

SUMMER PRE-TOX

Summer Hair Rehab

Moisturising treatments are the key to non-shocker locks.

How to *keep your mane tame* in the season of extremes

Beach by day

"There are many products with UV protection and waterproofing to keep your hair glossy in summer," says Adam Noble, owner of ACT salon, Next Hair. "It's always advisable to protect your hair from the sun, wind and water, as your hair can burn just like your skin. Extra care is recommended if your hair is colour-treated, so protect it with the same diligence you use with your body," says Noble. "After swimming in salt or chlorinated water, use a clarifying shampoo to remove the salt or chlorine residue, then rehydrate your hair with a moisture-based conditioner or treatment."

TIP: If you want to create waves but can't get to the beach, try a sea salt spray – it'll add great volume and texture to your hair.



1. SUNSILK TEXTURING SPRAY, \$6.99. 2. O&M SEVEN DAY MIRACLE MOISTURE MASQUE, \$29.95. 3. JOHN FRIEDA FRIZZ-EASE CONDITIONING SPRAY, \$15.95. 4. GOLDWELL RICH REPAIR SHAMPOO AND CONDITIONER, \$19.95 EACH. 5. PANTENE 3 MINUTE MIRACLE TREATMENT, \$7.99 FOR THREE.

A life-saving treatment mask for stressed hair.

Dangria at sunset

Noble recommends preparing a summer hair survival pack – containing bobby pins, clips, hair and head bands, as well as styling products – to take you from the beach to your favourite bar. "The two best solutions for sexy beach hair are either to slick your hair back (using clips if your hair is long), or rake it through with your fingers after you've applied a texturing product. Avoid using a brush as it will create static and make your hair look fly-away and frizzy." COSMO