

A little loving

How do I inject some life into dry hair?

"We tend to cook our hair in winter with central heating, heated styling tools and the constant wind, rain and cold weather; it gets a harder time than in summer," says Angela Foster-Nesbit from Oblique Hair Spa in Auckland's Birkenhead. Her tip for giving hair some extra TLC? Brushing and treating it to a Kérastase in-salon ritual.

"As you get older, your scalp produces less oil and lipids, and while you don't need to wash it as often, it starts to dry out. Keep a basket with a brush and some overnight hair serum under the couch, and when you are watching TV or relaxing in the evening, give your scalp and hair some love. It takes no time at all."

Angela says a natural boar-bristle brush is best, and is particularly kind to grey hair.

"Grey hair is often kinky and hard to smooth," she explains. "Brushing your hair daily with a natural-bristle brush and blow-drying with it helps grab and smooth hair, creating more control than you'd get with a plastic- or metal-bristle brush."

The Kérastase Oléo-Fusion Ritual, \$30 (blow-dry excluded), is ideal for boosting hydration. While this treatment is nourishing for hair and the scalp, it is hugely relaxing too. After a deep cleanse (two shampoos), the

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Tigi Wonderful
Tonight Overnight
Treatment, \$70.



Pantene Night
Miracle Leave On
Crème Serum, \$10.



moisture-rich ritual is massaged through for 10 minutes. For those over the age of 50, if your hair needs some bounce and shine, try the Kérastase Age Premium Ritual, also \$30.

Overnight DIY hair treatments include Kérastase Oléo-Relax Nuit, \$62; Tigi Wonderful Tonight Overnight Treatment, \$70; and new this month is Pantene Night Miracle Leave On Crème Serum, \$10. All of these serums be can massaged into hair and left overnight. The next day simply style as normal; there is no need to rinse.

Hard as nails

How can I keep my hands and nails groomed without spending hours on them?

Ever treated yourself to a manicure, only to knock a nail before leaving the spa? Perfectly lacquered nails are the 'it accessory' for winter – and we have found a polish like no other. CND Shellac is a hybrid nail colour that paints on just like polish. It has a base coat, two colour coats and then a top coat, each cured under a UV light. It sets rock hard and lasts (looking freshly painted) for two weeks.

CND co-founder and style director Jan Arnold explains, "This is a modern solution to those frustrating polish inconveniences. Hair spray, fragrance, anything with alcohol – not to mention knocks and bumps – can damage or dull your manicure. This nail colour not only

protects the natural nail, there's also no buffing or filing (like other nail coatings). In fact the better condition nails are in, the longer it will adhere."

And when you're ready for a repaint (mine lasted a little more than two weeks), your fingers are taped with an acetone wrap for 10 minutes and the Shellac slides and flakes off the nail like regular polish. Shellac can be additional to your regular manicure, or can be applied as a shape and paint. Allow 20 minutes. From \$35. For stockists nationwide call 0800 624 569. **N**

