

MAKE EVERY DAY A GOOD HAIR DAY

Three-quarters of Aussie women say a bad hair day affects their mood and confidence. Here are the tricks that hair experts use to keep their tresses tamed

Finally, research has given gravitas to that distressing experience, the bad hair day. In a survey by hair brand ghd, 75 per cent of Australian women said they felt self-conscious and anxious when their hair wasn't behaving.

New York psychologist Dr Vivian Diller, author of *Face It: What Women Really Feel As Their Looks Change* (Hay House), says "tress distress" is such an issue because "hair is also strongly associated to women's feminine identity. Long, silky, curly locks are considered a woman's domain, even if men are taking more risks with their hair," she adds.

Australian trichologist David Salinger says he sees people with

tress distress daily. "Good hair is a sign of good health, youth and vitality," he says. "We all look better with a healthy-looking head of hair."

So what does "healthy-looking hair" look like? Hair stylist Paloma Rose Garcia says it's "shine, smoothness, elasticity, healthy ends and bouncy, natural movement".

But this isn't a common attribute of many, according to hair stylist Jayne Wild: "The only people who have naturally healthy, shiny hair are normally people with strict lifestyles. Most rely on 'smoke and mirrors' – products, colours and technology."

With that in mind, we ask the experts for their secrets to having a great hair day, every day.



WORDS: SIGOURNEY CANTELO PHOTOGRAPHY: FOLIO-ID

STYLE YOUR HAIR SMARTER

"Hair is a communicator," Diller says. "If it's cut, styled and coloured well, it can express that [a woman] takes care of herself. If left unkempt, it may suggest the opposite." So get a handle on your hair. "The main thing is getting to know it and working with its texture," Garcia says.

Do upkeep at night: Garcia manages her thick, wavy hair by washing it before bed and plaiting it. "When I wake up it has nice movement in it."

Have a product plan: Make-up artist Filomena Natoli says her ringleted hair requires a dedicated routine: "I have so many products and they all do different things." A favourite is Redken Smooth Lock Stay Sleek (pictured, \$29, 1300 650 170).

Give it guts: If you have super-fine or flat hair, add oomph with dry shampoo or sea-salt spray. Just spray onto damp hair and scrunch it dry, or use a diffuser to encourage natural texture.



CHOOSE A LONG-TERM SOLUTION

Taking the unpredictability out of curly, frizzy or unruly hair gives you a good-hair-day head start. Semi-permanent smoothing treatments have made major advances from the chemical-laden days of old, and with solutions lasting for several months, they're both convenient and affordable.

Goldwell's recently launched Keratin Kerasilk treatment is formaldehyde-free and has a pleasant smell. The two-hour course of straightening and washing in-salon (from \$250, visit goldwell.com.au for salon locations) leaves you with fuss-free hair that's soft, manageable and shiny, and lasts for up to five months.

Other long-term solutions that can boost your hair health include thickening agents. Try adding silica or biotin supplements to your diet to improve your hair condition.

AMP UP THE SHINE

Shine is one of the best indicators of healthy hair. The cuticles on each strand are like scales, and when you wash or style with heat, they open and look rough. Encourage the cuticles to lie flat

and the light reflects more evenly for glossy locks, Salinger says. Try these three steps to add shine:

- 1. Apply a heat protector when styling:** When using heated tools, this adds a film of protection. Also, try to limit heat styling to a few times a week.
- 2. Use a mask once a week:** Garcia suggests replacing your regular conditioner with a mask once a week, leaving it in for 20 minutes, then rinsing with cold water to close the cuticle.
- 3. Blow-dry like a pro:** Use a professional hair dryer and natural bristle brush, such as the ghd Natural Bristle Radial Brush (pictured, \$32, ghdhair.com.au), directing the air down to the tips to smooth the cuticle and help it lay flat.



"...PEOPLE WITH TATTOOS INCREASE THEIR RISK OF SKIN CANCER..."

* Dr Stephen Lee, Clinical Professor of Dermatology at University of Sydney has stated heavily tattooed people increase their risk of death by skin cancers such as melanoma, because large tattoos often conceal subtle variations in the skin that signal the disease's early stages.

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[Pictured left: Mat Rogers | Dual International Athlete | Body art lover | Ambassador and daily user of The Original SIN]