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Women's Weekly

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"HOW CHINESE HERBS CURED ME"

IF YOU'RE COUNTING YOUR CASH - TRY DIY

While professional salon colourings offer excellent results, if you're strapped for cash, your hair needn't suffer. Look at the DIY colouring options available.

"If you want to maintain regrowth or paint away greys, I recommend the **Clairol Nice 'n Easy 10 Minute Touch-Up**, \$12.59, as it's easy to use and the colour results are natural-looking with built-in highlights," colourist Belinda Jeffrey says. "The hair after use is shiny and feeling like there's more moisture in it." For those women who

want to do an all-over permanent colour, go for **Garnier 100% Color**, \$14.95.

For lustrous long-lasting brown hair, try **Napro Palette Colour 10**, \$11.99, or **Clairol Nice 'n Easy Colour Blend Foam**, \$13.99.

Those who want to colour blonde hair, try **L'Oréal Paris Perfect Blonde Maximum**, \$17.45, for mess-free hair lightening. If you want highlights, use **L'Oréal Paris Perfect Blonde Highlight Kit**, \$20.90.



When colouring your own hair, Belinda suggests that you "always choose a shade close to your natural base shade and only ever go two shades lighter or darker".

She adds, "Always read the instructions and go with the recommended

processing time. Apply papaw gel or Vaseline around the hairline so you don't end up with heavy line staining on the skin or a just-coloured look!

"Finally, don't use your best towels on your freshly coloured wet locks, either!"

Hair accessories

You've got a great cut and colour, now make a statement with accessories, says George Giavis, of The Blonde Room, in Woollahra, Sydney. "Until last season, hair accessories were forgotten, unlike in Europe and sophisticated parts of America," he says. Now, he believes, Catherine, Duchess of Cambridge, is the "champion of the fascinator" and Australian women are following suit.

"It's about a sense of style, not your age - about ensuring your accessory works with your outfit and hairstyle," says George, who has brought out a range of hair accessories ranging from \$40 to \$400.

He says the show *Mad Men* is influencing the trend this season, with "bejewelled clips, felt fascinators, leather and animal prints very popular".

So with all those race days and formal events coming up, experiment with the accessories and see what suits your face and head shape.



Fight the frizz

Look out for damp air and constant rain, which can make the hair go-frizzy and fluffy - not desirable when you're after a sleek, straight look. You can apply a serum, such as **John Frieda Collection Frizz-Ease Hair Serum Extra-Strength Formula**, \$23.99, to wet hair, then style to ensure hair stays put and isn't bouffy.

Oils ain't oils

Oil has been used to moisturise the hair for centuries, particularly in India where "oil is used on the scalp to help stimulate nerve endings, feed hair follicles with vital nutrients, prevent hair from falling out, prevent dandruff and scalp irritation," says OmVeda's Yasmin Sadikot. This ancient art for keeping hair lustrous is now more popular than ever, with the advent of Argan Oil, which is derived from Moroccan Argan trees. In winter, oil is a wonder for the hair and can be used daily without washing out.

Try: 1. Macadamia Natural Oil Deep Repair Masque, \$39.95; 2. OmVeda Herbal Hair Oil, \$28.60; 3. BaByliss PRO Argan Oil Treatment, \$34.95.

