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RENE SPAGNOLO'S TIPS FOR A GREAT BLOW JOB

New York, NY March 2003 - Some women are addicted to it, they engage in it everyday. Many won't go to work or parties without having it. We don't mean to be fresh at all, yes we are talking about the perfect blow job, but what we are referring to is hair. Finally revealed are the secrets to that silky, sleek salon look your stylist doesn't want you to know. **Rene Spagnolo is the owner and artistic director at DeFranco Spagnolo Salon Spa in Great Neck, New York he has been tending to women's tresses for over thirty years** and has long heard the cries of women bemoaning the fact that they cannot duplicate the salon look at home. Below are Rene tips for the best at home "blow job" ever.

To duplicate the look your stylist gives you at the salon, follow these steps:

1. Purchase the same tools (i.e. brushes) and products the stylist used.
2. Towel dry hair thoroughly. Hair must not be soaking wet when you go to dry it. This is a common mistake many people make.
3. Styling begins at the roots. Apply a product that will give body and volume at the scalp.
4. Begin by blow-drying the hair from the roots to the ends, starting with the back of the head, working to the sides, then the front and top using your hands or a flat brush (for long hair) and wrapping the hair around the head using the head as a giant roller.
5. Use a round brush at the end only to add lift and volume at the scalp, or on the ends of the hair to curl under or flip up or simply to smooth out ends.
6. When applying hair spray, lift hair and spray at scalp to increase volume and hold.
7. Don't be afraid to ask your stylist for some additional advice about achieving the look you desire.
8. Never hold a hairdryer too near your scalp when blow-drying hair as it can cause dryness. Lift from the scalp and keep the dryer moving at a 45 degree angle toward the ends of the hair.
9. When you have finished blow-drying, switch to the 'cool' setting on the hair-dryer to set the style and prevent it from going flat.
10. Heat encourages static causing hair to fly away. Reduce static by misting your brush with serum or a leave in conditioner to calm the hair down. Do not use hairspray as this will dry the hair more.
11. Flat irons are designed for occasional, NOT daily use. They work at high temperature which can dry the hair. You should always use a styling spray before heat straightening.
12. Apply styling products from the roots to the end of the hair shaft
13. Let your fingers do the walking-when drying your hair, pull with your fingers, as the oil (from them) will give your hair more shine
14. Getting lift-lift the root straight out of the scalp and straight up

Blow-Drying Hair That's Dripping Wet

Not only will this make it difficult to style your hair, it will cause a ton of heat damage. "A blow dryer should be used on damp -- not wet -- hair for 20 minutes, tops," says Rene. "Before applying heat, towel dry hair, apply product and comb it through and place it into the style you want and let it air dries for five minutes. **Don't shampoo and blow-dry your hair everyday!** If you do, then you are not letting your hair's natural oils replenish themselves. Plus, all that heat from blow-drying takes a toll on your hair- so give your hair a break! Most often the hair looks better the second day anyway.

Drying Curly Hair Straight tips

"Break your hair into sections," suggests Rene. "One on either side of your head and in the back another. Your bangs will be another section, in addition to the top. Wrap & pin your locks up out of your way with the exception of your bangs. Do them first. After the bangs you can go to the bottom- front section above the ear, and work your way up to the top, doing the very top last. Use a hotter setting on your dryer. Hot air makes the hair obey more quickly than warm air. Just remember to use caution not to over-dry or burn the hair. Blow the air in the same direction as the hair growth. Blowing hair up the hair shaft is going to promote more fly-aways and frizz. Apply a smoothing agent, or a hair crème after completely drying the hair for a smooth texture and moisturizing. Pointing the hair drying nozzle down the hair shaft will also help to smooth hair cuticles and allow light to reflect flatteringly off the surface. Use serums and once a product has been applied, do not touch the hair unnecessarily. Finish off with a final blast of cool air from the dryer as this fixes the style and maintains the sheen."

Don't Sabotage Your Style

- Less is more. Don't force your hair to do the impossible.
- If you want a straight blow out, you must use a nozzle at the end of the dryer. If you have curly hair, use a diffuser.
- Keep the blower at a 45 degree angle so as not to do damage to the hair. Point the nozzle down toward the ends of the hair to smoothen the hair shaft.
- If your hair is truly dirty, it will not be manageable. Do not try to tame it into shape, instead wash it.
- Go easy on the hair spray, it coats the hair and absorbs dirt.

Now that's blow job advice you can even share with your mom!

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