

# Body building

Turn up the volume with expert advice from celebrity stylist Charles Baker Strahan. **by Kate Daley**

## PREP WORK

Strahan, who has amped up the locks of Leighton Meester, Molly Sims and Jessica Szohr, recommends starting with a volumizing shampoo and moisturizing conditioner. While your hair is still wet, apply a lightweight volumizing product and use a wide-toothed comb to distribute it evenly from root to tip.

## BLOWOUT

Wring out excess water and break out the blow-dryer. If your hair is straight or fine, just use your fingers to rough it up, as brushing will straighten it and make it look flat. If your hair is thick or curly, use a round brush while you blow-dry to tame frizz. **Pro tip:** When your hair is almost dry, blow it from side to side with a diffuser to add some volume.

## POWER TOOL

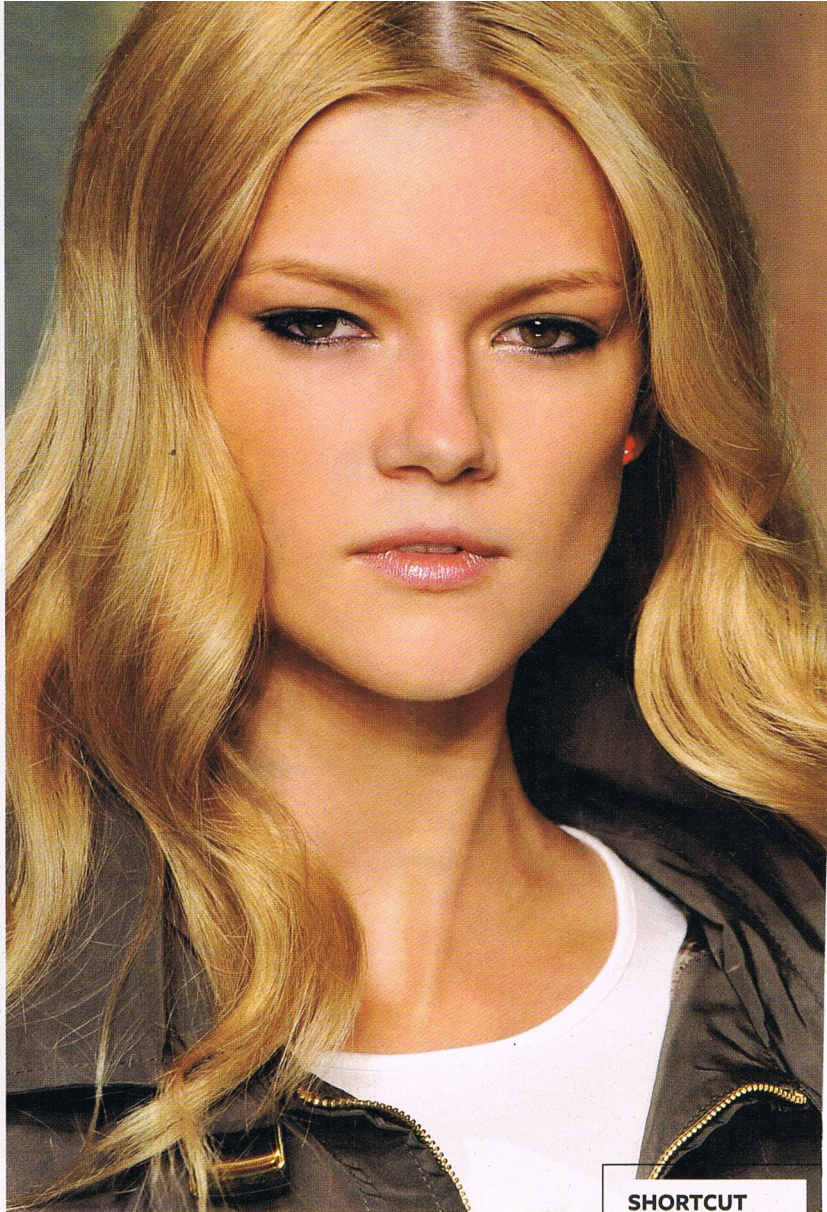
Separate hair into sections. With a medium- to large-barrelled curling iron, curl the hair in the opposite direction from which you want it to flow. "It's the same idea as backcombing. You're setting the curls on top of themselves to create a support beam with lift," says Strahan.

## FINISHING TOUCH

While the sections are still hot, set with Velcro rollers. Opt for Velcro instead of hot rollers because they create a softer style, Strahan says. Finish with a spritz of hairspray, holding the can about a foot and a half away. "You want to cast a net over the top of the hair as opposed to cementing it into place," he says. "A light coating won't weigh it down."

## QUICK FIX

If your hair starts to lose body during the day, flip it over to the opposite side and shake it out, using a touch of hairspray to lift your style back up. If you have time, heat up your hair with a blow-dryer and put in four to five Velcro rollers, on the top of your head. When you're ready to go, remove them and loosen curls with your fingers.



## Secret weapons



**Herbal Essences Body Envy 2-in-1 Volumizing Shampoo and Conditioner,** \$4 (300 mL).



**LaCoupe Thickening Cream,** \$8 (150 mL).



**Living Proof Full Thickening Cream,** \$26 (109 mL).



**Pantene Pro-V Style Volume Hairspray,** \$6 (327 g).



**Shu Uemura Muroto Volume Amplifying Treatment for Fine Hair,** \$65 (200 mL).

## SHORTCUT TO BIG HAIR

Twist damp hair into a high bun, let it set and shake out for easy, messy waves with movement.