

GRAZIA

BRITAIN'S
WEEKLY
GLOSSY

Victoria

>> HOW SHE'S DEALING WITH DAVID'S NEW MOVE TO MIAMI

>> OPINION 'WATCHING LOVE ISLAND AS A BLACK WOMAN BREAKS MY HEART'



>> KATE

NIGHT SHE CAME FACE TO FACE WITH 'RIVAL'

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WHISTLES

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STOCKING UP ON...

Hair growth boosters



Joely Walker, beauty & health director, on what she's loving this week...

My hair and I are currently undergoing a few relationship issues:

I've neglected it, it's turned its bleached back on me. But I care about our future, so I'm determined to get things back on track with this healthy hair line-up, which focuses on nourishing, repairing and adding an extra few – ahem – inches. But seriously now, this lot are top of their game.



Pop three red capsules in the morning, three white ones at night and let the complex combo of skin, nail and hair boosting ingredients – like omega 3 and vitamin E – do their thing. No wonder Kate Moss is a fan of **Lumity, £90 or £76.50 per month.**

Excess heat and hair are not a match made in heaven. Spritz **TRESemmé Protect Heat Defence Styling Spray, £5.49**, on to damp hair before blow-drying to protect it to up to 230°C.

Think of **Kérastase Résistance Extentioniste Serum, £51.50**, as targeted skincare for your scalp, kicking it into gear and encouraging hair growth. Apply three pipettes' worth on to your scalp and massage in.

Keratin is the protein in hair that gives it structure – so boosting your protein intake can help you on your healthy-hair mission. **WelleCo The Super Elixir Nourishing Chocolate Protein, £28**, is vegan, contains nine essential amino acids and tastes delish.

I've been a big fan of Pureology products for years and have just started with **Strength Cure Shampoo, £19.95, and Conditioner, £23.10**, which aim to repair colour-damaged, 'micro-scarred' strands with its targeted and sulphate-free formula. I've got high hopes!

If your split ends are spiralling, book in for a trim and follow up with **L'Oréal Paris No Haircut Cream, £5.99**, which keeps them at arm's length for as long as possible, with castor oil to smooth and keratin to strengthen.

A bona fide cult classic for all the right reasons, **Philip Kingsley Elasticizer Pre Shampoo Treatment, £19**, is the bee's knees when it comes to hair repair. It's designed to be applied to damp hair for 20 minutes pre-shampoo, but I pile it on overnight, as recommended by my colourist.

