



Summer Hair 101

Keep the beach waves even in the heat waves!

By Catherine Burk

As the temperature rises, so do the opportunities to pounce in the pool and bask on the beach. There is always that hovering dilemma of what to do with that head of hair to accommodate the variety of warm weather activities. Here are few home remedies and recommended items that can help you power through humidity while looking like a summer goddess.



Hair Step #1: So Fresh and So Clean - A few quick tricks that will keep those strands looking natural and controlled.

Natural Solutions:

- 1) **Baby powder** - rub some powder on your hands then massage it into your roots for that fresh look that eliminates oil.
- 2) **Lemon Juice** - squeeze some lemon juice on those strands as a natural highlighting liquid that gets triggered by the sun. This results in those summer streaks in both blondes and brunettes.
- 3) **Salmon and Dark Vegetables** - Okay, so don't smother a filet of salmon or spinach leaves on top of your head, but your diet greatly affects the overall health of your hair.



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"Omega-3 fatty acids from salmon are important for scalp health" says Andrea Giancoli, MPH, RD. Vitamins A and C which are provided in these dark, leafy veggies also support the natural hair conditioner excreted by your hair follicles.

Quick-Buy Solutions:



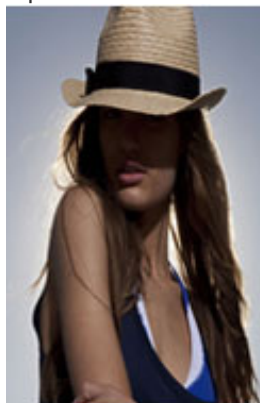
1) Flight or Frizz - **John Frieda** is the man to turn to in eliminating what you're friends will politely call "fluffy" hair. His hair serum or spray keeps your hair under control throughout the entire day.

2) **Quick Dry Shampoo** - does this stuff actually work? It's very similar to the baby powder, but more effective. This spray takes that second (or dare I say third?) day old hair and transforms it to look flawless and lifted. The best overall dry shampoo, rated by collegefashion.net, is the Klorane Dry Shampoo sold at Sephora.

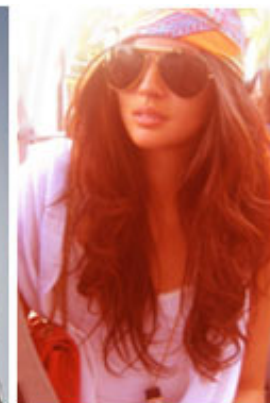
3) Tangles Stay Away - you can walk onto the beach with beautiful blown-dry hair and walk off with a forest of tangles. Lifestyle.msn says try **Pantene Pro-V Curly Hair Series Light Conditioning Detangler** before you hit the sand or water to keep those strands from tying the knots.

Hair Step #2: Flaunt - At this point of the year, most of us would just throw our hair in a pony/those buns on top of our heads and call it a day. Why not dramatize your sun-kissed hair with some accessories, as simple as a hair tie?

1) Celebrities this season have been spotted everywhere wearing fashionable summer **fedora** hats for that fun and relaxed look while still keeping the sun out of their eyes. This hat can literally be worn with any outfit, including a swimsuit.



2) Colorful **head scarves** are also in, as worn by stars such as Jessica Simpson, Nicole Richie and Jennifer Lopez. This gives a chill boho look that highlights your waves or long hair.



3) **Headbands** are a modest approach to the headscarf, but gives off a completely different presence at the same time. You can braid some strands of cloth yourself or hit up Urban, Anthropoly or Forever 21 for a quick and creative purchase.

4) It's a **flower**, literally the easiest thing you can find to completely change your look. You can buy of a romantic, cute accessory to wear over and over again. I would recommend a bold one on a headband or you can place it behind your ear and you've gcolor that doesn't even have to match.



5) **Braids** are also a simple solution to tame hair or even accomplish that wavy look. Tiny braids randomly scattered throughout long hair gives a funky beach hear that extra factor. Side braids also keep hair out of the way but still looking beautiful.

» Ricki Lake Burns Down Home And Now Has Lawsuit

13/06/11 20:52 from World of Pop Culture

Ricki Lake, you have made such a comeback since your days as Tracy Tumblad in the original Hairspray.

» Colin Farrell Has Joined The Ranks Of Sexy Vampires

13/06/11 17:21 from World of Pop Culture

This August DreamWorks has concocted yet another blood-sucking movie to add to the vampire phenomena with yet another sexy actor as the male lead. Colin Farrell will play the fang-wearing monster in this upcoming dark comedy called Fright ..

» Bonnaroo's Bumpin' An Urban Beat

13/06/11 15:23 from World of Pop Culture

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» The Fanning Family's New Prima Dona

13/06/11 14:24 from Celebrity Magnet

A recent Campbell Hall graduate and soon to matriculate to NYU in the fall, charming child actress Dakota Fanning leaves room in the higher ranks of high school and Hollywood– for her up-and-coming little sister. Known for her on-sc..

» Last Friday Night by Katy Perry and...

13/06/11 02:25 from World of Pop Culture

Katy Perry's new video "Last Friday Night" is, in our humble opinion, the best video of the year so far. If you are fan of 80s movies, Hanson, Kenny G, Rebecca Black or even Ms. Perry herself, check it out: Katy Perry's Last Fr..

» [Robert Pattinson and Taylor Lautner Lip Lock At Awards Show](#)

12/06/11 17:13 from [World of Pop Culture](#)

This year at the 2011 MTV Movie Awards , or should we say the Twilight Awards, Blake Lively and Ryan Reynolds presented the award for best kiss to Robert Pattinson and Kristen Stewart for their smooching scene in the third installment of T..

» [A Cute Dog, YouTube and Humor Rolled Into One Treat](#)

12/06/11 02:46 from [World of Pop Culture](#)

One of the most recent and popular YouTube videos has been making quite the impact on the internet community. With close to 40 million viewers, this YouTube sensation has touched the hearts of dog owners everywhere, or people who just love..

» [Congressman Weiner Tweets Delaware Teen](#)

11/06/11 15:49 from [Celebrity Magnet](#)

Looks like scandal-laden Congressman Weiner has neglected handling business in his designated district of the Big Apple, and taken to matters in our own backyard. Yesterday, Delaware police investigated reported interaction between the cun..

» [Spike Lee, Karl Lagerfeld and Russell Simmons Attend Art Charity](#)

09/06/11 20:02 from [World of Pop Culture](#)

CelebrityMagnet Tom Murro attended an event held by The Gordon Parks Foundation entitled The Gordon Parks Awards Dinner and Auction: Celebrating Creativity in the beginning of June at Gotham Hall in New York City, NY. The works of several ..

» [Audrina Still Riding The Fame Train from, 'The Hills'](#)

09/06/11 11:17 from [Celebrity Magnet](#)

For six of the phoniest yet most intoxicating seasons in reality TV, "The Hills" fed us the fantasy of an entirely superficial, utopian universe. In this fabricated domain of Los Angeles existence, blond and bronze-bodied ..

» [Chris Colfer Can Write, Too!](#)

09/06/11 10:17 from [Celebrity Magnet](#)

21-year-old Glee sensation Chris Colfer has just signed a two-book deal with Little, Brown Books for Young Readers. But his books won't be tell-all's or autobiographies. Instead he'll be writing fiction like other celebrities Hilary Duff a..

» [Talking Turkey](#)

09/06/11 09:26 from [Celebrity Magnet](#)

The thing I loved about being a part of the Real Housewives of New Jersey was that we always left people guessing. At the end of season 3, we left with some real cliffhangers Will Ashley be prosecuted for assault? Will Danielle be returni..

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culture: (noun) That which is excellent in the arts.

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A particular stage of civilization. The behaviors and beliefs characteristic of a particular social, ethnic, or age group.

madness: (noun) The state of being mad. insanity, senseless folly, intense excitement or enthusiasm.

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