

Get-Fit-Fast Special! Women's Health

SHAPE YOUR BEST

BEACH BODY NOW!

- ✓ Flat, Toned Abs
- ✓ High, Tight Tush
- ✓ Jiggle-Free Arms

Eat, Drink & Still Shrink!

Light, Satisfying Meals &
Fun Low-Cal Cocktails

Get *Hot* Legs

Build Lean Muscle and
Blast Evil Cellulite

695 New Style,
Beauty, Health,
Fitness, and Nutrition Tips!



#1
THE
SUMMER
POWER
FOOD

Twilight's
Ashley Greene
What it took to get *this*
body confident!

SEXY
HAIR
TRICKS
Quick &
Easy!

How to
Cheat-
Proof
Your
Love

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Twisted Sisters

Braids and spirals have been popping up on the heads of runway models and red carpet starlets. Learn how to copy these easy, sexy summer 'dos.

By Alexis Farah



Model at a Carolina Herrera show



Jennifer Garner

▲ SIDE TWIST

1/ Make a left side part above your temple. Then, starting just to the right of the part, grab a one-inch chunk of hair and begin twisting it back along the length of your forehead, grabbing extra pieces of hair as you go and adding them into the twist.

2/ Once you get to your right side, stop adding pieces and twist the hair to the back of your head.

3/ Use bobby pins to secure the twist at the back of your crown.

▲ HAIRLINE TWIST

1/ Comb your hair into a deep part on the right side, then section off about an inch of hair to the left of the part, along your forehead.

2/ Start twisting hair back, adding half-inch pieces as you move across your hairline.

3/ Continue twisting until you reach the back of your head. Then combine the twisted section with the rest of your hair and gather it into a ponytail.

4/ Secure the ponytail with an elastic. Twist the tail and coil it around itself; secure with pins to create a bun.

5/ Spray all over with a strong-hold hair spray.

TWISTS

“The beauty of the twist is that it takes seconds to create and works on all hair types. And then there’s the fact that it looks totally hot.”

—Nicholas Penna Jr., owner of Salon Capri in Newton, Massachusetts



Lauren Conrad



▲ DOUBLE-SIDED TWIST

1/ Create a middle part, then section your hair into three chunks (right side, left side, and back). Mist each section with texturizer.

2/ Make a low ponytail with the back section of hair and twist the tail into a loose, imperfect bun, securing it with several bobby pins.

3/ Loosely twist each side section to the ends and then pull them back behind each ear. Wrap the ends around the bun, tuck them underneath, and secure with bobby pins.

4/ Spray the entire look with a shine-boosting finishing spray for hold.