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YOUR 10-PAGE GUIDE

## SEXY HAIR

- hot cuts & colours
- quick tricks for instant shine

THE RISE AND FALL OF LA'S DRUG-DEALING DIVAS

"I LEFT MY HUSBAND TO BE WITH MY EX"

ARE YOU FERTILITY FIT? HOW TO GET YOUR BODY BABY-READY

KATE HUDSON

FUNNY GIRL TO FITNESS GURU

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the ultimate edit of the season's best accessories



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# 347

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40-PAGE MEN'S SPECIAL: HOW TO GET YOUR GUY ON TREND





1

*dust off*

Dry shampoo is an essential in most women's kits, but it doesn't do much for shine.

"It was designed to be brushed out, taking with it any excess oil," explains Barwick. To get the benefits of dry shampoo without the dullness, "Leave the residual product at your roots and apply a gloss finishing product to the more visible mid-lengths and ends," he suggests. Try **Moroccanoil Glimmer Shine Finish (1)**, \$35.95.



**SHINY HAIR REQUIRES SMARTER STYLING**

**1** Hot tools dry out the hair and leave it looking dull, lifeless and prone to frizz. "Skip a day or more between blow-drying and leave your hair to dry naturally whenever you can," recommends Hughes. "This will allow the natural oils to work their way throughout the hair, creating more shine."

**2** If you are blow-drying your hair, "Go over each section several times to make sure you remove all the water – any moisture left in the shaft can cause the hair to frizz later in the day," explains Hughes.

**3** When blow-drying, "Keep the brush rotating through your fingers so the cuticle gets a buffing, then repeat with a blast of cool air to hold the shape and create shine," advises Redken Australia artistic director Philip Barwick. Try the **Lady Jayne Everyday Style Radial Brush (2)**, \$23.99.

**4** Prepping hair with a thermal protectant, like **L'Oréal Paris Elnett Satin Heat Styling Spray (3)**, \$12.95, before picking up a hot styling tool is mandatory. These products "provide heat protection to prevent split ends and breakage, and some even impart a soft hold to easily create long-lasting styles, and reduce colour fading", says Hughes.

**5** Keep an eye on temperature. "Maintain your hot styling tools below the top setting, which can be damaging to hair," suggests Hughes. Look for tools with adjustable settings, like **Silver Bullet Black Velvet Hair Dryer (4)**, \$79.95.



**SHINY HAIR MIGHT INVOLVE A SALON VISIT**

**1** "One-length, straight-cut, darker hair will always outshine others," explains Barwick, so if lustre is the look you're lusting after, ask your stylist for blunt, scissor-cut edges.

**2** If you want texture, Barwick recommends point cutting. "This is where hair is cut from the ends inward to deliver texture ... as opposed to slicing, which can sometimes abrade the hair shaft," he says. "That's not to say slicing is wrong; it's a great technique, but we're talking about maximising every element."

**3** Single-process, solid colour delivers maximum luminosity, but it's not entirely realistic for most women. Solution: clever colour placement can mimic light reflecting off the hair. "Having a lighter or brighter pop of colour coming from underneath your natural or deeper colour can create the impression of shine, as the eye can confuse brightness with reflection," recommends Barwick.

**4** Make time for a professional treatment, like the 30-minute **Wella SP Luxury Treatment, POA**, which can include the **Shine Define** product range, or the **Kérastase Fusio Dose In-Salon Service**, from \$30, a 15-minute customised dose of gloss.

**5** Over-processed, compromised hair is often dull. "[If your stylist] informs you your hair is approaching this stage, please take note!" pleads Barwick. Talk to them about ways to increase the time between your colour appointments, and invest in a quality at-home regimen to maintain the health and integrity of your hair. >



2



3

EDWARD UFRUTIA



*"Keep the brush rotating [when blow-drying] so the cuticle gets a buffing, then repeat with a blast of cool air"*

Redken Australia artistic director Philip Barwick