

SELF



IF YOU WANT BEACHY WAVES

Eco way: To create lasting waves with fewer scary chemicals, chat with your stylist about a thio-free perm, says Sam Brocato, co-owner of the Sam Brocato Salon in New York City. We like **Pravana Beach Wave**; it uses cysteamine, an amino acid derivative, instead of thio to build texture that can last three months. It fades over time, so, unlike conventional perms, there are no bizarro ridges. Find a salon at Pravana.com.