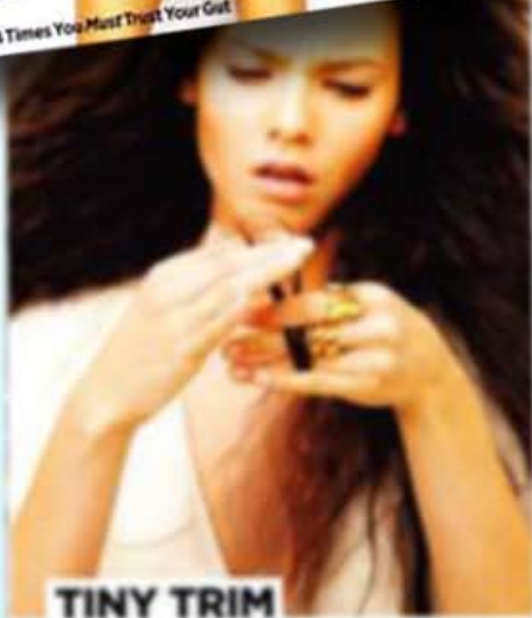


Women's Health

November 2011



Letting your hair grow doesn't have to mean letting it go. Celebrity hairstylist Sarah Potempa recommends DIY micro-cuts between styled visits to keep the ends frizz-free. **THESE MICRO-CUTS** will help you avoid the usual hassle of cutting your hair back out. She says, try this near every two months.



THIS JUST IN
Ink Eraser
Regretting that butterfly tattoo on your ankle? You're not alone. According to Mitch Chasin, M.D., a cosmetic laser specialist in New Jersey, body-art removal is on the rise. If you want to nix your ink, look for a doctor who is part of the American Society of Laser Medicine and Surgery and uses a Q-switch YAG laser device (results can be achieved in three visits for a total of \$1,500 to \$2,500—nope, it's not cheap).