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## Life

### Get your strands beach ready!

Monday, 6th June, 2016 5:00pm

I could be wrong, but it seems to me that as a rule ladies tend to take care of their appearance a lot more at this time of year. Just as the sunshine throws light on dust and dirt in our houses, it highlights all of the areas on our bodies that remained hidden for the duration of winter.



So from pedicures to waxing and tanning, every inch of us is prepped and preened to perfection as we dare to bare in the sun – and our hair is far from exempt!

Those pesky greys that show up no matter how regular your hair appointments are, seem to become particularly visible during the summer months. Never fear though. I've just learned about a new product that makes covering up rogue silver strands a lot easier.

Surya Brasil Henna Cream works with colour-treated or highlighted hair and is available in 15 sleek, fashionable and on-trend colours. While there exists a common misconception that henna is damaging to hair, Surya Brasil's Henna Creams in fact offers a safe, natural alternative to getting the hair you love; a tempting promise in a world where more and more people are developing a sensitivity to PPD – a lethal chemical used in 99 percent of hair dyes.

According to renowned hairdresser Bill Galligan, 'A lot of people's thinking around henna is stuck in a 70s stereotype – that it's fiddly to use, it takes forever, it can only dye hair various shades of orange. But Surya Brasil have reinvented henna with their Henna Cream range, bringing it bang up to date for a fresh, modern look. There's none of the hassle associated with old-school henna, just sleek, ultra-fashionable hair.'

Surya Brasil Henna creams are available from selected health stores and pharmacies or online at [www.yourtonic.com](http://www.yourtonic.com), priced at €13.80.

As always, hair looks its best when it's in great condition from the inside out. One product I will be trying ahead of the summer hols is the new Biologie Sugar Shine Polishing Hair Scrub, which is a pre-shampoo treatment that works directly on the hair to nourish and scrub away impurities to create natural shine.

The process gently removes impurities to create a smooth reflective surface on dull hair and is suitable for use on dry, damaged hair. To use, gently apply to damp hair in small sections in a stroking manner from root to tip and rinse well. The Sugar Shine Polishing Hair Scrub is priced at €18.84.

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