

BEAUTY

30 secrets to heavenly hair

You don't need a personal hairdresser to sport luscious locks. Simply follow these easy cutting, colouring and styling tips for hair to dye for.

Words **Eva-Maria Bobbert** Photography **Steven Chee**

Chop to it

So you long for Meg Ryan's sexy shag or Sarah Jessica Parker's pretty boho waves, but are convinced they only look good because these stars have an army of hair-stylists to tong, tease and terrorise any strand that dares move. While this is true to some extent, the real secret to these signature styles is a cut that suits the shape of their face and their hair types.

1 Faces come in four basic shapes – oval, square, round and heart – and each one is suited to different hairstyles. Before you book a cut, Oscar Cullinan, managing director of Oscar Oscar Salons in Queensland, says you should work out what shape your face is. "Stand in front of a mirror and pull back your hair. Trace the outline of your face onto the mirror with something you can wipe off later, then step back to view," he says.

2 Have you got an egg-shaped head? Well, you've hit the hairstyle jackpot: "An egg-shaped or oval face looks fantastic with virtually any style," says Caterina

DiBiase, artistic director at Heading Out Hair and Beauty in Melbourne.

3 Those who have square-shaped faces with a broad jawline and forehead should avoid straight bobs and severe fringes. Instead, opt for soft, wavy locks and layered looks to draw attention to the cheekbones rather than the jaw.

4 A low side part and just-below-the-chin-length bob looks sexiest on heart-shaped faces. "The idea is to make a wide forehead seem narrower and a pointy chin wider," Oscar explains.

5 Round faces need a haircut that will create length. "Go for body at the crown and layered, swept-back styles to make your face appear narrower," says Anthony Nader, creative hair director at Raw Salon in Sydney. "Steer clear of centre parts, short cropped hair and straight fringes as they can enhance roundness."

6 Your hair's texture also determines how well a cut works. For those with fine, fly-away hair, the artistic team at Enve Hairdressers in Adelaide says a short, blunt cut or a short, textured style will make your hair look fuller.

7 Thick hair is best kept long or at shoulder length. "A short style can make the hair look too bulky," says Oscar.

8 Got natural waves? "A fine-textured cut won't work for you," advises Shane Henning, Pantene Professional consultant and four-time Australian Hairdresser of the Year. Rather than getting layers cut, use styling products and techniques to define your hair. For example, rub a leave-in conditioner into the hair and let it dry naturally to create beach-babe waves.

9 If you're contemplating a radical style change (such as swapping your Rapunzel-like tresses for a pixie crop), Oscar recommends thinking it over for two or three weeks. "Then, if you still want to change your hairstyle, you can feel comfortable that it's a decision you won't regret," he says.

10 Take magazine clippings and photographs of haircuts you like to show your stylist. "Your hairdresser can tell you whether the style suits your face shape and if your hair can carry the cut," says Caterina.

Super styling

Got the right cut but still can't replicate the style at home? All you need are the right tools and techniques.

1 Rule number one: when detangling wet hair, use a large-tooth comb, not a brush, to avoid damaging the cuticles.

2 Natural boar-bristle brushes are best if you want to grip, not rip, your locks when blow-drying. Steer clear of plastic bristles, which can melt.

3 Use a vent brush to plump up fine hair. "The balls on the tips of the bristles create a lifting action and the vents in the brush increase air flow for extra volume," says Oscar Cullinan. To add more volume, tip your head over and blast the roots of your hair with a blow-dryer. Spritz a volumising spray, such as **Matthew James Uprooted Rootlift Spray 300ml**, \$19.95, on the roots for extra hold and lift.

4 "For a smooth, bouncy finish, use a round brush and lift the hair at the roots, then smooth down the cuticle by

turning the brush in a circular motion," advises Shane Henning.

5 Ceramic brushes, such as **Lady Jayne Ceramic Thermal Radial Brush**, \$12.55, retain the heat from the blow-dryer, which seals the hair cuticle quickly for a fuzz-free finish.

6 Want super-straight locks? The team at Synergy Melbourne says keep hair taut with a radial brush while blow-drying and angle the nozzle down the hair shaft to flatten the cuticle.

7 For a lasting blow-dry, choose a hair dryer with a "cool" setting. As each section dries, switch to cool air to finish.

8 A paddle brush, such as **Hairs & Graces Square Headed Pad Brush**, \$9.64, speeds up drying as it has a large flat surface that won't leave kinks.

9 Stumped on how to tackle your short hairstyle? The smaller the brush, the closer you'll get to the roots.

10 To extend the life of your brush, remove hair and scrub with warm soapy water once a week. (Don't soak wooden brushes as they can fall apart.)



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