

## LOOSE WAVES

*Your texture is relaxed and beachy. Keep the look casual by minimizing scalp oil, which can migrate down the hair shaft and flatten waves.*

**HAIR CARE** Eliminate oil by shampooing the scalp and conditioning only the ends. “The scalp is where dirt and sebum get trapped,” says Chadwick Pendley, a hairstylist at Ouidad by Chadwick & Igor in Fort Lauderdale, Florida. Wash strands every other day—or the morning of your wedding.

**BODY-DEFINING INGREDIENTS** “Look for products that build texture,” Pendley says. Panthenol, a type of vitamin B5, helps thicken, and grapeseed oil will add a light shine. Try the Body Shop’s Grapeseed Glossing Serum (\$12) or Evo Day of Grace Leave-In Conditioner (\$33).

## CLASSIC CURLS

*These curls are great because of their unpredictability: Sometimes they’re loose spirals; other times, they’re tighter corkscrews.*

**HAIR CARE** Shampoo about every three days, and two days before your wedding. “Your style needs a few days to evolve,” says Vernon François, who works with Ruth Negga and Lupita Nyong’o. Let your hair dry naturally, he suggests, and don’t touch it—even when you’re adding styling product; he developed Vernon François Curl Moisture Spray (\$32) so that you can mist it on and not disturb the curl pattern. If you’re accessorizing with flowers or jewelry, secure them with U-shaped hairpins, which hold more hair than bobby pins do.

**BODY-DEFINING INGREDIENTS** Drench your hair with oils high in fatty acids, like coconut, because they can deeply penetrate the hair shaft to loosen the coil. “My clients always want longer hair,” Pendley says. “The more hydrated your curls are, the longer they’ll look.” Myrrh also helps: “It stimulates hair growth and moisturizes your scalp,” François says. Try DevaCurl SuperCream Coconut Curl Styler (\$28) or Now Essential Oils Myrrh (\$40).

## COILY + KINKY

*Coily strands are tightly wound, and kinky strands are zigzags; both are enviably voluminous (though prone to splitting).*

**HAIR CARE** You need to shampoo only about once a week. During the week (and after working out), refresh with a co-wash, like Carol’s Daughter Hair Milk Conditioning Co-Wash (\$18), which cleanses while keeping natural oils intact. Shampoo three days before your wedding to “encourage the volume your hair needs to fly free,” François says. Detangle wet hair with a wide-tooth comb, and protect your curls by drying with a microfiber towel instead of a coarse terry-cloth one. “Hair has a memory, so the sooner you start treating it correctly, the less time you’ll have to spend prepping on your wedding day,” François says.

**BODY-DEFINING INGREDIENTS** Black-oat extract smooths to prevent frayed ends; castor oil can strengthen and reduce frizz. Try Kérastase Discipline Maskeratine (\$65) or It’s a 10 Miracle Hair Mask (\$31).



Gold-plated hairpins with Swarovski crystals, \$100 for two, Twigs & Honey; twigsandhoney.com.



## Take Five!

You’re exercising and eating healthy but can’t shed those last five pounds? These fixes for four common weight-loss hurdles can help you reach your wedding-day goal.

### YOU’RE OVEREXTENDED

When you’re stressed and feeling run-down, your body may release the hormone cortisol, which can cause your body to store fat. Research suggests that you can counteract this spike with adaptogenic minerals and herbs: They may help decrease your body’s reaction to stress. Amanda Chantal Bacon, owner of L.A. health mecca Moon Juice, recommends her shop’s adaptogenic powder Ashwagandha (\$17), mixed into a daily smoothie.

### YOU’RE WORKING OUT

**LIKE CRAZY** Excessive exercise can also cause cortisol to spike. “Exercise should be energizing,” says NYC doctor and health coach Frank Lipman, who works with Gwyneth Paltrow. “If you feel exhausted after, you’re doing too much.”

Running around wedding planning can add to exhaustion, which can trigger overeating. Try alternating cardio with restorative yoga.

### YOU’RE NOT DIGESTING

**PROPERLY** The healthier your digestive system is, the better your body burns calories, says NYC nutritionist Charles Passler. To ease digestion, he suggests consuming gut-healthy probiotics (found in kombucha or kimchi) or taking a supplement like Probiogen Daily Digestive Balance (\$40).

### YOU’RE AVOIDING ALL

**DIETARY FATS** Yes, it’s wise to avoid trans fats, often found in junk food. But Lipman says your body benefits from healthful, hunger-regulating monounsaturated fats like those found in nuts, avocados, and unprocessed olive and coconut oils.