

Top Nine Ways to Get Great Big Hair

1. Good products.
2. Upside down is key.
3. Don't wring it out.
4. No product!
5. Blow dry upside down.
6. Velour covered rollers.
7. Back comb.
8. Curling iron.
9. Good hairspray.

What are your beliefs around big hair? Mine were that after 30, no one would take you seriously. I had a coach early in my speaking career tell me that I would have to cut my hair to make it in this business. I lost that belief and I don't care. I am 53 years old and I rock my big hair. Look at JLO and Jennifer Aniston; we all rock that hair! Christie Brinkley is 68 and she looks amazing.

I can't tell you how many people have asked for good hair tips, so here it goes. I have had big hair since the 1980s; the 80s were great for big hair. Big hair needs some damage and the bleaching, perming and back combing did that! I am convinced that aerosol hairspray is responsible for the hole in the ozone today! I wanted to look like the girl laying on the hood of the car in the Whitesnake video LOL.

I love long hair. It is so much easier! I can put it up, put a hat on it and I can go days on one hairdo. The nutrition, hydration, colourful eating and supplements I shared in my book make a huge difference in my hair. If I am not healthy my hair is not healthy. Stress. Stress affects your hair! You hear stories of women's hair falling out from stress. Hormones affect hair too – been there! And getting my hormones in order made all of the difference.

Here are my big hair tips.

I have straight, fine hair, but I have a TON of it. If you have thick curly hair, lucky you! Some of these tips might not apply. Isn't it funny that I have straight hair and want curl? You with curl, want straight! When I get it cut, about every five weeks because my hair grows like crazy, it gets thinned out or I really start bringing the 80s big hair back. I am not full colouring yet (ground black sesame seeds are fending off grey!) I just do high and low lights and so far, that covers up my 10% gray which my stylist, friend and circle of support member, Mem, calls my "sparkles." I have only had my hair "blown out" once in my life. I have always styled my own hair. I totally admire those who let their hair go grey! Gosh, you must save a lot of time!

Upside down is key. I wash my hair with my hair flipped upside down. Warm water, not hot, error on the cooler side. If you like a hot shower, do it after you do your hair. Wash twice really well right to the root and keep your head down in the shower; flip once during the rinse to be sure you got your hair rinsed well. Condition only the ends of your hair. Not to the root. Clip that hair with conditioner on the ends on the top of your head as you do the other "bits" in the shower and let that conditioner sit in the steamy shower for a bit. Rinse the conditioner really well flipping the hair back to be sure you got it all out, then back down, you must end with the hair hanging down to rinse. I use a really good nontoxic salon shampoo and conditioner and feel grateful I can afford that now. About once a month, I will do a really good deep conditioning treatment but never before a good hair day; I still need a little damage!

Don't wring your hair out. Don't scrub it, Don't stress it; just gently twist that upside-down hair and put a towel on your hair. Not super tight so you break hair off. Switch that towel out and use two more dry towels to soak up as much moisture as possible. I can't brush my hair wet or it breaks it off. Don't let it dry in any way, or it won't turn out!

I use a grocery store argan oil on only the last half of my hair, not close to the root or I can't get the volume at the root I need. The only time I will use it on the roots is the first day after a dye job, when it needs the extra oil. This is the point when I comb my hair with my fingers. I get out as much of the tangle as possible with only my hands. No other product, no styling products at this point; I find it adds weight to my hair and won't keep the curl.

I then blow dry my hair UPSIDE DOWN - Remember, the key is upside down! I finally invested in a really good hairdryer and wow, what a difference that makes. I can't let my hair dry naturally if I need a good hair day. I use a medium setting and it has to dry completely, not a bit of dampness or it won't hold the curl. I have so much hair, so it takes a long time. I multitask while I dry, listen to a podcast, clean the bathroom vanity or do some stretches. Then flip your hair up and we are ready to get volume. Remember, your hair has to be perfectly dry, not an ounce of dampness.

Now here is the secret; velvet/velour-covered hot rollers, no plastic or they won't hold and fall out. I need a kit that has both big and small rollers in it. I take the piece of hair I am going to curl and I lightly brush it to then curl that section of hair; this is the only time I brush. I curl the top row back with the biggest curlers and the sides and back with the smaller. I was curling the sides backwards but it was starting to weaken my hairline so I am now curling them down so they don't pull as much. I have to tuck cotton pads on my ears or the curlers resting on my ears will burn them. I let them cool completely before I take them out.

I shower at night so I do all of this at night. Yes, at night! I shake the curlers out with my hands – no brushing – a coat of light hairspray and let that dry. I then pile that newly done hair into a ponytail on top of my head. You have to use a ponytail that doesn't crease, I like the ones like an old-style telephone cord.

If I am not speaking, I will wake up the next day, take that hair down and it is curly and big! I can put it back up in a top bun or throw a hat over it or some variation. If it is a speaking day, now the work begins. I re-curl my hair with hot rollers, yes again - but I only curl the top three-quarters of my hair as I want the curl to work better and I don't have enough rollers for all of my hair. The bottom one quarter, I will curl with a curling iron. Yes, it is a lot! I put my curlers in and while they cool, I do my makeup - which is also a lot when I need to dress up.

Once the makeup is done, I curl that hair AGAIN with a curling iron. I start at the bottom with the part that didn't make it in rollers, always curling back then as I take the roller out. I keep going up, curler out, take that piece of hair and curl it back until my hair is a bunch of curls hanging down. Make sure that cools. I super lightly hair spray that curly look and let it dry. Then I flip over and UPSIDE DOWN I 80s style backcomb those curls with a pick. Nothing hard just a little backcomb over the entire hair. Flip it back and start putting the hair into place with your fingers, turning curls how you like and curling bits that are sticking up. Then hairspray it like crazy. I use a really good quality nontoxic, non-aerosol hair spray and does it hold! I don't have time for hair falling in my face while I speak or moving a piece over. It has to stay! I loved the show, *What Not to Wear*, where they did makeovers on people. I always felt so bad when they picked on a woman whose hair didn't move from hairspray. What was wrong with that?

That evening that hair is going back up into that high top of my head ponytail for bed, next morning that hair will be almost the same. The curl will stay but never brush it! I might need to fix it a little bit with the curling iron and I can re-curl it all if I need to. Yes, curl over tons of hair spray. I still love a little damage. My hair rarely gets greasy, so I can make this hairstyle last for about four days. Of course, I don't do this every day, just when I need to!

So, there you have it!