

## Avoid Hair-y Situations – No More Boring Hair Days!



We know it's not always about the clothes! Bad hair days? We all suffer from these now and again. Some days, it's so tempting to toss your hair in a ponytail and let it be. Sooo not what a Stilista expert would do! The old ponytail only screams "I'm 14 years old." "I'm going jogging at the gym." or "I don't give a hoot what I look like."

When it comes to your hair, you must first understand your head. What is your face shape? This is important to know when choosing a hairstyle. Hair can be used as a tool to add or subtract width from your face, and layers can be used to draw eyes to attractive features. Once you've found a flattering hairstyle, you can play around with the texture and color to keep it fresh.

Be sure you are keeping up with your hair growth. When your hair is always flat and heavy, a cut is long past due. Just a simple trim can really do wonders to blah hair. Don't be afraid of bangs, when done correctly, they can really punch-up a hairstyle. And let your hair stylist give his or her opinion on what they'd recommend for your face shape and hair type – they are the hair experts after all.

You can often remedy yesterday's hairstyle with a few simple tricks. Did your hairdo deflate? Spritz your hair with a little hairspray, focusing on the roots, then blow dry your whole head for about a minute. Your natural oils will mix with the product and "cook" volume and shine into your hair. If your roots are looking greasy, brush them with a tiny amount of powder. Regular face powder, or matte eye shadows work great, but when you're in a pinch, you can use baby powder, flour, or even cocoa powder! Try to use a color that is as close as possible to your hair color. Once you've applied the powder, turn your blow dryer on low, and give your roots a quick blast, using your

fingers to blend the powder in completely. When static is your enemy, you can lightly spray your brush with a static reducer, or you can grab a dryer sheet and run it through your hair.

A sweet scarf is a must for any hair-conscious girl. It's a super fast way to cover any ratty bed head. Currently, the scarf is really trendy in young Hollywood, but women of any age can rock this look. The key is to update the flower child look to something fresher. Throw your hair in a messy bun, then tie a double-wrapped scarf to the side of your head, rather than directly in front, or directly behind. A sexy way to vary this look is called "the crown." Drape the scarf over your head, off-centered so that one end hangs much longer than the other. Grab the longer end of the scarf, and twist it repeatedly until it looks like a rope. Wrap the rope piece across the front of your head, until it meets the shorter piece in the back. You can either tie the ends, or tuck them under the scarf so that they are hidden. If your hair is long, throw it in a loose and low side-pony, wrap the scarf around your head once, then around the base of your pony, and tie in a big knot. The exact position of your scarf depends on your forehead size. For a smaller forehead, wear your scarf higher to open your face. Wear your scarf low if you're hiding a larger forehead.

Accessories like clips and headbands can always add flavor to bland hair. They can easily tame a rowdy cowlick, or smooth an unruly section. However, they won't provide much coverage to hair that's really gone wild. A classy hat can make you look fashionable, while concealing a disorderly head.

Bad hair days can be a pain, but at Stilista, we know it's all about the details. As always, if you have any additional questions, feel free to contact one of our stylists at **617-78-STYLE** or at [info@stilistaboston.com](mailto:info@stilistaboston.com).