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HOT HEAD

With sunnier climes on the horizon, safeguarding strands from the elements is a hot topic. Remy Rippon explains why the time is now for a hair health check.

Heat wave

No intention of relegating your heat styling tools to the back of the bathroom cabinet this summer? No problem. For damage control, opt for devices that cleverly self-monitor the temperature to avoid overheating.

Prevention over cure

Give your locks a fighting chance this summer with a brawny hair mask, applied once a week, to restore moisture, repair bonds in the hair and deposit a dosage of shine.

Mussed up

While mussed-up beach hair may be cute, it's a warning sign your strands are dry, brittle and prone to breakage. Instead, fake the real thing by first softening locks with a protein-rich shampoo and conditioner (think a warm hug for your hair), and then building a beach-worthy tousle with texturising products.

Blonde ambition

Blondes may have more fun, but they also have their work cut out for them in the warmer months. Avoid dry, coarse ends by applying a restorative shampoo (look out for ingredients like protein, amino acids and botanical extracts on the label) every second day during summer. For an added boost, let your conditioner simmer for five minutes before rinsing – it lets your locks really drink in that moisture.

Hair factor

You wouldn't set foot outside in summer without a liberal application of SPF50 to your face. Now apply the same rule of thumb to your hair. Pop a UV-filtering hair protectant in your beach bag and spray on dry strands, and again on wet strands after an ocean dip.

Chop chop

Never underestimate the power of a good trim. For healthy summer hair, diarise a monthly trim and instruct your stylist to take off half an inch for bouncy strands that can handle the heat.



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