

The Sunday Telegraph

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body+**+**soul

FOUND!

The secret to uninterrupted summer sleep

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Easy, breezy seasonal brunches

HEATWAVE-PROOF

your hair

From wavy to windblown, frizzy to flat – transform your summer hair woes with our expert masterclass

to make sure your hair stays hydrated. Up your hair hydration levels by choosing a moisturising shampoo and conditioner. It's also a good idea to use a smoothing product that doubles as a styler, so look for products with descriptors like 'anti-frizz' on the label.

TURN DOWN THE TEMPERATURE

Use cooler water when washing your hair. Not only will it tame frizz and add shine, it'll also keep dehydration at bay

Watch out for silicone

Noticed your hair has become dull, limp and lacking shine? While this is usually thought to be a result of your diet, you may be surprised to learn that it may be one of your regular hair products playing havoc with your hair. Silicone — long lauded as the go-to ingredient for its ability to add instant shine and smoothness to strands — is no longer the gold standard. In fact, it's the opposite.

"Over time, this cosmetic mineral basically waterproofs each strand, suffocating the hair and preventing nutrients from penetrating through its barrier. It also works as a magnet to attract dirt and pollution, and progressively makes the hair look dull and feel dry as a consequence," explains Que Colour creative director Taylah Jones.

"I can determine a silicone build-up as soon as I put my fingers through a client's hair. The first product I grab off the shelf is a detoxifying, cleansing scrub with sea salt to gently remove the build-up."

At home, opt for products that are free from silicones and use a clarifying shampoo as well as a scalp scrub once a week to limit build-up.

Turn to texture

Treatments and topicals aside, your haircut can also play a major role in a smooth finish.

"Although it widely depends on how much your hair is affected by heat, or more to the point, the humidity, if you struggle with frizz, then a cut that has layers or is more textured is a great way to deal with the heat," says Bondi Boost ambassador and stylist Max May. "[A layered cut] makes the frizz work for you by blending it into your style through waves and undone texture."

RAW salon owner Anthony Nader agrees. "My biggest tip with your summer cut is to make sure you ask your hairstylist for loads of texture as you want your hair to move around and adjust to the humidity," he explains. "By adding interior texture, you can still have length, but the heaviness on the inside is lightened up so it has more bounce and movement. The added bonus when adding more texture is that you can play around with the styling more. Go for sharper, cleaner edges and avoid thinning razors as they can make your ends appear frail and wispy."

Split ends also travel up the hair, so be sure to have regular trims every six to eight weeks if you're prone to damage, to avoid chopping off more than you want to. →

YOUR AT-HOME RESCUE REMEDIES

Trending products and tools to get your mane under control

1. Davroe Luxe Leave-In Masque (\$24.95, davroe.com)

This leave-in moisturising treatment acts as a UV protector in addition to providing a barrier against damage — and it's vegan, too!

2. A'kin Moisture Rich Macadamia Oil & Wheat Protein Conditioner (\$26.99, priceline.com.au)

Infuse all-important protein back into your strands with this range of silicone-free products.

3. Christophe Robin No Frizz Anti-Frizz Rescue Milk (\$52, sephora.com.au)

Style your hair and fight frizz at the same time by hydrating your hair with this shea butter-infused rescue milk.

4. L'Oréal Professionnel Smartbond Step 3 Conditioner (\$45, adorebeauty.com.au)

Extend the length of your colour by using this conditioning product to strengthen your hair.

5. Remington Curl & Straight Confidence (\$149.95, bigw.com.au)

The twisted plates allow you to easily straighten or curl your locks, while the ceramic-coating infused with anti-static tourmaline ensure a frizz-free, sleek style.

6. Inverse Hair Conditioning System (\$229, nourishedlife.com.au)

It looks like a straightener, but this tool actually uses sub-zero temperatures to restore dry and damaged hair.

7. WetBrush Pro Organic Swirl (\$23.95, adorebeauty.com.au)

The unique bristles of this hairbrush glide through wet and dry hair, minimising breakage by 45 per cent.

8. Malibu C Swimmers Wellness Shampoo (\$22.95, i-glamour.com)

The Swimmers Wellness range is formulated with an antioxidant vitamin complex that removes harsh minerals that land up in your hair from pool and ocean water.

9. Trico Lab Hair Detox Organic Tea (\$29.95, trico-lab.com)

Packed with vitamins, minerals and antioxidants that are said to help reduce hair breakage, improve elasticity and even amp up shine.

10. VS Sassoon Frizz Defense Salon Hair Dryer (\$79.95, harveynorman.com.au)

Clever tech releases anti-frizz ions to eliminate static while at the same time conditioning your hair.

11. Supergoop! Poof 100% Mineral Part Powder SPF 45 (about \$55, revolveclothing.com.au)

This mineral active powder is sun protection for your scalp that doubles as a dry shampoo.

