

PREMIUM BRAID

Mane Point By day it's a low-key plait. But unravel it, fluff it up a bit, and voilà—an instant evening do. “Long hair is so easy and conjures a feminine feeling,” says Rebekah Forecast, a mother of two and the stylist for this story, whose own tresses are chest-length. “And just think: No salon appointment every five weeks.”

Style Counsel For manageability and extra protection from broken strands and split ends, look for styling products created to strengthen. Try Frizz-Ease Leave-In Fortifying Spray, \$6, **John Frieda**, drugstore.com.

GREAT LENGTHS

This is “mom hair” as you’ve never seen it. Worn long and loose, or worked into a few simple styles, down-to-there locks are deceptively low-maintenance.

LONG STORY

Mane Point Due to the postpartum drop in progesterone, most new moms can expect some degree of hair loss, says hair-and-scalp specialist David H. Kingsley, Ph.D., of the American Academy of Dermatology. To encourage regrowth, take a multivitamin with iron, make sure your diet includes plenty of protein, and relax—this phase is only temporary.

Style Counsel Regular deep-conditioning treatments are the key to keeping long hair healthy. Try Damage Remedy Intensive Restructuring Treatment, \$26, **Aveda**, aveda.com.

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Yellow laundered-georgette ruffled sleeveless shirt, \$890, **Derek Lam**, saksfifthavenue.com.





PONY TALE

Mane Point Serious about growing your hair? Mothball your blow-dryer and styling irons, at least for a while—the heat singes the outer cuticle, creating split ends and flyaways—and stick to tress-friendly loose ponies. “If you don’t use heat,” says Forecast, “you can go without a trim for up to eight months.”

Style Counsel A nourishing shampoo smooths coarse strands. Try Vive Pro Smooth Intense Shampoo, \$5, **L’Oreal**, walgreens.com.

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Emerald pointelle sweater, \$950, **Malandrino**, catherine.malandrino.com. Pinecone 14-karat yellow-gold earrings, \$480, **Danielle Pittman Jewelry**, Bird, (718) 797-3774. Silver-toned braided headband, \$48, **Jennifer Behr**, jenniferbehr.com.



LOOKING UP

Mane Point For a lightning-quick messy-chic updo, Forecast suggests first securing hair in a ponytail, then playing around a bit to get the desired position. "It's important to figure out how high you want it," she says. "Depending on the look I'm after, I move mine around." Then anchor the hair with U-shaped pins, which are less likely than classic bobby pins to get tangled in long tresses.

Style Counsel Headbands add an extra dose of hipness to any updo.

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Black medium-loop headband, \$48, **Jennifer Behr**, Bergdorf Goodman, (212) 753-7300. Hair pins, \$3, **Goody**, goody.com for store locations.

GREEN MOVEMENT

Mane Point Plants, grains, herbs, and fruits are increasingly finding their way into hair care, whether it's a pinch of sage or a dash of verbena or green-tea powder.

Style Counsel Whip up a super-conditioning Warm Banana Hair Mask, from the book *Island Beauty*, by India Hicks (Stewart, Tabori & Chang): Mash one ripe banana; set aside. Warm one tablespoon of olive oil and add it to the mashed banana. Mix and apply to wet hair, working from roots to ends. Wrap your head in a hot towel and leave for 20 minutes. Rinse with cold water, then shampoo and condition as usual.

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From left: Wave sterling-silver baby brush, \$135, **Elsa Peretti**, tiffany.com. Tall comb, \$18,

Mason Pearson, whatshebuys.com. Phytociane Thinning Hair Treatment for Women, \$48, **Phyto**, sephora.com.



SLEEPING BEAUTY

Mane Point Remember that old saw about trimming your hair to make it grow faster? Don't believe the hype. If you want to grow it long, "stay away from the hairdresser," advises Beverly Hills salon owner Kim Vo. "It's like that line in the Fleetwood Mac song: 'Players only love you when they're playing.' Well, cutters only love you when they're cutting. Don't worry—you'll know when you need a trim."

Style Counsel Make the pillow work with you (not against you) with a conditioner created specifically for nighttime nourishment. Try Advanced Care Overnight Hair Repair, \$195, **Fekkai**, neimanmarcus.com.

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Grace top, \$59, **Club Monaco**, clubmonaco.com. Ascot Boudoir sham, \$80 for two, **Sferra**, sferralinens.com for store locations.

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*Hair by Rebekah Forecast at Sally Hershberger Downtown.
Makeup by Tina Turnbow for Beauty.com at the Wall Group.*