

The Mother Earth Issue

Parents

GREEN FAMILY GOALS

You Can Do This!

**SERVE UP
PLANT-BASED
DINNERS**

**CONNECT
WITH NATURE
EVERY DAY**

**RAISE
A KID WHO
CARES
ABOUT THE
PLANET**

**HILARY
DUFF**

*is making big
changes,
with Luca and
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Curls That Wow

Helene Abiola, mom of 3-year-old Harvey



This shampoo's ingredients are 98% naturally derived.



A conditioner with nonsynthetic fragrance



Gel bottles are made from recycled plastic.

HER WISH: "I'm a single mom and my days are pretty nonstop. I like to bring my vibrant personality to the workplace, and I want my hair to reflect that. I'm also starting to date again and would love a fresh new look," Helene says.

HER MAKEOVER: "Our goal was to enhance and define Helene's beautiful curls, so I customized her cut to best suit her curl type, with a few shorter pieces that frame her face for added shape and movement," says New York City-based hairstylist Koni Bennett. Colorist Tiffanie Richards brightened Helene's hair with a few warm chocolate highlights. "This dyeing technique,

called balayage, helps me pinpoint and accentuate each curl, giving it more movement and dimension," Richards says.

HER NEW ROUTINE: Wash with a cleansing conditioner like **Briogeo Be Gentle, Be Kind Avocado + Quinoa Co-Wash** (\$32; sephora.com), which won't strip hair of moisture. "Curls need tons of hydration to stay frizz-free," says Bennett. While it's still soaking in your hair, detangle with a wide-tooth comb, then rinse. Once you're out of the shower, apply a leave-in treatment like **Odele Leave-in Conditioner** (\$12; target.com), then add **Dove Amplified Textures Shine & Moisture Finishing Gel**

(\$7; drugstores), gently scrunching it into each section. Let hair air-dry, or use a diffuser. On no-wash days, revive curls with a restyling spray like **Shea Moisture Mongongo & Hemp Seed Oils High Porosity Moisture-Seal Finishing Elixir** (not shown, \$13; drugstores). Spritz onto dry hair, then reshape curls with your fingers.

BEFORE



HER REACTION: "I wasn't planning on going this short, but I'm really into how this new haircut highlights and frames my face. More than anything, I feel superconfident posing for these photos."