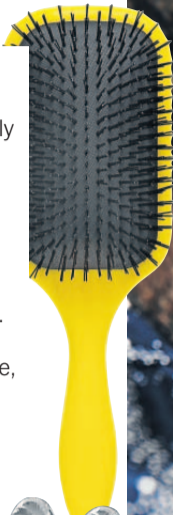


BEAUTY NEWS

DON'T BRUSH SO MUCH

Using a brush will simply separate your curls and create frizz. Try a wide-tooth comb or a Tangle Teezer, which doesn't pull or break the hair. Another tip is to comb only when hair is damp. Tie hair with coiled elastics, like Invisibobble, to prevent breakage.

TRY: Denman Tangle Tamer, R149, and Invisibobbles, R80 for pack of three



SENSITIVE SCALP?

This can be exacerbated if you often use relaxers or colour treatments on your hair. There's a difference between dry scalp and dandruff (which can be caused by fungus). Again, it's better to avoid harsh cleansing agents and look out for soothing ingredients (like cucumber extract) if itching is a concern.

TRY: Vichy Dercos Ultra Soothing Normal to Oily Hair, R199, which is sulphate free.

SLEEP ON SATIN & SILK

The smooth threads of satin and silk don't create friction against your hair while you sleep, unlike cotton which has a rougher texture. The result? Hair is less tangled and more glossy. And another happy side effect is skin look less lined and dehydrated.

TRY: thesilklady.com stocks 100% organic silk pillow cases, priced from R380 for a 50x70cm slip. Try satin pillowcases from esc-satin-pillow-cases.com, from R170 for a standard size.

GIRLS WITH CURLS

Blessed with lovely kinks and curls? Follow our tips and five 'hair rules' to keep them in tip-top shape

GO WITH THE CO-WASHING TREND

You're shampooing less often, but what about those days where hair needs a refresh? Co-washing means using a conditioning cleanser instead of a shampoo to nourish and gently cleanse the hair. It's ideal for natural hair and curls.

TRY: Kérastase Discipline Cleansing Conditioner Curl Ideal 400ml, R360, and Kevin Murphy Re.Store Repairing Cleansing Treatment, R495, which can be used instead of shampoo and conditioner once or twice a week.



SHAMPOO LESS OFTEN

Heard of the no-poo movement? Well, the theory is that regular shampoo contains surfactants (soapy cleansing agents) that are drying for curly hair. Use a low-poo cleanser to avoid drying out your hair and creating unnecessary frizz. Brian Warfield, hairstylist at Tanaz, Hair, Body and Nails, suggests: "After shampooing your hair, apply a moisturising treatment, wrap your hair in plastic wrap and put a cap on over it. If possible, sleep with that on. The heat from your head and having the treatment on your hair for a long time will provide your hair with the maximum benefit."

TRY: Redken Curvaceous High-Foam Lightweight Cleanser, R347, and Elasticizer Extreme by Phillip Kingsley, R855



OUR TOP 6 STYLERS

Need a helping hand getting the curls of your dreams? Try one of these heated tongs and stylers for all types of curls.



1
ghd Curve Soft Curl, R2 299
Best for soft, loose curls on longer hair — the spring clip helps secure the hair while it is heated to perfection



2
Babyliss Cordless Gas Styler, R341
No electricity? No problem — this is fuelled by gas and heats up to 200°C



3
ghd Curve Creative Curl R2 299
Has a cone-shaped barrel that tapers towards the tip — ideal for creating beach waves



4
FHI Heat Go Iron in Black, R1 050
This has an adjustable heat setting and can be used to straighten and, with a twist of the wrist, create waves too



5
Veaudry My Curl, R2 099
Comes with a two-fingered glove so you don't burn your hand while styling (from everythinghair.co.za)



6
ghd Curve Classic Wave R2 299
An oval-shaped wand helps create smooth Hollywood-like waves