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GRANDPARENTS IN WAITING

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YOUR CHILD
WITH INFERTILITY

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NUTRIENTS
TO SEE YOU
THROUGH TO
THE NEW YEAR

SEE YOU LATER,
CHICKEN LEGS
BUILD SHOW-OFF
CALF MUSCLES IN
20 MINUTES A DAY

CAN'T AFFORD THE SALON?

EXPERT WAYS TO
BE YOUR OWN
HAIRDRESSER



FIT FESTIVE FARE

HOW TO MAKE A WHOLESOME CHRISTMAS LUNCH FOR UNDER \$20 A HEAD



BUDGET HAIR SOLUTIONS

How not to spend your weekly grocery bill on your hair

Expensive and cool doesn't always mean a better result when it comes to hair. That's the lesson I've learnt since going from low-maintenance long hair to a short style that needs to be cut often. My budget is still reeling from the up-market salon I recently visited – the cut and colour cost me nearly the same amount as my weekly food bill for four and I didn't even like the cut that much. The experience has led me to find wallet-friendly hair solutions so my beauty budget can recover.

DIY HAIR TREATMENTS

Salon hair treatments can come with a hefty price tag. But don't fear – you can make your own treatments at home that won't break the bank.

- **FOR DRY HAIR:** Try a pre-shampoo hot olive oil treatment. Warm enough olive oil to cover your hair, massage it into dry or damp locks and scalp and wrap your head in a warm towel. Leave for 30 minutes, then wash as normal.
- **FOR DAMAGED HAIR:** Mix together 1 egg yolk, 1 tsp honey and some olive oil. Massage it into dry or damp hair and scalp, then wrap your hair in a warm towel. Leave for 30 minutes, then wash as normal.
- **FOR A FLAKY SCALP:** Treat hair with this after-shampoo rinse: Mix together 2 tsp apple cider vinegar with 25ml warm water. If you don't mind the smell, leave the rinse on your hair and dry as normal.

DIY TRIMMING

Learning how to trim your own hair can save you a huge amount of time and money, and keep hair looking neat for longer. Hairdresser and Nth Degree distributor Tanya Nelson says the key to trimming your fringe at home is to section it with clips first. "Start with a small section of hair from the centre of your fringe area, moving on to each side following the same line," she says.

To tidy up layers, take sections of hair on a diagonal angle from the top of the head to the ear, holding back the rest of your hair with clips. "Sections of hair should be about 3cm wide," Nelson says. "Comb the hair forwards following the same angle that you've sectioned, then trim the bottom with hairdressing scissors." She suggests using Iceman Salon Pro 6" scissors (\$26.95, 1800 251 215, pictured).

AT-HOME COLOURING

Salon colouring can cause the biggest budget blow-out, particularly if you're trying to keep on top of your regrowth. When colouring at home, L'Oréal Paris creative colourist director Christophe Robin advises staying within two shades of your natural colour.

- **GOING DARKER:** Make sure your hair is in good condition before going darker as porous hair will fade quickly. It's a good idea to use a weekly treatment for the month before you colour to get the best result. "If you've previously coloured your hair to a

A PARTING OF WAYS FOR A SIMPLE CHANGE

Playing around with the way you part your hair is an easy (and free!) way to update or change your look. A centre parting is ideal for people with fine hair because it keeps the weight evenly balanced. A side part can work to highlight, soften or hide different parts of your face and suits most face shapes. A deeper parting can suit fuller faces in particular. Or simply flip the side of your part for a bit of a change.

blonde shade and want to return to a darker shade, purchase two packs of colour," Robin says. "You need one in your desired shade, and the other containing some warm, red or copper pigments. Failure to add [this warmth] can result in a slightly greenish look."

- **GOING LIGHTER:** This can be tricky, particularly if you're planning a dramatic change. Your hair must be in good condition first or you'll end up with a brittle mess. Also understand that the end result may not be what you expect, depending on the colour you start with and your hair's condition. "Lightening dark hair can present technical difficulties and an ugly yellow tinge often occurs," Robin says. He suggests keeping a brown base and adding a few highlights, "but these should never be paler than honey-coloured". Try L'Oréal Paris Preference Glam Lights (\$19.45, 1300 659 359) for a natural look.
- **COVERING GREYS:** "If you have a lot of grey hair, then use a permanent colour. If you have a few grey hairs, you can apply all types of colour to your hair," Robin says. "Permanent colours are versatile as they're able to lighten, darken and cover up grey hair, and you only need to touch the roots up every four to eight weeks, depending on the shade you choose."

POST-SALON CARE

If you paid big bucks for colouring at a salon, then investing in caring for your hair at home can extend the life of your colour. "For those who are active in the water in summer, I recommend a shampoo that removes chlorine build-up, such as Aveda Sun Care Hair and Body Cleanser (\$39.95, 1300 706 377, pictured)," Tribe salon director Luke Smart says. "Chlorine can make your hair dull and highlights lifeless." Treating your hair regularly with the DIY at-home treatments (above) will also help to keep it looking its best.

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