

GIRLS' LIFE MAGAZINE

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GL

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LOVE YOUR HAIR!
Our best ever tips and tricks

**200 FALL
FASHION
& BEAUTY
FINDS**

Look cute without
breaking the bank!

**Make your
BGF your BF**
(find out how on page 48)

**15 INSTANT
CONFIDENCE
BOOSTERS**

SPECIAL REPORT:
**What some girls
are willing to do
to be "perfect"**

*The
Vampire
Diaries' **Nina
Dobrev***


"You never know
what love is until
you get your
heart broken."

**10 easy
ways
to end
friend
drama**

QUIZ
**Gossip! Can
you keep those
lips zipped?**

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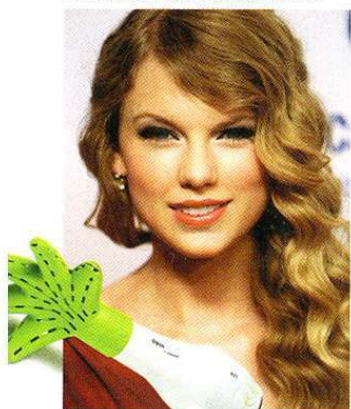
It's time to end tress stress! We combed through your biggest hair-raising probs and got the straight up on every one. Whether you wanna nix frizz or add oomph to flat hair, we've got serious strand solutions.

GL'S

BY KATIE ABBONDANZA
AND JESSICA D'ARGENIO

HUGE Hair Blowout!

Yes! You can get Taylor Swift's famous curls at home.



DevaSun Dryer and DevaFuser, \$185, devachansalon.com

MY CURLS ARE POOFY. I WANT SMOOTH RINGLETS, LIKE TAYLOR'S.

Getting sizzling spirals is easier than you think. Here's how:

1. Use a moisturizing shampoo and conditioner to bust fuzz.
2. Blot (don't rub!) excess H₂O off with a towel.
3. Apply styling cream (we like Moroccanoil Intense Curl Cream, \$30, moroccanoil.com).
4. Mitts off. "The more you touch hair, the frizzier it will get," says Nicholas Penna Jr., the owner/lead stylist of Salon Capri in Newton, Mass.
5. Air-dry or blow it out with a diffuser. Use a wide-barrel curling iron to touch up your curls (that's Tay's secret, too!).



I'VE BEEN WEARING MY HAIR LONG 'N' STRAIGHT FOREVER. WHAT'S A COOL CHANGE—WITHOUT GOING SHORT?

GHD Uplift Spray, \$19, amazon.com

Our experts agree: Long layers add life to your looks and still let ya keep that amazing length. "Layers will frame, emphasize and highlight the facial structure and add lots of movement," says Riccardo Maggiore of the Riccardo Maggiore Salon in New York City. Applying volumizer to the roots and blow-drying with your head flipped will make your hair look like a million bucks.



Umberto Beverly Hills Dry Clean Dry Shampoo, \$9, target.com. Apple Cider Clarifying Shampoo, \$23, fekkai.com. Organix Revitalizing Pomegranate Green Tea Styling Mousse, \$7, Target.

MY HAIR IS ALWAYS GREASY—HELP!

- Nicholas suggests zapping grease by sudsing up with clarifying shampoo once or twice a week. Rinse it out and condition, focusing mainly on the ends (not your scalp).
- Avoid heavy gels and stick to airy mousse to give your style staying power.
- If your locks are lookin' limp, spritz on some dry shampoo. Brush it through and go.

ANY ADVICE ON HOW TO SPEED UP STRAIGHTENING?

It's all about getting a jump-start, girl. Hair pros Naieem Abdool and Emmett Cooper suggest straightening your tresses before bed and then smoothing it out in the a.m.

3 TRICKS FOR KEEPIN' RAPUNZEL-INSPIRED TRESSES HEALTHY

Psst: Here are the secrets to keeping those below-the-shoulder strands absolutely stunning. Finally!

AVOID BRUSHING WET HAIR. Instead, spritz on some detangler and work it through with a wide-tooth comb. Brush as necessary once you've zapped the moisture.

SKIP THE 24/7 PONY. Mix it up with clips, headbands and braids. Can't live without the tail? Use forgiving elastics, like the cute ones by Emi-Jay (\$6 for a set of three, emi-jay.com) or risk crazy breakage.

DON'T BE SCARED OF THE SCISSORS. We can't say it enough. Just because this cut doesn't need a constant update doesn't mean you can let it run wild. Split ends will strike and weaken those lush locks. A trim every couple of months is a must.



Remington Frizz Therapy Flat Iron, \$50, Target

- The night before you want straight strands, blow-dry your hair while brushing it with a large round brush. Run a ceramic flat iron over your mane to eliminate any curls. When ya wake up, hit it with a flat iron to bust frizz and kinks.

CAN YOU GIVE ME IDEAS ON HOW TO DO RELAXED HAIR?

Keke Palmer's sleek half-up, half-down 'do is a red-carpet stunner, but looks amazin' at



With a lil' love, ultra-long locks can look totally, um, suite...just like Brenda Song's!

school or on a date. Start with dry hair. If strands are a little brittle, apply a leave-in conditioner (we like Carol's Daughter Black Vanilla Hair Smoothie, \$20, carolsdaughter.com).



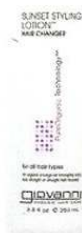
Keke Palmer's glam style secretly goes anywhere.

● Use a small brush to gently tease at the crown. Leave two face-framing pieces out, and use your hands to smooth half of your hair into a high pony. Secure with a soft elastic. Take a wide-barrel curling iron and add ringlets to your locks. Hairspray finishes it off.



Scarlett Johansson's choppy bob is a major 'do.

Giovanni Sunset Styling Lotion Hair Changer, \$8, amazon.com



I CHOPPED MY HAIR SHORT A WHILE AGO, AND NOW AM TOTALLY BORED WITH IT. HELP!

● Up the ante with a way-textured crop. "A wavy bob is more interesting than a classic bob," says Riccardo.

● Here's how to style this fun and flirty 'do: Apply texturizing spray to towel-dried hair. Give your strands a couple quick scrunches and let 'em air-dry. You'll get killer mussed-up waves—with absolutely zero effort.

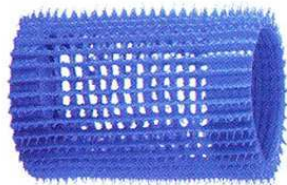
MY HAIR IS SO FINE. HOW CAN I GET SOME VOLUME?

Here's the step-by-step:

1. Apply a heat styling cream to damp hair.

We dig FX Special Effects Blow Out, \$6, Walmart.

2. Blow-dry locks with your head flipped over. Run a vented brush over your strands while you're drying.



Olivia Garden Jet Set EZ Grip Curlers, \$4 for set, Sally Beauty Supply

3. For curls, wrap small pieces of your hair around a 2-inch curling iron, then hold each for 10 seconds.

4. Finish with spray. GL fave: Living Proof Hold Flexible Hairspray, \$24, sephora.com.

5. Just want volume? Rock steps 1 and 2. When hair is almost dry, wrap 3-inch sections of strands in Velcro rollers. Continue blowing hair out. Let curls cool and then gently pull out the rollers. Voilà—instant oomph.

WHAT'S A SUPER-CUTE WAY TO STYLE MY HAIR BEFORE SCHOOL?

● If you're in a crazy rush, a messy side pony is fun (bonus: it hides bedhead!). Plus, side parts are flattering on every face shape.

● Use a rattail comb to part hair to one side. Sweep your locks to the side opposite of your deep part.

● Lightly spritz your locks with hairspray. To get a cool, lived-in vibe and volume, Nicholas suggests backcombing hair with a small brush.

● Secure a low, side pony with an elastic. Use your fingers to



This model's hair is darling for school days.

further fluff. Got a few extra secs? Make it prepster-presh by tying a thin ribbon into a bow around the elastic.

Spornette Provo Collection, \$15, spornette.com for locations



I LOVE HOW MY HAIR LOOKS AFTER I LEAVE THE SALON. HOW CAN I NAB A PERF BLOWOUT AT HOME?

With the right tools and a teeny bit of effort, your locks can look fab every day.

1. Zap H₂O. Marilynne says to towel off hair to get rid of extra moisture. Apply an anti-frizz serum (like Victoria's Secret So Sexy Style Shine Serum, \$14, victoriasecret.com)

2. Arm yourself. A large round brush and a blow-dryer with a diffuser help tame your mane and eliminate any frizz.

3. Smooth moves. Brush your hair in a "C" motion while blow-drying (roll your wrist up and out from the roots, rounding back in at the ends).

4. Protect that 'do. Marilynne suggests wearing a shower cap while you wash up to lock out humidity and avoid poofage. Before bed, she recommends tying hair up into a high, loose bun. Unleash your strands in the morning. Your DIY blowout should last a couple of days. Golden!

FAST FIXES TO TEENY HAIR Qs

Snappy answers to the questions we hear 24/7.

SHOULD I CUT BANGS?

If you've got tight curls, it's best to skip the fringe. For every other hair type, you can find some that flatter. FYI: bangs take effort, so wash 'n' go girls should avoid 'em.

MY HAIR IS SOOO KNOTTED, IT'S INSANE.

Celeb stylist Sam Brocato untangles the prob: Before bed, comb leave-in conditioner through your hair. Brush!

I'VE GOT FLAKES. HELP!

Check out a standard-issue dandruff shampoo from the drugstore (we like Head & Shoulders). If it doesn't clear up the prob in a couple weeks, chat with your doc.

SHOULD I BRUSH OR COMB MY WAVES?

Marilynne Mele from Blow, a blow-dry bar in New York City, says to detangle in the shower with a wide-tooth comb. Once hair is dry, flip your head over and work through the hair at the nape with a paddle brush.

DO I NEED TO WASH MY HAIR DAILY?

Girls with fine or oily strands should suds every day. Got normal or dry hair? Every other day is OK. Girls with coarse locks can wash a couple times a week. Chat up your stylist about what will work best for your texture.

Rusk Large Nylon Pin Brush, \$25, Ulta





Here at *GL*, we're all about DIY styles. Saving moolah and skipping the salon is always a plus. Except...when it's not. Here are three times when you've gotta shell out or risk ruining your hair.

SNIPPING YOUR BANGS

Just a little trim won't hurt anything, right? Wrong! We pay pros for a reason and unless you want micro-mini fringe from snipping here 'n' there to even out those puppies, cutting your own coif is a no-no.

STRAIGHTENING ON THE DAILY

Hitting your hair with heat every day will trash those tresses in the long run. If you must wrangle your waves, consider getting a Brazilian blowout. Search for a salon in your area that offers a formaldehyde-free treatment. Yes, it will be pricey (\$250 is average), but it lasts for a few months and you'll save your strands from damage.

DYEING YOUR LOCKS IN THE BATHROOM

We can't say it enough: Don't dye your strands in your sink. Chocolate Cherry may seem like the perf tint of auburn on the box, but on your head it's a scary shade of fuchsia. Or your BFF might botch the instructions... leaving you with splotches. Trust us, just don't.

THERE ARE SO MANY SHAMPOOS TO CHOOSE FROM—HOW DO I KNOW WHICH ONE IS BEST FOR ME?

Good news: Most of the bottles are stacked with clues to help ya figure out which one is best, so read up and pick wisely. Naieem and Emmett decode the deets.

- If your hair is coarse or curly... "Look for a moisturizing shampoo that contains wheat germ oil, shea butter and nut oils," they tell us. Instantly soft.
- If your hair is fine or limp... Naieem and Emmett suggest clear shampoos. Some key



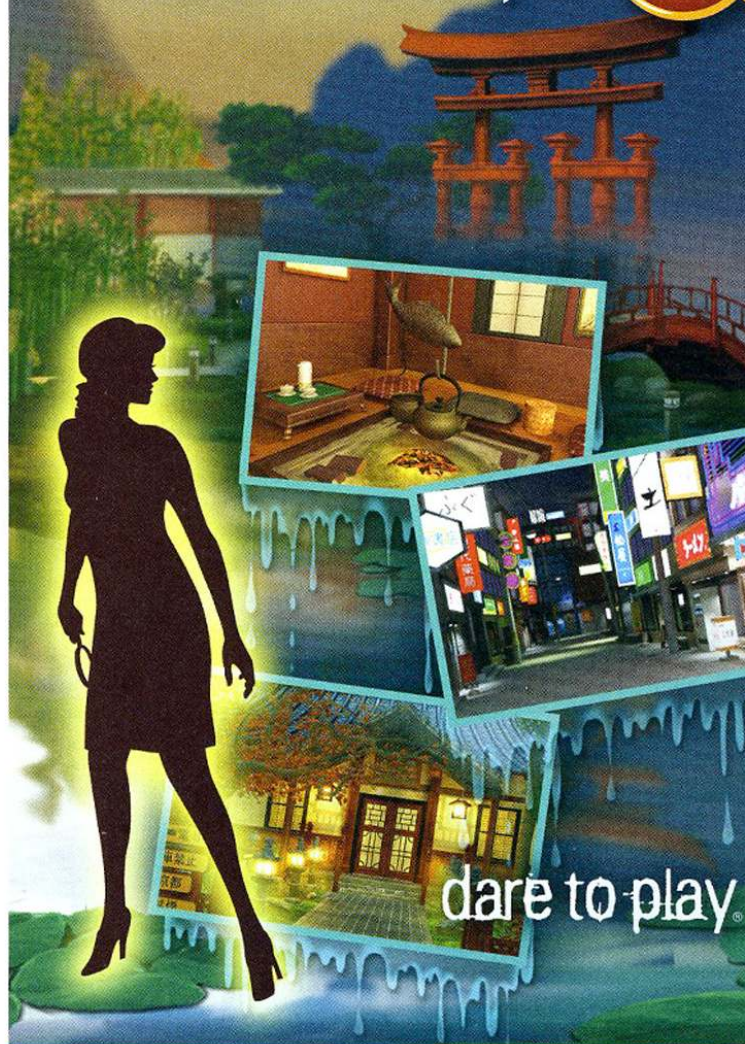
Miss Jessie's Crème De La Curl Cleansing Crème, \$16, missjessies.com. L'Oréal Paris EverPure Smooth Shampoo, \$7, drugstores. Infusium 23 Moisture Replenisher Shampoo, \$7, drugstores. Paul Mitchell Lemon Sage Thickening Shampoo, \$13, paulmitchell.com.

words to spy? Daily washing, which will ensure you don't get build-up. Look for one that'll pump up volume, too.

- If your hair is dry... Creamy formulas will kill frizz and help ya blast away tangles.
- If your hair is dyed... Seek shampoos that are sulfate-free to make that color last.

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