

# Hello, sunshine

LOCKS NOT LOVING  
THE HEAT AND  
HUMIDITY? BID BAD  
HAIR DAYS GOODBYE  
WITH OUR SIMPLE  
SOLUTIONS.

## SUMMER HAIR

### Limp & LANK

Summer throws up a double hair whammy – heat stimulates the oil glands on your scalp so roots tend to get greasy faster, but frequent washing leaves the ends parched. It's a particularly tricky time for fine-haired folk – achieving weightless volume in the heat and humidity means less is more when it comes to products.

**DAMAGE CONTROL** Prevention is always best – avoid playing with your hair (the natural oil and excess sunscreen on your palms won't do oily roots any favours) and use a shampoo specifically designed to combat lank limp hair, such as **De Lorenzo Control Shampoo, \$29.50**. If you're on the go, pop a **Lush Jumping Juniper Solid Shampoo, \$13.95**, in your bag – it does a brilliant cleansing job on oily roots. Smooth conditioner onto the ends first, then lather up and let the suds trickle down – that way your ends stay smooth while your roots get a good cleanse.

**EASY FIX** Kevin Murphy Powder Puff, \$36.95, is magic for fine hair that needs a serious root lift in a flash, but if the heat leaves your locks totally limp, you'll need a long-term bounce-reviving strategy. **John Frieda 7 Day Volume, \$16.99**, is an easy in-shower treatment that thickens individual strands and gives your hair better grip, so you get noticeable volume after a few washes.



### THE PERFECT BEACH UPDO

**STEP 1** Comb hair until smooth with a **Tangle Teezer Pink Kitty Compact Styler, \$34.95** (the best on-the-go brush ever). Rub a pea-sized amount of **Hanz de Fuko Scheme Cream, \$29.95**, between palms and smooth lightly over hair to reduce flyaways.

**STEP 2** Create a classic chunky plait by parting the hair into three sections. Begin plaiting from just above the nape of the neck and secure the end with a clear band.

**STEP 3** Twist the plait into a bun and secure with pins.



## Seeing GREEN

If your gorgeous ombre is turning orange or – worse yet – your pretty platinum is going a ghastly green, it's time for a mini hair detox. Hair is incredibly porous, meaning it drinks up water (and whatever lurks in it) like a thirsty camel. That's bad news if you spend a lot of time in the pool because chlorine is a bleaching agent that binds with protein in the hair shaft, causing dryness and colour damage.

**DAMAGE CONTROL** Before diving into the water, drench your hair thoroughly with fresh water – if your locks are wet, they can't physically soak up as much chlorinated pool water. "Better yet, come prepared and apply conditioner or a hair treatment to your hair, then pop on a swimming cap," says hair expert Philip Gallo from Gallo Hair in Sydney. "The conditioner will coat and protect your hair if any water gets through the cap." Try **Evo Happy Campers, \$25.95**, or **Eleven Australia Miracle Hair Treatment, \$24.95**.

**EASY FIX** Post-swim you'll need a purifying shampoo that can whisk away pool chemicals quick-smart. **Pure Hair Food Clarifying Shampoo, \$28.90**, removes chemical residues without totally stripping your hair of its natural oils. Or, try a quick rinse with apple cider vinegar to give your hair a clean bill of health (and extra shine, too!).



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## Out TO DRY

While sun and surf lifts the spirits, it's stressful for your strands. If your locks look parched the protective cuticle has been raised, exposing the hair shaft and causing moisture to evaporate. The result? Frizz, colour damage and split ends.

**DAMAGE CONTROL** Save precious time and minimise dehydration by only washing your hair every second or third day and using a sulfate-free shampoo, such as **L'Oréal Paris Hair Expertise SuperSleek Shampoo, \$15.95**. Sulfates make shampoo nice n' sudsy, but can strip hair of natural oils – exactly what you don't want in the fight against frizz!

**EASY FIX** "Damaged hair needs protein, while dry hair needs moisture to soften it," says Phil. Give brittle hair a strength boost

with **Weleda Oat Replenishing Treatment, \$19.95**, or rehydrate dry hair with **REF Argan Oil 550, \$34**. Try this once a fortnight: coat your hair in coconut oil, clip it up and leave for an hour before lathering off – it's loaded with essential fatty acids that help improve strength and shine.



## Colour BLOCK

Don't let the big bucks you've spent on radiant highlights or a glossy colour go to waste: it's not just your skin that can sizzle in the sun, hair gets zapped of its bounce, too.

**DAMAGE CONTROL** "Hair can't get burned in the same way as skin does from the sun but it does get dehydrated," says Phil. Spritz on some sun protection, such as **Wella System Professional Sun UV Spray, \$36**, and slap on a hat if you're spending significant time outdoors. It pays to protect your noggin, too – slick the hair straight back instead of parting it so that your scalp isn't exposed.

**EASY FIX** Choose your shampoo wisely if you plan to hold on to your salon hue. **Muk Vivid Colour Lock Shampoo, \$24.95**, is packed with protein to help prevent colour leaching from your locks. Blondes

will benefit from a purple shampoo, such as **Joico Colour Balance Purple Shampoo, \$29.95**, which contains neutralising pigments that counteract brassiness. If your hair is coloured, skip the conditioner and reach straight for a heavy-duty hair masque like **Pantene Pro-V Colour Therapy Intensive Hair Masque, \$4.99**, which is specifically designed to maintain shine and strength in chemically treated hair. ■

