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# Why does my scalp get so itchy in hot weather?

It's probably a mix of perspiration and product buildup, says dermatologist Dr. Kristina Goldenberg. Massage your scalp with a dandruff shampoo once a week to get rid of dirt and oil.

Philip Kingsley Shampoo for Flaky/Itchy Scalps, \$40; skinstore.com



# How can I go from the beach to a BBQ without styling my hair?

Good news! The ocean already did most of the work for you. Just elevate your natural texture with a statement accessory like Chrissy Teigen's marigold Jennifer Behr headband, says the star's hairstylist Jen Atkin.

## What's the best way to get rid of frizz?

No hair type is immune to heat and humidity. Luckily there are ways to stay smooth this summer

## TRY A KERATIN TREATMENT

An in-salon treatment (which costs around \$300) will keep you frizz-free for three to five months, says Kattia Solano, owner of Butterfly Studio salon in New York City, which offers the Cezanne version. "It uses glycolic acid, a silk



protein and keratin to smooth out each strand," she explains. Important safety note: Ask your salon for a list of the active ingredients in the treatment they use, and avoid anything with formaldehyde or formaldehyde-releasing ingredients (you can find a list at fda.gov), says Perry Romanowski, a cosmetic chemist at thebeautybrains.com.

## **FOLLOW THIS** AT-HOME REGIMEN

Hairstylist Harry Josh, who works with Julianne Moore, shares his formula for lasting sleekness.



Cleanse and condition with a smoothing system (it will say so on the bottle) to soften unruly strands.

L'Oréal Paris Elvive Smooth Intense Smoothing Shampoo, \$4.99; at drugstores



Remove knots with a detangling brush (they have soft, flexible bristles) to create an even surface for your styling products.

Harry Josh Pro Tools Mini Detangling Brush, \$12; dermstore.com



# A SERUM

Apply a dime-size amount of this silicone-based formula on wet hair from midshaft down. Then pat the remainder on your roots to flatten flyaways.

John Frieda Frizz Ease Original 6 Effects Serum, \$9.99: at drugstores



Mist your hair with a humidityblocking hairspray before you step outside-it'll act as a shield against any moisture.

OGX

Smoothing + Shea Sleek Humidity Blocking Hairspray, \$8.99; at drugstores