

New Ideas



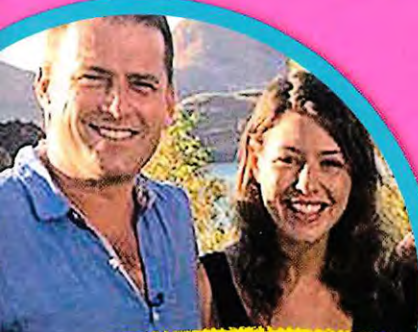
Pink →

I'M HAVING TRIPLETS!



WORLD EXCLUSIVE

TERRI & RUSSELL ANNOUNCEMENT



REVEALED!

THE YOUNG WOMAN KARL'S FALLEN FOR

WEDDING SHOCK



CAMILLA LASHES OUT AT HARRY'S GIRL

SHE'S NOT GOOD ENOUGH!



BACHELOR RICHIE FINALLY MEETS ALEX'S SON



FIRST BUMP PICS!

JARRYD HAYNE MEET THE MOTHER OF MY BABY

PP 100008153 Pacific Magazines 48

9 770028 540017

1 IN THE SHOWER

Well-hydrated hair is less likely to frizz – and maintaining moisture level starts in the shower. Celebrity stylist Anthony Nader, who counts Gisele Bündchen and Cate Blanchett among his clients, recommends using products geared towards hydration. ‘Look for key words like avocado oil, collagen and shea butter,’ he says. ‘And turn down the hot water – it zaps the natural moisture from your strands.’ **Herbal Essences None Of Your Frizziness Shampoo and Conditioner (a)**, \$6.49 each. **Essano Keratin Complex Smoothing Shampoo and Conditioner (b)**, \$15.99 each.



a



b

Tip

For ongoing frizz management, Anthony recommends applying a weekly hydration treatment topped off with a shower cap. ‘This traps the heat to maximise the full treatment goodness,’ he explains.

Lady Jayne Shower Cap, \$4.99.

Moroccanoil Smoothing Mask, \$55.

5 SHORTCUTS TO frizz-free HAIR

Try these simple tweaks to your hair care routine to keep the frizz at bay...

2 DURING DRYING

Vigorously towel-drying wet hair is a guaranteed one-way ticket to frizz town! Instead, gently squeeze out excess moisture with a microfibre towel. From there, Anthony recommends applying a smoothing serum to damp locks before grabbing your trusty blow dryer – just don’t forget to turn down the heat! ‘Unnecessarily hot appliances fry your poor strands,’ he says. **Manicare Supa Dry Towel (c)**, \$21.95. **John Frieda Frizz Ease Forever Smooth Anti-Frizz Primer (d)**, \$16.99. **Silver Bullet City Chic Hair Dryer in Aqua (e)**, \$69.95.



d



e

c

3 WHILE BRUSHING

The power to minimise frizz is in your hands – it’s your hairbrush! Anthony urges ditching plastic-bristled brushes in favour of a boar bristle or nylon brush. ‘I know they’re more expensive brushes – but they’re key for fighting frizz,’ Anthony reveals. ‘Opt for a larger cushion brush or round brush if you want salon-worthy hair.’ **Not Your Mother’s Smooth Moves Frizz Control Hair Cream (f)**, \$16.95. **Brushworx Styler Hair Brush (g)**, \$14.25.



f

g

Model and mum Gisele works a gorgeous gentle wave – and there’s not a frizzy strand in sight!

Sleek, straight locks without a hair out of place – Cate’s bob is the definition of a frizz-free ‘do.

j



i

5 WHEN STYLING

Despite best intentions, there will be times when frizz makes an unwelcome appearance. When this happens, Anthony suggests embracing a frizz-minimising hairstyle such as a low, sleek ponytail. Simply secure a ponytail at the base of the neck, smooth the tail with a serum and mist errant flyaways with hairspray. **Lady Jayne 100% Boar Bristle Pad Brush (i)**, \$24.95. **L’Oréal Paris Elvive Fibralogy Thickening Treatment Double Serum (k)**, \$9.99. **Batiste Stylist Smooth It Frizz Tamer (l)**, \$12.95.

4 AS YOU STRAIGHTEN

Hair straighteners are frizz-fighting dynamos – but don’t forget heat protectant spray! ‘These sprays protect hair from excess heat damage and moisture loss, which in turn reduces frizz,’ Anthony says. Whether you’re using a flat iron or a straightening ceramic brush, working methodically is vital. ‘Take a small section and only straighten once. This causes less damage to the strands,’ he says. **Dafni Go Hair Straightening Ceramic Brush (h)**, \$169. **Toni & Guy Heat Protection Mist (i)**, \$15.99.

i

