



ANNA SUI

THE ULTIMATE Hair HANDBOOK

WANT TO GO SHORT? LONG?
BLONDE OR BRONDE? HERE'S
OUR GUIDE TO THE LATEST
CUTS, COLOURS AND STYLES.
BY **STEPHANIE DARLING**
AND **JUSTINE CULLEN**

THE COLOUR
blonde

WHO CAN WORK IT? Damien Rayner, head colourist at Sydney's Renya Xydis City, has been colour-coding hair for 16 years. Skin tone and eye colour are the first things Rayner looks at when prescribing a hair colour. "If you have yellowy tones to your skin, you don't want to have too much gold in the hair. And, as a rule, fairer complexions will suit paler colours," he says, adding, "Blonde hair really suits balanced complexions and hazel eyes."

ON TREND On the international runways, Rayner noted the golden hue had moved away from the light streaks of old. "It's solid honey blonde that we are seeing on the catwalks."

KNOW THIS FIRST Blonde is not the most credit crunch-friendly shade – the upkeep requires dedication and it's important to visit the salon every four to six weeks for regrowth maintenance. "This keeps hair looking perky," says Rayner. But not everyone can go blonde. According to Rayner, "If you are dark-skinned, blonde just won't work."

AT-HOME EXPERT Protein isn't just for your diet. Hair products with protein are also "the most important thing for blondes to use," says Rayner. Why? "Because without protein, there is nothing for the colour or moisture to bind with, meaning the colour will leach from the hair quite quickly."

INSIDER'S TIP To keep your hair in peak condition, every second time you visit the salon, ask for highlights at the roots only.

CARE FACTOR 1. Repair Cream 30 seconds, \$29, by Wella System Professional, 1300 885 002, will give your hair a shot of much-needed protein. 2. To boost your colour mid-term, try Sheer Blonde Tone-Refreshing Shampoo and Conditioner, \$17.99 each, by John Frieda, 1800 468 318, which combats brassiness and colour fade. 3. BlondMe Shine Moisture Mask, \$27.95, by Schwarzkopf Professional, 1800 251 887, is a great weekly moisture injection for blonde locks. →



THE COLOUR licorice (midnight brown)

WHO CAN WORK IT? Colour of this depth works best on those with naturally dark tresses. Go for an all-over permanent colour or a rich semi-permanent.

ON TREND "As we head into winter, this colour adds sheen, gloss, thickness and depth," says Nicole Paech from Glow Salon in Sydney. Think Demi Moore's lustrous locks.

KNOW THIS FIRST A great way to maintain hair that looks this good is with an in-salon treatment, like a gloss colour which combines vegetable colour and an intensive treatment. This takes out any brassiness in the colour and is a great boost three to four weeks after colouring.

AT-HOME EXPERT "The best thing you can do to maintain the colour is to not over-shampoo your hair," says Paech. Incorporate dry shampoos into your routine to give hair a break.

INSIDER'S TIP The beauty of inky hair is the potential for supreme shine factor, so colour-enhancing products are a must. Paech likes the Goldwell Colour Glow IQ range.

CARE FACTOR 1. 2+1 Conditioning Treatment, \$41.50, by Sebastian Professional, 1300 728 333, gives coloured hair the kiss of life. 2. Warming Oil Treatment, \$69.95, by Label.M, 02 9380 2059, is a luscious self-heating oil which stimulates the scalp while conditioning the ends of your hair. 3. To stop colour fade, use Colour Extend Shampoo and Conditioner, \$26 each, by Redken, 1300 650 170, with UV filters and antioxidants to keep the colour molecules locked in. →



EMPORIO ARMANI



THE COLOUR red

WHO CAN WORK IT? According to Caterina DiBiase, from Melbourne's Heading Out Hair and Beauty, "Red works with very pale skin, but also looks brilliant with light olive skin. The paler the skin, the softer the red should be. Red is really flexible, from strawberry to flame."

ON TREND DiBiase is just back from Paris where "copper red was everywhere".

KNOW THIS FIRST Red pigment can be tricky and an at-home maintenance program is important as the colour can fade faster than other shades. It is also the hardest pigment to remove from hair, so be very sure before you opt to become a redhead. Visit the salon every five to six weeks.

AT-HOME EXPERT Use products specifically designed for colour-treated hair and which also soften dry, highlighted hair.

INSIDER'S TIP "To protect a bright salon colour, do not wash your hair too often," says DiBiase. "Try to stretch it one extra day."

CARE FACTOR 1. Need a hit of TLC? Try Dual Senses Colour Extra Rich 60sec Treatment, \$19.95, by Goldwell, 1800 506 060. 2. Vibrant Colour Shampoo and Conditioner, \$5.49 each, by Palmolive Naturals, 1800 802 307, have the added punch of avocado oil and UV protection. 3. Igora Color Gloss, \$19.95, by Schwarzkopf Professional, 1800 251 887, colours, moistures and glosses.



ZAC POSEN

