

10 WAYS TO...
repair sun-ravaged hair

1 COMPANY TESTS
Recent VIVA! Beauty feature written by Problem Solver, post-hair loss: Subsequent Products 176, Street, London, E14 3U. 13 weeks. (020) 7413 1370. **Verdict:** "The hair was parched and in desperate need of a moisture surge. After the treatment, my sun-damaged hair was normal. I felt after a full head massage, being revitalised." **Rating:** 9/10

2 DYE HAPPY
Even a single hair colour can be covered from your scalp will be used? To a semi-permanent option, the Nourish Reds Color. £12.99 www.nourishred.com. It's 100% free from nitrates, has amino acids, natural rich vitamins B2 and C and is a hair restorative that it's been exposed to the elements. There are hair dyes to choose from: the hair Light Chemical Dye - perfect for covering frizz, and the natural oils.

3 ALL RIGHT IN THE NIGHT
Care for your hair as you would your skin by giving it an overnight treatment - that will leave it soft and your hair can repair itself after daily damage. The Nourish Intensive Care Shampoo and Nourishing Restorative Conditioner, £3.99 each. 01622 859898. And don't forget that your hair can regenerate itself, because hair that's been damaged by sun, pollution, heat and stress can be repaired. The hair is made up of a protein called keratin, which allows your hair to glide across the surface without snagging. When you wash, oil your hair will look as smooth as when you were to bed!

4 STEP INTO THE SALON
Natural Repair and Intensive Intensive treatments work on the hair while you are in the salon, and seal it - leaving you with a healthy shiny head of hair. Free 020 7413 1370. www.nourishred.com.

5 GET A HEAD START
Recover overnight, using and allow to recondition hair from the inside out with a daily dose of hair oil. £14.99 for 10 tubes. 01622 859898. The hair is naturally-paired before treatment to boost hydration and strengthen hair from root to tip.

6 CHOC CHOP!
Hair needs a little TLC to keep it looking great during and after your holiday. A little every day to eight weeks post-hair oil and encourages stronger, more resilient growth. Ask your hairdresser for more information.

7 ALL TIED UP!
Tight hairstyles are a summer nightmare and can lead to hair breakage and loss. Use a hair tie that is gentle on your hair. The hair is made up of a protein called keratin, which allows your hair to glide across the surface without snagging. When you wash, oil your hair will look as smooth as when you were to bed!

8 STAR APPEAL
Hair needs to be treated more gently in the summer, so natural products are perfect as they won't strip your scalp of its natural oils. Delta Goodrem loves Australian Organics Intensive Care Shampoo and Nourishing Restorative Conditioner, £3.99 each. 01622 859898. They're the perfect pick-me-up, as they contain essential oils that soothe, strengthen and add shine to lacklustre, sun-damaged hair.

9 SPRITZ AND FIX
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10 FAST WORK!
Long hair suffers most in extreme weather. If it's a shoulder-length or longer, keep it wrapped in a towel to keep it from drying out. For oily weather, use a hair oil. Delta Goodrem loves Australian Organics Intensive Care Shampoo and Nourishing Restorative Conditioner, £3.99 each. 01622 859898. They're the perfect pick-me-up, as they contain essential oils that soothe, strengthen and add shine to lacklustre, sun-damaged hair.



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