



making the cut: post-pregnancy

hair styles

No time to style? Is your old cut unable to withstand the test of time? Dorothea Howard, owner of John of Holland Hair, Skin, and Nail Care in Columbus, OH, recommends a classic bob with undercut layers — all you have to do is blow-dry and go.

“Three to five months after your baby is born, you start to lose a lot of hair, so that’s a really good time to go into the salon. Sometimes you have to change your style for all the re-growth,” Howard says. But not everyone’s hair reacts the same to postpartum hormones. “Some people lose a lot of hair, and some hardly lose any at all,” Howard notes.

If you’re having trouble with your after-pregnancy hair, here are Howard’s top two quick fixes:

- Wide headbands get your hair out of the way fast (bonus: they’re definitely in right now).
- New clips allow you to pull your hair back, twist, and voilà! A French Twist in minutes. They’re very chic, and also very simple. — JH