

Raise Your Roots

To get more bang from your blowout, blast your roots with volumizing spray. "You should feel it on your scalp," says Nunzio Saviano, stylist at Sharon Dorrani at Sally Hershberger, a salon in New York City. Now grab a wide section of your hair and wrap it around a large, natural-bristle brush. "Pull it up toward the ceiling as you dry it to keep your roots lifted at a 90-degree angle," says Saviano. Let each section dry and cool completely before you unwind it from the brush and start on the next.

Give Curls New Direction

Lucky you: If you've got curly or wavy hair, your natural texture gives you built-in volume. The problem comes when your curls get fuzzy or droopy. "A good cut from someone who knows curls is key," says Chris Lospalluto, VO5 celebrity stylist. "Lots of layers in the right places will help balance the shape." Hydration is the second-most-important part of the equation. Avoid heavy silicones but do use sulfate-free shampoo, leave-in conditioners and moisturizing stylers to keep your coils lush and frizz-free.

• Just a few squirts gives you luscious, all-over body and volume. NEXXUS HYDRA-LIGHT WEIGHTLESS MOISTURE ROOT LIFT MIST, \$12

• Massage into your roots for maximum lift. ALBERTO VO5 SALON SERIES PERFECT HOLD STYLING MOUSSE, \$2.50

• Natural boar bristles and a lightweight cork handle are gentle on both strands and biceps. IBIZA NATURAL-BRISTLE LARGE ROUND BRUSH, \$45

• The conditioning, alcohol-free formula helps keep your curls full and bouncy. DEVACURL FRIZZ-FREE VOLUMIZING FOAM, \$25

• Apply to clean, damp hair for light hydration and hold, or use midday to revive your waves. OUIDAD PLAYCURL VOLUMIZING STYLING SPRAY, \$22

• Treat your coarse, thick curls to super-moisturizing ingredients (and a delish coconut scent). SHEA MOISTURE CURLING SOUFFLÉ, \$10



LOSING BATTLE

DON'T FREAK IF YOU SEE A CLUMP OF HAIR IN THE SHOWER DRAIN EACH MORNING.

On average a person sheds 50 to 100 hairs a day and a gradual uptick with age is normal, says Valerie Callender, M.D., a dermatologist based in Washington, D.C. But if you start shedding twice your usual amount, develop bald spots or notice that your part has gotten wider, make an appointment with a dermatologist. You may have female pattern baldness, a common condition that you can treat at home with over-the-counter Rogaine 2%, say Dr. Callender. If your dermatologist suspects a culprit like anemia, thyroid disease or polycystic ovary syndrome, she'll send you to a specialist.