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THE OPRAH  
MAGAZINE

Love! Success! Happiness!

# Let Your Intuition Be Your Guide

Uncovering  
Answers to  
Your Deepest  
Questions

**Health Secrets From  
Around the Globe**  
Dr. Oz Has Found the Best!

**The New Novel  
We Couldn't  
Put Down!**

PAGE 103

"For all the major  
moves in my  
life, I've trusted  
my instincts."  
—Oprah

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OPRAH.COM

O, Beautiful!

STOP  
THAT!

## THREE COMMON SUMMER HAIRCARE MISTAKES

1

*Your hair feels dry, so you overcondition.*

Heavy moisturizing ingredients (like oil and silicone) combined with humidity can make your hair look dirty, says New York City hairstylist Ted Gibson. If long, sun-drenched afternoons at the pool or beach have left your hair dry, it's fine to use conditioner, but only on the ends. Be judicious with treatment oils, serums, and shine sprays, which usually contain the most oil-based ingredients.

2

*You use a clarifying shampoo—every day.*

Though clarifying shampoos clean hair and scalp of residue left by chlorine, saltwater, and styling products, they also strip hair of moisture—which leads to frizz, says Gibson. Use deep-cleansing shampoos only once a month, and wash with a gentle moisturizing formula (like Aveeno Nourish+Shine Shampoo, \$7.50; drugstores) the rest of the time. To prevent residue buildup, apply half a tablespoon of a light conditioner from roots to ends before jumping in the pool or ocean; the conditioner seals the hair's cuticle, creating a protective barrier.

3

*You pull your wet hair into a ponytail with an elastic.*

Wet hair is very fragile. If you want to keep it off your face—and look stylish—wear a cloth headband (made of Lycra or cotton) two inches back from your hairline, says Gibson. (Goody makes fine ones.) If you want to put your hair up, secure it in a bun with bobby pins or pull it into a loose hair tie (we like Sephora Collection Ribbon Hair Ties, \$8 for eight; sephora.com).

BRIGHT  
IDEA

### Porta- Perfume

We once used a tiny funnel to siphon our favorite scent from its bulky glass bottle into a travel-friendly atomizer. The project did not end well. (Have you ever lived with a carpet that smells intensely of wild rose?) A far better option: Travalo (\$16; us.travalo.com), a new contraption that lets you transfer your fragrance into a shatterproof, three-inch aluminum tube without spilling a drop. Remove the nozzle from your perfume bottle, slip the Travalo onto the tube (the atomizer has a tiny pressure-sealed hole on the bottom), pump it a few times, and presto: fragrance-to-go.

Fill 'er up:  
A few  
pumps are  
all it takes.



LOOK  
WHAT WE  
FOUND!

## END OF THE LINE

In the (seemingly endless) war against wrinkles, Olay Regenerist Wrinkle Revolution Complex (\$25; drugstores) is leading the charge. The formula instantly combats the appearance of wrinkles with a blend of light-reflecting particles and a combination of deeply hydrating ingredients. It also contains a new biopeptide and a vitamin B3 complex that encourage the skin to retain moisture, helping prevent the formation of new lines. Viva la Revolution!