

How to get lovely hair

It's not surprising that you want to have lovely hair. It's one of the most important things you can do for yourself. Here are some tips to help you get the most out of your hair.

WASH YOUR HAIR
Washing your hair is a key part of keeping it healthy. Use a gentle shampoo and conditioner. Avoid hot water, as it can strip the natural oils from your hair. Wash your hair 2-3 times a week.

THE BEST COLOUR MIX
If you're looking for a new hair color, consider a mix of colors. This can give you a more natural look and help your hair grow out more easily.



Quick, easy party looks

Here are some quick and easy party looks that you can try. They are perfect for any occasion and can be done in just a few minutes.



What you should do LET YOUR HAIR AIR DRY

Head from the hairdresser makes your hair more pliable because it softens bonds in the hair's cortex - and needs 24 hours to return to its natural state.

What's more realistic
Get out as much water as you can before going to bed. Use a towel to blot your hair, but don't rub it. Let it air dry overnight.

What you should do
Use a heat protectant spray before using any heat styling tools. This will help to protect your hair from damage.

What's more realistic
If you're using a hair dryer, use it on a low heat setting. This will help to reduce the risk of heat damage.



A HEAD START

Sophisticated man about town or desi may-cari-bi-man - whatever your style we show you how to keep your hair looking great



- 1 COOL** Polaris Hair Styling Cream (Shampoo) 100ml, £12.99; Polaris Hair Styling Cream (Conditioner) 100ml, £12.99.
- 2 HOT** Polaris Hair Styling Cream (Shampoo) 100ml, £12.99; Polaris Hair Styling Cream (Conditioner) 100ml, £12.99.
- 3 HOT** Polaris Hair Styling Cream (Shampoo) 100ml, £12.99; Polaris Hair Styling Cream (Conditioner) 100ml, £12.99.

Die regte stilleergereedskap

Daar is tog baie stilleergereedskap op die mark. Hier is 'n paar van die beste. Hier is 'n paar van die beste stilleergereedskap op die mark.



BESKERM TEEN HITTE

Daar is 'n paar van die beste beskerm teen hitte. Hier is 'n paar van die beste beskerm teen hitte.



Love your hair?

Then turn the heat down on your iron. It's time to take control of heat damage caused by your straightening iron. Jason Fricke, head of marketing for Braun in South Africa, advises that you turn things down a little. Don't schedule too elaborate or demanding treatments in times of stress and use only high-quality styling tools that don't damage your hair with excessive heat.

Be kind to your hair

JUST like you, your hair experiences the stresses of daily living, your hair has its own natural oil and moisture. It's important to keep your hair healthy and hydrated. Use a gentle shampoo and conditioner. Avoid hot water, as it can strip the natural oils from your hair. Wash your hair 2-3 times a week.

