

marie claire

SEXY HAIR

GET SUPERMODEL
VOLUME - NOW!

CONFESSIONS
'LESSONS
FROM MY SEX
THERAPIST'

BRIGHT
YOUNG BRITS
FROM GAME
OF THRONES
TO KINGSMAN

HOT DENIM
TRENDS
LIFE BEYOND
SKINNIES

@WORK
CHANGE
YOUR CAREER
WITHOUT
GOING BROKE

THE NEW COOL



PUMP UP THE VOLUME

We know there are products to give your tresses the appearance of full-bodied, swishy hair, but what gives it greater abundance? Those in the know take Viviscal. With zinc, vitamin C and iron, Viviscal Maximum Strength food supplement, £49.95 for 60 tablets, noticeably thickens the strands. You need to take the tablets for three months to see a difference – take note, brides-to-be. Next up, add a scoop of Equi London Fundamental, £45 for 180g, to your morning smoothie – it's rammed full of scalp-loving antioxidants and probiotics – then take Udo's Choice Ultimate Oil Blend, £15.29 for 90 capsules, which is rich in omegas 3, 6 and 9. After a month, your hair will look luscious and feel soft. Add a bottle of Nioxin Hair System Kit 4, £29.99, in the shower and you can tackle any hair issues once and for all. ■