

instantbeauty

**TURN
OVER**
FOR THE BEST
SALON-VISITS
PRODUCTS

High-maintenance hair

Step away from that straightener. If you're addicted to styling, chances are your hair is taking quite a beating. But before you go completely cold turkey, try these steps to de-stress your tresses.

- 1 Don't bake your hair – invest in a heat-protection spray.
- 2 Banish product build-up with a detoxifying shampoo.
- 3 Make sure your irons have ions. Many new heated hair appliances now contain ionic technology, which uses negatively charged ions to

reduce drying time, and seal the hair shaft to avoid damage. Bio Ionic is a range of haircare, styling products and heated hair appliances, developed by Fernando Romero, the celeb hairstylist for J.Lo and Salma Hayek. His products use negative ions, found in natural minerals to

penetrate the hair shaft, lock in moisture and seal strands.

4 If you've seriously scorched your hair, head straight to the salon without passing go to try the treatment causing a stir in British hairdressing circles – Tanagra Nanokeratin Molecular System (available from \$70 at Toni & Guy salons nationwide, 1300 131 412). It's a three-stage treatment process, developed by a pharmaceutical company in Brazil, that infuses real proteins

(derived from human hair) into the hair strands with a steam-emitting hairbrush. 'It literally makes your hair feel brand new,' says Richard who wowed Dannii Minogue with it during a recent salon visit. You'll also adore the Kérastase Strengthening Indulgence Ritual – it's like a facial for the hair that rebuilds the strength of damaged hair by at least 50 per cent. For your nearest salon, call 1300 365 552.