



**250+**  
PRODUCT  
REVIEWS AND  
TIPS FROM  
THE PROS!



THE 2010  
**SHOP**  
*beauty*  
**HAND  
BOOK**



**DON'T GO SHOPPING FOR COSMETICS WITHOUT THIS!**



## SHOP recommends



**Redken 5th Avenue NYC Fresh Curls Curl Recovery, \$34, 1300 650 170.** A pearly, rich gel made for wavy, thick hair.



**John Frieda Collection Frizz-Ease Crème Serum Overnight Repair Formula, \$23.99, 1800 468 318.** Apply in the morning, then slick hair into a sleek style to max-out the repair power.



**Kérastase Nutritive Lumière Nutri-Sculpt, \$39.50, 1300 365 552.** Warm until the formula turns milky, then use it as a treatment and styler in one.



**Clairol Nice'n Easy ColourSeal Weekly Intensive Conditioner, \$5.99, 1800 226 524.** The stuff you get with home hair colour. We're campaigning for it to come in a one-litre bottle.

BEST STEAL



**Wella System Professional Hydro Mask, \$31, 1300 885 002.** With glucose - a moisture magnet - so you get shiny, soft hair in less than five minutes flat.



**Garnier Fructis Instant Melt-In Mask Sleek & Shine, \$10.85, 1300 651 743.** Apply in the shower daily for a hit of hydration after too much time spent styling or in the sun.



## HAIR: MOISTURISERS

Conditioner is all well and good, but in today's climate of global warming, our windswept, sun-struck, pollution-assaulted hair needs a little more moisture love. The best hair TLC comes in the form of a treatment. Once mainly a salon-based product, the latest at-home treatments give their professional counterparts a run for their money. Not only do they check in at all price points, but they also deliver seriously salon-esque results. Think you don't have time for a treatment? Sure, some are a long-winded process. And if you're the type who likes to pamper herself, you'll love wrapping your hair up for 20 minutes while your hair mask infuses, taking

the opportunity to give yourself a pedicure. If not, there are treatments that take as little time to work as one minute. An even quicker option is a non-rinse conditioner, which doubles as a detangling product, or an overnight leave-in lotion. Whichever type of treatment you choose, be sure it's suited to the needs of your hair. Hydrating masks work well for all hair types, but if your hair feels dried out due to processing or styling abuse, you'll need to add in a protein-based treatment. There are also super-rich treatments, based on butters and oils, that have been formulated for thick, unruly hair, along with masks made especially for coloured, curly and fine hair.



**Terax Hair Care Original Crema, \$29.95, 1800 137 480.** Use it and you'll be in good company with Demi, Gwyneth and us.

TOP PICK



**MoroccanOil Treatment, \$49.50, 1800 882 174.** It's the new product du jour and in the hippest hair salons for a reason: it works.



**Frédéric Fekkai Protein Rx Anti-Breakage Treatment Mask, \$52, from Mecca Cosmetica, 1800 007 884, meccacosmetica.com.au.** Soy proteins sink into the hair cuticle to repair any serious heat damage.