

• FALL TREND DO'S & DON'TS • 5 CELEB CUTS YOU CRAVE

SHORTSTYLES

Sexy Hair Winners
10 hottest looks that will make you look prettier

OUR BEST NEW TIPS!
500 FRESH NEW STYLE UPDATES
 *(IT'S ALL IN THE CUT)

THE KEY TO CUTTING CURLS page 4

SEXY VOLUME
 PICS BY PIXIES
 COLOR SPLASH

NEW YOU!

Looking your best starts from within, & our guide will help you reset & reboot from tress to tee!

Mane Menu
 Your hair needs protein and moisture to stay healthy, so make sure you're getting it. Look for products that include both, like the new Glutone Suncare Spray. It's a 5-day treatment that helps your hair grow back in the fall.

Get Your Zzz's
 Your hair and scalp need a good night's sleep. The longer you sleep, the better your hair will do. Try using a silk pillowcase to reduce friction and keep your hair from getting tangled.

Treatment Plan
 The condition of the hair and scalp can be very revealing, says Celebrity Stylist Ursula Stephen. "A dry scalp can be a side effect of stress and anxiety, so we have hair loss to often the sign of a serious medical problem or a shock to the system. Many women even lose hair after they give birth." Ryan Nicholas, owner of NYC's Ryan Darius Salon, adds, "We all lose hair every day but your shed is too fast due to stress." Scalp dryness, itchy locks and damage can occur when you're not properly nourished from the inside out.

Refreshers Course:
healthy hair and beauty habits

Glytone

Supplement Yourself
 According to Dorin Research, Inc. and the International Society of Hair Restoration Surgery, a full head of hair is made up of 100,000 strands. It takes 3-6 months for hair to grow back, so it's important to take care of your hair and scalp. Try using a hair supplement like Glutone Suncare Spray to help your hair grow back in the fall.

Hairfolly! Healthy hair with a good metabolism and immune system

Sign Juice Drinking lots of water is important to keep your hair healthy. Try using a hair supplement like Glutone Suncare Spray to help your hair grow back in the fall.

Protect Your Scalp

Dr. Robert Dorin, D.O. ACOFP of NYC's True & Dorin Medical Group, has suggestions on protecting both the hair and scalp. "In general, the scalp itself is protected by one's hair, and sun exposure is usually not a major problem. However, if thinning hair or a drastic part is allowing enough sun exposure to cause sun burn, it can insight precancerous skin lesions with increased risk of eventual skin cancer." Avoid this by wearing a hat or scarf; SPF is also a good call, although it can be tricky to apply in your partline. Too much sun can also affect your haircolor and make locks become dry, brittle and frizzy,

which is why it's smart to use hair products that include UV protection. Or, try this DIY recipe from Dorin:

Dissoive one table- spoon of SPF lotion, cream or liquid (Try: Glytone Suncare Spray Mist Sunscreen) in one cup of water. Spray onto hair prior to sun expo- sure—this will protect it but it's not sufficient for skin and scalp protec- tion, he says. "SPF spray will build up on the hair shaft, so shampoo every 4-5 days to remove the build up."