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USEFUL STUFF

# Men's Health

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YOUR ABS,  
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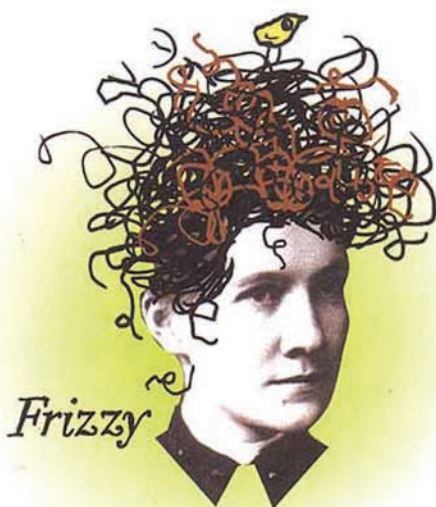
**BACK-PAIN  
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DO THIS  
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WOMEN  
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*The Men's Health Guy*  
**TRON STAR  
GARRETT  
HEDLUND**  
Garrett wears an LNA T-shirt  
and Diesel jeans

JANUARY 2011 MENSHEALTH.COM



# Perfect Hair Solutions

IS YOUR HAIR UNRULY? "DON'T OBSESS ABOUT CHANGING OR STRUGGLING AGAINST WHAT YOU HAVE," SAYS STYLIST ANTONIO PRIETO, OWNER OF ANTONIO PRIETO SALON IN MANHATTAN. INSTEAD, LEARN TO WORK WITH IT

## Fine or thinning hair

**Known enemies** Thick, moisturizing conditioners and styling products. A heavy coating of moisture weighs your strands down and makes them clump unflatteringly, exposing your scalp.

**Secret weapon:** Have your hair cut every 3 to 4 weeks. "Don't try to compensate with extra length—it only makes you look like you're trying to hide something," says Prieto. If balding is your challenge, have the thinning areas cut slightly shorter than the fuller parts so they blend seamlessly with the rest of your hair.

## Oily hair

**Known enemies** Over-exposure to blow-dryer heat, and vigorous brushing or combing. "That triggers

more oil production on the scalp," says Craig Whitely, owner of the Grooming Concierge in Los Angeles.

**Secret weapon:** Use fewer brushstrokes, to reduce the amount of oil you distribute from your scalp. If you want to be creative, squeeze a lemon into 1 cup of water and use it to rinse your hair after shampooing, Whitely says. The acid strips away excess oil buildup. (The fresh scent is a bonus.)

## Dry hair

**Known enemy** Frequent shampooing in hot water.

**Secret weapon:** Wash your hair in lukewarm water twice a week—max. That way you won't scald already dry ends or scrub away your hair's natural oils with detergents. Then style it using a natural boar-bristle brush. The bristles spread the oil from your scalp to parched

strands down the length of the hair shaft. "This creates more evenly moisturized hair and a healthier scalp," says Whitely.

## Curly or frizzy hair

**Known enemies** Frequent washing, which can turn your natural curls to frizz, and vigorous towel drying, which makes the frizziness even worse.

**Secret weapon:** Don't dry your hair aggressively; just blot it, says Erica Fleischman, owner of Erica Fleischman A Men's Salon, in Manhattan. "Blotting reactivates the curls without shocking them," she says. The way you dry your hair sets the stage for how it behaves the rest of the day.

## Dandruff

**Known enemies** Rushed rinsing. Daily shampooing and conditioning is important for removing flakes and keeping your scalp clean and moisturized, but be sure to rinse your hair thoroughly. It's vital to clearing residue from your hair, Whitely says.

**Secret weapon:** Sunshine. Ultraviolet light can be effective in resolving many flaky-skin conditions. Try a noontime run outdoors to help clear dandruff.

## Dull hair

**Known enemies** Styling products applied to wet hair. Since many pomades and volumizers are water-based, adding a dab to wet hair just dilutes the effect. "The product will work best with a dry base," says Fleischman.

**Secret weapon:** Beer. Just take one into the shower and massage it into your hair a few times a week after shampooing. Then rinse. The hops may help coat your hair and add volume, Fleischman says.

Whatever your hair type, there are ways to make it look great.

## Your hair issues, fixed

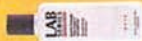
Whatever your situation, there's a shampoo for it

### THINNING



Bosley Professional Strength Nourishing Shampoo

### THIN



Lab Series Root Power Treatment Shampoo



Kérastase Homme Capital Force Densifying Shampoo

### NORMAL



Intelligent Nutrients Harmonic Shampoo



Axe Heat Igniting Citrus 2 in 1 Shampoo + Conditioner

### DRY



Bumble and Bumble Quenching Shampoo

### CURLY



Aveda Be Curly Shampoo

### OILY



Phyto PhytoPanama+ Intelligent Shampoo

### DANDRUFF



Molton Brown Anti-Dandruff Jackberry Hairwash



Head & Shoulders Classic Clean Shampoo