

"When I'm hosting a dinner party, I often do a pizza night—we set up a station where you can make your own pie, and then we throw them in the big oven. I also do Mexican buffets, which are delicious. But it's more about the fun of just getting a great group of people together and entertaining."

"In Hollywood, you can get swept up in a world of 'yes' men—and that's very dangerous. It's important to have people around you who truly know you."

"It's amusing when you look back at certain hairstyle choices in life that you thought were just awesome at the time, like coloring your hair purple, which I did. I also used to give my mother perms and highlights. We'd call it 'beauty salon day,' and I'd use those kits where you put the cap on and take a sort-of crochet needle to pull the hair through the holes. She might have some beauty regrets, but I don't."

"I love hair products that make it easy to create a nice, simple, not-too-done look, because for me, that's what it's always about. I like using the Living Proof line, especially the new Instant Texture Mist—it gives that beachy wave but still leaves hair healthy and silky, not sticky."

TALKING SHOP WITH...

Jennifer Aniston

She's been America's sweetheart since the '90s, when she starred on *Friends* and made the Rachel haircut a salon bestseller. Over the decades, admiration for now-45-year-old Jennifer Aniston has only grown, as she's weathered tabloid headlines while starring in laugh-out-loud blockbusters like *We're the Millers* and this month's *Horrible Bosses 2*. We chatted up the future Mrs. Justin Theroux after she finished filming the comedy *Cake* (out next year) and asked her to please reveal what keeps her locks looking better than ever—and her bod enviously svelte. **By Mallory Creveling**

"I think exercise just starts the day off perfectly. I usually do yoga four to five times a week. I also do cross training and Spinning. I do love a good stretch before bed too, especially if I'm not able to fit in a workout."