

# SELF

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**7 NEW WAYS TO  
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A Look for Every Day

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**Alison  
Sweeney**

**5 secrets  
to more  
energy** Starting Now! p.124



# Seven styles in seven days

Stuck in a humdrum cycle of wash, blow-dry, repeat? Break it! This week, try a new 'do every day (every one is easy), then revisit your faves all year long. **By Runa Bhattacharya**



Gwyneth Paltrow

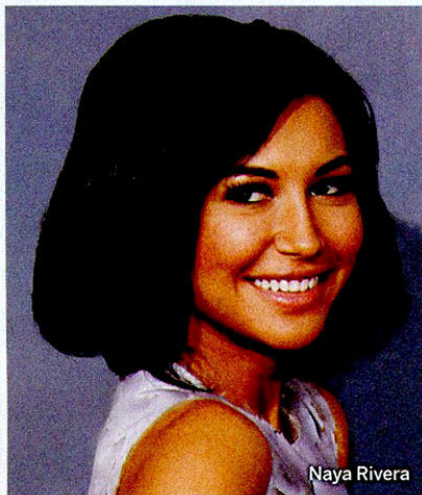
## MONDAY

### Low-key volume

Don't wait 'til Saturday night to let your hair down. Start your week looking relaxed yet polished by playing with movement and amping up shine.

Wash your hair, but go light on conditioner so you don't get the greasies before you shampoo next, says Nicholas Penna Jr., owner of SalonCapri in Newton, Massachusetts. Apply a dollop of smoothing serum to ends, and blow-dry straight. Add bounce by wrapping 2-inch sections around a 1-inch curling iron, focusing on the hair that falls below your earlobes or on the ends of short hair. Hold each section for five seconds, then tousle and you're done!

Use Ojon Damage Reverse Instant Restorative Hair Serum, \$25, to smooth frizz.



Naya Rivera

## TUESDAY

### A no-scissors bob

Hit SNOOZE if you need to. Second-day hair has more hold, which means it's easier to style. Take advantage and fake a suddenly short coif.

After making a side part, spritz your hair with a texturizing spray from the middle of hair down to ends. If your hair is long, make a single braid starting from your shoulders; secure with an elastic band. Shortish hair? Make a low pony instead. Roll the braid or pony under itself, then pin the coil in place at the nape of neck. Finally, fan out folded-over hair so it covers your braid and frames your face.

Maximize volume with Kevin Murphy Texture Master, \$25.



Rose Byrne

## WEDNESDAY

### Try bangs on for size

Stretch your bouncy blowout another day and hide third-day flatness by growing sleek bangs—temporarily.

Fake bangs don't have to look fake; there's a set to match pretty much every haircolor. Attach by placing the center clip a thumb's length up from your hairline, then secure the two side clips. Finish by spritzing texturizer on your fingers and blending the sides of bangs with the rest of your hair.

Get bangs that look as real as Byrne's: Try Hairdo Clip-In Bangs, \$29.





Maria Menounos

## THURSDAY

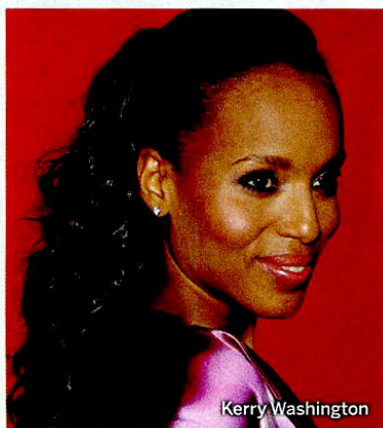
### *A smooth and sexy blowout*

Reboot your style with this chic twist on a middle part. It's a cinch to do and works for day and night.

After shampooing and conditioning, make a center part and comb a nickel-sized drop of smoothing cream evenly through hair. (Use less on short styles.) Blow-dry straight with a round brush, then use a fine-toothed comb to pull the center 3 inches of hair toward your crown, forming a strip over your part. Bobby-pin it at the crown, then dab more cream on the section to defy frizz.



Make your blowout last with Garnier Fructis Style Pure Clean Smoothing Cream, \$5.



Kerry Washington

## FRIDAY

### *A party-ready ponytail*

Get set for the gym (and after-work cocktails) by pulling already-sleek strands into a textured pony.

Use a comb to brush the top half of hair tightly back, then gather all your hair into a high ponytail, an inch below your crown. Secure with an elastic, then add body to your pony by applying a thickening mousse and scrunching it with your hands—the more texture, the better! If your hair is short, skip the pony, slip on a headband, and tousle ends with mousse instead.



Redken Intra Force Hair Densifier, \$15, texturizes but won't weigh down hair.



Kourtney Kardashian

## SATURDAY

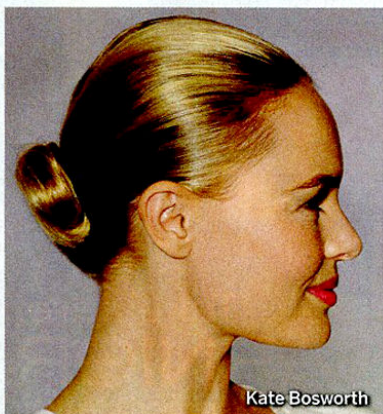
### *Casually chic waves*

Loose curls combined with sleek, shining hair? No problem! Add strappy sandals for a night out.

Let yesterday's mousse work for you today: Make a deep side part, then, starting down by your ears, wrap skinny pieces of hair around a two-pronged curling iron, weaving each piece in a figure eight around barrels. (The mousse from yesterday lends just enough hold.) Once you've curled all over, blow-dry from the bottom up to loosen curls.



The secret to vintage curls: Remington Wrap to Waves Iron, \$30.



Kate Bosworth

## SUNDAY

### *An easy, breezy bun*

Do up an elegant knot at the nape of your neck and you're ready for brunch, without having to shampoo.

Comb a nickel-sized amount of styling gel through your hair from roots to ends to create a wet look without water. Next, rake all of your hair back using your fingers and gather into a low ponytail. Twist the pony around itself and push ends through the center of the knot to secure the bun. Then, pin loose pieces in place. Short hair? Do the same thing, but make a teeny-tiny ponytail. So simple!



Tresemme Mega Firm Gel, \$5, makes your hair slick without stickiness.