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## Stop the Frizz! And Start the Sexy Summer Hair

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Whether your hair is straight or curly, colored or natural - the summer heat is challenging for *everyone*. So, CG went to Mika Fowler (clients include *90210*'s [AnnaLynne McCord](#), Rosario Dawson and cast members from *Glee*) of the [Gavert Atelier salon](#) in Beverly Hills for her best tips on keeping your hair looking hot and sexy for the rest of the humid summer months!

**Curly Cues:** I love curly hair! However, people with curly hair often have trouble with frizziness. To control frizz, use a leave-in conditioner and cream styling products for curly hair. Sometimes, I use a straightening cream on curly hair. I like them because they give the hair moisture and softness and don't leave the hair looking crunchy. When blow drying curly hair straight, use a brush with

natural bristles. Artificial bristles can hold too much heat. Stay away from anything that will dry out your hair. This way, you will avoid frizz and can enjoy your beautiful curls.

**Long Hair Looks:** In the summer, long hair needs a good up-do. I am a huge fan of Brigitte Bardot's up-dos. Her style is timeless and classic Hollywood. I also like a little fringe around the face for Farrah Fawcett inspired look that is fun and 70s.

**Short Tips:** Girls with short hair need to use wax. Don't be afraid to use a lot! I love Milbon's #8 wax. It is hard and fibrous and at the same time soft and easy to apply. It will make your hair spiky and piecey.

**Beach Bums:** With the sun, pool and beach, it is important to take good care of your hair in the summer. First you need to protect your hair from the sun with a leave-in conditioner that contains sunscreen. If you're heading to the beach or the pool you need to protect your hair from the salt and chlorine. Many beauty supply stores carry products designed to protect from the sun, salt and chlorine but I think Phyto has the best selection. After you've had a great time in the sun, use a gentle non-detergent shampoo like Colure to remove chlorine or salt water. It is important to use gentler shampoo because you are washing your hair more often and you don't want to dry out your hair. After shampooing, use a deep moisturizing conditioner like Colure's and then apply natural oil.

**DIY Color:** Some people don't have a lot of time and want to color their hair themselves at home thinking that natural products are safe. Would you dye your hair with flowers from garden or fruits from your kitchen? Probably not. Even if dyes use natural pigments, they still need some chemicals to create hair color products. It is best to go to the pros for help. Ask your hairdresser to teach you what to do. If you must color your own hair, remember even natural products contain chemicals. Follow the directions and understand that you will risk some hair damage.

**Quick Fix:** My favorite drugstore fix is baby oil. Mix 1-2 drops into your conditioner. Leave the mixture on for 5-10 minutes and then rinse out. This will moisturize your hair and leave it feeling very soft. It's a great solution when you need to hydrate your hair.

<http://www.seventeen.com/cosmogirl/summer-hair-mika-fowler>