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AUSTRALIA

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MAGAZINE OF THE YEAR

ANTI-AGEING SPECIAL

HOW TO LOOK YOUNGER

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PRINT POST APPROVED PP241813/00125

FREE 44-PAGE HAIR GUIDE

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beauty

HAIR SPECIAL

HOTTEST CUTS & COLOURS ■ SEXY STYLES ■ SIMPLE SOLUTIONS TO SUIT YOU



Q My hair has suddenly started to fall out. Why is this happening and how can I stop it? **Jen, 33**

A Sudden increase in hair loss is usually due to something that occurred three months prior, like extreme stress, illness or changes in your use of the pill. In such cases, it should slow after three months before making a full recovery. A deficiency in core nutrients can also be a trigger, so ensure your diet is balanced with plenty of protein. Or, if your lifestyle is generally healthy, you need to look at your digestive health as your body may not be absorbing nutrients properly. Supplements, such as silica or protein powder, may also help. If you are suffering from long-term hair loss, it can be the result of a number of medical issues, including thyroid imbalances, diabetes and hypoglycaemia. A trichologist will try to pinpoint the problem and, once it's corrected, your strands should start to thicken up in a few months.

Q At the first sign of rain, my strands instantly frizz. How can I keep them smooth? **Amy, 24**

A As a rule, hair that is dry is more prone to fly-aways as dehydrated strands absorb moisture in the air. Nourish parched lengths by using a deeply moisturising shampoo, conditioner and mask, coupled with an anti-frizz lotion or serum. We recommend **TRESemmé Smooth & Soft Nourishing Smoothing Crème (1), \$7.99**. The secret is to apply the product before blow-drying, while the hair is still damp, and to also ensure your style is 100 per cent dry before further smoothing your hair with a straightener. This extra step helps to fatten the hair's cuticle and lock in moisture.

Q How can I add body to my very fine hair? **Mel, 26**

A The right cut is the key to making your 'do look fuller. Consider a blunt fringe that sweeps your collarbone, a pixie crop or a sharp bob. Avoid layers that are too short, as your hair will look even finer, so keep them longer to enhance movement and volume. If you're self-conscious about thinning at the hairline, try a heavy fringe to create the illusion of fullness. You'll also need to consider the care and styling products you use. Opt for lighter formulas, such as **VO5 Volume Boost Elixir Shampoo and Conditioner (2 & 3), \$4.99 each**, that will nourish strands without weighing them down. Add body to your blow-dry by misting a volumising lotion to the roots and then dry with a round brush to create lift. We like **Brushwax Keratin 230 Hot Tube Brush (6)**, from \$17.05.

Q I wash my hair every day, but it gets greasy very quickly. What should I do? **Claire, 39**

A Overstimulating the scalp – by cleansing too frequently or through too much massage – can cause the sebaceous glands to become hypersensitive. Relieve the symptoms by being gentle when shampooing: use the palms of your hands, not your fingertips, and keep massage to a minimum. Also consider using a dry shampoo, like **TONI&GUY Cleanse Dry Shampoo (4), \$15.99**, to extend the time between washes. Look for styling products that are not greasy, and never apply serums or conditioners near your roots. Excess oiliness may also be influenced by hormones or a zinc deficiency. Try taking a zinc supplement; if this doesn't work, you may need to visit your GP to request a blood test to see whether you have a hormonal imbalance.

Q I love wearing black clothes, but I suffer from dandruff! How can I manage it? **Jade, 23**

A The exact cause of dandruff is still unknown; however, the most common associations are stress, poor diet, irritation from a hair product, exposure to environmental elements and hygiene. Used regularly, a medicated shampoo, such as **Sunilk Co-Creations Purifying Scalp Care Anti-Dandruff Shampoo Co-Created With Dr Françoese Fusco (5), \$4.79**, will help to control the condition by eliminating the yeast associated with it. Also avoid styling aids that contain alcohol as these can be drying. If symptoms persist, consult a trichologist. ▶

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