

Instyle



Fall Fashion Fever!

Best Trends & How to Wear Them

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Beauty | **Q&A**



GWYNETH PALTROW

Q I'm getting really tired of my choppy bob; will it be torture to grow it out?

A It probably won't be as bad as you think. "A bob gradually changes shape as it grows out," says celebrity stylist Garren, "so you shouldn't see any drastic changes." For a flattering style as your hair grows, try a cut that's slightly longer in front, like Gwyneth's. If your bob is layered, have the back shaped every six to eight weeks (in addition to your regular trim) to keep it from looking bushy. If you have a bob with bangs, start sweeping them to the side as they grow longer, and use small hairpins to hold wayward pieces of fringe back from your face.

Q I'm confused by the seals on the natural and organic products I buy. What should I look for?

A "To ensure the highest standard of ingredient purity, you just have to look for two seals," says Ted Ning, director of the organization Lifestyles of Health and Sustainability (LOHAS). The USDA Organic seal guarantees that at least 95 percent of the ingredients are organic or grown without chemicals. The Natural Product Association (NPA) seal certifies that 95 percent of the ingredients are natural, and there are no additives that pose a health risk.

—JOLENE HART



AUBREY ORGANICS Rosa Mosqueta Rose Hip moisturizing cream, \$16; at Whole Foods.

ORIGINS ORGANICS Massage oil, \$30; 800-674-4467.

New!
Post your questions and share tips at instyle.com/answers