a side part.

BACKSTAGE SECRET: Swap out the fabric for a metallic or sparkly ribbon and be stunning at your semiformal.

BEST ON
STRAIGHT
OR WAVY
MEDIUM TO
LONG HAIR



Perfectly pulled back

Two pins are all ya need to take your locks from standard to sweet.

Prep dry strands with a couple drops of shine serum. Then, use a comb to create a side part (hint: Aim for right over the arch of your eyebrow). Pull back hair from both sides until they meet at the back of your head. Secure each side by criss-crossing two bobby pins to form an "X" shape. Hairspray and you're set.

BACKSTAGE SECRET: Craving crazy-straight locks? Apply some mega-powerful straightening serum (we swear by Living Proof's Straight, \$29, livingproof.com) and blow out your mane. You'll have just-pressed tresses for a couple of days.

BEST ON
CRAZY-
LONG
LOCKS,
PERIOD



The modern crown

It's so Elle Fanning we could cry.

If you've got bangs, pull them to one side. Otherwise, divide your hair into two equal sections, without stressing over making them totally equal or creating a perfect part (the imperfection keeps this look from being overly prim). Braid each section starting just behind your ear and secure the ends with an elastic. Pop the braids up and over your head, keeping them an inch or two from the hairline. Keep them in place with a bunch of bobby pins (don't forget to strategically tuck the ends under). Hit your bangs with a texturizing spray and swoop off to one side.

BACKSTAGE SECRET: Looping the braids close to your bangs keeps the style more cool than kiddie.

BEST ON
SHORT
CROPS OF
ALL SORTS



The new slickness

A li'l lift on the top soars with super sleek sides.

Don't stress, but we're gonna ask you to put gel in your mane (pinkie swear it'll look awesome by the end). Start with damp hair and work in a dime-size blob of gel (try Tresemmé Extra Firm Control Gel, \$5, drugstores). Use a vented brush to blow out your tresses, easing the sides back and the top up, rolling your wrist in a "C" motion. When it's dry, use a small brush to lock in the style one last time and then blast it with hairspray.

BACKSTAGE SECRET: If ya want to be a drama queen, smooth some pomade onto the sides for extra definition.