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AUSTRALIA

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**24-PAGE SPECIAL**

## WORK IT!

**CAREER TIPS,  
STYLE HITS &  
SECRETS OF  
SUCCESSFUL  
WOMEN**

**WHO'S BAD?  
INSIDE THE  
JACKSON  
FAMILY FEUD**

**"WHAT I'VE  
LEARN'T ABOUT  
(SINGLE)  
LIFE"**

**SHOP LIKE A  
BEAUTY PRO  
WHERE TO SPEND,  
HOW TO SAVE**

**RUNWAY REPORT**

# 145

**NEW-SEASON IDEAS**

**FIT &  
FABULOUS**  
**8 WEEKS TO A  
BETTER YOU**  
TAKE OUR CHALLENGE  
ON PAGE 164

DESIGNER  
DRAMA WITH  
KEIRA  
KNIGHTLEY

# fashion all-stars

**12 key pieces  
to buy now  
& wear  
forever**



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### SPEND ON TREATMENTS

DIY masks can work wonders to nurture seriously stressed strands and, when applied regularly, can also help to stretch out the time between cuts. The professional haircare products also offer a more diverse range to treat specific concerns, such as damage from over-processed colour or thinning.

**BEST BUYS:** Kérastase Nutrive Masquintense (14), \$57; Aveda Invali Scalp Revitalizer (16), \$89.95; Moroccan Weightless Hydrating Mask (24), \$49.50.

### SPEND ON HEATED STYLING TOOLS

"Definitely invest in a gutsy blow-dryer. It's going to save you time doing your hair," states Daren Borthwick, SunSilk Australia's head stylist. A good curling iron and straightener are also a must, he adds, and again power counts. "When they don't get very hot, you have to heat the hair for much longer to get the desired result and that's going to cause extra damage," he explains.

**BEST BUYS:** Cloud 9 Hair Straightener (15), \$270; Parlux 3800 Eco Friendly Ionic & Ceramic Dryer (25), \$189.95; H2O Professional Curling Wand X5, \$299.95.

### SAVE ON MOUSSE

Whether it's working backstage or on photoshoots, Borthwick found that there is not a lot of difference between salon and supermarket products when it comes to mousse. To create extra volume, apply a golfball-sized amount of foam from root to tip before blow-drying.

**BEST BUYS:** Pantane Pro-V Style Body Builder Mousse (17), \$6.99; Wella Pro Series Volume Mousse (18), \$7.99; Herbal Essences Toule Me Softly Mousse, \$6.99.

### SAVE ON HEAT-PROTECTION SPRAY

According to Borthwick, this double-duty buy is a must for all women. It not only protects against damage from hot ironing, but also helps to achieve a lasting style, such as poker-straight lengths or bouncy curls.

**BEST BUYS:** John Frieda Frizz-Ease Heat Defeat Protective Styling Spray (19), \$16.99; SunSilk Co-Creations Straight Perfection Straighten Up Heat Defence Spray (20), \$6.99; Garnier Fructis Style Sleek & Shine Flat Iron Perfector (21), \$9.95.

### SAVE ON DRY SHAMPOO

Whether it's adding volume, an edgy matt texture or getting another day from your blow-dry, there's so much to love about this time-saving style transformer. Spray it on and be sure to vigorously rub it through to avoid white roots.

**BEST BUYS:** Toni & Guy Cleanse Dry Shampoo (22), \$15.99; TRESemmé Fresh Start Dry Shampoo (23), \$9.99; Klorane Gentle Dry Shampoo, \$12.95. ■

# styling & haircare