

## Thicker-Hair Tricks

The secret to blow-drying fine hair? Don't be so meticulous about it. Let us explain.

**1 Use two volumizing products at once.** Prep damp hair from roots to ends with a volumizing spray and a lightweight mousse. "The roots need lift and hold, and the length needs bulk, which is hard to achieve with one product," says hairstylist Nunzio Saviano, owner of Nunzio Saviano Salon in New York City.

**2 Defy gravity.** Flip your head upside down and tousle your hair while you blow-dry, says hairstylist Garren of the Garren New York salon.

**3 Tamp down frizz and flyaways—not volume.** Once your hair is dry, use your blow-dryer and a big round brush to smooth hair while adding more body. Use medium heat (hot air flattens hair) and only brushes with wooden or cork cores. Metal can scorch fine hair.

**4 OK, be a little meticulous.** To make the volume last, set hair in large Velcro rollers for ten minutes. Try Conair Think Big Self-Grip Rollers.

**5 Mess up your part.** A side part that zigzags gives you a little lift at the roots, and "your scalp will show through less," says hairstylist Serge Normant of the Serge Normant at John Frieda Salon in New York City.

**6 Do it all again the next day.** Just kidding. Flip your head over and mist dry roots with a light-hold hair spray, like Tresemmé Tres Two Spray. Wait about 30 seconds before you turn right-side up, because it takes that long for hair spray to dry.

## The Best Cuts and Color

Switching up your layers and color makes hair look fuller.

**Stay classic.** Bobs never go out of style, and they're an unequivocal yes for fine hair. The cut should be slightly angled, from short in back to longer in front. "That lightens your hair, so you get a bit of lift," says Normant, who also suggests keeping layers long. As for the overall length, if your face is round, try a collarbone-skimming cut. If it's oval or heart-shaped, chin length is best.

**Make medium-length hair look cool.** Ask your stylist for long layers all over and slightly choppy ends. Razors are an absolute no go because they fray the hair, making it thinner.

**Rapunzel wannabes, proceed with caution.** If your hair reaches the band of your bra or below, ask your stylist to gradually layer the back, with the shortest layer hitting an inch or so below your shoulders. Each layer supports the last, so you get thickness and height, says hairstylist Adir Abergel.

**Copy Karlie Kloss.** As far as the bangs go, at least. Side-swept ones like hers "look thick without taking too much hair away from the rest of your style," says Saviano.

**Lighten up.** Permanent dyes rough up the hair's cuticle, and that makes your hair look fuller, says colorist Sharon Dorrann of Sharon Dorrann Color at Sally Hershberger in New York City. She recommends lightening the base a shade or two and adding subtle highlights around the face. Avoid all-over highlights, however, since they can make hair look stringy.

## Volumizers That Really Work

In the immortal words of Hanz and Franz: The right volumizers will pump you up.

**Get more out of mousse.** Shake the can really well, so it comes out light and foamy—if it's creamy, it'll drag your hair right down. Pat a palmful over damp hair and distribute it evenly with a wide-tooth comb. Pick lightweight, volumizing formulas, like Kérastase Volumifique and John Frieda Luxurious Volume Mousse.

**Get all sexy with a texturizing spray.** It makes your hair mussed and wavy, and "that adds volume and keeps ends from looking lank," says Normant. The best ones are a cross between the most invisible dry shampoo and a light hair spray. We like Garnier Fructis Style De-Constructed Beach Chic Texturizing Spray and Tigi Bed Head Superstar Queen for a Day Thickening Spray. (Skip mousse on days you use a texturizing spray.) Mist it all over dry hair and then scrunch with your fingertips.

**Do a little dry cleaning.** Call it the curse of fine hair: Even on days you shampoo, your roots often look oily late in the day. Keep a bottle of dry shampoo at your desk so you can mist it on the undersides of your roots and bangs. Try Dove Refresh + Care Dry Shampoo.

**Quit while you're ahead.** "Using more than two products at once flattens fine hair," says Saviano. The same goes for serums with silicones (which end in -cone or -xane on ingredient lists). They coat each strand, and that extra weight is the last thing fine hair needs.

## Thinning-Hair Solutions

"Female pattern hair loss is diffuse," says Neil Sadick, a dermatologist in New York City. "A lot of women notice it when they see their scalp through a ponytail." Ask your doctor if one of these treatments might help you.

**1 Minoxidil.** This topical serum "spurs new hair growth and increases the diameter of each hair in about 50 percent of women," says Mirmirani. Massage a 2 percent formula into the scalp morning and night (try Pantene Expert Hair Regrowth Treatment or Redken Cerafill Retaliate). If you don't see a difference, graduate to Women's Rogaine 5% Minoxidil Topical Aerosol.

**2 Supplements.** "Both biotin and zinc have been shown to strengthen the hair shaft, making hair appear fuller, but they won't create new hair growth," says Sadick. It only works if you're deficient in the vitamins to begin with.

**3 Platelet-rich plasma injections.** Plasma from your own blood contains growth factors that kick-start new hair growth when injected into the scalp, says Sadick. It takes five monthly shots at about \$750 each to get results.

**4 LEDs.** Red lights can increase hair count and thicken the shaft by stimulating the follicles, says Sadick. Weekly ten-minute treatments at a doctor's office cost up to \$200 and yield results in three to six months. At-home devices, like the iGrow cap, are "an option for women who are allergic to minoxidil," says Mirmirani.