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FEBRUARY 2014 \$8.20 (INCL. GST)
NZ\$9.20 (INCL. GST)

PRO SECRETS

HOW TO GET SEXY, SHINY HAIR



Tresses as smooth and lustrous as Gisele Bündchen's are just a few steps away. Stylist and L'Oréal Professionnel ambassador Brad Ngata tackles five bad-hair-day culprits to help restore your locks to health and glory.



GISELE BÜNDCHEN

1 Avoid split ends

Here's the bad news: no matter how many masks you slather on, split ends will not un-split. Now the good news: they're a great reason to go for that bold cut you've always wanted. Ngata points out that "if you don't cut off the problem, the ends will keep splitting all the way up the hair shaft." Have regular trims, he says, and use a repairing conditioner to seal the ends and stop splitting from the outset.

L'Oréal Professionnel Pro-Keratin Correcting Care Conditioner, \$26; 1300 651 141.



2 Fight the frizz

While beachy waves are a hot hair look, fuzzy strands and flyaways are not. Your anti-frizz regimen starts in the shower with smoothing shampoos and conditioners "to help flatten the cuticle". Next, apply a polishing milk to towel-dried hair to tame flyways before you blow-dry. Finish with serums and oils to keep the hair sleek and to up the surface-shine factor.

Shu Uemura Satin Design Polishing Milk, \$44; 1300 651 141.



3 Banish excess oil

If you're someone whose scalp tends to sweat (and let's face it, that's most of us), the result can be limp, lank strands. Instead of washing more often, Ngata advises making friends with your brush, especially at night. "Brushing will move excess oil down the hair to the drier ends." Use a clarifying shampoo once a week to mop up oil and remember, says Ngata, "no conditioner on the roots!"

Brushworx Be Natural Oval Cushion Brush, \$19.95; 1800 251 215.



4 Prevent colour fade

A two-toned 'do may be a runway hit but all-over washed-out colour is far from ideal. If you colour your hair, colour-preserving products—especially shampoo and conditioner—should be part of your arsenal: they'll boost the pigments and keep your hair glossy. Weekly treatments will also keep your locks looking fresh. "When the hair is nourished it shines and the colour is more vibrant," says Ngata.

Pantene Pro-V 6 Week Colour Protect Treatment, \$10; 1800 028 280.



5 Stave off the sun

Endless days enjoying salt water and sand can leave your hair looking parched, dull and neglected. "Just like your skin, your hair needs protection," says Ngata. Spritz in a sun-protectant before you hit the beach. It will waterproof the hair, shield it from harsh rays and prevent it drying out, he says. Work it through your strands with a wide-tooth comb.

Kérastase Soleil Aqua-Seal, \$45; 1300 365 552.

