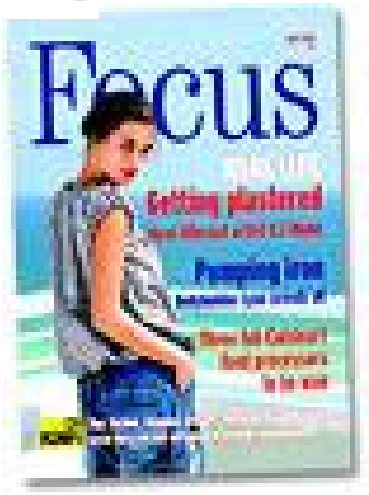
KENT MESSENGER



BEAUTY notebook

Treats for your tresses

We asked KATE PRENDERGAST to find out this autumn/winters big hair trends and products to watch out for

This autumn winter when it comes to hair trends, we're set to see the revival of long and luxurious wavy locks. Brigitte Bardot set the trend in the 60s and it is carried through with the likes of Kate Moss, Cara Van Leese and Eve Longoria.

Another key look is short and sharp pixie cuts, sported by Agyness Deyn, Pixie Geldof and Rihanna.

The simple accessory to get either of these looks is a pair of straighteners. Brown Sugar Hair range have a great pair of ceramic straighteners for £69.99 (1). They have an LCD screen that heats in 20 seconds and the heat setting ranges from 160 to 200. They are flexible and slick to use and with the satin bag they

'We love' product of the month

Babyliss hairdryer

The luxury hairdryer from Babyliss couldn't be any more girlie and glamorous. The new Hot Pink Powerlite is lightweight and has six different heat and speed settings. It dries any hair in super fast time and is ideal for creating volume and movement. Priced £45, it's also available in metallic green. Call 0870 513 3191 or visit www.babyliss-pro.co.uk

Luxury buy of the month

Freedom 24:7 straighteners

For unruly locks, getting caught in the rain and after-work drinks, Freedom straighteners are compact and cute. They heat up in 15 seconds and last for 90 minutes. You have a choice of three colours: black, white and pink and the ceramic plates give your hair a glossy finish and leave it miraculously unfrizzed. A must and a handbag must-have. Call 0845 1656 247.

Organic product of the month

Australian Organics

Treat your tresses with Australian Organics haircare range. The natural and fragrant products are full of plant proteins and essential oils to transform your locks from dull and damaged to silky and shiny. I would recommend Australian Organics Body Maximising Shampoo £3.99 for 350ml as it volumised and revitalised my hair. Available from Holland & Barrett, independent pharmacies and Waitrose (selected lines). For stockists call 01622 859898.

Reader offer

The Beauty Prescription -The Complete Formula For Looking And Feeling Beautiful by Dr Debra Lyfmann and Dr Eva Rinn.

This has been best friends for over 25 years and have combined their experiences and expertise, resulting in the innovative book that is an essential guide for mind and body with some great beauty advice. We have 10 copies to give away.

To enter send a postcard with 'Beauty Prescription' in the following address: Kate Prendergast, Kent Messenger Group, Messenger House, New Hythe Lane, Larkfield, Aylesford, Kent, ME20 6SG. The first 10 received will be sent a copy. The closing date is Friday, September 19.

The Beauty Prescription by Dr Debra Lyfmann and Dr Eva Rinn is published by McGraw-Hill, £13.99. www.thebeautyprescription.com

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