

Love Your (Changing) Hair

It really is true: Pregnancy alters everything! Avoid months of bad-hair days with this guide. *by* TRACY PEREZ



If your hair's more lush now that you're preggio, show it off!

THE HAIR you've had all your life may start to look and feel different as your bump gets bigger. For instance, always-straight hair may suddenly turn curly. A happy, well-balanced scalp may begin to resemble an oil slick. Or your usual soft and shiny strands may start to feel more like straw. No matter your mane pregnancy concern, it's those fluctuating hormones

that deserve most of the blame, says Dendy Engelman, M.D., a dermatologist in New York City. Your body is pumping out a lot of them, and they keep surging and receding. The good news: Your hair should return to its pre-pregnancy state on its own in the months after delivery (if only our body could do the same without effort!). In the meantime, use this pro advice.



▲ **UPGRADE YOUR PONY!** These ponytail holders are stylish and comfy. \$3 each; kalunyc.com



WAIT, ARE THOSE GRAYS?

We can't say for sure that pregnancy plays a part in producing gray hairs, but Micki Charles, a senior stylist at Cutler Salons, in New York City, says some of her clients see them for the first time when they are expecting. While most docs deem it safe to dye during pregnancy, you may not feel up to regular salon visits. Instead, try using a temporary root touch-up spray to mask grays at home. We like Zotos Professional AGEbeautiful Root Touch-Up Temporary Haircolor (\$10; sallybeauty.com). It dries quickly after you apply it and easily washes out in one shampoo.



STILLS: PETER ARDITO.

● **“My hair is greasy.”**

The Fix Switch to a shampoo with mild ingredients, such as aloe vera, to remove buildup and a conditioner that contains panthenol to add fullness without weighing hair down. Try Tara Smith Gorgeously Gentle Shampoo and Conditioner (\$16 each; tarasmith.com). On skip days, dry shampoo is your best friend. Not Your Mother's Clean Freak Refreshing Dry Shampoo (\$7; ulta.com) now comes in an unscented formula.

● **“My hair is so dry.”**

The Fix To bring hydration to your hair, fill your diet with fresh fruits, veggies, and whole grains. Along with that diet, wash your hair with a sulfate-free shampoo and a conditioner that contains superior moisturizing ingredients, like coconut oil. Try Nine Naturals Citrus + Mint Nourishing Pregnancy Shampoo (\$20; ninenaturals.com) and Proganix Quench Coconut H2O + Electrolytes Moisture Balm (\$12; target.com).



● **“My hair is frizzy.”**

The Fix While your hair is wet, comb in a curl-defining product, such as DevaCurl SuperCream Coconut Curl Styler (\$28; devacurl.com), to keep ringlets smooth and defined. Not a fan of your new texture? To get your hair straight again, you'll have to break out the blow-dryer. Apply a smoothing product to damp hair before drying. We're fans of Smooth Sexy Hair Smooth Encounter Blow Dry Extender Crème (\$18; sexyhair.com).

● **“My hair is thinner.”**

The Fix It could take up to a year after childbirth for your hair to thicken up again, so don't shy away from products that promise plumping. Nature's Gate Awapuhi Ginger + Holy Basil Volumizing Shampoo (\$8; drugstore.com) gets you gorgeous results with certified organic ingredients. Out of the shower, apply a thickening spray gel from midlength to ends. Try Kérastase Couture Styling Matérialiste (\$37; kerastase-usa.com).