

7. FAdinG colour

CAUSE: No matter what the season, colour fade is a given, but the rate at which colour seeps from hair is hastened by the harsh Australian summer. Frequent contact with water will accelerate loss of pigment, as will exposure to UV rays.

PRODUCT SOLUTION: It is all about the products you use to prevent your colour fading. First, ensure you use a colour locking – or boosting – shampoo and conditioner. You should also ask for a colour glaze with your salon colour.

“Red hair fades faster than any other hue because the red pigment molecule is smaller than other colours,” says Nader. There are at-home tricks you can use to prevent fade, depending on the depth of colour you want. Rinsing hair with carrot or beetroot juice can add vibrancy to copper locks.

“Blondes have brassiness, yellowing and swim-induced green-tinged hair to worry about, so use a clarifying shampoo for once-a-week deep cleansing,” he advises. “Brunettes and redheads can do the same to avoid dullness from product overload.”

Sun protection products are essential and will complete your colour-care arsenal. Look for leave-in conditioners with UV protection and don a scarf or hat for extra outdoors protection.

STYLE SOLUTION: Brunettes are best to avoid light highlights, which can quickly turn brassy in the Australian sun. “Instead, opt for Jennifer Aniston-style caramel hues that will frame your face and make it appear candle-lit,” advises Nader.

1. Nice 'n Easy, \$11.99, by **Claireol**, 1800 226 524. 2. Maxi.Wash, \$26.95, by **Kevin.Murphy**, 1800 104 204. 3. Fructis Color Last Fortifying Shampoo, \$5.69, by **Garnier**, 1300 659 259. 4. UV Rescue Protective Oil, \$23.25, by **Redken**, 1300 650 170.



rub the hair. “Just blot it dry to avoid agitating the cuticle. Use a super-absorbent towel specifically for hair,” advises Nader. “Allow hair to air-dry, then form curls into shape using your fingers.”

CUT SOLUTION: “A great cut can help,” says Nader, who has developed a technique to address the problem. “I call it the seamless texture technique. It’s basically a random texture where the pyramid effect of hair sitting flat at the top and wider at the bottom is re-proportioned. If you want to straighten hair, you won’t get a layered feel. But, if you prefer some curl, you get a beautiful shape.”

5. Curl Conscious Conditioner, \$45, by **Bumble and bumble** at Mecca Cosmetics, 1800 007 844. 6. Osis Elastic Flexible Hold Hairspray, \$16.95, by **Schwarzkopf**, 1800 251 887.



BEST BUYS

8. Crazy curls

CAUSE: ‘Curls are unruly by nature, thanks to their zigzag shape and coarse cuticles. They are therefore hard to manage and prone to dryness.

PRODUCT SOLUTION: Don’t be afraid to use loads of product. “Curly hair is naturally dry and needs the re-hydration that moisturising products can provide,” says Glianos. “Any kind of wet or shine waxes will help, as will curl-smoothing lotions.” We love Skrewd Medium Hold Curl Enhancer, \$17.95, by Fudge, 1800 023 787.

STYLING SOLUTION: It’s best to always use hydrating haircare, and when towelling dry, never

IN-SALON SOLUTIONS

9. FOR DRY HAIR: BIO IONIC ION THERAPY TREATMENT, from \$30, 1300 308 816, bioionic.com.au. This 20-minute hydrating treatment is applied to the hair, which is then sectioned with foil and ironed. Once your hair has cooled, the foil is removed and hair is rinsed, leaving it healthy, shiny and manageable.

10. FOR FINE HAIR: PHILLIP GALLO SEMI PERMANENT BODY WAVE, \$80–\$120, 02 9360 1192. Designed to add body to even the limpest hair, this provides a gentle curl. Hair is set in rollers then the body-wave solution is applied. Once this is washed out, a locking solution is applied and hair is dried as normal. Results last from six to 12 weeks.

11. FOR DAMAGED HAIR: MAHOGANY NANOKERATIN PERMANENT HAIR REPAIR SYSTEM, \$260 for three treatments, 02 9331 0111. This treatment infuses hair with protein, re-building the damaged hair shaft. After a deep cleanse, hair is blow-dried, then the keratin is applied, locked in with heat and the process is repeated. After three two-hour treatments, hair is left stronger and shinier.

12. FOR CURLY HAIR: KERASTASE CURL PERFECTING RITUAL, around \$25, 1300 365 552. This one-hour treatment provides a deep cleanse, intensive hydrating hair and scalp treatment and leaves unruly curls naturally defined with maximum shine and lustre. **m**