

GLAMOUR

MARCH \$2.50

spring style!

70 fast fashion changes

calorie counts: the big lie
good looks, higher salary?
guide to great hair



37123

If your hair looks this way naturally, rejoice. Long and curly locks will always be stylish, provided that hair doesn't totally overwhelm your face.

SCHEDULE CUTS: You can go as long as three months if hair is in top shape. In any case, it's easy to go six to eight weeks without even thinking about a haircut.

STYLING TIME: Natural curls are low maintenance. Just towel-dry hair, rub in a little gel (try Vidal Sassoon's Liquid Gel) and you're ready to go. An added plus: Thick wavy hair need not be washed daily (it is easier and less drying to wash it every other day, and hair looks just as good).

TRICKS AND TIPS: If your hair isn't curly, you can still get this look with a perm. Perms are much improved now; frizz and fuzz can almost always be avoided. Root perms work well if the ends are curly but the top is flat.

PRODUCTS TO TRY: Matrix System Biolage Daily Leave-In Tonic (to add shine and moisture to hair). For colored or permed hair, try Clairol Condition Replenishing Treatment for permed or color-treated hair.

VARIATIONS: Long, curly hair is perfect for headbands, combs, barrettes.

HAIRCUT COST: \$40 at The Neina Salon, Dallas (\$75 with salon owner Paul Neina); \$25 to \$29 at Barbara The Barber in Boulder, Colo.; \$16.50 at Hair Clinic, Iowa City, Iowa.

LONG CURLS

MAY \$1.95

GLAMOUR

OUR MAKEOVER SECRETS

WHAT
WORKS &
WHY

10
SPRING
HAIRCUTS
FROM 10 TOP
STYLISTS

**FIGURE-
FRIENDLY
CLOTHES FOR
ANY BODY**

OLD TRADITIONS,
NEW ATTITUDES
**WHAT RELIGION MEANS
TO WOMEN NOW**

**MEN'S MYTHS
ABOUT
WHAT WOMEN
WANT IN BED**



From New York: hair that's sculpted short, with an amazing sense of possibilities...

If you always thought short hair meant one-look-only, look again at the new short hair, right, as fashioned by Edward Tricomi of Pipino-Buccheri. Its sense of presence comes from a surprising, subtle source: First an all-over, rich natural color is put on; then hair is highlighted with copper-bronze color to add warmth, catch light and enhance skin tones. The cut amplifies and plays off this color foundation. Hair is sculpted rather than strictly cut. Section by section, it is "carved" by angling scissor blade down to roughen the overall shape, add volume. Then, small individualizing details are worked in—cutting to give hair more shape, more movement, more softness, more texture; snipping in what Tricomi calls "secret little lines and wisps" that you can draw out or play down, giving you real style variety. Your styling options read like a catalog: Blow-dry and brush-style hair forward for the look here; slick hair back neatly with gel; finger-dry and style for a tousled effect; blow-dry straight and smooth, back off the face; and lots more!

MICHELE LEIGHT BROCADE EARRINGS, \$20.



From Dallas: freshening up the classic bob with more texture, layers, control

Bringing the bob up to date... it can be done, as Paul Neinast of Neinast Salon ably demonstrates, left. His changes: blurring the blunt-bottomed look of the bob by layering edges; starting bangs back toward the crown so they're deeper, more movable; and diagonally layering hair on sides for a feeling and look of controlled naturalness. It's great for fine hair that's either naturally wavy or wavy via perming. Best of all, the style comes from the cut, which means you won't wake up one morning with a different look on your hands. Daily care: washing, blow-drying and styling with a round brush (we used a larger one, four to six inches in diameter) to coax out curls, springy volume. Vary the style with mousse, gels or styling lotions and by pushing sides forward or sleeking bangs back.

PAM MEYERS FOR ALCHEMY GOLD-PLATED EARRINGS, \$20, AND BRACELET, \$24.

