

# Beat The Heat In Style

## Hot Tips from a Stylist to the Stars

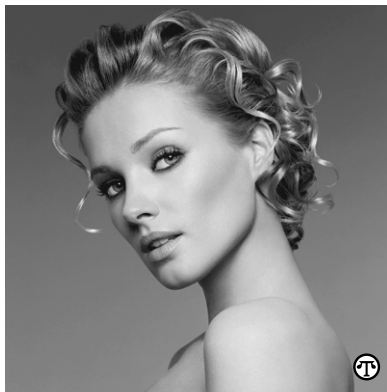
(NAPSA)—Sun, saltwater and humidity can cause bad hair days—but don't sweat it. The secret to beautiful hair can be as simple as following a few styling tips.

“Sometimes the thought of styling hair can make women want to have a meltdown. As a result of their frustration, they often resort to pulling their hair back into a simple ponytail,” said stylist Brett Freedman, who manages the manes of celebrities such as Gwyneth Paltrow, Kate Hudson and Kirsten Dunst. “However, with the right products, it's easy to create beautiful, eye-catching styles, regardless of the weather conditions.”

Freedman shares his secrets on how your hair can make a splash:

**Curly Q's:** Throw out your flatiron—shiny, defined curls are hot, hot, hot. To create a casual curly style, apply a generous amount of a curl spray gel to damp hair and a dime-size amount of curl serum to the ends before heading out to a barbeque brunch. This will instantly pump up curls and enhance shine while keeping frizz at bay. Finish off the look with a few spritzes of hair-spray. Then, to maintain your look throughout the day, spot treat areas that need it most with the curl spray gel. For a more stylish look, create a side part and secure the larger section with a jeweled comb. Nicole Kidman is often spotted sporting a curly look such as this.

**Loose Locks:** To create loose waves for a romantic night out, try setting your style while you play on the beach. Before heading out for a day in the sun, create a knotted up-do. Start by adding a small amount of gel and a leave-in



conditioner such as Pantene Pro-V Smoothing Comb-In Treatment to damp hair to prevent frizz and make hair more manageable. Then, section hair into two ponytails. Split each section in half again and make ropelike twists from behind the ear to the end. Then wrap twists to create a bun behind each ear. When evening arrives, untwist tresses and fluff with fingers. Set the wavy, loose style with a flexible hold hair-spray. This look is reminiscent of musician Joss Stone.

**Textured Tresses:** Instead of fighting the humidity to style a sleek 'do for a formal occasion, have some fun by creating texture in your hair. Comb a volumizing mousse through damp hair and spritz a root lifter spray gel near the crown. Then, blow-dry hair with a diffuser while scrunching hair with your fingers. Next, pull the hair just above the ears on the sides of the head upward toward the back of the crown, twisting each section on the side as you pull it back. Secure with hairpins, and scrunch hair in back for extra volume. Think Jennifer Aniston when she doesn't flatiron her hair.

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