

PLUS! Cheats' guide to a younger leaner body

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5 SIGNS THAT YOU HAVE IT



137 Must-haves
INSTORE THIS WEEK

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Victoria Beckham
A/W 12-13



JULIA TEEN
Beauty assistant

JULIA has a serious keratin treatment habit. "I like it straight and polished, but not prim," she explains. Her past offences include over-straightening her hair until it falls flat or lacquering it to her face in overzealous efforts to make a style stick. Her new blowdry mission? Brad instructs: "Start when your hair's still damp and point your nozzle downward at an 80-degree angle."

STRAIGHT & SLEEK

As seen backstage...
Ali Holmes' quick fix for hairline "antennae": light-spritz a blush brush with hairspray (hold about 40cm away) and sweep over part-lines to control flyaways and baby hairs.

The un-do update

Give it a bit of movement. Finish off your blowdry by loosely wrapping in a low, relaxed bun (keep your part intact) for five minutes while you cool off. It'll also help short-circuit frizz, says Brad.



CULT PREDICTION!

"An ionic dryer that infuses built-in keratin proteins into your hair? Genius! Love the self-adjust heat and speed settings – on my fine hair I switched to low and it blasted me straight in half the time I'm used to. And my silkiness count? Way off the charts." – Julia

Remington Keratin Therapy Dryer: \$53.95 (1800 623 118)

Trendset Unique
A/W 12-13

Double act

Working with thick texture or riotous curls? Fashion week fave Jon Pultano (www.headcasehair.com) uses multiple brush types for his famously glam finish. "I'll start with the wide paddle brush to get the bulk of the hair all smooth and give it a great sheen, then finish by working a round ceramic brush through the lengths and ends." The ceramic heats up for extra control and styling speed. "It gives that luxe, polished feel."

Body brush

"A natural-bristle paddle brush gets hair ultra-sleek and silky," says Brad. To avoid flatness, try zig-zagging it as you blow. "Flick your hair to one side, brush it across your head, then do it back in the other direction, so you're constantly brushing side to side." Result? Natural root lift.



- 1. Sunsilk Co-creations Expert-Perfect Straight Detangling Mist, \$6.49 (1800 061 027)**
Dried-out and knotted up? This non-greasy spritz goes a long way and the gun-design targets the back of your head easily.
- 2. Bumble and bumble. Straight Blow Dry, \$48 (www.meccacosmetics.com.au)**
For curly hair that usually inflates the second you walk outside. Insta-sleekification!
- 3. RPR Paddle Brush, \$19.95 (03 9556 0900)**
"Paddle brushes are great for natural lift and a sleek feel – without the full-on volume," says Brad.
- 4. Not Your Mother's Rise & Shine Silky Smooth Shine Mist, \$14.95 (1800 251 215)**
A featherweight gloss. "I keep this on my desk for a quick shine re-rew," says Julia.



1. **BabylissPro Ceramic Hot Tube Brush (large), \$22.95** (1800 251 215) A big-barrel curve for bend and volume.
2. **O&M Original Queenie Firm Hold Hairspray, \$31.95** (1300 724 635) "If you're spraying with your elbow bent, you're too close," says Ali. This one's fab for thick hair and holding curl – brushes out easily too.
3. **Goldwell Volume Double Boost, \$22.95** (1800 506 060) Stops thicker hair from dropping.
4. **Rahua Volumising Shampoo, \$42** (www.bathingbeauty.com.au) Pumps up body by cutting out oil slicks with natural citric juices, lemongrass and green tea.
5. **Robert De Soto Finger Diffuser (regular), from \$14.95** (1800 251 215) Fast-tracks volume and limits heat damage to the hair.

Got born-with-it curl? Embrace and control...
"Take small sections and twist them like a rope, and run the dryer down from roots to ends, never the other way around," says Ali. **"Leave in sections to cool, and then go back and loosely rake it with your fingers."**

CULT PREDICTION!

"When I road-tested this ionic dryer I scored seven compliments on how glossy my hair looked – and I was sans product! It's easier on the wrist than most dryers and the heat/air balance means you don't feel a) burnt or b) windswept." – Noelle

ghd Air, \$199 (1300 443 424)



It's all in the wrist!

Want salon-bouncy curl? "Pull your brush tightly through your hair, turning inward and lifting at the roots as you go," says Paul. "At the ends of your hair, turn the brush a full 360 degrees, to avoid a 'Nike tick.'" Cut also matters. "Have a few layers in there, some graduation and softness. It's harder to build volume if you have one length."

Diffuse it

Paul reckons diffusers are the best-kept front-row secret. "They dry the hair in its most natural form, without extra heat or frizz." His tip? While damp, add volumiser to roots, then plait or twist scattered sections into knots. Tip upside-down, diffuse dry, spritz in a light hairspray, then take out. Express chic!

FULL BODY & BOUNCE



NOELLE FAULKNER
Beauty writer

NOELLE calls it "dishevelled-luxe" (also known as bed-head waves). She likes high volume with a little bit of curly movement that she can turn tough with texturiser or wear high glam. She over-abuses irons because she's barrel-brush clueless. Ali teaches her smarter, three-part sectioning: "Ear-to-ear and below, the 'horseshoe' (between the points where some men start receding) and *then* the top section."

Tuck 'n' roll

To set a barrel wave, pin hair into round curls while it's still hot and leave to cool or blow off with your cool shot. "If you're unco like me, use Ali's shortcut: wrap the hair around your hand to get the shape," says Noelle. Cinch!



Michael van der Haar
A/W 12-13