



Reclaim your snooze button with a simple styling routine



PROBLEM: UNRULY MAN

You can only let bulky masses or out-of-control curls throw their weight around for so long. Apply some discipline and claim back your mornings. Hard labor no longer required.

Cut it out Resist temptation to copy-cut Rihanna, Pixie Geldof et al. "Stay away from one-length bobs and short styles," advises Grant Norton, artistic director at Toni&Guy. "Keep the length longer to help hold down your hair and minimise frizz potential." Layers can reduce bulk but lopping them too short risks a mushroom effect. "If you want texture, suggest a deep point cut, rather than thinning scissors, to your hairdresser – the latter can take too much weight off."

Brush up Complaint: it takes hours to dry your thick hair, never mind style it. Timesaver number one is a dry shampoo. We love (10) label.m Dry Shampoo, \$29.95. Timesaver number two? The right brush. Boar bristles are perfect to smooth natural oils from root to tip, says Norton. But heat-retaining synthetic brushes with individually separated bristles "allow more air to pass through the hair when blowdrying to reduce drying and styling time," he says.

Control your curl Super tressdresser Barney Martin (www.barneymartin.com.au) reveals naturally curly girls can save time with tongs. "The heat sets and finishes the curl – you're moulding without having to use excessive product or work really hard." With products, "polymer" is your keyword. These keep curls springy, soft and under control – you'll find them in celebrity hairdresser Jonathan Antin's (11) Create Curl Curling Serum, \$34.50, new to TVSN (www.tvsn.com.au) this Thursday.

Delve deeper Don't neglect to work conditioners in at the back, underneath your hair – otherwise this is where dry hair will begin to expand. Leave-in moisture creams that double as styling aids make a daily routine less labour-intensive. Try the new (12) Real Control Crema Care from Redken, \$26, for heat protection and de-volumising effects – backstage super stylist Kenne Stoddart swears by it. ■



PROBLEM: FRIZZY HAIR

When a drop of atmospheric moisture means you could pass for Daryl Hannah in *Splash*, you can be forgiven for dreading the hazy days on the horizon. But experts say even frizz-prone hair can stay smooth, sleek and glossy as spring turns to sultry summer.

Master frizz physics You know lavishing your locks with intensive hydration decreases fluff. And you squeeze (never rub!) when towelling dry. But there's news: research recently presented to the American Chemical Society suggests frizz is sparked by friction between damaged fibres and a build up of negative charges as they repel one another.

Scientific solution? Rebuild damaged hair shafts with keratin protein to fill in "gaps" and stop snagging. *Grazia's* own frizz-fighter, Jessica from our advertising team, put the Nanokeratin treatment to the test at Sydney's Zenith salon (www.zenithhair.com.au) and came out shining with health. After a deep cleanse, a microfine keratin mist is steam-brushed in and sealed deep within the hair. Following three treatments (\$85 – \$125 each), a 100 per cent repair

rate is possible and results can last for months. Call 1300 797 778 for a salon near you. To neutralise negativity, style with positively-charged products like (7) Kérastase Nutritive Oleo-Curl Huile en Lait, \$36.50.

Move smoother Sliding over cuticles and sealing out humidity, silicones (hunt for dimethiconol on labels) are your friend. Check out (8) Andrew Collinge Simply No Frizz Shine On Salon Serum, \$12.99. Note: some silicone formulas can hinder pigment penetration, so hairdressers recommend laying off a few weeks before colouring. In a pinch, purge with a clarifier like (9) Fudge's Detox Deep Cleanser, \$15.95, or an anti-dandruff shampoo.

Colour correctly Senior colourist and director at Toorak's Wiesemann salon (www.wiesemann.com.au), Diane Spy, says a new colour can be a silky weapon: "Tints, semis and permanent colours help to close and smooth over the cuticle and condition the hair fibre, helping to stop frizz." Transparent glosses work too, but steer clear of summer highlights. If you're naturally dry and fuzzy, "anything that lightens your hair can make it coarser and frizzier," Spy warns.



- STOCKISTS: Andrew Collinge (02 8264 5400), John Frieda (1800 468 318), Fudge (1300 764 437), Jonathan Antin (www.tvsn.com.au), Kérastase (1300 365 552), label.m (www.toniandguy.com.au), L'Oréal Professionnel (1300 651 141), Matrix (1300 656 247), Nanokeratin (1300 797 778), Organic Care (03 9753 5577), O&M (1300 724 635), Redken (1300 650 170), Salon Only (1300 365 311)