

OK!

THE RED CARPET

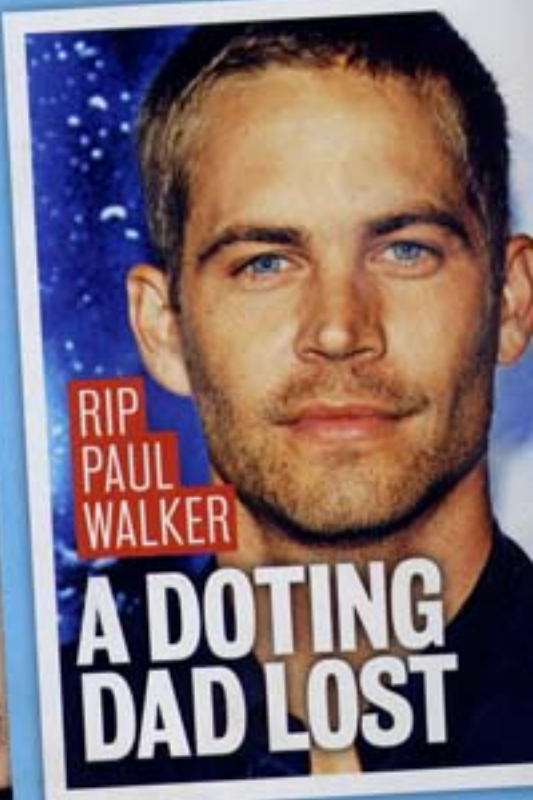


SISTERS AT WAR



Miranda Kerr & James Packer

Why she's found The One!



RIP PAUL WALKER

A DOTING DAD LOST

KOURT TO KIM ACT LIKE A MUM... NOT A GROUPIE

'You need to stay home,' blasts Kourtney



KATE'S NEW FACE

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The key to long, luscious locks like Miranda Kerr's is a healthy scalp

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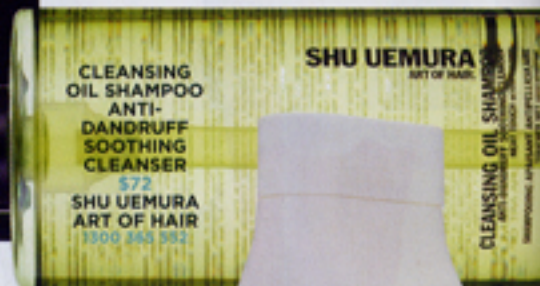
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TIP!
‘Be careful with hairdryers aimed at the scalp. Overuse can exacerbate a dry scalp. And always rinse hair well after swimming in chlorine or saltwater as these both have drying effects on the scalp,’ Stevie says.



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Crowning GLORY

In case you hadn't noticed, your scalp is kind of in the spotlight right now

Scalps used to be a topic only people with dandruff had to discuss, but nowadays hair products are out to show us that if we want healthy hair, it all starts at the roots.

‘Starting with a healthy scalp will help ensure healthy hair growth,’ says Stevie Cortchine of Stevie English Hair.

Just like your skin, Stevie says a healthy scalp is smooth, flake-free and has a good balance of oils. An unhealthy scalp can be dry with

flaky skin (not to be confused with dandruff, which is a form of fungus), or oily and scaly.

Luckily, some stellar new products focus on the scalp in a bid to provide balance and soothe any irritations to promote healthier, longer and stronger hair. But that doesn't mean you can skip the salon!

‘An in-salon scalp massage helps to stimulate blood flow and sebum production, which is critical for scalp and hair health,’ Stevie adds. ●



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