

FASHION FIXERS! NEW LOOKS FOR EVERY SIZE Plus, the must-have \$39 dress

\$4.20 INC. GST June 2, 2011

# New Idea

**BRYNNE'S LETTER TO GEOFF'S LOVER**  
*Exclusive!*  
**'Stop stalking me!'**

**HOUSE RULES**  
**OUR PLASTIC SURGERY CONFESSIONS**

**MIRANDA'S NEW MAN TELLS 'The truth about us'**

AMAZING INTERVIEW

**Terri Irwin**

# MEET MY SECRET LOVE

**Sofia's night with Brad!**

*Why he's been hidden - until now!*





# 7 THE *day* BLOW-DRY

Save time with these hair tricks and new fixes to make your blow-dry last up to a week!

## 1 DON'T USE TOO MANY PRODUCTS

The biggest mistake women make is they overload their hair with too many products. Therefore it needs to be washed a lot quicker than seven days,' says celebrity hairstylist Anthony Nader of RAW hair salon in Sydney, who has done the hair of Olivia Palermo. He suggests skipping silicone-based shampoos, which can weigh down your hair, and sticking to just one styling product. Try one of the new do-it-all products that speed up drying time while protecting and smoothing strands. **WE LOVE** It Factor Simply It Quick Blowdry Smoothing Lotion (a), \$27.95

## 2 BRUSH MORE

Brushing your hair will work the natural oils from the roots to the ends, which helps to prevent a build-up of grease on the scalp, explains Anthony. And really work it! Tip your head upside down and brush it from each and every direction. A quality brush will make a difference, too. 'Invest in a good brush with lots of bristles,' he says, explaining this will make hair smoother and help prevent frizz. **WE LOVE** Brushworx Tourmaline Boar Bristle Large Radial Hairbrush (b), \$20.95

## 3 STAY PROTECTED

It may seem a bit old-fashioned, but a shower cap will stop your hair from frizzing up

in the shower – the steam and heat will just wash your hard work down the drain, Anthony says. Also try switching your cotton pillowcase for a silk one that won't rough up your hair cuticles while you sleep.

**WE LOVE** The Body Shop Shower Cap (c), \$6.95

## 4 TRY A TREATMENT

A keratin treatment can help smooth strands, add shine and make your hair easier to style – but you don't need to have

a costly salon treatment. Try one of the new-generation smoothing treatments that mimic the frizz-fighting effects of a keratin treatment without the price tag. You'll get a similar result that will last a few days.

**WE LOVE** Garnier Fructis Sleek & Shine Blow Dry Perfector Straightening Balm (e), \$9.95

## 5 FAKE FRESHNESS

'Dry shampoo is my saviour,' Anthony says. Flip your head upside down and spray a little

on your roots, massage it through with your hands, down to your mid-lengths, then brush it out. It will soak up the oil and restore that 'shower-clean' feeling to your strands.

**WE LOVE** Amika Perk Up Dry Shampoo (d), \$29.95

## 6 ADD VOLUME

If your hair is looking a bit flat mid-week, instead of adding more products that will just weigh it down, use Velcro rollers to restore bounce. Place them around the front or the crown area, suggests Anthony. Blast with your hairdryer for a minute and leave them in until they cool down, then carefully unwind for refreshed waves.

**WE LOVE** Lady Jayne Self-Holding Extra Large Rollers (f), \$8.49. Parlux 385 Power Light Ceramic & Ionic Dryer (e), \$229.95.

## 7 SWITCH THE STYLE

When you go to bed, tie your hair back into a loose ponytail with a wide hairband or silk ribbon, suggests Anthony. Avoid elastics, though, which leave kinks in your hair. Then try a pulled-back pony, ballerina bun or plait to disguise oily strands. **NI**



Follow Elizabeth Hurley's example and rock the perfect blow-dry.