



Secrets to a good hair day

To help your tresses withstand the heat, we asked Shai Amiel, owner of the Capella salon in steamy L.A., for his top tips.

- 1. Don't towel-dry curls.** The rough texture of terry cloth creates friction, which leads to frizz. Simply blot wetness with a paper towel or an old T-shirt.
- 2. Blow-dry with care.** When drying, always keep the nozzle at least 12 inches from your head to keep locks looking shiny and beautiful.
- 3. Match products to type.** For strands that fall flat, try light serums and lotions like John Frieda Collection Frizz-Ease Thermal Protection Formula Hair Serum (\$9.99; at drug-stores) and Jason Grapefruit & Aloe Smoothing Lotion (\$9; at health-food stores). To tame curls, use products with silicone, like Bb. Treatment Finishing Balm (\$35; www.bumbleandbumble.com).



