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## BEAUTY CABINET

# Beach-proof LOCKS

Don't worry about tortured tresses this summer – we've got your troubles sorted!

Unfortunately, sun and water can make coloured hair even more brittle, but there is help at hand! Celebrity stylist Anthony Nader offers these top tips.

- 1 SWIM SMART**  
A swimming cap will protect your locks against the super-drying chlorine and salt water,' says Anthony, who adds that it's a bit old-fashioned but it really does work!  
'Add in a light application of cream conditioner on your hair and rake through with a wide-tooth comb before you put the cap on for a mini treatment while you swim.'
- 2 TOP CONDITION**  
'A leave-in conditioner is fantastic when you're out and about in the sun,' Anthony says. 'Find one that has a UV protection as this will keep your hair healthier and result in less colour fade over the season.'
- 3 PROVIDE A BARRIER**  
'Love UV protector products, which coat your hair and shield it from all the nasties of the environment.'
- 4 WASH IT OFF**  
'Rinse your hair immediately after swimming, as this will remove the residue of the salt or chlorine,' Anthony advises.
- 5 BE STYLE SAVVY**  
'If your hair is long, try a stylish "off the side" braid, which looks neat in and out of water. And don't forget to wear a hat!'

**NEW IDEA LOVES**

**TOP TIP**  
After washing your hair, leave your conditioner in for at least five minutes, then rinse.

Naomi Watts is a fan of MoroccanOil – no wonder her hair looks so great!

**DID YOU KNOW?** A massage is the most popular way for Aussie women to boost their mood, according to a Nutrimetics survey.

**Clarins Beauty Flash Balm**  
**\$60, (02) 9663 4277**

This instant radiance booster has been around for 30 years and is still going strong – one is sold every 20 minutes! If I'm wearing make-up, I rarely leave the house without using it under my foundation to create a dewy look.

Beauty Ed's fave!

## 360 FAKIND

Give your skin a lift and feel fantastic too!

- 1. FOR ALL OVER**  
Bio-Oil, \$24.95, (02) 8436 8300. Skin just drinks this up and it leaves a beautiful sheen. It's best known for its ability to reduce scars and stretch marks.
- 2. GREAT VALUE**  
The Body Shop Hemp Moisture High Balm, \$18.95, 1800 065 232. Revives really dry spots with coconut oil and beeswax.
- 3. 360 DEGREES**  
Innoxo SOS Skin Tissue Oil, \$19.95, 1300 650 981. A dosed-up form of vitamin E treats acne and rosacea, plus it works upside down to get to tricky spots.

**NEW IDEA LOVES**

Enquiries: Dove 1800 060 027, NAK 1800 596 060, Lady Jayne 1800 651 146, L'Oréal Professionnel 1300 653 541, MoroccanOil 1800 282 274, NAK (07) 286 544, Schwarzkopf 1800 251 887, Speedo 1800 023 807, The Body Shop 1800 065 532, KMS 1800 625 540