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WOMEN'S HEALTH

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Laugh in the face of damage? Go and try on a dark wig, advises Giavis. If the look is more Kate Middleton than Kris Jenner, here are your options. "I prefer changing the colour gradually over a few visits, lowlighting the hair with mocha brown foils," says Giavis. No patience for subtlety? For an instant colour change you'll need a full colour or "tint", so set aside two to three hours for your visit. "The key to transforming blonde to brunette is to first 'fill' the hair so the colour will take," explains Giavis. Colour-treated blonde hair is very porous, so a red colour is applied first to act as a primer. It fills the porous hair, allowing the brunette colour to be applied more evenly over the top, helping it last longer. "The colour change process is called polymerisation – small colour molecules penetrate the hair shaft and combine to form bigger molecules that are locked in and cannot be lost from the hair," explains trichologist David Salinger. As for maintenance, dark tints often have a reflect or highlight (brown/red or brown/gold) and this can be washed easily from your hair making it appear less glossy, although the base brown colour will hold, says Salinger. Also your hair grows at about

1.25cm a month, so there'll be a regrowth area requiring maintenance. And while dark colours don't contain bleach – any permanent colouring can break your hairs' disulphide bonds, weakening it permanently. Ask your hairdresser about organic colours; they have less chemicals and process naturally without heat for less damage, says Giavis.

Colour care

"Any colour process will affect the condition of the hair, so in the weeks leading up to a colour, do weekly conditioning treatments and have a trim to remove split ends. This will get your hair in shape for the best result," says Giavis. Post colouring, use shampoo and conditioner for colour-treated hair to prevent fading, and keep up weekly treatments.

BABY YOUR BRUNETTE

Evo Fabuloso Chestnut Colour Intensifying Conditioner, \$39.95 (a)

LOCK IN COLOUR

Kérastase Reflection Chroma Sensitive Baume Lavant Caresse, \$44 (b)

LONG GAME Pantene 6 Week Colour Protect Treatment Program, \$9.99 (c)

SERIOUS GAME John Frieda FRIZZ-EASE Miraculous Recovery Intensive Masque, \$16.99 (d)

SHORT GAME Garnier Fructis Nutri-Repair 3 Ultra-Nourishing Butter Mask, \$7.95 (e)

TOUCH UP ROOTS Keratin Complex Sparkle + Shine Highlighting Powder, \$39.95 (f) *wh*



MIND BLOWN!

The WRONG way

The RIGHT way



Brunettes... pull more Poms. A study conducted (in a nightclub – awesome) found British men rated brunettes as more physically attractive, intelligent and arrogant. Blondes were perceived as more needy, according to the *Scandinavian Journal of Psychology*. Winner? Depends if you like geezers...