

# HEAT WAVE

They may be one of the oldest styling tools around, but hot rollers also happen to be stylists' new favorite—and fastest—way to get big, sexy hair. **By Alyssa Kolsky Hertzig**

**P**icture Betty Draper whiling away the hours at the beauty parlor. If that's what hot rollers bring to mind, please take a moment to consider all the reasons why hairstylists and beauty editors are mad about them these days. "Hot rollers give you so many options," says hairstylist Garren of the Garren New York salon. "You can get polished waves, fluffy curls, or silky, smooth hair—always with lots of volume." The pros also say that rollers produce a more voluptuous, shiny curve than a curling iron. "There's something so beautiful and soft about the curl you get from a hot roller compared with the aggressive spiral from a curling iron," says hairstylist Guido. And best of all, they really are one of the speediest, easiest ways to style your hair. "You can practically just throw them in and, a few minutes later, have smooth, voluminous hair," says Garren. Meaning you don't need the free time of a '60s housewife—or even more than the ten minutes it takes for hot rollers to heat up and cool down—to create a style that's a true showstopper.

**PHOTOGRAPHED BY GREG KADEL**



FLIP UP  
USING LARGE OR  
JUMBO HOT  
ROLLERS IS THE  
KEY TO CREATING  
LOOSE CURLS.

Silk crepe dress by Bottega Veneta. Makeup colors: Luxurious Color Satin Eye Shadow in Polished Bronze and ColorBurst Lipstick in True Red by Revlon. These pages: Hair, Garren of the Garren New York salon; makeup, Gucci Westman; manicure, Bernadette Thompson. Model: Ali Stephens. Fashion editor: Paul Cavaco. Details, see Credits page.

SOFT  
CURVES

SMOOTHING  
CURLS WITH A  
PADDLE BRUSH  
GIVES THEM A  
POLISHED LOOK.



Silk coat with paillettes  
by Giambattista Valli. Metal  
and-Swarovski-crystal  
earrings by Clara Kasavina.  
Makeup colors: Eye  
Enhancers 1-Kit in Brown  
Smolder, Perfect Blend Eye  
Pencil in Basic Black, and  
Continuous Color Lipstick in  
Valentiné Rose by Cover Girl.  
Details, see Credits page.

## This Is How We Rolled

For all three styles, Garren started by blasting the hair with a blow-dryer while the model flipped her head upside down. “This gets the roots to stand up from the scalp for extra volume,” he said. Once the hair was dry, he spritzed Garren Designing Spray Tonic all over, grabbed his rollers, and got to work.

### Flip Up

- 1 After making a side part, he rolled hair into large curlers on top and used the medium ones on the sides and in back.
- 2 For the bottom sections, he placed the curlers on top of the hair and rolled them to the scalp to create the flip.
- 3 Once the hair was cool, he brushed through it to coax the curl at the ends.
- 4 He finished by setting a section at the hairline with a large roller, unwrapping it, and keeping it back with hair spray.

### Soft Curves

- 1 For this look, Garren used Remington Colossal Curl Setters—which contains only large rollers—on big sections of hair, about three inches wide.
- 2 He placed each roller under the ends, then rolled it up and under to the roots.
- 3 Once the rollers cooled, he brushed the hair toward the back.
- 4 He teased the top section—from the hairline to just below the crown—for volume, then smoothed it with a paddle brush.

### New Waves

- 1 Garren divided the hair into sections the width of the rollers from the Hot Tools Professional Ionic set. (It has three different sizes of curlers.)
- 2 He used large on top, medium through the middle, and small at the nape of the neck, rolling each under until it reached the roots to add lift at the scalp.
- 3 After the rollers cooled, he brushed the curls out slightly, then finished with L'Oréal Paris Elnett Satin Hairspray.

*Rollers produce a more voluptuous, shiny curve than a curling iron.*

## CURLING COMPETITION

We sectioned, clipped, and rolled our way through set after set. The results:



### Conair Mini Pro Compact Hot Rollers

Our hair kept slipping off the sides of these plastic rollers. (Plus, they came with metal pins, not clips, which were hard to use.) But all three roller sizes added lots of body—in the form of a gentle bend, not a true curl.



### Hot Tools 20-Piece Tourmaline Hairsetter

We were intrigued by the heat-up clips that came with this set, but it turns out they made the rollers almost too hot and painful to touch. And something about this set produced curls with ugly kinks.



### BaBylissPro Jumbo Roller Hairsetter

The case is compact, so it's perfect for travel, but the rollers are still nice and big. There are five of them (one and a half inches each), and we found them great for getting smooth hair with lots of volume.



### Rusk CTC Technology Hairsetter

We had no problem setting every last section of our long, wavy hair with these 12 large rollers. We used them after air-drying, and 20 minutes later, it looked like we had just gotten a smooth, bouncy blowout.



### Remington Colossal Curl Setters

All 12 rollers were large (ranging from one and a half to one and three-quarter inches), so we got much bigger, bouncier curls than the too-tight ringlets we had experienced with other sets.



### Hot Tools Professional Ionic Hairsetter

The three sizes of rollers in this set of 20 heated up in only two minutes and gave our thin, shoulder-length hair the most amazing curls we'd ever had—and they were still intact the next morning.



Silk satin dress by Dior. Makeup colors: 5-Colour Iridescent Eyeshadow in Electric Lights and Rouge Dior Replenishing Lipcolor in Fantastic Plum by Dior. Details, see Credits page.

## NEW WAVES

BY WORKING WITH A VARIETY OF ROLLER SIZES, YOU CAN CREATE THE KIND OF BIG WAVES ASSOCIATED WITH A CURLING IRON.

# SPECIAL EFFECTS

There's a reason stylists don't call them curlers: "Hot rollers are versatile—they're not just for making curls," says hairstylist River Lloyd of the Serge Normant at John Frieda salon in New York City. For example, here's how to...

**...give life to straight hair.** For a "cute, bouncy, schoolgirl look," Lloyd suggests using large rollers on only the undersections of your hair, leaving the top layer alone. Once they've cooled, use a round brush to loosen the curls.

**...get lift at the roots.** Add mousse to hair and blow-dry. Then, working with sections the size of your roller (use medium rollers on hair that's chin-length or shorter, and large ones on longer hair), lightly tease each at the roots. Place the roller two inches from your roots (not at the ends), then roll it up toward your scalp, leaving the length hanging loose. "This targets the roots without adding curl, while the back-combing creates long-lasting fullness," says hairstylist Nathaniel Hawkins.

**...create sexy waves.** Hawkins suggests prepping the hair with mousse from roots to tips, then roughly blow-drying upside down for volume (use a round brush if you're very frizz-prone). Wind the bottom sections of hair around large rollers, stopping about an inch from the roots. Repeat with the top sections. Once cooled, unroll, shake out your hair, and run your fingers through the curls. "This gives an easy my-hair-just-does-this-on-its-own feeling," says Hawkins.

**...boost volume just at the crown.** Think of this as a souped-up version of the old Velcro-roller trick: Take sections of hair from the crown, wrap them around one or two large hot rollers, and clip them in place while you're getting ready. Just before you walk out the door,

take them out and lightly brush through.

**...smooth your natural curls.** Blow-dry with a diffuser. Then, using rollers the size of your own curls or slightly larger, set your hair. Once you remove the rollers, tousle hair lightly with your fingers, or brush through with a paddle brush for a softer effect. "You'll have smooth, shiny curls with movement," says Hawkins.

**...fake a blowout—in five minutes.** You don't need a lot of time—or a lot of rollers. The secret is working with very large sections. Roll up all of your hair into just four or five large rollers. Clip one roller above each ear and two or three in the back. Remove when cool and gently brush through. "You'll get these amazing loose waves and look like you spent forever doing your hair," says Lloyd.

*"Hot rollers are very versatile—they're not just for making curls."*

## Bigger and Better?

The latest volumizers promise to deliver more than just body. We asked cosmetic chemist Jim Hammer to investigate.



**Phyto Professional Intense Volume Mousse**

**HAMMER'S REVIEW:** "Botanicals like myrrh extract help increase volume; acacia and mallow extracts have a moisturizing effect."  
**OUR RESULTS:** It added noticeable volume, whether we applied it just at the roots or all the way through. It wasn't sticky and made our hair feel softer.



**Nexus Lavish Body Volumizing Spray Gel**

**HAMMER'S REVIEW:** "Cationic polymers enhance body, and silicones reduce friction, helping prevent breakage during styling. Silk amino acids help strengthen the hair."  
**OUR RESULTS:** We used it before a blowout and ended up with little body and lots of static. Our hair did feel soft, though.



**Neutrogena Triple Renewal Body Boosting Foam**

**HAMMER'S REVIEW:** "Amino acids and wheat and oat proteins strengthen hair and seal the cuticle, which should give hair a healthy, shiny appearance."  
**OUR RESULTS:** Much lighter and less sticky than other mousses, it gave us volume that lasted well into the evening, but no shine.



**Redken Body Full Instant Bodifier Volumizing Foam**

**HAMMER'S REVIEW:** "This uses some very effective polymers to give great lift and to volumize. Soy protein helps strengthen, while propylene glycol, which has a cooling effect, protects from heat exposure."  
**OUR RESULTS:** It gave our roots nice lift without stiffness. But our hair felt a little more coarse.

## CHECKLIST

The right set of hot rollers can mean the difference between channeling Gisele—or the little ladies of *Toddlers & Tiaras*. Here's how to choose a winner.

- GET VELVET.** Most stylists prefer velvet-covered rollers over plastic ones because they tend to smooth the hair better. If the velvet ones slip out of your hair, cover them with Velcro rollers: Just cut a slit down one side of the Velcro and wrap it around the hot roller, Hawkins says.
- THINK VARIETY.** Most women are best served by a set with rollers in several different sizes. "They give you more freedom to experiment, so you can find out which size works best for you," says Guido. The exception? Those with long hair—small and medium-size rollers can make long hair look poodle-y.
- CLIP IT.** Look for a set that comes with plastic butterfly clips rather than metal pins. They're infinitely easier to use, says Lloyd.