

# InStyle

Celebrity + Lifestyle + Beauty

## Julia

At Home on  
Her Ranch

## Wash & Wear Chic

Hollywood's  
Young Stars  
on the Rise

## What's

# Hot Now!

# 100

# 365 Great Hair Days!

## A Foolproof Plan

*sizzling ideas  
for fashion, beauty,  
home and play*

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## taking the long view

Planning ahead means never having to endure a haircut that's past its prime. Tired of begging your stylist to squeeze you in before a big night? Or just plain sick of the same old, same old? Take time to look at the broader picture—and have a notebook (and large plastic bag) handy.

*To keep your locks in tip-top condition, book your hair appointments for the next six months now.*



Physique  
Contouring Series,  
\$7-\$9; drugstores

### 1) Create a hair schedule

- Grab a calendar and mark down all the events this year (birthdays, weddings, work meetings) for which you want to look good. Book appointments through the next six months. Repeat in June.
- For the year's first appointment, book the last slot in the day. It's easier to talk long-term plans if there's no client after you.
- Remember: A good cut lasts up to six weeks for short to medium-length hair, up to eight weeks for longer locks. For color, figure every five weeks to three months. If hair is longer than four inches and you get it chemically relaxed, space out appointments by at least six weeks; short styles can handle more treatments—every four weeks.

- If you make a major change in length, style or color, give yourself at least a week between the appointment and a big event so you can learn how to care for your new hair. Getting the usual?



Then 48 hours will do. "When it grows that zillionth of an inch, it looks great," says Beth Minardi of N.Y.C.'s Minardi Salon. For extra-special occasions, bring in photos of the outfit (front and back) and the accessories you might wear.

### 2) Make a hair wish book

Mason Pearson hairbrush, \$70; dept. stores. Long Hair Essentials comb, \$15; 877-211-4247.

- Paste photos of cuts you like—from Britney's to Halle's to Keri's, even cuts you think are "so not me"—into a notebook to show your stylist. Add one more picture ... of you on a day when you think your hair looked good.

### 3) Evaluate your current style—and stylist

Next, decide how you want your hair to look 365 days from now. Ready to go from Morissette-dark to Locklear-blond? That may take more treatments than usual (book them now). Even if you're not planning a huge makeover, reevaluate your stylist.

- If yours greets you with "Let's get you shampooed," chances are you're in a rut. Every visit, you should be having a pre-haircut chat.
- Ready to change stylists? Hit up everyone you think has great hair,

from friends to strangers, for a recommendation. Book an appointment, show up early, and watch the new stylist in action, says Alex Ioannou, co-owner of Trio Salon in Chicago. When it's your turn, he or she should talk about the shape of your face and ask about your lifestyle and how you care for your hair, says Paul Neinast of Dallas's Paul Neinast Salon—and should not simply say, "What do you want?" without offering any input.

■ Even if you like your stylist, be unfaithful on occasion. "We can take it," says Gio Punto, owner of the Capelli Punto Salon in N.Y.C.

#### 4) Collect the tools of the trade

Clean out your vanity and stock it with:

■ A wide-tooth comb—wood, tortoiseshell or rubberized, not plastic, which can snag hair and cause static. Great for detangling wet hair and spreading conditioner, this item is a must for curly heads.

■ A brush with boar's head bristles; it's gentle on straight hair. Mason Pearson makes beautiful (but pricey) models; less expensive drugstore brands also do the job.

■ A diffuser—blow-drying without one is murder on any hair.

#### 5) Reassess the health of your hair

■ Diet is important. If you suffer from dry, brittle, thinning hair, try black-currant oil (one 500-milligram capsule twice a day; sold at health-food stores), suggests Andrew Weil, M.D., in *Natural Health, Natural Medicine*. Eat a balanced diet that includes protein (fish, chicken, peanut butter)

and vitamin B-6 (pork, milk, eggs, oatmeal). Also, drink eight glasses of water a day. "It does wonders for hair," says Neinast.

■ Develop a hair-care regimen that uses only one product line (ingredients in one brand can undermine those in another). To take out the guesswork, the new Physique line offers several series, each geared to a different result, such as contouring, amplifying or moisturizing.

■ Make sure your conditioner is appropriate for your hair. If your hair is curly, pretreat the bottom eight to 10 inches with cream conditioner before shampooing (curls get dry at the ends). Stylist John Sahag, owner of N.Y.C.'s John Sahag Workshop, says hair that's shoulder length or longer needs to be deep-conditioned every two months.

#### 6) Book a style consultation

We've all said it: "I can't do my hair the way they do it in the salon."



Collect magazine photos of cuts you like, even if they may not seem like "you." Show them to your stylist.

Have your stylist watch you dry and style your hair; jot down his or her tips in a notebook. Or bring a lot more than a pad of paper to the consultation, advises Ioannou. "I tell my clients: If you're having problems styling, grab a plastic bag and fill it up with every product, brush, dryer and clip you use." (Told you you'd need that plastic bag.)