

YOUR GUIDE TO STAYING BIKINI-FIT ALL YEAR ROUND

# CLEO

April 2015

## TINDER PEN PALS EXPOSED

Why he doesn't  
want to meet up

## BEAUTY HOW-TO

- ✓ Get 24/7 lipstick
- ✓ Fix hair mistakes
- ✓ Rock lower lashes
- ✓ Master winged eyeliner

**REPORT**  
IS YOUR  
PHONE  
BEING  
HACKED?

## LENA DUNHAM

What's next  
for the girl  
who can do  
everything?

## FALL-DROBE

**30 PAGES OF  
NEW-SEASON  
FASHION**

**GET** Over 150 amazing tips and  
tricks to take your life, love  
and career to the next level

# INSPIRED!



## Mistake four: PICKING THE WRONG STYLING PRODUCT

Finding the right product to lend your hair body and bounce can be quite the assignment. Gritty root lifters can leave dry hair feeling even crispier, while mousses and waxes can leave oily hair looking seriously limp. More often than not, styling products overpromise and you'll never find fine print that says, "Your hair's too fine for me, move on."

### How to fix it:

**If your strands get greasy really quickly:** Go for dry shampoo or sea-salt spray – something that will take the oil out of your hair and leave you with a matte beach girl texture.

**If you're a normal or combination girl:** Try a mousse. "I think mousse is really underrated," says Hampton. "I use the TONI&GUY Hair Meet Wardrobe Prep Volume Plumping Mousse backstage at nearly every show. It gives normal hair amazing body and doesn't leave residue like some other products do."

**If dry and brittle rings a bell:** Always, always, always use a heat protection spray. "Re-spray the hair in between your blow-drying and your

straightening to top up on protection," Hampton says. If you want to vamp up the volume at your roots, choose a texturiser with a low-powder percentage to avoid crunchy strands. If your hair is dark, apply the product under hair sections to prevent your part from looking grey.

### More volume

APPLY A TENNIS BALL-SIZED DOLLOP OF MOUSSE (LESS IF YOUR HAIR IS SHORT) ONTO DAMP HAIR AND COMB IT THROUGH. THEN, USE A BARREL BRUSH TO GET AIR INTO YOUR LOCKS WHILE BLOW-DRYING SO IT DOESN'T GO FLAT.



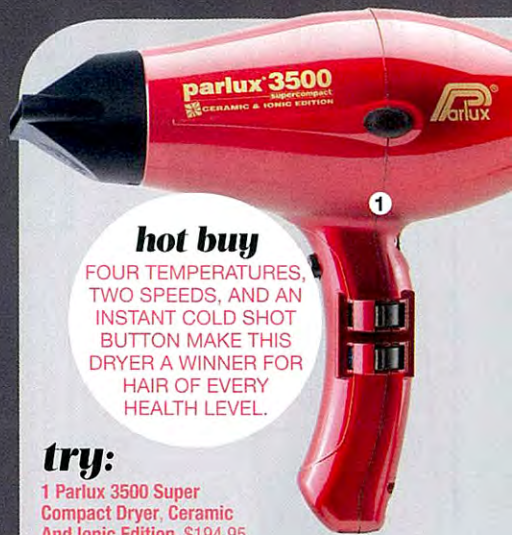
Models rocked mousse at Vivienne Westwood.



Barrel brushing for body at Marchesa.

### try:

- 1 De Lorenzo Defence Extinguishing Spray, \$26.95.
- 2 TONI&GUY Hair Meet Wardrobe Casual Rough Texturiser, \$15.99.
- 3 Not Your Mother's Beach Babe Texturizing Sea Salt Spray, \$16.95.
- 4 TONI&GUY Hair Meet Wardrobe Volume Plumping Mousse, \$15.99.



### hot buy

FOUR TEMPERATURES, TWO SPEEDS, AND AN INSTANT COLD SHOT BUTTON MAKE THIS DRYER A WINNER FOR HAIR OF EVERY HEALTH LEVEL.

### try:

- 1 Parlux 3500 Super Compact Dryer, Ceramic And Ionic Edition, \$194.95.
- 2 Fudge Head Shine, \$19.95.



## Mistake five: TURNING UP THE HEAT ON YOUR HAIR TOOLS

Most hair-dryers provide up to 2000 watts of hot blow-waving power, and even the most basic straighteners heat up to 200° in 30 seconds. High heat doesn't always equal a highly polished result though. "The health of your hair determines which temp setting you should use," clarifies Hampton. If your hair is healthy, it should be able to handle between 150-200°. If it's fragile, set your straightener no higher than 75-100° and your hair-dryer at medium heat. Also look out for obvious signs – if your hair feels dry after you've blow-dried or tonged, chances are you might be frying – not styling.

**How to fix it:** Hampton recommends giving your hair a break and letting it dry naturally once a week. When you use heat, remember to coat the lengths of your hair with a heat-defending lotion or spray. "Try to use a hair-dryer with a concentrated nozzle to help speed up the drying, then spritz with a shine spray and blow-dry the hair with cold air for extra gloss," he says. ☺