

# HOW TO FAKE YOUNGER HAIR

## COLOUR

A softer, slightly lighter hair colour with varying tones gives a more youthful appearance. Avoid darker blocks of monochromatic shades. Henning suggests freshening up blonde hair with foils in different tones. "A paler colour mixed with a slightly warmer one looks more natural," he adds. For brunettes, Henning recommends a semi-permanent colour. "It will condition, give your hair shine and fade without re-growth. If you're starting to get a few grey hairs, a semi will help to camouflage them."

## STYLE

Softer, loose curls and waves are more flattering to the face as you get older, so steer away from sharp angles and severe cuts. "If you have curly hair," explains Henning, "opt for a cut that will bring out the best in your curl. To stop frizz, use a straightening product and leave it to dry naturally without touching."

## CUT

"This is when you really need to choose a style that works with your hair type," advises Henning. "There's no point trying to grow fine, straight hair long," he says, adding that now is the perfect time to try one of the new shorter hairstyles that are in, like a bob. "If your hair is longer, try to have regular trims and keep a few layers around the face to give you a lift."

## CELEBS WHO GET IT RIGHT

### Jennifer Aniston

Instead of a single blonde hue, a blend of subtle, sun-kissed highlights give an instant lift to Jennifer's natural colour.



### Catherine Zeta-Jones

Glossy, long locks, styled into tumbling curls and silky waves, have become Catherine's seductive signature style.



### Cate Blanchett

The Aussie actor complements her hair's natural texture with soft shoulder length layers that add volume and frame her face with a modern elegance.



## ROAD TEST

Victoria Meppem tries the Tanagra Nanokeratin Permanent Repair System

"After years of subjecting my hair to various forms of styling torture, I was intrigued by the Nanokeratin treatment, which promised to restore my tired locks to their youthful state. The process uses tiny particles of keratin to repair damaged strands leaving them shiny and well behaved. My treatment started with a shampoo and blow-dry. Then, using a machine that looked like a steamer with a brush attached, my stylist, Elaine, infused each strand with keratin, followed by straightening irons to seal it in. The final stage was an application of a gloss solution. After the 'Nano', my hair felt incredibly soft with a brilliant shine, and it was more manageable with fewer fly-aways."

**WHERE:** Zenith Hair, Paddington, NSW, (02) 9331 6800, or call 1300 797 778 for a salon near you.

**HOW MUCH:** Around \$100 per treatment. A series of three treatments, 7-10 days apart, is recommended to give your hair a new lease of life for up to a year.



## TURN UP THE VOLUME

According to Jay Robert-Edwards, founder of Akinda Magic in Sydney, hair extensions are perfect for thickening your hair as opposed to just wanting more length. He only uses hand-woven extensions made from the finest Russian hair and regarded as the "Rolls-Royce of extensions". "I can work right up to a fringe and thicken the hair on both sides," he says. He starts by creating tiny braids, known as cornrows or tracks, at the back of the scalp. Then he hand-makes wefts (rather like a fine

curtain of hair) that are sewn onto the braid. "If you're just thickening, often you can get away with one or two tracks. I've had people who've had extensions for 18 years and they'll never be without them - their natural hair is so thin and fine. If it's done properly then it doesn't damage the hair, but if the braid is done too tight or the extensions are not sewn correctly it can lead to breakage." Looking after your extensions is just like caring for your natural hair, although they do require more conditioning. Average costs run

from \$1200 to \$2400 and maintenance is needed every six weeks, when the wefts are taken off and re-braided back to the scalp in the same place.

"The beauty of this procedure," adds Robert-Edwards, "is it only takes 20 minutes to remove the extensions, and you can store them away for that day when you get a really bad hair out and have them put back in again."

**WHERE:** Akinda Magic, 75 Stanley St, East Sydney, NSW. Call 1800 662 442 or visit [www.hairextensions.com.au](http://www.hairextensions.com.au). ■