



Get the Look!

Jen's Retro 'American Hustle' 'Do

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Big, Bouncy and '70s Glam: Get Jennifer Lawrence's Awesome Hair From 'American Hustle'

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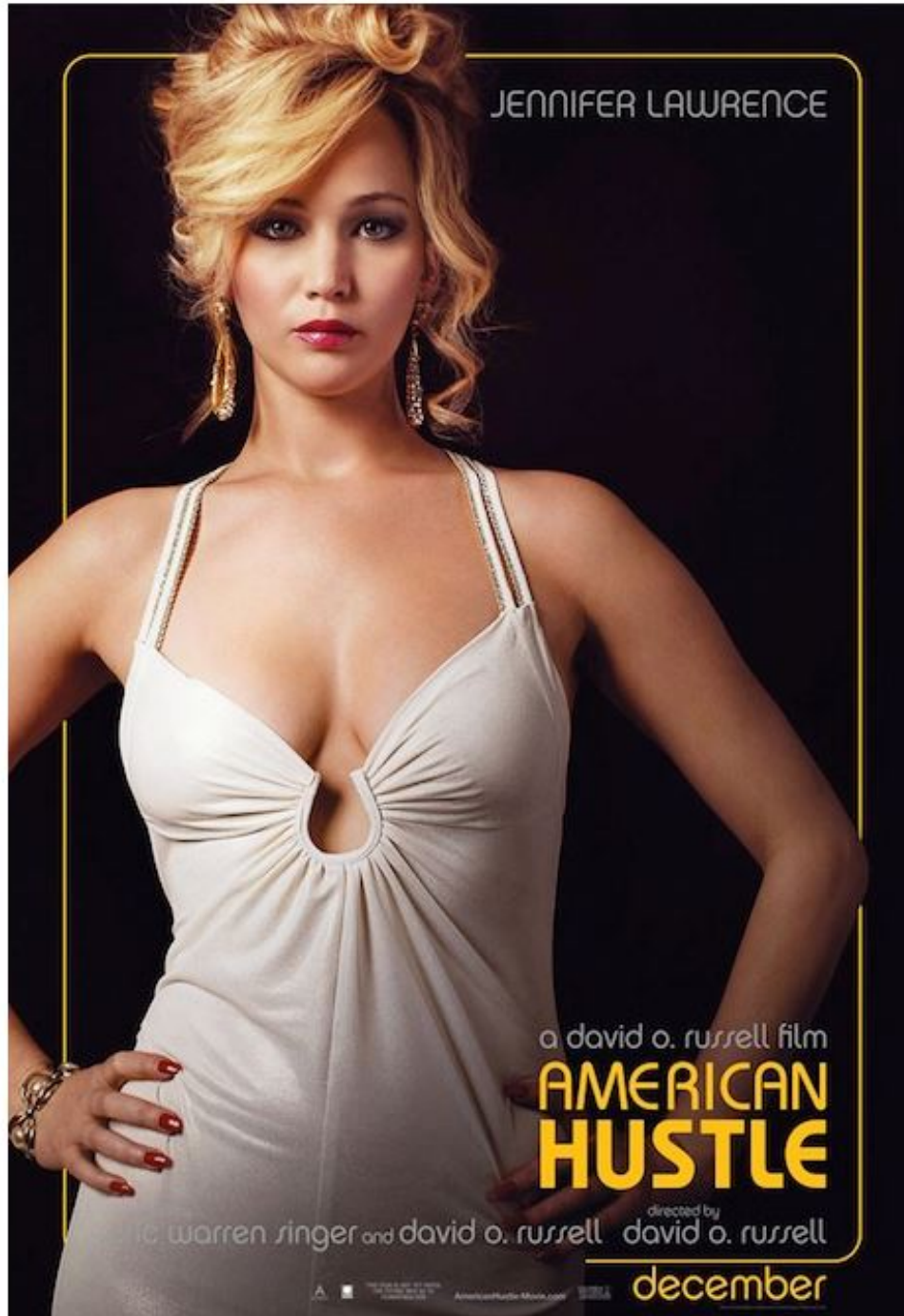
BEAUTY *Friday December 20, 2013 12:21 PM EST*



Jennifer Lawrence's hair does all the talking in 'American Hustle', out in theaters today.

Before **Jennifer Lawrence** traded in her long tresses for a pixie 'do, she rocked a full head of **hair** for her role in *American Hustle*.

With the film in theaters today, we're celebrating the release of one of the most anticipated movies of the holiday season by learning how to recreate J-Law's fabulous 1970s style!



The actress, who's already garnering Oscar buzz for her role, plays Rosalyn Rosenfeld, the lonely housewife of con man Irving Rosenfeld, portrayed by **Christian Bale**. The **David O. Russell**-directed flick also stars **Amy Adams** and Jen's *Silver Linings Playbook* co-star **Bradley Cooper**.

How to Get Jennifer Lawrence's *The Hunger Games: Catching Fire* Body

"I think she watches infomercials. I think her hair, her makeup, she's watching all these do-it-yourselfers," Jen said about creating Rosalyn. "She has every exercise/thigh-buster thing that she sees on TV."



Graziella Lembo from **SalonCapri** in Boston shows you how to get Jen's retro glam updo below:

1. Apply a coat of **Kerastase Fibre Architecte** to entire hair to start.
2. Next, create a deep angled side part.
3. Curl entire head using a 1-inch curling iron or flat iron, in 1-inch sections. Make sure to keep all curls tight and intact. Spray a coat of hairspray to lock in the curls.
4. Separate hair into 2 sections front to back. Spray another coat of hairspray for hold.
5. Take a small portion of the front of the hair and apply another coat of Kerastase Fibre Architecte to smooth hair and minimize flyaways. This will create the 'swoop 'bangs' in the front.
6. Next, take 2-inch sections of hair and backcomb (tease) until desired volume is achieved. Take each section, twist and pin on the top of the head using bobby pins.
7. Continue teasing, twisting and pinning each section until all hair is pinned up.
8. Finish with another coat of hairspray for hold.



Voilà! Now you're ready to give J-Law a run for her money.

Share your *American Hustle*-inspired 'dos with us! Head on over to Twitter and tweet us your shots — we just might RT!