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You and me, Kate, in the thick of it

The GLOSSPEL



According to Tracey Withers

I WAS first-flush-of-love-struck and gushy last week, but multiple style-ups, a few shampoos and 10 days later I've come to consider the hair extensions I've had installed a bit like a new(ish) boyfriend. Still so good to look at, fabulous to feel up, injects a sexy somethin'-somethin' into my step – but now I'm living with them every day they're, well, thicker than I'd expected. Needier. Wouldn't trade them in for the world, but this relationship requires more micro-management than anticipated.

Women with hair so full-bodied it pretty much has hips, I've long envied you. Now I also say, sister, respect! So I've just emergency dialed Tracey Hughes, top-order stylist from Mieka Hairdressing and she reckons three thick-hair tactics may just instantly improve our day.

First, a beefy upgrade on brush. Full, natural boar bristles are the only thing that's going to really wrestle with it and win. "The natural fibres are better at distributing smoothing oils from your scalp all the way through," Tracey says. Same goes for spritz-in styling and treatment oils that big, fat hair needs to stay silk-like.

I moaned about blowdry RSI – seriously, I've missed buses trying to dry this mop off. What do I need? A V12 jet engine? "It's not so much what you've got," says Tracey. "It's having thick-hair technique." Section it and attack with mindful method – don't just try to blast all the moisture out of mid-lengths straight away. "Dry roots first so hair goes immediately into the direction of the natural fall. It stops tangling. If you dry from the ends upward you'll end up messy, then have to over-dry the lengths – and that causes frizz." Aha!

Finally, Tracey says home moisture masks are essential but monthly, intensive in-salon conditioning treatments are the game-changer. (Salon vouchers for Christmas, anyone? Anyone?)

The lightbulb lesson: fabulousity rarely comes for free. You can totally buy my love...

A bungee jump

For thick-hair up-styling, try Evo hair-ties – cushy elastics with hooks at either end. Just wrap and link to tie in a tight pony, bun or braid. Sorted.

Evo mister fantastic hair bungees, \$8.95 per pack (www.evohair.com)

Sleep maximisation

Prestol Four drops of collagen-cushioning argan oil and vitamin serum and my everyday moisturiser is rejigged into an overnight treatment. I'm on social-season sleep deficit, so it's all about upsizing z-time.

Dermalogica Overnight Repair Serum, \$110 (1800 659 118)



MacGyver moment?

I'm not sure when or why exactly I will desperately need to reload my lashes under the deep, dark cover of night. But when emergency strikes, dammit, I'm ready! Purse-proportioned wand with built-in light bulb and mirror. Up there for thinkin'.

Nutrimetrics Lash Lightning Mascara \$36 (1800 802 151)



Not too proud to beg...

It's expensive, I know. But can you really price-tag the untold joy a self-blending perfume-personaliser collection would give to my world this Christmas? No, you can't.

Jo Malone Customised Fragrance Combining Collection with two customised 100ml colognes plus 9ml shots of Lime Basil & Mandarin, Grapefruit, Pomegranate Noir, Red Roses, Orange Blossom and Vanilla & Anise, \$600 (02 9381 1200)

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