

Back to Your Roots

Here's a silver lining from the past year and a half: the realization that embracing your natural color can be totally liberating. Learn how to grow out your hair smoothly and (yes!) subtly from top experts.

TEXT BY CLAIRE SULLIVAN

1. Add Texture

"Heavily layered cuts can soften the contrast between different shades," says Chicago hairstylist Leigh Hardges. Waves and curls also help disguise new growth. For quick camo, spritz **Sachajuan Ocean Mist** all over and give hair a good tousle (\$34, sachajuan.com).

2. Finesse the Tone

If you're going gray or back to blond, cycle in a violet shampoo weekly to remove brassy tones, says Hardges. A tinted gloss makes any shade more uniform; try **Color&Co Color Gloss Conditioner** (\$30, shop.colorandco.com).

3. Keep Strands Strong

Schedule trims every month or so to gradually cut off old color, says New York City stylist and Act+Acre hair-care founder Helen Reavey. And nourish with a weekly strengthening treatment. Try **Olaplex No.3 Hair Perfector**, suggests L.A. colorist Tracey Cunningham (\$28, olaplex.com).



RAVE REVIEW

Frizz Fix

"My curls used to send me spiraling: The top layers lacked volume, and the lower ones overcompensated with messy tangles. But I no longer need to bat them down with a blow-dryer. A dollop of **Aveda Nutriplenish Curl Gelée** coaxes unruly ringlets into shape, smooths frazzled ends, and imparts all-over shine." —C.S.
\$35, aveda.com



LOOKING UP

Today there's nothing "anti" about aging, but this wasn't always the case. To see how the beauty industry is celebrating growing older rather than fighting it, visit marthastewart.com/pro-aging.

QUICK UPDATES

JUST 'DO IT

There's more than one way to refresh your hair this fall. Choose from these low-maintenance, work-on-any-texture cuts, and shake off the shapeless blues.



CURTAIN BANGS

A universally flattering, less fussy alternative to a blunt fringe. Plus, they require fewer trims and look chic whether your hair is up or down.



MODERN LOB

Party in the front, breezy in the back! Longer, shoulder-dusting layers around the face soften the classic bob and lend it sophistication.



LONG LAYERS

They draw attention to your facial features and conceal split ends better than a single-length cut, which means less-frequent trips to the salon.