

WOMEN'S fitNESS

ONLY
\$6.50

SEPTEMBER 2014 • AUS \$6.50
NZ \$7.50

Hit refresh!
**Easy
ideas
to detox**
your mind,
body, **LIFE!**

**SMART
WAYS
TO SLIM
NO PAIN,
PROMISE!**

**Hot hair
overhauls**
FRESH LOOKS,
HEALTHIER
LOCKS

56
FAB HEALTHY
MEAL IDEAS

SAY BYE TO
BINGE GUIDES
FOREVER!

**Fast
track
fat loss**

(All you need is 15 minutes!)

**PLUS: KILLER MOVES FOR
SEXY LEGS, GREAT ARMS
AND A TONED TUM**



HAIRY ISSUE:

Frizz

High humidity is the number one offender, but according to Cleminson, "chemical processing such as straightening or bleaching are also culprits. Overuse or the incorrect use of hot styling tools contributes, too."

REPAIR IT: Never rub your hair dry with a towel. "Instead, after washing, give it a final cold rinse to close the cuticles. Squeeze out excess water before wrapping your hair in a soft towel," advises Cleminson. "When blow-drying, point the nozzle down the hair shaft. Blow-dry on medium heat slowly and finish with a cool setting." Use a lightweight serum or cream to help smooth your hair, a deep conditioning treatment weekly, and consider popping in to the salon for an intensive treatment at least once a month.

♥ **WE LOVE:** Tresemmé Keratin Smooth (1) Shampoo, (2) Conditioner, and (3) Heat Activated Treatment, \$10.99 each



Seal and repair any split ends



HAIRY ISSUE:

Frayed ends

Hair naturally frays due to everyday wear and tear, daily use of hairdryers and styling tools, and environmental exposure. "If you've had harsh chemical treatments, like straightening or bleaching, you can expect split ends sooner," advises Cleminson.

REPAIR IT: Remember the old adage, 'prevention is better than cure'? Make that your new motto. "Use a shampoo and conditioner to restore strength and elasticity to the hair and have your ends trimmed every six to eight weeks. Finish off daily styling with a leave-in ends treatment," suggests Cleminson.

♥ **WE LOVE:** 1 Bhove Fresh Ends, \$32.95, because it smooths, repairs, seals and controls frazzled ends. 2 Bhove Rescue Intense Shampoo and Conditioner, \$43.95 each, for their silicone-free strengthening powers.

Your essential hair toolkit



PADDLE BRUSH FOR SMOOTHING AND GROOMING: Brushworx Tourmaline Paddle Brush, \$19.95



CLIP FOR SECTIONING HAIR OFF WHILE BLOW-DRYING: Freestyle Home Salon Butterfly Clips, \$4.99 (pack of 4)



LIGHT, FLEXIBLE HAIRSPRAY: Moroccanoil Volumising Mousse, \$35.95

STRAIGHTENING IRON: Cloud Nine The Original Iron, \$299



WIDE-TOOTHED COMB FOR DETANGLING WET HAIR: Premium Pin Company 999 Rake Comb, \$1.99



QUALITY DRYER: Parlux 385, \$229.95

ROUND BRUSH TO ADD VOLUME OR CURL: Mira 291 Boar Bristle Radial Brush, \$29.95



HAIR OIL FOR A TREATMENT, SMOOTHING SERUM OR PRE-STYLING HEAT PROTECTOR: Klorane Mango Oil, \$22.95



CURLING TONGS: VS Sassoon Total Protection Ceramic Intense Salon Professional Curling Wand, \$59.95

