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AUSTRALIAN Women's Health

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(Yes, There's Still Time)



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5 STEPS TO A PERFECT BLOW-DRY

Sydney hairdresser George Giavis from The Blonde Room shares his tips for a simple frizz-free 'do



Shampoo and condition the hair, then towel dry to remove excess water.



Apply a leave-in conditioner to detangle the hair and protect it from the heat of the dryer. Then detangle with a wide-tooth comb. Start at the ends and work up to the roots.



Rub a small amount of anti-frizz product into the palms of your hands and distribute evenly through your hair. Comb through.



Divide your hair into sections, and pin all but one section up with sectioning clips.



Be firm and add tension. Move the brush down the length of the hair, following with your dryer in a downward motion to smooth the cuticle down the hair shaft. Repeat until all sections are done. Apply shine spray if required.

YOU NEED:

Kevin.Murphy Texture.Comb, \$19.95; The Body Shop Bamboo Ceramic Styling Hairbrush, \$35.95; Redken Smooth Lock Heat Glide, \$29; Lady Jayne Section Clips, \$5.49 for a pack of 3.



NOT JUST HOT AIR...

Is your dryer the styling equivalent of the Discman? Time to update. First, a quick lesson. Hair dryers accelerate the evaporation of water particles to dry the hair. Good things to look for? Firstly, one made from ceramic or titanium as these materials heat super-fast - meaning it takes less time for the hair to dry (causing less damage). Secondly, ionic technology is important. Negative ions remove static electricity from the hair and lock down the cuticle, meaning less frizz. Finally, a concentrated airflow nozzle helps aim heat in one spot.

1.
ghd Air,
\$199

2.
Parlux 3500
SuperCompact
Ceramic &
Ionic, \$184.95

3.
BaBylissPRO Nano
Titanium Gold Portofino
6600, \$109.95

4.
Remington
Keratin Therapy,
\$53.95

5.
Anthony
Nader Special
Edition WAHL
Megastar 7000
Tourmal Ionic
Professional
2400w, \$139.95

