

# Good Health

January 2011 \$6.95 INC GST

## Eat like a diet expert

**5** NUTRITIONISTS SHARE THEIR DAILY MENUS

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**Kate Ritchie**  
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## RESCUE: DRY HAIR

Sunshine, swimming in salt or chlorinated water, and perspiration can all quickly deplete moisture.

**THE REMEDY:** "Use moisturising shampoos and conditioners," says leading international hairdresser Kevin Murphy. "Finish with a leave-in conditioner spray that has vitamins in its formula – it will seal the hair and give it the vitamins it needs to repair itself." **TRY:** [Kevin.Murphy Hydrate-Me.Wash](#), \$32.95, [Hydrate-Me.Rinse](#), \$33.95, and [Staying.Alive](#), \$27.95.

**AVOID** protein-based products, warns Murphy, especially if your hair is brittle. "They can cause hair to snap," he explains. "Instead, sleep with olive oil in your hair once a week." Shampoo out in the morning and follow with conditioner. If your hair is very thick and curly, Murphy recommends replacing olive oil with shea butter. "It seals and protects everything it touches," he says.

"Use at-home deep treatments every week in between salon visits," suggests leading Sydney hairdresser Barney Martin, from Barney Martin hair salon in Sydney. "Avoid heat styling as much

as possible – try to leave your hair to dry naturally." **TRY:** [Pantene Pro-V 3 Minute Miracle Weekly Intensive Treatment](#), \$7.99 (for a pack of three); [Aurora Spa Rituals Olive Leaf Intensive Treatment Hair Masque](#), \$40.

Leave-in conditioning products will prevent moisture loss caused by environmental aggressors. "Use an oil-based product," advises celebrity hair stylist Michael Brennan. "It will protect your hair and leave it more manageable, both immediately and long-term. Apply a small amount through wet hair, from mid-lengths to ends, then style as usual." **TRY:** [one 'n only Argan Oil Treatment](#), \$34.95.



## RESCUE: FLAT LOCKS

"Flatness at the roots is tough to avoid in summer," says Damien Rinaldo from Hair Machine in South Australia.

**THE REMEDY:** "Apply maximum hold volume mousse through the roots and work a frizz serum into the ends." Blow-dry in sections using a large round brush, really pulling it up and out at the roots to allow for maximum lift here. "Combining these two products will keep hair full and soft with movement and, most importantly, no frizz," says Rinaldo. **TRY:** [Redken Instant Bodifier Volumizing Foam](#), \$28; [Sebastian Taming Elixir](#), \$38; [The Body Shop Ceramic Styling Hairbrush](#), \$35.95.

