

MORE ENERGY! P. 64

Health

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Be Your Own Hair Pro

Ever watch your stylist buzz through a perfect blowout and wish you could too? We've learned the secrets to getting magic out of a blow-dryer—and every other tool.

By Ilana Blitzer | Photography By Lynda Churilla

YOU OWN ALL THE BASIC HAIR TOOLS—BLOW-DRYERS, brushes, irons, rollers—but knowing how to wield them like a salon stylist is another story. “Most women use their tools incorrectly, which leads to poor results,” says Ric Pipino, owner of Pipino 57 and Pipino Nolita salons in New York City. So we asked pros to diagnose the most common mistakes and share the trick to taking your styling skills—and results—from so-so to so amazing.



Get Sleek with a Flatiron

BIG BLUNDERS: Setting the temp too high! Trying to iron too much at a time!

TO THE RESCUE: Nicholas Penna, owner of SalonCapri in Newton, Massachusetts

THE PRO SECRETS: If you crank your iron up to the highest possible heat setting thinking a super-hot temperature will give you better results, it's time to take it all down a notch. Instead of setting it to 450 degrees—too hot, especially for fine or overprocessed hair—start at 300 degrees and experiment. “You may be surprised to find your hair will get straight at lower heat levels—without the sizzle,” Penna says. It's also key to work in small

sections (one inch or less). “The more hair you take on, the more times you have to move the iron over the same area, which can lead to breakage,” Penna notes. Ever notice how stylists use a fine-tooth comb when they iron? “It prevents you from ironing in snags or kinks,” he adds. Comb through the section, then use your free hand to follow with your iron an inch or two behind it, gliding all the way down. Final tip: Don't stop in one spot. “The iron should be moving constantly,” Penna says.



Get a smooth, swingly style like this—no salon necessary.



Be the Boss of Your Blow-Dryer

BIG BLUNDERS: Drying too-wet hair! Not using the nozzle, the right brush, or the cool shot button!

TO THE RESCUE: Ric Pipino (shown at left)

THE PRO SECRETS: First, run a blow-dryer over your hair until it's about 70 percent dry (just focus on getting the water out). “Try styling sopping wet hair and you'll only extend your drying time and wear out your arm,” Pipino notes. The next must-do? Stick the concentrator nozzle on. “It focuses the airflow over just the section you're working on,” he adds. Choose a round brush one to three inches wide (the bigger the brush, the more body you'll add) with both natural and synthetic bristles to grip and smooth strands. Aim the dryer down so the nozzle is parallel to the hair shaft (holding your dryer perpendicular, as most people do, encourages frizz), then lock in your work with every stylist's finishing touch—the cool shot button. Pipino advises: “A blast of cold air closes the cuticle, adds shine, and sets your style in place.”



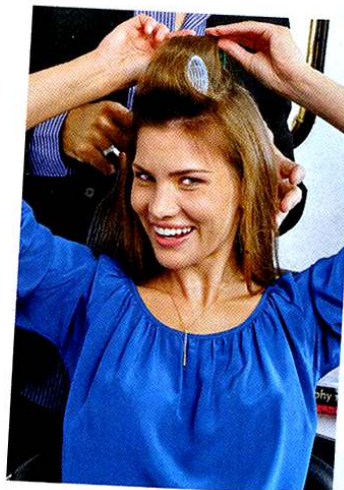
Master Your Curling Iron

BIG BLUNDERS: Curling too close to the roots! Clamping in the ends! Handling curls before they've cooled!

TO THE RESCUE: Paul Cucinello, creative director at Chris Chase Salon in New York City

THE PRO SECRETS: For today's relaxed, not-so-perfect curls, resist the urge to start your curling iron at the ends of your hair and wrap upward. "It's the number-one way

to make your curls look prom-like," Cucinello says. Instead, hold the iron vertically, open the clamp, and using a two-inch section of hair, wrap hair around the barrel, leaving the ends out for that slightly undone look. Then clamp down, he adds. Another way to keep your look natural (read: not doll-like): Don't curl close to the roots. "You'll have more volume than you know what to do with," Cucinello says. Start about two or three inches down, around ear level; with each new section, alternate the direction (do one section clockwise, another counterclockwise, and so on). Work around your entire head before you tousle your hair with your fingers. "If you break up the curls before they've cooled for at least 10 minutes," Cucinello warns, "you'll shorten their life span."



Add Volume with Velcro Rollers

BIG BLUNDERS: Forgoing hair spray! Rolling too much hair at once! Not adding heat!

TO THE RESCUE: Amy Abramite, a senior stylist at Maxine in Chicago

THE PRO SECRETS: When you want added volume at the roots post-blow-dry, make a set of Velcro rollers your new best friend. Before putting them in, hit roots with hair spray, then divide hair at the crown into three sections horizontally, from front to back. Lift up a section at a time and start rolling up from the ends. "The sections should only be as wide as your roller," Abramite says. "If you have hair falling off to the sides, you're rolling too much at once." But just sticking in a few rollers isn't going to give you salon-like volume, he adds. "You have to add heat to the rollers to set the shape." A blast with your blow-dryer can be too powerful, though; instead, pop on the diffuser and circulate it over the rollers for a minute or two. The key to removing the rollers without killing the height you've created: Stick one finger inside the roller, and another underneath it to gently release the hair.

PERFECT HAIR COMBOS

What's a blow-dryer worth without a smoothing lotion? A flatiron without a heat protector? Here, the key products to pair with each styling tool.

CURLING IRON + CURL SMOOTHER

Infiniti Pro by Conair 1½ Inch Tourmaline Ceramic Curling Iron (\$35; drugstores); Samy Twisted Pomade Spray (\$5; Walgreens)



ROLLERS + HAIRSPRAY

Sally Beauty Supply Velcro Roller Gentle Styler 2½ Inch (\$4; sallybeauty.com); David Evangelista HD Hold Brushable Hold Hairspray (\$18; hsn.com)

FLATIRON + HEAT PROTECTOR

John Frieda Sleek Finish 1 Inch Straightener by Conair (\$50; ulta.com); Pantene Pro-V Medium-Thick Style Heat Protection & Shine Spray (\$6; drugstores)



BLOW-DRYER + SMOOTHING LOTION

Salon Tech 2800 Feather Light Hair Dryer (\$170; salontech.com); Marc Anthony Be Ageless Advanced Color Protect Anti-Aging Smoothing Cream (\$10; ulta.com)



Still photography by Jack Miskell