

FEBRUARY 25, 2018

The Sunday Telegraph

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Magda Szubanski
on grief, marriage...
and Barnaby Joyce

Naomi Robson's
quiet new life

Wil Anderson
takes flight

**"We've got our phones
stuck in our hands,
scrolling through life"**

**Elyse Knowles on her love-hate
relationship with social media**

**delicious.
ON SUNDAY**

**RICK STEIN SERVES UP A WEEKNIGHT MEXICAN MEAL PLAN ★
PRAWN STARS: THE AUSSIE CRUSTACEAN IN THE SPOTLIGHT**



by Sherine Youssef

stellarbeauty



SMOOTH MOVES

The glossy blow-dry is back

After seasons of the beachy, "I woke up like this" hair look, the polished blow-dry has recently made a comeback on the runway. Whether it's worn stick-straight or with a slight bend, the common denominator is silky and shiny strands that stay smooth.

But what's the key to achieving this look outside of a professional salon? "First, use the right shampoo and conditioner for your hair type, and when you get out of the shower, wring hair instead of towel-drying so it is not roughed up," advises Kien Hoang, Oribe's director of training and content.

Next, apply a smoothing cream and, when hair is slightly damp (not soaking wet), start blow-drying from the front. This is key, says Hoang. "The sleekness comes from the hairline first, and product needs time to sit in the lengths of the hair before any heat is applied," he explains. Work your way from the top of the head to the ends. Once you've finished, go over hair with a flat iron for an extra-slick surface or use a curling iron to create a soft kink. (Hold the iron vertically and lightly wrap sections of hair around it.)

Hoang says a clean centre part is the look *du jour* - use a tail hair comb to fashion a precise line - and suggests finishing with a light application of hair oil for a super-lustrous effect. ★



(clockwise from top left) **ORIBE** Straight Away Smoothing Blowout Cream, \$64, davidjones.com.au; **PARLUX** Advance Light Ionic & Ceramic Hair Dryer, \$259, myer.com.au; **PALMER'S** Olive Oil Formula Dry Oil Mist, \$14.99, palmersaustralia.com; **SILVER BULLET** Carbon Metal Tail Hair Comb, \$7.65, i-glamour.com; **REDKEN** Frizz Dismiss Shampoo and Conditioner, \$24.95 each, adorebeauty.com.au

THE STELLAR TRIAL

Nine-week challenge



Whole30. The 80/20 rule. Three-day juice cleanses. Like it or not, health (and body) overhauls require some number crunching.

Vision Personal Training's signature exercise and diet program is less about intense workout bursts, though you'll soon be reacquainted with burning quads. Instead the focus is on mindful care of body (through frequent half-hour training sessions) and gut (you'll keep an online food diary that calculates kilojoules with unforgiving clarity). You'll be encouraged to supplement your studio visits with outside activities such as boxing, swimming, running... whatever cardio-heavy sport that strikes your fancy. Sticking to the program takes tenacity - and you'll probably eat more cottage cheese than you ever anticipated - but attentive guidance from trainers, who check in with gentle reminders to keep it up, are key drivers that help participants stay aware of the bad habits they need to shed when they are not at the bench press.

★ WHERE TO GO...

MELBOURNE 1/312 Chapel St, Prahran, (03) 9510 8977, visionpt.com.au/studios/prahran

SYDNEY 103 Foveaux St, Surry Hills, (02) 9281 4840, visionpt.com.au/studios/surry-hills

IN STORE NOW liquid eye liner

1. **CLARINS** Graphik Ink Liner, \$40, clarins.com.au
2. **ESTÉE LAUDER** Little Black Liner, \$48, esteelauder.com.au
3. **MODELS OWN** Felt Tip Eyeliner, \$12.95, priceline.com.au



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