Lifestyle

A Good Hair Day

Rosie Birkett finds the key to fabulous summer locks

Did you know luxury beauty company Aveda have a salon in Leeds? Nor did I until I found myself in the warm and relaxing hands of the lovely Carol at their salon at the back of Harvey Nichols first floor. While the salon doesn't do your regular cut and blow dry it offers various wonderful options from therapeutic conditioning treatments and colour enhancement to express styling experiences, costing as little as £15 — a bargain when you need your hair to be at its best.

Aveda is an American fair trade company founded by the eccentric Austrian hair guru Horst Rechelbacher and uses mostly plant-based and organic ingredients, sourcing as many of its ingredients as possible from natural sources to provide guilt-free indulgence.

I opted for an express styling, which began with a shampoo and conditioning using the newest Aveda shampoo, Smooth Infusion, which, Carol excitedly informed me, isn't actually available yet. It left me with miraculously sleek hair, proving a must-have for those sun-frazzled locks. After a generous and heavenly head and neck massage, Carol applied the gorgeous-smelling Smooth Infusion conditioner and then rough-dried my hair for added volume, before beginning a rigorous smoothing blow dry. I had chosen to go for the seasonal Beach Curls and, using her GHDs with more skill and precision than a neuro-surgeon, Carol proceeded to curl my hair into natural-looking summer waves and ringlets as I sipped on Aveda's fragrant in-store liquorice and peppermint tea.

I stepped out of Harvey Nichols feeling not only like I'd spent time at an exclusive yet ethical spa retreat, but like I was ready to hit the beaches of San Tropez with my newly invigorated, star quality hair. The reality is that I walked down Briggate and went to Oxfam, but my hair was telling a different story altogether, and maintained its smoothness for days after the treatment, even after I'd washed it.

So if your hair's taken a bit of a battering this summer, head to Harvey Nics to see the lovely ladies at Aveda — they'll have you feeling a whole lot healthier in no time.

Aveda, Harvey Nichols, 107 Briggate, 0113 204 8888

Product Placemen

The Fekkai Range

Fekkai have created the Quick Quench Rehydrating Gelée to protect and nourish, and the Zer Humidity Frizz Control spray — for those of you whose unbecom ing afros are triggered by humid conditions. They've also got Beac Waves, a styling spray for those ladies (and gents) who like to make the most of the tousled loo — surf's up dude!

Australian Organics Moisturizing Shower Gel, Peach Kernel Oil

£3.88 for 250ml

Nice pink packaging, shame what inside doesn't match — it's clear, gloopy, and smells overpowering of patchouli. That said, it foams u nicely, and leaves your skin softer and (slightly) peach-scented.

Herbal Harmony Scentolive! Skin and Hair Oil

£7.95

All-round product with a rather festive but pleasant scent of rosemary, orange and cinnamon. Leaves hair beautifully soft; skin feels great and smells delicious, but we can't help thinking that it's not much more than olive oil in a fancy bottle.

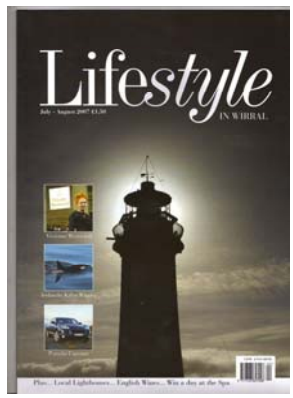
Australian Organics

The lovely people over at Australian Organics sure know a thing or two about the appliance of science. They use organic plan extracts and plant proteins to nourish the hair, which strengthe and assist new cell generation in both their hydra stabilising shampoo for normal hair and the replenishing stabilising conditioner for normal hair.

Stockists: Harvey Nichols, 107 Briggate, 0113 204 8888 • Holland & Barrett, 37 Merrion Centre, 0113 234 2828 • Space NK, 63 Vicar Lane, 0113 242 6606 • www.scentolive.com • www.australianorganics.net

Pearly Queens

The world is your oyster when it comes to stringing seafood around your neck



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