



*Summer-proof*

# YOUR HAIR

If the hot weather heralds frizz and flyaways, *Sarah Jossel* re

**D**uring the summer months, my hair can be more of a diva than Diana Ross and Mariah Carey put together. It requires its own enormous entourage of lotions, potions and oils. In fact, I lug more around with me on my summer holiday than at any other time of the year. (And that's before I've even mentioned the heavyweight tools: hello, paddle brush, Wet brush and round brush.)

Unlike the genetically blessed, "I woke up like this" beach-tress types, who see summer nights as the ideal time to be carefree and heat-free, I have to put in maximum effort just to steer clear of my natural, not-so-blessed, frizzy 'do.

This summer, however, things are looking up. After seeing Alexa Chung and Rosie Huntington-Whiteley's go-to stylist, George Northwood, at his London salon, I am now all clued up on how to "summerfy" my hair. What does that mean? Manageable, easy-to-style, hot-weather hair that's less diva, more doable. Northwood says we should take the time of year into account before we make any hair decisions, and switch up our styling and haircare products to suit the weather. "There are guidelines to follow that will give you a more flattering colour and better behaved, Bardot beach hair," he says.

Here are the six steps to your best summer hair.

## GO EASY ON THE COLOUR

If you are thinking of adding any colour, you should go slightly lighter, according to Northwood: "If you put in any darker strands, the sun can lift it and turn it orange." The hairstylist Guy Parsons adds: "It's a waste to do too much colour pre-holiday, as the salt, sun and chlorine will undo the good work very quickly."

A flattering option for all of us is "balayage around the face", Northwood says. "It lifts the face and makes you look more sun-kissed. It does what you hope would happen to your hair when you go in the sun."

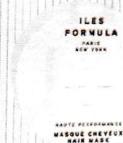
## LIGHTER FORMULAS

You know how fragrances have lighter summer versions? The same goes for hair products. If you normally use a hair oil, go for a lighter formula such as MoroccanOil Treatment Light (£33 for 100ml). It does the same job without weighing hair down. "We tend to get hot and sticky at this time of year, so anything heavy will leave our hair greasier than usual," Northwood says.

## Your summer hair kit



Sachajuan Ocean Mist, £18



Iles Formula Hair Mask, £59



Lancaster Sun Beauty Hair Multi-repairing Oil Serum, £17



Kérastase Soleil Masque UV Defense Active, £30



Philip Kingsley Aftersun Scalp Mask, £17

## DRY STYLING PRODUCTS

Oil-based styling products such as waxes and serums weigh hair down in hot, humid conditions. Instead, use dry products such as dry shampoos and texturisers. Northwood swears by Redken Pillow Proof Blow-dry Two-day Extender Dry Shampoo (£17.50). Dry stylers keep up the volume and can turn fuzz into a bed-head texture. "Before you leave the house, lift sections and spray into the roots for best results," he says.

## THE CUT

If your hair is difficult to manage, keep it longer for your holiday, says Northwood. "You need as much length as possible to weigh it down." He suggests holding off until September for the big cut "as the ends are going to get dry and split over the summer". His other top tip to control frizz is to take some weight out of your hair, which means asking your hairstylist to slice through the ends. "It softens the tips and makes it look more textured and choppy rather than structured and blunt."

## GO MASK MAD

"Think repair regime rather than basic moisture," he says. According to the colourist Daniel Galvin Jr, we should use a hair mask with amino acids, proteins and antioxidants "so we're putting back into hair what everyday holiday is taking out". Try Daniel Galvin Jr Oh! Argan Oil Detox Hair Masque (£7).

If you want to go a step further than the traditional mask, use an overnight treatment such as Kérastase Discipline Maskeratine (£30). The hairdresser Paul Edmonds suggests applying it onto mid-lengths and ends, twisting hair and wrapping it into a bun before bed. Rinse in the morning and your hair will be defuzzed, extra shiny and easier to style.

## THE TREATMENTS

The ultimate secret to your best summer hair is the semipermanent defrizzing in-salon treatment, the keratin blow-dry — although it's no longer much of a secret. "As we approach summer, we see double the keratin bookings as for the rest of the year," Northwood says. ●

reveals how to take back control and get your best ever beach hair