

DIS-TRESSED

Feeling dry and frizzy? Take a few days off from washing your hair. Use a dry shampoo or refreshing mist if you need a little pick-me-up. When you do shampoo, invest in a quality humectant conditioner to hold in moisture and prevent frizzing. For very fine hair, try a light leave-in conditioning spray to keep locks

from going limp.

For most tress stress, a quick trim is a must. Otherwise, go with low-key styling. Trade alcohol-based gels and sprays for flex-forgiving creams. Give highlights a rest until the sun shines again. For a simple home spa experience, comb in some warm olive oil and curl up with a crossword and cocoa while your do gets renewed. **L**

FIGHT THE FRIZZIES ▶

Just a dollop of Phyto 7 Daily Hydrating Botanical Cream gives hair an incredible sheen. Phytojoba intense hydrating mask instantly moisturizes and protects dry hair. Both products beautifully restore shine and manageability. **\$24-\$36 (at sephora.com)**



FLAKES AWAY ▼

Aveda Scalp Remedy is a leave-in treatment for dry, itchy scalp that effectively prevents the recurrence of dandruff and soothes the scalp with a plant-derived formula. Adds volume, shine and control, too. **\$12 (at Aveda stores)**



FRIZZ FREE ▲
Fight humidity and frizzy flyaways with TIGI's Smoothing Lusterizer. Use on wet or dry hair. **\$18 (at sephora.com)**



INSPIRED SOLUTIONS ▲ | ▶

Kenra (a big hit with the LOOKS staff) offers a nourishing masque and smoothing creme that impart a highly polished, radiant shine. Use them together or alone. **\$17-\$20 (at Ulta.com)**



Compete for a FREE LOOKS MAKEOVER

LOOKS magazine is giving two lucky recipients free LOOKS Makeovers. During 2007, we'll follow a man and a woman through a series of personal experiences and developments related to health, beauty and fitness — writing about how to aid weight loss, improve nutrition, build strength, improve self-image and reduce stress. To put yourself in the running, just tell us in 100 words or less why we should choose you, attach your photo, list your home address, age, telephone numbers and e-mail address and send it to looksmakeover@mail.com by Jan. 29, 2007.

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No purchase necessary. Void where prohibited. Contest runs from Jan. 14, 2007, and ends Jan. 29, 2007. Send a maximum 100-word essay describing why you deserve a LOOKS Makeover Contest along with your name, home address, e-mail address and daytime telephone number to: LOOKS Makeover Contest, c/o Telos Fitness Center, 729081, Dallas TX 75372. One prize will be selected Jan. 18 and over, with exception of those who appear on *Morning News*, its parent company or any of its subsidiaries. Each prize has an approximate value of \$1,000. For complete contest rules, visit www.looksmagazine.com. Telephone on or around Feb. 15, 2007. Winner will be notified by e-mail. For complete contest rules, visit www.looksmagazine.com. Makeover Contest, PMB 333

