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body + soul

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WITH DONNA DUGGAN

A CURLY QUESTION HOW DO I TAME MY MANE?

The experts reveal their top styling tips for keeping your tresses under control and creating the perfect head of curls

In the early 1980s my mum had her hair permed. While the hairstyle was short-lived (turns out it didn't transform her into a Farrah Fawcett look-alike), I can appreciate her desire for bouncy curls in her straight hair. I've been using hot tools to transform my own hair into a mass of curls for more than a decade.

Curls give your hair volume and frame your face, however, living with naturally curly hair isn't easy. You can't brush it as often as straight hair, so the roots can get oily while the ends become dry. Along with frizz issues and the limiting cuts and styles, the challenges for those with natural curls are many, so I asked the hair experts for their top tips for keeping curls in check.



PHOTOGRAPHY: SHAPPIER MEDIA

+ THE FRIZZ FACTOR

Frizziness occurs when hair becomes dry and the cuticle opens to draw moisture in, Aveda's hair educator David Cartwright says: "Deal with frizz by conditioning hair so that it's less thirsty and the cuticle remains closed."

Opt for a shampoo and conditioner that are formulated for curly hair, and use a weekly hair mask to boost hydration.

Clive Allwright, artistic director for KMS California, advises towel-drying or blow-drying with a diffuser on a low heat.

+ CUTS JUST FOR CURLS

"Curly hair should always be cut dry," Allwright says, adding that the curls stretch when they're wet so the "hairdresser is working blind". He adds that a good stylist will use specialist scissors and you should ask for a consultation first. "You'll know if the hairdresser is the real deal at cutting curly hair."

Cartwright recommends medium to short layers to create "more volume at the top and a bouncy, beautiful shape", adding that layers also prevent a "pyramid-shaped hairstyle".

+ A STYLING TWIST

After towel-drying hair, apply a styling product to seal the shaft and create the curls you want, from relaxed and loose to tight and springy. "I recommend then twisting the hair into tendrils to reduce flyaways," Allwright says, adding that minimising the frequency of washing makes styling easier. "Your curl will improve a day or two after washing, when the natural oils work into the curl. If you have the perfect curl and an oily scalp, use a dry shampoo to refresh your hair."

PRODUCTS TO TRY



- (1) Aveda Be Curly Curl Controller (\$39.95, 1800 706 377) smooths hair to create elongated curls with natural movement, while (2) Aveda Be Curly Curl Enhancer (\$44.95) tightens curls, tames frizz and heightens shine.
- (3) Lady Jayne Afro Comb (\$3.99, available from Priceline) adds texture.
- (4) KMS Curl Up Leave-In Conditioner (\$28.95, 1800 506 060) is a daily treatment that promotes soft, frizz-controlled curls.
- (5) Mason Pearson Pocket Nylon Brush (\$74.95, (03) 8587 4650) is specialised for reducing frizz, and ideal for tight shoulder-length curls.
- (6) Schwarzkopf Extra Care BB Cream (\$10.99, 1800 022 219) is a serum that protects, prevents breakages, hydrates, reduces frizz and detangles.
- (7) Fuente Moisture Wellness Mask (\$45, 1300 746 966) locks in moisture.

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