

Woman's Day



My
inspiring
story

The Voice
star Karise

**I'VE
BEEN
TO
HELL &
BACK**

Plus What
Lionel Richie
really thinks
about Joel



Sylvania Waters
20 year anniversary

**LOOK
WHO IT IS!**



Strewth
Noeline!



**TIGERLILY'S
ALL GROWN UP**

She's a
mini
Michael!



Mary
**BABY
NO.5!**

ISSN 1321-9839
Print Post Approved
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25 Soup-er
recipes inside!



10 hair myths

BUSTED

We call on the experts to deliver the bald truth about healthy hair habits

MYTH 1

USING OIL ON YOUR HAIR WILL MAKE IT GREASY

FACT Certain oils can be extremely beneficial to hair without causing oil slicks. "Argan oil is highly absorbent... for a lightweight, non-greasy feel," says Tanya Nelson, national education manager for Dateline Imports hair products. "Your hair will be amazingly shiny and drying time will be reduced, as excess moisture is pushed out of the hair by the oil, enabling you to style hair up to 40 per cent faster."

TRY Macadamia Natural Oil Luxurious Oil Treatment (with argan oil), \$44.95.



"No matter what your problem area is, macadamia is the answer you've been looking for," says Alicia Keys' stylist Shedelle Holmes.

MYTH 2

THE LONGER YOUR HAIR, THE YOUNGER YOU LOOK

FACT False! Avoid really long, straight styles when you're older. "Very long hair can drag down facial features. Instead, look for lift and bounce," says hair stylist Laura McCowan of Cloud Nine. If your hair is

thick, try cutting it to just below the shoulder. Finer hair may need layering to create a style with more body. "You don't produce as much collagen and sebum as you get older, so shorter hair has more vitality," says Lauren.

TRY Wella Pro Series Repair Shampoo and Conditioner, \$10.99 each, add bounce.



Veteran model Jerry Hall recently cut her famous long blonde locks, while keeping some length.



Gossip Girl star Blake Lively says she uses "any Kerastase product" in her naturally wavy hair.

MYTH 3

HAIRSPRAY MAKES HAIR LOOK RIGID AND FEEL TACKY

FACT "Hairspray is not what it used to be," says Benni Tognini, of Tognini's Hair Skin Body, Brisbane. "Rigid lacquers are what our mothers used, but now spray is so versatile, it can be used with hot tongs, brushed out and worked and shaped into the hair, all without heavy build-up or tacky residue."

TRY Kérastase Age Premium Laque Substantive, \$43.



MYTH 4

BRUSHING HAIR 100 TIMES AT NIGHT INCREASES ITS SHINE

FACT This may have been true decades ago, but with all the products we use now, over-brushing can

cause oiliness and broken strands. Get yourself a good brush, like Mira Boar Bristle Radial Brush, \$29.95, and for extra shine, try Dove Nutritive Therapy Nourishing Oil Care Serum, \$9.99.

