

BEAUTY NEWS

TO TAME OR TO TEASE



Whether the beach agrees with your locks or not, best you keep them protected so that they look their best this holiday season. Here are some tips and advice to keep your crowing glory just that – glorious

Abandon the styling tools and let your locks dry naturally for the best summer 'do. The sun and sea (and even chlorine) can damage your hair enough as is, so additional heat is not a good idea. Try a super-nourishing hair mask – we like Philip Kingsley Elasticizer Extreme, R480, to reintroduce some much-needed moisture and strength into your hair. Also try Philip Kingsley Swimcap, R370, a comb-in formula that protects your hair against chlorine and salty water.



For wet hair that gets tangled due to dryness, try Mizani D'tangle Moisturizing Leave-in Milk, R170, and use a wide comb to comb through the hair. It contains a herbal-extract blend, which your hair will absorb without adding weight or dulling shine.



When you need to wash your hair, ensure that you protect your colour. Use Matrix Biolage Color Care Shampoo, R140, and Conditioner, R155, to keep it fresh and feeling light. Best of all, the range suits all hair types.



If you have an afro or naturally curly hair, again, use a treatment to deep condition. Try Mizani True Textures Curl Replenish, R180, for manageability and to retain curl elasticity and bounce.



Nobody likes frizz, so use a wide-tooth comb instead of a paddle brush if you must brush. We think finger-brushing is the better option at this time of year, or this Macadamia Natural Oil Healing Oil Infused Comb, R36, and Healing Oil Treatment, R85. The specially formulated resin in the comb helps spread the oil thoroughly to give you healthy, nourished hair.

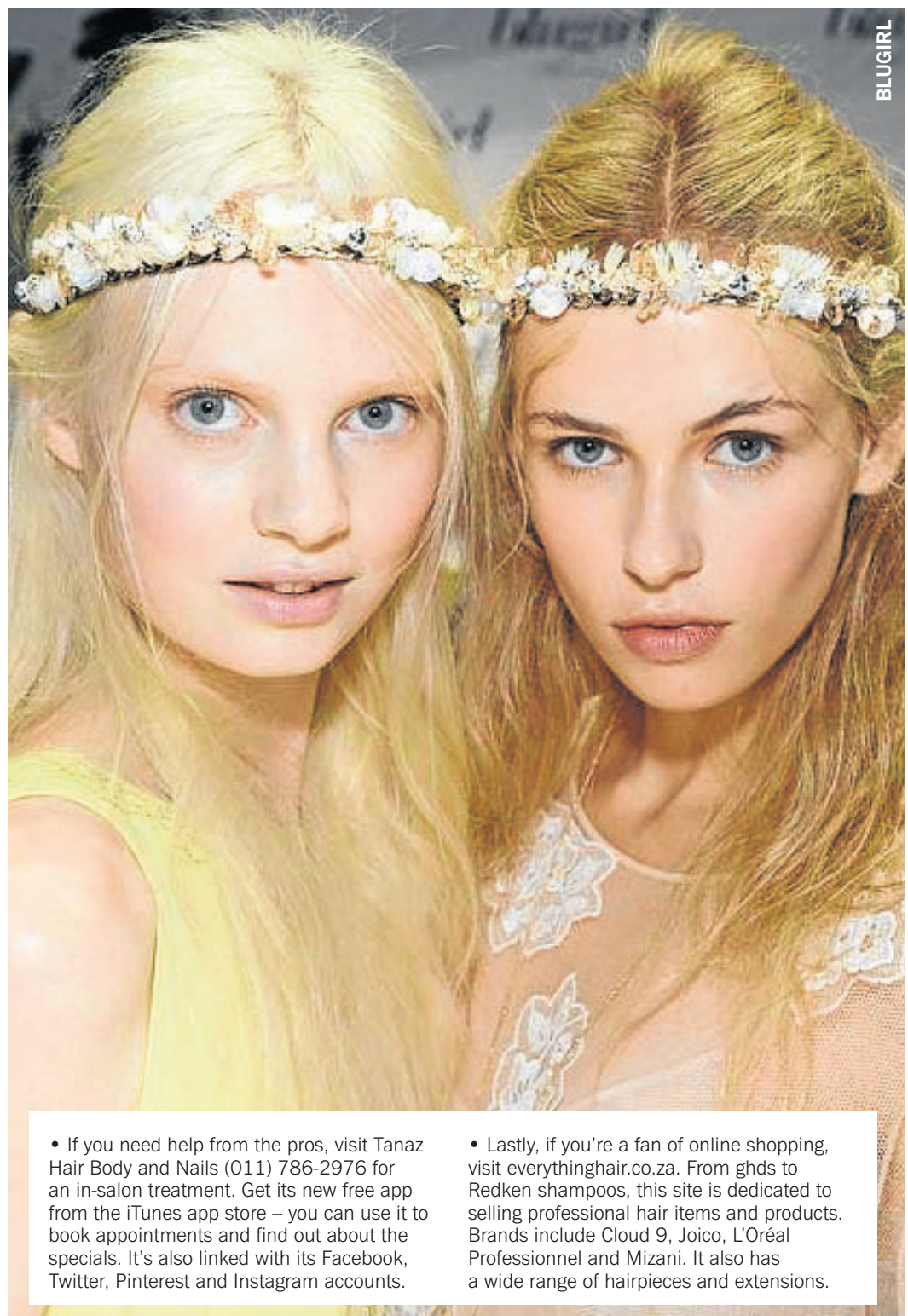
To define those curls, try Davines Curl Building Serum, R220. It enhances curls in naturally wavy hair, giving them movement and definition that are weightless. Plus it's humidity-resistant and anti-frizz.



If your hair is relaxed, remember that chlorine, salt water and sun deplete the hair's natural moisture. So a deep-conditioning treatment will keep it feeling soft and protected. Try Mizani Supreme Oil Satin Crème Moisturizing Mask, R160. The silicone-free formula contains argan and avocado oils to protect from dryness.



If your hair loves the salty water, try Davines Sea Salt Spray, R230. It adds lots of volume and texture with light control and minimises the electrostatic effect while retaining that beachy-boho look.



• If you need help from the pros, visit Tanaz Hair Body and Nails (011) 786-2976 for an in-salon treatment. Get its new free app from the iTunes app store – you can use it to book appointments and find out about the specials. It's also linked with its Facebook, Twitter, Pinterest and Instagram accounts.

• Lastly, if you're a fan of online shopping, visit everythinghair.co.za. From ghd's to Redken shampoos, this site is dedicated to selling professional hair items and products. Brands include Cloud 9, Joico, L'Oréal Professionnel and Mizani. It also has a wide range of hairpieces and extensions.