



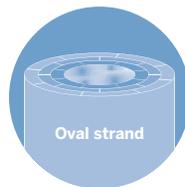
HAIR: NOT THE MUSICAL

Get the most from your barnet with our expert guide

ONE OF THE EASIEST ways to show the world that you care about yourself and your appearance is to get your hair in order. Greasy hangover hair is OK on the sofa but in the real world a decent haircut goes a long way. How nice is a girl with good hair? There are more factors to consider than you'd think when it comes to finding the best style and cut for you. How much time do you want to spend on it on a daily basis? What's your hair texture? What shape is your face? Are you going for practicality, trend or making a statement? We've got the answers to all these questions over the next four pages.

Before we get started, the key thing to understand is your hair texture. Glenn Lyons, Clinical Director at the Philip Kingsley Trichological Clinic says, "The texture of the hair depends on several things, including the average diameter of the individual hairs; the wider the diameter, the coarser it'll feel. People's hair naturally feels different, some hard, others soft; some silky, others wiry. The reasons for this are still not fully understood. Texture is mostly affected by external factors such as weathering, haircare products – shampoos, conditioners, styling products – and the way they are used and applied. If the wrong product is selected any change in texture desired by the customer will not be achieved." The four most common textures are fine, coarse/thick, curly and Afro Caribbean, which is the most vulnerable of all hair textures due to its unique structure and specific processing, styling and grooming needs.

GROOMING



CURLY

Prone to tangles, knots and frizz



1 Ref treatment mask 552
A hydrating treatment with coconut and macadamia seed oils. **£12.95 The Grooming Clinic**

2 Sachajuan Shine Serum
Adds gloss, seals split ends, helps prevent damage and gives curls a smooth finish. **£22 feelunique.com**

3 Lock, Stock and Barrel Recharge Moisture Shampoo
A gentle shampoo that delivers moisture straight to the hair shaft. **£9.95 mankind.co.uk**



THIN

Hair gets lank easily due to excessive oil glands on the scalp



1 Jack Black True Volume Thickening Shampoo
Use daily to condition, combat thinning and reduce dandruff. **£16.95 boots.com**

2 Ruffians Rough Matt Clay
Made from natural illite and kaolin clay, the particles thicken the hair's appearance. **£14.95**

3 MR Thickening Treatment
A lightweight aerosol mist that delivers thickening agents directly to the scalp, helping reduce the rate of hair loss. **£25 boots.com**



COARSE

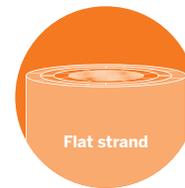
Prone to moisture loss and often becomes dry



1 Fudge Professional Structure Wax
Has a high hold factor to keep even the thickest hair manageable. **£12.45 mankind.co.uk**

2 The Body Shop Grapeseed Glossing Serum
Thick hair can often look dull; using a tiny bit of this serum will add shine and gloss. **£7**

3 Redken All Soft Conditioner
With argan oil technology that transforms the texture of brittle, dry hair. **£25 mankind.co.uk**



AFRO

Most prone to damage and dryness – hair is also highly porous



1 Philip Kingsley Moisture Extreme shampoo
This will help repair damaged hair and give brilliant shine. **£18**

2 Palmer's Coconut Oil Deep Conditioning Protein Pack
Containing coconut milk and vitamin E to give hair a moisture boost. **£1.99 Superdrug**

3 Aveda Dry Remedy Moisturizing Oil
A leave-in, daily treatment that instantly moisturises dry hair and leaves it soft and shiny. **£20.50**