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STYLE YOUR HAIR IN AN UPDO

TIME: 15 minutes.

WHAT YOU NEED: The Pinupgirl Kit (\$22, rsessiontools.com), which contains pins, elastics, and instructions for creating this and three other updos. If you need to add volume to your hair, apply a texture styling spray and curl your hair with a large-barrel curling iron.

HOW-TO:

1. Pull hair up into a ponytail and secure with an elastic band or a bungee (an elastic band that closes with hooks).



2. Place the hair-bun accessory around the base of the ponytail and fasten with large bobby pins. (If your hair is thick enough, you can skip the bun accessory.)



3. Flip your head over and evenly fan out the ponytail over the bun to cover it. Secure with another bungee.



4. Wind the remaining hair around the base of the bun so it conceals the bungee; fix in place with bobby pins.



A PRO CHARGES: \$40

DIY COST: \$0, after the initial \$22 for the kit

trim your bangs

TIME: 5 to 10 minutes.

WHAT YOU NEED: Sharp scissors (such as Rickycare six-inch shears; \$15, rickysnyc.com) and a mirror.

HOW-TO: Start with dry hair. (If your hair is wet, your bangs will wind up too short.) To ensure that you are cutting straight, look in the mirror and place the comb horizontally at the spot where you want the bottom of the bangs to be. (They should fall just above the eyebrows.) Make small snips at a vertical angle to create a soft fringe, using the point of the shears rather than chopping with the entire blade; this will give you more control. Make sure the comb remains parallel to the floor. And, finally, show restraint: Watching those cuttings raining softly into the sink can be dangerously satisfying.

A PRO CHARGES: \$20

DIY COST: \$0, after the initial \$15 for scissors

get a reflexology treatment

TIME: 7 to 14 minutes.

WHAT YOU NEED: Your hands. (Reflexology works parts of the hands or the feet to relieve tension in corresponding body parts; this routine is just for the hands.)

HOW-TO: Perform each step for 30 to 60 seconds, on your dominant hand first, then the other. These instructions are for the right hand.

1. Relax the right hand by holding the wrist and moving it around.
2. Place the left thumb on the top of the right hand and, with your fingertips, massage the fleshy part beneath the right thumb. This helps to relax the spine.

MASSAGE YOUR HAND LIKE THIS.



3. Flip over the right hand. Walk the thumb of the left hand from the right wrist to the top of the palm, making six to eight rows up and down. This can relieve tension in the spine, neck, shoulders, and organs.

4. Place the right hand flat on a table. Work the left thumb over the top of the right wrist to help energize your entire body.

5. With the right hand still flat, work the thumb side of the right wrist with the tips of the left fingers, which helps relax the lower-back muscles.

6. Keeping your right hand on the table, work the top of the thumb with the left pointer finger, which can release neck tension.

7. Lift your hand and press the left thumb into the right palm an inch below the second and third fingers. Gently rock the fingers on the right hand back and forth for overall relaxation. Say "Ahhh."

A PRO CHARGES: \$60 for one hour

DIY COST: \$0

meet the experts

These DIY pros shared their knowledge for this story.

JI BAEK is the author of *Rescue Your Nails* (Workman, \$13). | PHYLLIS A. GARVEY is the president of the Reflexology Association of America. | MARIE LEONARD is the author of *Marie's Home Improvement Guide* (Seal Press, \$17, due out in November). | LOU MANFREDINI is Ace Hardware's "Helpful Hardware Man." | JUDY OSTROW is the author of *The Complete Idiot's Guide to Simple Home Repair* (Alpha, \$17). | FRANK RIZZIERI owns the Rizzieri Salons and School of Cosmetology in New Jersey. | ALLYSON SMITH handcrafts her jewelry collection in her New York City studio. | ERIC STROMER hosts the home-improvement show *Over Your Head* on HGTV. | SUE ZILCO is a master groomer and the owner of the Pampered Pet Grooming shop, in Paxton, Massachusetts.