

The Sunday Telegraph

april 3 2011

body + soul 1

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*How to get healthy,
voluminous hair*

+ FOUR WAYS TO GET MORE ENERGY INTO YOUR DAY



Adds volume in minutes: BaBylissPro Mighty Mini 15cm Crimper, from \$29.95, 1800 251 215.

you haven't wet it in the shower. Turn your head upside down and blast away perspiration on wet roots and scalp and, when it's completely dry, use the cold setting on the hair dryer to cool down your hair and scalp. You don't want more perspiration flattening your hair again, or worse, keeping your hair damp at the roots for hours.

If you have curls, give them a spritz with a sea salt spray and dry with a diffuser attachment on your hair dryer to revive your curl formation. And, just like with other hair, set your hair dryer to cold air to prevent perspiration forming.

When gym hair doesn't perk up with a blow-dry, use a dry shampoo on the roots. Dry your hair first with a hair dryer, apply the dry shampoo, then brush through to remove any oiliness at the root. Batiste has just released a new dry shampoo, Batiste Nude (\$14.95, (02) 8709 8800) in a puffer bottle

perfect for your gym bag, or try Klorane Dry Shampoo (\$16.95, 1800 678 302) in an aerosol.

In 20 minutes

When you're pressed for time, little crimpers are a simple way to add height and root lift to your hair without backcombing. You can buy one for about \$30. That's how they create all those high crowns and beehives at fashion shows when time is short.

To do it yourself, start with dry hair (hair that's a little dirty - two days or so since it was last washed), heat your iron, then separate the hair along your part line and pin it out of the way. You don't want to see any crimping lines on your hair when you've finished; the idea is to crimp the hair that lies underneath.

Crimp it for just a few centimetres, or the width of the iron, as close as you can to the scalp without burning yourself. Give the hair a quick spray with

How to boost hair growth

Healthy hair grows about 1.5cm a month in three cycles, so it takes at least three or four months to see a difference with hair-loss treatments or shampoos. One of the best treatments is over-the-counter Minoxidil. It can have side effects such as itchy eyes, so ask your chemist first.

If you're concerned about hair loss, find a trichologist in your area. Trichologists specialise in hair and scalp disorders.



a heat protectant to reduce heat damage. You can crimp just across the crown area for height on top or all over for added width and height. But don't do the sides without doing the top.

When the crimping is finished, simply ruffle your hair with your fingers and add hair spray if you like. That will be sufficient styling for most hair types, but if your hair is particularly lank or hard to style, you use a root-lifting spray before crimping.

Starting from scratch

When you have time to wash your hair and style it you can really make a big difference to the volume by choosing a great thickening shampoo and conditioner. An old fave is Paul Mitchell Lemon Sage Thickening Shampoo and Conditioner (\$23.90 and \$24.90, 1300 365 350) which adds lots of volume and smells terrific.

Aesop Wild Lime Hair Polish (\$23, 1300 721 754) is a product

you can apply after washing to bulk up fine hair and still leave it lustrous.

Hair powders are another way to add volume to freshly washed and dried hair. Bumble And Bumble makes Aerosol Hair Powder (\$72, from Mecca Cosmetics, 1800 007 844) in five different shades. As well as absorbing any oil to help the roots stand up, it can help disguise a shiny scalp when you have thinning hair. Before using it, apply a wax or a similar product through the hair, then spray it through.

Bumble And Bumble also makes a Thickening Serum (\$52), which is a night-time treatment that actually swells the hair shaft to make each hair thicker. **B**

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Product of the week!

Natural Eye Palette: Trio Set
Eye Base, Contour and Defining System

Why the experts love it....

"This is the best eye palette system to widen and make the eyes come alive! The product goes on super smooth and you only need to use a small amount to get the desired effect. The Base, Contour and Define system will stay on all day and fits every girls needs!"

Emily Sarkis,
Professional
Make-Up Artist.



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- ✓ Natural Mineral Cover
- ✓ Natural Mineral Bronzer
- ✓ Mineral Finishing Veil
- ✓ Undercover Airbrush Primer
- ✓ Eye Base, Contour and Defining System
- ✓ Magic Mineral Mascara
- ✓ Natural Mineral Eyeliner
- ✓ Virgin Blush Cheek Definer
- ✓ Natural Mineral Lip Trio
- ✓ Mineral Liquid Concealer
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