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*We ♥
Rachel
Bilson!*



PP 255003/041012

Your guide to Natural Haircare



You eat organic and watch your carbon footprint. Now, share the eco love with your locks, thanks to hairstylist **George Giavis**.



KATE'S A FAN OF FUENTE

THE GLAMOUR CURLS

"Kate's signature look is made famous by UK salon, Richard Ward," says Giavis. "Recreate it at home using hot rollers and root-lift spray."

1 Colour me mine

As owner of Sydney hair salon The Blonde Room (theblonderoom.com), Giavis knows women want long-lasting colour, and, increasingly, they're taking a natural approach to their beauty regimens. Which is why, after training at the Richard Ward salon in the UK (where Kate Middleton is a regular), Giavis was inspired to bring one of the salon's key products back to Oz: Tierra Colours, by Dutch haircare brand, Fuente. (While Middleton's colour is courtesy of the range, the exact shade is kept top secret!) These products eschew harsh chemicals and dehydrating dyes in favour of colour derived from wheat proteins. "The hook," Giavis says, "is despite being organic-based, the ammonia- and paraben-free dye still offers rich pigments and shine." They also use ingredients such as aloe vera, orange, grapefruit and vitamins C and E to hydrate hair.



U Little Beauty Natural Nourishment Conditioner, \$14.95; 1800 791 981. Apivita Propoline Shampoo For Colored Hair, \$24.90; 1300 274 848

2 Lock it in

So you've walked out of the salon with shampoo-worthy hair, but short of weekly trips to the salon, how can you maintain its lustre? "Use products designed for colour-treated hair!" says Giavis. Apivita's Propoline Shampoo for Coloured Hair uses organic rosemary infusion so is gentle on locks; U Little Beauty's Natural Conditioner is paraben-free, which helps maintain the scalp's pH balance. Another tip: "Over-washing can strip the hair cuticle of pigment, so try to stretch the time in between washes," advises Giavis.



Parlux 3800 Eco Friendly Ceramic & Ionic Dryer, \$189.95; 1800 251 215

3 Plug in for the planet

If you're on a mission to go green, see it through to styling. "Environmentally-friendly hairdryers are made of recyclable materials so they result in less landfill, but perform like regular dryers," says Giavis. Bamboo brushes are also environmentally friendly, sustainably grown, and can boost shine.



THE HALF-UP 'DO

"Casual yet chic," says Giavis. "Take the crown section of the hair and backcomb for volume. Secure with a decorative clip and hairspray."



THE QUIFFED PONYTAIL

Kate's layers give the classic ponytail dimension. "As always, Kate opts for volume by backcombing the crown and adding curls."