

# COSMOPOLITAN

## health

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# YOUR SEXIEST BODY ever!

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**Rachael Finch**  
**ON THOSE AMAZING CURVES**



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COSMO LIVING

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## NEW TOOLS TO TRY OUT

The **Brushworx Be Natural Paddle Brush**, \$19.95 ([datelinecity.com](http://datelinecity.com)), is one smart brush. It not only assists in maintaining healthy, full-bodied hair, it's also enviro-friendly as it's made from bamboo, a crop that quickly regenerates. Perfect for detangling and blowdrying hair to a smooth, straight finish, it's ideal for all hair types. It's also great if you have split ends or if you're prone to tangles, as the bristles glide through without snagging, leaving your hair silky.



## FAST MAKEOVERS

**1** Fed up with sweaty hair sticking to your forehead while you work out? "A classic black headband will add style to even the simplest ponytail or short haircut," says hairstylist Guido Palau. Slip into a chic **Lady Jayne Black Headband (1)**, \$6.60, at the gym.

**2** Bored by your style? For an instant cost-free revamp just switch your part. You'll be amazed at how it can change the look of your whole face.

**3** There's nothing better than the glass-like sheen of a professional blowdry. **Matrix Design Pulse Thermo Glide Express Blowout Crème (2)**, \$19.95, gives hair that A-list gleam in just one wash – far more cost effective than weekly salon visits. Plus it protects hair from heat damage.



## ECO HAIR HEROES

● The **VS Sassoon EcoDry hairdryer (3)**, \$36.95, helps to reduce your carbon footprint as the eco-air system uses half the energy consumption normally used by a 2000-watt hairdryer.

● Your hairspray doesn't have to be the environment's number-one enemy. **Aveda Control Force Firm Hold Hair Spray (4)**, \$44.95, contains naturally derived UV filters and antioxidants as well as organically derived flaxseed, marshmallow root and aloe. Who says we don't want green hair?



## HAIR MYTHS BUSTED!

**1 MYTH: Washing your hair every day strips away important natural oils and nutrients.**

**FACT:** If you use a quality shampoo it will invigorate your scalp and encourage hair health and shine by getting rid of all the dirt and pollution you pick up throughout the day.

**2 MYTH: Your hair gets used to one shampoo so you should change it regularly.**

**FACT:** As long as you're using a good-quality shampoo suited to your scalp and hair type, you should get great results every time.

**3 MYTH: You don't need to use conditioner on short hair.**

**FACT:** Short hair still needs conditioner as it can become dry and damaged through styling, colouring and sun exposure. The best way to condition any length of hair is to apply product to the length and ends – trickier when short, but still an essential routine!

**4 MYTH: Rinsing with cold water makes your hair healthier.**

**FACT:** A cold rinse might feel invigorating at the time, but it can constrict blood capillaries in your scalp and stop essential nutrients getting to the follicles, which can actually make your hair weaker.

**5 MYTH: You shouldn't brush your hair when it's wet.**

**FACT:** Sort of true. It's best to brush your hair when it's damp rather than soaking wet, and ditch the brush for a wide-toothed comb to avoid snagging and pulling. Gently comb from root to tip, carefully working out any knots as you go.

**6 MYTH: You should towel dry before blowdrying.**

**FACT:** Again, sort of true, but not if you have frizzy hair. It's easier to get a smooth, sleek finish if you blowdry your hair when it's wet. ▶

“Use conditioner on the lengths and tips of your hair”

1

awapuhi  
Wild Ginger

2

GOLDWELL

RICH  
REPAIR  
conditioner

## ➤ SUPER-SHINE TRICKS

A-list stylist Malcolm Edwards offers his tricks for achieving instant shine.

**1** "A Mason Pearson Handy Pure Bristle brush (4), \$163.95 (beautspot.com.au), is an old favourite that makes a difference to the finish of your style. It gives your hair a natural sheen, as its bristles massage the scalp instead of scratching it, and distributes your hair's own conditioning oils evenly."

**2** "If you love the glass-like effect of serum, but hate the greasy film it leaves, L'Oréal Professionnel Paris Lumino Contrast Thermo Protective Xylose (5), \$26, is a great alternative. The lightweight spray coats your hair with a shimmering gloss without weighing it down."

## ➤ TOP SHELF SHAMPOOS

Refresh and clean your hair between salon appointments with shampoos and conditioners suited to your hair type.

**1** Sulphate-free Awapuhi Wild Ginger Moisturizing Lather Shampoo (1), \$19 (amazon.com), will hydrate colour- and chemical-treated hair.

**2** Goldwell Rich Repair Conditioner (2), \$15.95 (goldwell.com.au), is great for nourishing dry, damaged hair and it smells delicious with notes of vanilla, cedar and sandalwood.

**3** Eliminate frizz with Garnier Fructis Silky Waves Fortifying Shampoo (3), \$4.95. Plus, it contains fruit concentrate to help strengthen hair.

## ➤ FAST FIX FOR A NEW STYLE

Always fancied a fringe? Want to give your hair more oomph? Or just love the recent plait trend, but can't get your hair to grow longer than your jawline? Jessica Simpson and uber-cool hairstylist Ken Paves have joined forces to create Hairdo, a range of clip-in hair extensions. Fringes, curls, ponytails and plaits come in an array of colours to match, or clash, with your hair perfectly. Prices start from \$49.95 (i-glamour.com).

## ➤ LESSONS WORTH TAKING

- Whether you want to achieve an evening look or recreate a salon style at home, check out the **GHD Hairstyles Guide** (ghd.com) for step-by-step demonstrations and inspiration.
- Hairstylists from **Tresemme** (tresemme.com.au) have created a collection of online how-tos designed to help you get the hair you dream of. Watch the tutorials of your favourite looks.

## ➤ FEED YOUR HUNGRY HAIR

**1** Macadamia Natural Oil Deep Repair Masque (6), \$30 (macadamiahair.com), is packed with macadamia, argan, tea tree and chamomile oils to revitalise hair. Use with a vitamin-filled shampoo.

**2** Tresemme Vitamin E Moisture Rich Shampoo (7), \$9.49, is rich in vitamin E, which restores and strengthens damaged hair.

**3** Pack your diet with omega-3 fats to give you luscious hair. Blitz up a strawberry and raspberry smoothie in the morning, followed by a salad of salmon, green beans and lettuce for lunch and watch your hair glisten.

