

EXCLUSIVE! DR. OZ'S STRESS-BUSTING FOODS

SHAPE

SHAPE
YOUR
LIFE

WIN!
\$25,000
IN GIFTS

**WALK
OFF
WEIGHT
IN WINTER**

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**LOOK YOUR
SEXIEST
IN THE
BEDROOM
& OUT**

**KELLY
OSBOURNE**

"All my life I've been called fat—no more!"

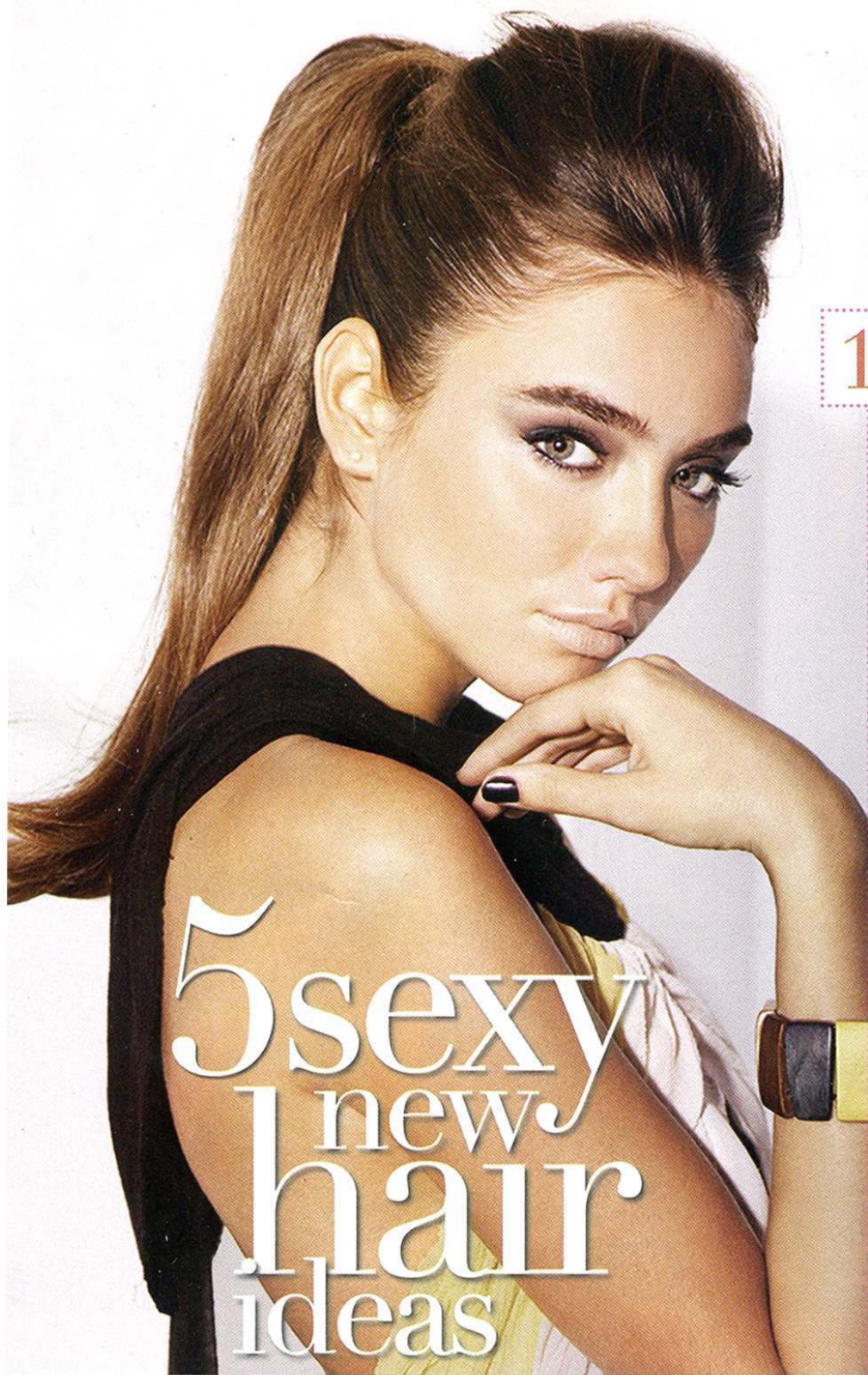
**HOW SHE LOST
50 POUNDS
(AND KEEPS IT OFF)**

**THE
BARE
MINIMUM
WORKOUT**

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**EAT
STUFFING,
WEIGH
LESS!**

**CRAZY-GOOD
RECIPES,
CHOCOLATE
DESSERTS
& MORE!**



Whether you're heading to a gala or a party for two, these styles will get you gorgeous in 15 minutes tops. BY KIMBERLY A. DALY



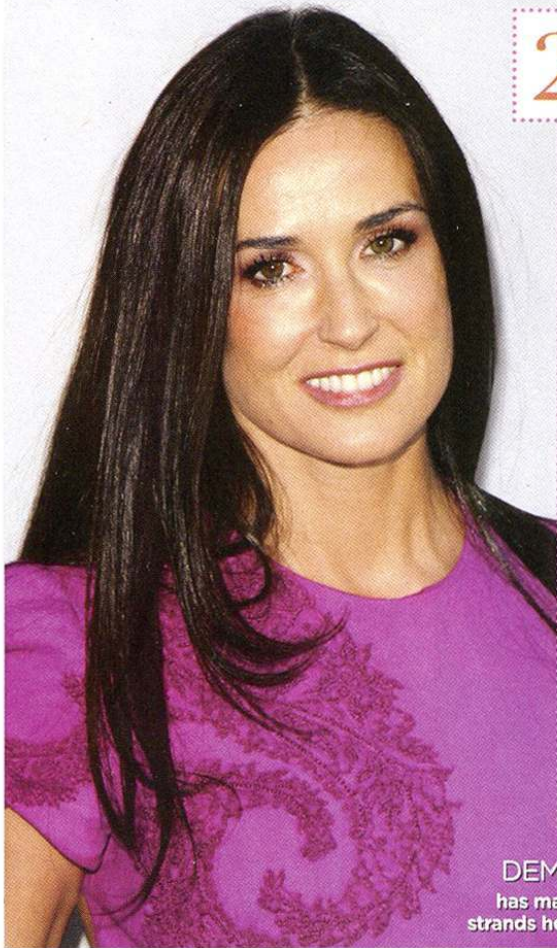
1 THE POLISHED PONYTAIL

GET THE LOOK Spray almost-dry hair with a volumizer, like [1] **Logics Color DNA Full Scale Root Finisher** (\$20; logicshair.com), and then lift sections away from the scalp as you blow-dry. Tease the top section gently using a fine-tooth comb. Switch to a brush like [2] **Goody Achieve Volume Root Lifter Brush** (\$7; at drugstores) to tightly pull the sides and back of your hair into a ponytail, and secure with an elastic band. Next, smooth back the top section, pinning the ends above the band with [3] **Ricky's NYC Invisipin Bobby Pins** (\$3; rickysnyc.com). Pull a little hair from underneath the pony, wrap it around the elastic, and pin out of sight.

tip

Finish by fluffing up the tail so your tresses look thicker





2 SLEEK AND SEXY

GET THE LOOK “The trick is to start with nourished strands,” says Nicholas Penna Jr., owner of Salon Capri in Newton, Massachusetts. “Healthy hair is easier to manage and it reflects more light.” After shampooing, smooth on a deep conditioner like [1] **Kérastase Chronologiste** (\$145; kerastase-usa.com); let it sink in for five minutes, then rinse. When you’re ready to blow-dry, flip your head upside down and blast your hair with heat until nearly all of the water

has evaporated. Stand up again and finish drying, using a brush to stretch out strands as you direct air down the shaft. Next, prep hair for more heat styling by spritzing with a protective product like [2] **Pantene Pro-V Medium-Thick Heat Protection & Shine Spray** (\$6; at drugstores). Glide a flat iron over two-inch sections at a time and repeat until your whole head looks silky. We like [3] **Keratin Complex KeraStyler Printed Flat Iron** (\$99; keratincomplex.com).



tip
Keep the iron moving to ensure you don't singe strands

DEMI MOORE has made gleaming strands her go-to style

3 SIDE-SWEPT BRAID

GET THE LOOK Start by applying a volumizer, like [1] **Samy Fat Hair “0” Calories Amplifying Mousse** (\$8; at drugstores) to damp hair. Then add lift to your roots by using a round brush while blow-drying. We like [2] **Shu Uemura Art of Hair Round Brush** (\$68; shuueamuraartofhair-usa.com) for its soft bristles.

tip
If you already have natural waves, skip the curling iron

Once hair is dry, part it on the side and wind strands around a tapered iron,

such as [3] **Runway Series by Rsession Tools Tapered Curling Iron** (\$50; rsessiontools.com). Next, gather all of your strands to one side and separate into three even sections. Starting a few inches away from your nape, braid them together and secure the end with an elastic band. “Weave it tightly, then go back and gently loosen the plait with your fingers,” says Jenny Cho, a celebrity hairstylist in Los Angeles who regularly works with Amanda Seyfried. “The more disheveled the braid, the more romantic it looks.”



AMANDA SEYFRIED shows off a grown-up braid

FROM TOP: JASON MERRITT/GETTY IMAGES; MARK SULLIVAN/GETTY IMAGES



CAREY MULLIGAN
knows how to work her
pixie cut on the red carpet

4 CLOSE CROP WITH WAVES

GET THE LOOK Short hair often gets the short end of the stick when it comes to big-night-out glam. To dress up your look—without pricey extensions—work a palm-size dollop of gel into wet hair. We like **[1] Pantene Pro-V Medium-Thick Hair Solutions Smooth Definition Gel** (\$4; at drugstores). Next, make a deep side part, choosing the side your hair tends to naturally fall to, says Gianni, a hairstylist for Ojon in Toronto. Then use your hand as a guide: Place it

on your head horizontally with fingers spread wide, so there's space to create ripples. Rake a comb like **[2] Ricky's No-Frizz Dry-Cut Comb** (\$6; rickysnyc.com) toward your part and repeat between each finger. Remove your hand and allow hair to air-dry. "The less you touch it, the better," says Gianni. "If you brush it while it's still damp, the waves won't set." Finish with a mist of **[3] Redken Workforce 09 Flexible Spray** (\$15; redken.com).



tip
Use a water-based styling gel so hair won't look "crispy"

5 SENSUAL RINGLETS

GET THE LOOK Hydrated strands hold curls longer, so start by sudsing up with a moisturizing shampoo like **[1] Kérastase Nutritive Bain Oléo-Curl Shampoo** (\$34; kerastase-usa.com). When hair is dry, curl two-inch sections with an iron like **[2] Brazilian Heat Tourmaline 1" Ceramic Curling Iron** (\$42; amazon.com). Grip the wand vertically and wind

tresses around it from the top down (starting about three inches from the scalp), hold for 15 seconds, and release. Then wrap the same chunk of hair around your fingers, pinching it in place until it's cool. Use clips to stay organized while styling. "Otherwise you risk grabbing pieces that have already been in the iron," says Gianni. "That looks messy and leads to heat damage." To get that scene-making sheen, finish with a spritz of **[3] Avon Techniques Mirror Shine Spray** (\$8; avon.com).

tip
Already have curly tresses? Head straight for the shine spray



KERRY WASHINGTON
pairs her special-occasion curls with an off-center part

FROM TOP: MIKE MARHLAND/GETTY IMAGES; MIKE COPPOLA/GETTY IMAGES; STILL LIFE: NICOLA I GROSELL