

DAILY STAR SUNDAY

sparkle_{pr}



take5 look good, feel great

TRIED & TESTED

Lip plumpers

- SkinVitals Lip Boosting Treatment** £10 **4/5**
- Fake Bake Lip Plumper & Exfoliator** £12.50 **4/5**
- Prescriptives Intensive Rebuilding Lip Shaper** £18 **4/5**
- Urban Decay Big Fatty Lip Plumper** £11 **4/5**
- Pink & perky** £10 **4/5**

PARTY-PROOF YOUR HAIR

Help your hair survive the festive season...

Now we're in the middle of the busy party season, fitting in a visit to the hairdressers can be a bit tricky. But don't worry - we'll make sure you go to the ball and look your best.

We've teamed up with hairdresser to the stars, Richard Ward, to put together some easy tips for transforming your hairdo with minimum fuss.

And you know how you can never quite blow-dry your hair the way your stylist can? Well, we've got that sorted too.

Richard styles celebrities including Geri Halliwell, Lisa Snowden, Emma Bunton and Natasha Bedingfield.

Gorgeous Natasha, 26, right, has transformed from girl-next-door to full-on glamour puss since spending most of this year in L.A.

And the singer, who recently got engaged to American estate agent Matt Robinson, 31, is loving her new saucyopt image.

"I used to hide my femininity because I wanted to be one of the boys," she says.

"But then I realised that you actually lose some of your power by doing that."

"There's power in being a woman and feminine."

So, take a leaf out of Natasha's book and transform your hair up, up, up!

Richard Ward hair products are available in Tesco and Superdrug, from richardward.co.uk and at hairdressers nationwide.

QUICK-FIX TIPS

1. Spritz short hair with a volumising product and insert some Velcro rollers. Blast with a hairdryer, shaping curls as you remove the rollers for maximum impact.
2. For medium-length hair, plus some curls with styling mousse and sculpt hair into natural waves, hippocampally pinning and clipping with diamond hair accessories.
3. Combat static by spritzing your palms with hairganz, then smoothing down the hair shaft.
4. Normal hairgrips structured together or crisscrossed make great hair accessories and can look funky without being too glittery.
5. The disco bonnet look goes with a lookyng style - ultra-fine leather or textured ones in metallic pick up on this season's trends in a subtle insert near the crown and back brush (backcombs can look too severe) - so it's gently tousled.
6. Greasy hair can be quickly banished with a spritz of my One More Dry Hair Reviver. It has a fabulous scent to carry you into the evening too. Spritz from root to ends, and then dry as usual.

by Dominique Ayling

AWARD WINNER at the Johnson & Johnson beauty Oscars

THE PERFECT BLOW-DRY

Cleanse & condition
Unless you wash your hair every day, shampoo twice. Massage with the tips of your fingers to stimulate the scalp and encourage healthy hair growth. Rinse in lukewarm water - too hot or cold will stimulate the sebaceous glands and leave hair greasy.
Natural hair only needs conditioner applied to mid-lengths and ends but if hair is colour-treated or damaged, apply all over. Leave on for at least two minutes then rinse.

Comb & section
Comb hair through, starting from the ends to avoid ripping and pulling. Section hair into two - back and front. The back is from the crown to nape - divide this hair in half. Then split each side into nape, middle and top.
The front is split into three also - ear to top of the head on each side and the front or fringe section. Use bulldog or crocodile clips to tuck the hair into neat sections.

Don't product overload
Too many products will create build-up and your blow-dry won't last as hair will be left static and floppy. Target a specific concern, such as



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