

Good Housekeeping

Great
Grilling!
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Goodlooks



Uh-oh...leaving the house with damp hair ups your frizz factor.

Tress tips

Why does your hair go crazy in the heat? One reason is that your scalp is full of sweat glands, and the moisture they produce often leads to frizz or limpness. But shampooing right away isn't the only way to cope. Try these styling tips instead.

OFFICE TRICK To combat sweaty hair, says Los Angeles celebrity stylist Dean Banowitz, dust talcum powder along your hairline with a makeup brush. The powder dries up sweat, absorbs oil, and gives hair body.

BATHROOM TRICK If your hair has fallen flat, says Eric Fisher, owner of the eponymous salons in Wichita, Kansas, here's a way to revive its style: Create lift by massaging your sweaty scalp as you blow-dry your hair (if you're not at home, try putting your head under the hand dryer in the public bathroom). Another option: Apply a leave-in conditioner (like Infusium 23 Heat-Activated Leave-In Treatment), and use your sweat to create a sleek updo or sculpted curls.



CELEBRITY TRICK "I did Reba McEntire's hair for outdoor concerts last summer. A silicone serum kept her curly hair sleek," says stylist Brett Freedman. It can work for you, too, because silicone resists moisture, he explains. Try Pantene Pro-V Moisture & Shine Anti-Frizz Serum, above, or Aquage Beyond Shine. ▶

Staying drier

"There is a tremendous variation in how much people perspire," says John Wolf, M.D., chairman of the dermatology department at Baylor College of Medicine in Houston. At one extreme are people who hardly break a sweat; they just "glow." At the other are those who suffer from hyperhidrosis, or excessive sweating. This condition often goes undiagnosed, but telltale signs include underarm perspiration that soaks your

clothes (even when you're indoors or at rest), and palms that sweat enough to leave marks on paper. If you experience these symptoms, consult a doctor. For less severe

perspiration problems, here are some day-to-day ideas.

Over-the-counter fix

If you sweat enough that it's a nuisance, look for a deodorant with antiperspirant ingredients such as aluminum zirconium. Try: Secret Platinum Stay Conditioners or Ban Invisible Solid antiperspirant and deodorant. The newest option: Adidas Absorbent-Deo, left, which is aluminum free but contains absorbent cotton fibers.

Big-budget solution

Yes, Botox smoothes wrinkles—but doctors can also use it to paralyze sweat glands. The payoff: Palms and underarms stay dry for up to six months. But the injections are painful—and one session costs about \$800.



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