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# Help! HOW DO I FIGHT FRIZZY HAIR?

Expert tips to turn fly-away fluff into shiny strands

**N**otice your hair is becoming frizzier the older you get? 'It's perfectly normal,' explains celebrity hairstylist George Giavis. 'Just as your skin needs more moisturising, so does your hair. Mature hair needs a different regimen and products to help lock in moisture.'

## MUST-DO

First, change your shampoo and conditioner to a more hydrating or moisturising option. 'Keep away from clear shampoos as these are clarifying [remove build-up to detox your locks], and you need a shampoo containing conditioning elements,' warns hairstylist Barney Martin, who's cared for the tresses of Kate Moss.

## TREAT, TREAT, TREAT

'Use a deep conditioning treatment at least once a week to replenish lost moisture,' advises hairstylist Kerry Warne, who looks after Nicole Kidman's locks. Also, try to limit the number of times you wash your hair a week and minimise the time you blow or towel-dry your hair. George says: 'Let it dry naturally to help retain moisture.'

## COOL IT DOWN

'At the end of a shower, rinse your hair in cold water to close the cuticles and make strands shine,' advises hairstylist Anthony Nader.

## LOVE SERUM

'It's the ultimate frizz eliminator when used correctly,' Kerry says.



Sarah Jessica Parker, 47, always boasts super-glossy waves.

At 45, Julia Roberts' locks look eternally youthful – thanks to the right products and styling.



Did you know?

A muggy bathroom has the same effect on your hair as a humid day, so move your blow-drying to the bedroom.



Silver Bullet Supreme 3600 Professional hair dryer, \$59.95



John Frieda Frizz-Ease Miraculous Recovery Intensive Masque, \$16.99



Brushworx Keratin Silk Large Ceramic Boar Bristle Radial Brush, \$19.95

'Apply serum to soaking wet hair to attack frizz before hair dries, but don't apply too much – just one pump for shorter hair, two or three for longer. Also, never towel-dry frizzy hair as this roughs up the strands, making it harder to tame back down. Simply blot any excess moisture.'

## HAIR-DRYING 101

'Protect your locks from excessive heat and buy a new hair dryer that doesn't zap all the moisture out,' adds Anthony. 'Keep the nozzle attached and aim the heat down the shaft, which will keep the cuticle smooth and create an ultra-shiny finish. Don't forget to apply a heat protector beforehand.'

## BRUSH UP

'Blow-dry your hair smooth using a big, round, natural boar-bristle brush – and avoid nylon bristles which make hair more static and frizzy,' recommends Anthony.



John Frieda Frizz-Ease Hair Serum Extra Strength Formula, \$16.99



Pantene Clinicare Micro-Repair Revitalizing Shampoo, \$14.99



Garnier Fructis Sleek & Shine 72H Leave-In Heat Protection Cream, \$7.95

Test: Adriana Domínguez, S&B; My Photos: Guy Bailey; Where to Buy: Brushworx 1800 251 251; Garnier 1300 631 745; John Frieda 1800 468 735; Pantene 1800 018 280; Silver Bullet 1800 251 251

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