

Plymouth Sunday Independent



THE CUT: Jennifer Aniston

The best shampoos tend to be the pricier ones, like Bumble and Bumble thickening shampoo, £14.50, considered to be the Viagra of thickening shampoos. But there are some ranges that won't break the bank either, such as John Frieda volume-thickening shampoo, £4.49 at Boots, Schwarzkopf Supersoft yoghurt and lime smoothie shampoo, £2.09, and Australian Organics body maximising shampoo, £3.99 from John Lewis, Holland & Barrett and Waitrose.

Thick

'Thick hair is open to a variety of haircuts, from short to mid-length to long. You should talk to your stylist, who will be able to advise you on a cut to best suit you, taking into consideration your face shape and position of your hair-line,' Anita said.

Thick hair can sometimes be coarse, so you should use a good frizz shampoo and conditioner that penetrates the hair shaft and reacts