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New Idea



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Cameron Diaz loves the outdoors yet her hair always looks super shiny and soft.

Bring damaged hair BACK TO

Follow these steps to get younger, healthier locks

ENHANCE YOUR CURLS

Everyone loves curly hair because of its timeless girly appeal, but it's important to keep it hydrated so that frizz doesn't ruin the look. Barney recommends regular trims and using leave-in products to make sure your style goes the distance. 'Smooth a pea-sized amount of a styling cream through your finished look to keep it soft and frizz-free,' Barney says. Try **Moroccanoil Curl Control Cream** (13), \$44.50.

foods will boost growth and help to prevent hair loss and thinning as you get older,' trichologist Tony Pearce explains.

BOOST WITH KERATIN

Repair weak hair with an in-salon Keratin Complex Smoothing Treatment, which retails for \$300 to \$500. This three-hour treatment infuses the cuticle with a large dose of keratin, which rebuilds dry, over-processed hair and prevents further breakage for up to four months. To maintain results, use **Keratin Complex Repair Therapy** (10), \$79.95.

BUY A NEW TOOL

'Go for appliances with protective elements to smooth the cuticle and create shine,' Barney says. Use hairdryers with ionic technology such as the **Remington Salon 5000 hairdryer** (11), \$83.95, and ceramic irons and tongs such as **VS Sassoon Curl Magic** (1), \$69.95. Adjustable temperatures can prevent damage.

PROTECT AND REPAIR

Shield your hair with leave-in protectants and help boost, strengthen and restore moisture with overnight treatments such as **Alterna Caviar Anti-Aging Overnight Hair Rescue** (7), \$48.60. 'These will help your hair to stay looking good for longer,' Barney says.

DISGUISE THINNING HAIR

For thinning hair, go for a short, textured style, switch to a deeper hair colour and add volume to hide the scalp, Barney says. Curling tongs or rollers add instant bounce and volumising products such as **Wella SP Volumize Leave-In Conditioner** (4), \$32, will build up hair follicles to create fuller hair. **NI**

We all want our hair to be glossy and healthy, but ageing and factors such as the sun and surf can take their toll. Thankfully, you don't need to do much to improve damaged hair. Stylist Barney Martin offers these tips to get hair back to its crowning glory.

USE THE RIGHT PRODUCTS

Hair renewal slows down as you age, so you need to add moisture. Try products with added vitamins, such as **Pantene Daily Moisture Renewal Shampoo and Conditioner** (8 and 9), \$7.99 each, which will strengthen hair and keep it healthy.

WEEKLY TREATMENTS

Regular deep-conditioning treatments will help boost hair's moisture levels and repair damage to your locks. Barney suggests **Pantene Pro-V 3 Minute Miracle Treatment** (3), \$7.99 for a three-pack, as an at-home treatment to use between salon visits.

EAT RIGHT

Boost your hair's health by eating a diet rich in iron, zinc, vitamin D, B12 and iodine. Make sure you eat at least three serves of lean red meat a week, cruciferous vegetables such as cabbage, broccoli, sprouts and bok choy, and iodine-rich seafood and seaweed. 'All these

5 WAYS TO DROP 5 YEARS – INSTANTLY!

Even a subtle change to your hair colour or style will give you a fresher, younger look.

COVER GREY

Cover grey hair by combining lowlights and highlights. Barney suggests subtle colours such as honey blonde and caramel. Try **Clairol Nice 'n Easy** (5), \$13.99.

GET A GOOD STYLE

'Shorter, voluminous hairstyles – such as a layered bob – will look fresh and lift the features,' Barney explains. He recommends having regular haircuts, around every six weeks, so that you keep the ideal shape of the style.

ADD VOLUME

For an instant root boost, apply thickening and volumising products such as **Joico Body Luxe Thickening Elixir** (6), \$25.95, and hold your head upside down while drying. 'This will blast volume into your hair from the roots,' Barney says.

USE THE RIGHT TOOLS

'Go for quality brushes,' Barney says. Ceramic ones will keep the cuticle smooth. Try **Brushworx Keratin Ceramic Hot Tube Brush** (left), \$19.95. And use **Lady Jayne Snagless Elastics** (2), \$5.99 for a 10-pack, as they won't break weak hair.

ADD SHINE

Hair serums, such as **Kerastase Elixir Ultime** (12), \$48.50, fight frizz and leave hair glossy. For instant shine, Barney suggests applying a small amount to palms, rubbing between your hands to warm and smoothing on from mid-lengths to ends.



LIFE



HOT LOOKS FOR YOU TO TRY

Need some inspiration for a new 'do? Take your cue from these stars, who have great cuts and colours



SHORT

If you want a big change, be brave and chop it short - just like Carey Mulligan and Halle Berry.



MID-LENGTH

Too nervous to try super-short hair? Be inspired by Jessica Alba and Dannii Minogue's hot styles.



LONG

Proving long tresses are always in, Jen Aniston and Sandra Bullock rock their sexy styles.

HOT TIP of the week!

For a perfect blow-dry, always start drying underneath and work your way up to the top. To ensure that you dry your hair completely, divide the hair into sections and work your fingers through your hair at the roots as you dry. This will add lift and cut down on frizz.

ENQUIRIES

Alterra 1300 437 436 Brushwork 1800 251 215
Clairol 1800 028 280 Joico 1300 764 437 Kerastase
1300 365 552 Keratin 1800 251 215 Lady Jayne
1800 651 146 Moroccanoil 1800 882 174
Pantene 1800 028 280 Remington 1800 623 118
VS Sassoon 1800 650 263 Wella 1300 889 886