

BEAUTY



Gisele
**HOW TO
GET HER HAIR**



FROM LEFT At the 2001 Vogue Fashion Awards; Backstage at the Marc Jacobs show in New York, 2004; At a Victoria's Secret party in LA, 2004.

HER CUT

Every stylist I know would love to get their hands on Bündchen's locks and hair supremo Renya Xydis from Valonz Haircutters in Sydney is no exception. "If I had my way, I would take Gisele's hair dead straight and then pull it back into a ponytail to show off her beautiful cheekbones. I'd also love to cut a fringe on her," she says.

Xydis has a number of long hair rules: "The longer the neck the longer you can wear your hair." Just take a look at Bündchen's swan-like neck and you'll see what Xydis means. Layering is the key to keeping long hair modern. Xydis says, "I don't like solid cuts. For me, it is all about having hair that moves."

To get volume this bountiful, the blow-dry technique and product use is crucial. Always massage volumising product into the crown of your head, making sure your work it into the roots. Renya suggests using SP Perfect Hair, \$29.60, by Wella, 1300 885 002, or Fat Hair, \$35, by ghd, 1300 880 209. We are big fans of the cheats' version of volumising: tip your head upside down and apply shots of intermittent hot and cold air from a blow-dryer. Once you have the oomph factor, finish with a few strategically placed tonged curls. Et voila!

you will need...

- 1 Restoratives Time Renewal Shine & Fortifying Tonic, \$11.99, by Pantene Pro-V, 1800 028 280. Genius at coating conditioning ingredients onto the hair strands to create smoother, shinier hair.
- 2 Sea Salt Spray, \$31.50, by Label.m, 1300 131 412. Creates foolproof texture.
- 3 Waves & Curls Salon Styler, \$49.95, by VS Sassoon, 1800 650 263. Gives lovely loose curls.



BRAZILIAN DOWN UNDER

This month, the \$37-million model heads to Australia to launch the Gisele Bündchen Ipanema Collection. But while her CV makes her the most highly paid model in the world, don't expect her bank balance to benefit. Proceeds from the range will go to the Y Ikatu Xingu campaign, which works to preserve the Xingu River in her native Brazil. Now, that's model behaviour. Available in Novo stores this month. From \$24.95, call 03 9315 1666.

HER CONDITION

As it's been around for a while, long hair has been exposed to every stress under the sun and is therefore susceptible to damage. David Salinger from the International Association of Tricologists (experts on everything to do with hair and scalp health) talks us through caring for healthy long locks to help you achieve a Gisele-like mane.

"Long hair is very sensitive to UV exposure," reveals Salinger. "Constant brushing and combing [on average 15,000 strokes a year] also wears away the cuticle.

"When you wash your hair, just wash your scalp rather than taking the shampoo all that way through to the ends. The scalp is where the build up of oil and dirt will be," he adds. He is a big believer in shampooing every day with a mild shampoo, especially after sweaty gym sessions.

"Use shampoos with UV filters and opt for a leave-in conditioner," he says. "Protein conditioners will help the hair temporarily by coating the outside of the cuticle – and always use heat protectors when styling."

Also keep an eye on your iron intake, as deficiencies can result in hair loss. "Supplements are good if you are low in minerals," says Salinger. A good indicator for healthy hair is the state of your nails. If they are strong, your hair should be, too.

m Now you have Gisele's hair, it's time to get her tan. See page 220–222.



you will need...



- 1 Life Drops Leave In Protein Conditioner, \$29.95, by Terax, 1800 137 480. Helps keep coloured hair healthy.
- 2 Scalp Relief, \$25, by Redken, 1300 650 170. Soothes your scalp.
- 3 Nails, Hair and Skin, \$18.25, by Blackmores, 1800 803 760. Get strength from within.