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protect your scalp

If your lengths seem limp, the chances are your scalp may need some TLC. "A healthy scalp has a strong blood supply, bringing essential nutrients to the hair follicles. When they are nourished, it boosts the strength and life of the hair shaft," explains Brad Ngata, a leading stylist and L'Oréal Professionnel ambassador. To fortify and thicken each strand, Ngata recommends stimulating your hair follicles with a regular treatment, such as **Nioxin Intensive Treatment Hair Booster (6)**, \$118. Rose-Garcia adds that massaging the scalp through regular brushing can also help. "It gets the blood flowing around the hair follicle and encourages growth," she reveals.

blow-dry better

"To get the volume you want, you need to conquer your hair when it's wet," advises Josh. Apply a root-boosting spray to your crown, then roughly dry your strands, lifting small sections with your fingers and blasting the roots until they are dry. Try the **Remington Pro-touch Sensor Hair Dryer (7)**, \$33.95. "Only then blow-dry your ends [with a round brush]. You'll be amazed how much more root lift you can achieve," he explains. For added oomph, pop in velcro rollers like **Hair FX Self Gripping Rollers (1)**, \$6.95 for a pack of six, while strands are still warm. Once cool, remove, flip your head upside down and use your hands to brush out your hair. Finish with a mist of hairspray.



tease me

Backcombing instantly adds height to your hair. Concentrating on your crown, lift a small section of hair and, using a tail comb such as the **BaByliss Pro Nano Titanium (3)**, \$6.95, work it down three times, close to the root. Repeat before smoothing over the top with a natural-bristle brush. The key is a lot of small sections rather than one large one. "It's also a lot easier to brush out than it looks," explains Rose-Garcia, who recommends the **Mason Pearson Pure Bristle Handy Brush (2)**, \$235. "But never brush out wet hair – it's weaker than dry hair," she warns.

spray it

To give your second-day style a pick-me-up, lift 8cm sections and allow them to drop through a mist of dry shampoo, such as **Joico Instant Refresh Dry Shampoo (5)**, \$25.95. After 30 seconds, massage it into your scalp to prevent residue. Then, spray with a medium-hold hairspray, like **Toni & Guy Casual Flexible Hold Hairspray (4)**, \$15.99, and scrunch. The result is hair with lift and a seemingly no-product finish. ■