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*hair!*

28 Pages Of Sexy New Cuts And Colours

Plus! We Show You Exactly How To Do The Tricky Trends

CRAZY HEALTH CURES THAT ACTUALLY WORK (yep, we tried 'em)

# HOT *crops*

Sex it up by lopping it all off. Why? Some minimum-effort styles create maximum impact.

## ▶ LONG ON TOP

Blowdry with a paddle brush, then style with KMS California Silk Sheen Shaping Crème, \$24.50, for a smooth and chic finish.



## ◀ TOUSLED BOB

Scrunch a spray gel through damp hair, then split into four sections and braid each. Let hair air-dry, and finger-comb for a beachy effect.

## ▶ SPIKED-UP PIXIE

Go wild with a hard wax. Warm it with your palms, then use them to slick up strands in lots of different directions.



# BAD- GIRL *buns*

These new takes are the perfect mix – classic but still edgy and sexy.

## ▶ UNDONE AND DOWN LOW

Create a low side pony (leave out front layers). Split into two sections, looping each around the elastic in opposite ways. Pin ends.



## ◀ HIGH AND TIGHT

Flip your head upside down, and gather hair into a high pony. Wrap the tail around the elastic, grab a few bobby pins from the Premium Pin Company 999 Pin Tub, \$20.95, and secure the ends underneath.

## ▶ TOTALLY TEASED

Secure top layers at the crown, and pull the rest of your hair into a low pony. Mist with hairspray, tease, then twist and pin sections loosely. ▶



## 1 CAN I LEAVE A HAIR TREATMENT IN LONGER THAN THE RECOMMENDED TIME?

"It's OK to leave a treatment in longer, but all of the benefits are reached by the recommended time," says Charles Baker Strahan, Leighton Meester's stylist and ambassador for Herbal Essences. "But leaving it in longer certainly won't do your hair any harm."

CLAIROL HERBAL ESSENCES LONG TERM RELATIONSHIP SPLIT END PROTECTOR MASK, \$5.99.

## 2 How often should I wash my hair?

"Every day – particularly during the warmer months, if the person is physically active with exercise, or they have a tendency towards an oily scalp or scaling/flaking build-up," says trichologist Tony Pearce. "A gentle sodium laureth sulphate-free (SLS) shampoo with natural ingredients should be used, preferably, but most good-quality salon or supermarket brands will do the job."

## 3 What's worse: straightening, blowdrying or tonging?

"All heated hair appliances are damaging – drying your hair out or, in the worse case, scorching it when the appliance is too hot," says hairstylist George Giavis. The key is in minimising the damage. "A daily leave-in conditioner is also a good way to keep heat-styled hair from drying out. When blowdrying, partially dry your hair before doing so, opt for the lowest heat setting, and use a diffuser. When shopping for a straightener, invest in one that has ceramic irons (they're less damaging), and avoid the tips of your hair."

# STYLING PROBLEMS

We asked the best in the business to answer your worrying hair woes

*solved!*

## 4 Can I use a straightener on hair that's still slightly damp?

In a word, no! "You should always use your straightener on dry hair. You risk damaging your hair if you use it on your wet locks," says Strahan. "It's also important that you use a heat-protective product every time you heat style. I use one on Leighton Meester to get a sleek and smooth finish with no little frizzies."



CLAIROL HERBAL ESSENCES DANGEROUSLY STRAIGHT LEAVE IN CREAM, \$5.99.

## 5 Is it bad to brush your hair when it's wet?

Good news! "Essentially, no," Pearce explains. "But be careful, because the stretchability of wet hair is greater than when it is dry, and this is one of the most common causes of traction alopecia." Say what?! "Traction alopecia is 'mechanical' damage to the hair, where the hair is stretched or held back beyond its capacity and is literally pulled out or broken off." So be gentle with your wrist action.

## 6 WHAT EXACTLY IS A CLARIFYING SHAMPOO?

"Clarifying shampoos and conditioners are great for when you want to hit the refresh button," explains Strahan. They wash away any residual oil and product buildup. "I recommend using this every two to three weeks – or whenever you feel your hair is weighed down."

SEBASTIAN PROFESSIONAL LIGHT WEIGHTLESS SHINE SHAMPOO, \$11.