

SUMMER HAIR STYLING TIPS

We are at the end of the year – which as we all know – means social and family functions over the festive season.

In the lead up to the holidays make sure that you have been to your hairdresser and had your colour refreshed and your style reshaped so that your hair is easier to style and maintain. Having great looking hair shouldn't take you too long if you start with hair in good condition.

With all the parties and events you will be attending, here are some styling tips to make life easier:

BLOW DRYING

Always use your blow-dryer on warm not hot to avoid damaging the hair. Choose a brush that is appropriate for the style, both size, shape and bristle type is important.

The extra time you spend on your blowwave, especially drying the roots properly, will be worth it, both for the result you achieve and for how long it will last.

To add volume and hold, you can use a styling product like a lotion or foam as a foundation; using a finishing product such as a spray or serum to smooth out your blowwave and add shine. For shorter funkier styles, a wax or clay is excellent for finishing and separation.

For those of you with curly hair, start with preparing the hair with a good leave in conditioner, followed by a styling product to hold curl. My favourite is a conditioner and a gloss mixed together in very wet hair before you start blow-drying or for thicker hair a foam. Define curls with your fingers



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then gently blow-dry on a medium heat with a diffuser attachment on your hairdryer or leave to dry naturally. Don't towel dry curls – just blot with your towel. The less fussing the less fuzz – and the better the curl.

GHD HAIR IRONS/CURLING

This fantastic tool can help you create many looks for social occasions. The irons can be used both for final smoothing of your straight blowwave or to add big sexy curls to your hair.

Hair must be fully dried. Once dried add a heat protection product. The end result of the curl is dependant on the size of the sections of hair you take. The finer/smaller the section the smaller the curl, big loose sections result is bigger/looser curls. Hold irons firmly so that hair glides through without pulling. Place the iron in the hair, turn the wrist downwards and glide from roots to ends – this will form a curl. Remember to alternate direction of curl. When finishing separate with fingers or brush for a more finished look.

Remember it is supposed to look fun and effortless but it will take a bit of practise, but once mastered you will always look fabulous and party ready

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