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Smart Thinking

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SMART EATING FOODS THAT FIGHT AGEING

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PLUS OUR
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BRUSCHETTA
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*"The artist who
aims at perfection
in everything achieves
it in nothing."
Eugene Delacroix*

The New Superwoman

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JUNE 2011
\$9.90 (incl. GST)



Wella

Biotouch Extra Rich Hair Ends Elixir, \$22

This styling product is a rich complex of nutrients and almond oil, which help penetrate deeply into damaged hair – particularly the ends so they regain their health. Not to be rinsed out, this product can be used on damp or dry hair. I found I could use a generous amount on damp hair before drying, while only a drop or two was needed to smooth the ends of my hair. After a few days of repeated use the tips of my hair felt stronger and looked better nourished.



The Jojoba Company

Pure Australian Golden Jojoba, \$19

While not exactly an oil, this liquid has a molecular design so close to our body's naturally produced sebum that our skin and scalp accepts and absorbs it as its own. This multi-tasking product can be used on the face, hair, scalp and body. I used it as a night hair treatment, applying it before bed. After washing it the next day, my wet hair detangled easily, and after blow-drying, my hair looked much healthier, softer and shinier.



Kérastase

Elixir Ultime, \$49

Enriched with a complex of four oils – pracaxi, argan, maize and camellia – which work together to provide the hair with shine, nourishment and protection, it is little wonder my hair looked so good after use. Suitable for all hair types, this product meets all haircare needs as it can be used pre-shampooing, before drying (naturally or with a blow-dryer) or as a finishing product to control frizz and add shine.



SHINE ON

Nutritive hair oils promise shinier, healthier hair, free from frizz. Beauty writer Milly Nolan tests six of the best.

Moroccanoil

Oil Treatment, \$50

Made with Moroccanoil's signature argan oil – this product is a styling, finishing and conditioning wonder, that helps strengthen the hair, control frizz and increase elasticity. Even though I have fine hair, when applied before blow-drying, I found it did not weigh down my hair or leave a greasy residue but instead calmed fly-away strands and left my hair silky, shiny and smooth.



Macadamia Natural Oil

Oil Treatment, \$45

Combining argan oil and macadamia nut oil, this product is rich in essential fatty acids, which improve hair health and shine. Whether applied to damp or dry hair, it was absorbed instantly without leaving a greasy residue. Instead, my hair was transformed from dry and brittle to smooth and frizz-free. It also provides natural UV protection from sun damage.

Joico

K-Pak Color Therapy Restorative Styling Oil, \$27

A fusion of African manketti, argan and evening primrose oils, this gel-like oil can be used on fine hair to help style it pre-blow-drying and on thick hair post-blow-drying to add shine. I applied three pumps to my fine, damp hair and blow-dried as usual. My drying time was cut in half and my hair was softer and smoother than normal. Plus, my hair appeared blonder, thanks to the oil's colour-enhancing properties.

