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'Dandruff is actually greasy, not dry, so avoid rubbing oils into your scalp, as this will make the flakes stickier and block your follicles. Instead, use an exfoliating scalp mask.' We recommend this one by Philip Kingsley (left).

Anabel Kingsley, trichologist

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'Apply a 10p-sized blob of Herbal Essences Bio:renew Passion Flower & Rice Milk Conditioner [£5.99] to towel-dried curly hair. Scrunch and twist strands – as well as creating all-day moisture, the conditioner acts like a styling product to prevent frizz by weighing the hair down and holding the curl in place.'

Ben Cooke, celebrity hairdresser and Herbal Essences ambassador

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'UV RAYS ARE AS DAMAGING AS HAVING STRAIGHT BLEACH ON YOUR HAIR. MIST ON AN SPF, LIKE KÉRASTASE SOLEIL MICRO-VOILE PROTECTEUR [£22.90] AND BRAID TO REDUCE THE SURFACE AREA OF SUN EXPOSURE.'

Paul Edmonds, stylist to Margot Robbie and winner of Marie Claire's Best London Hair Salon 2018



CUT

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'If you have fine hair, ask your stylist to twist it when cutting. They can then snip each strand with texturising scissors at different lengths to create an invisible layer, but the difference is so slight that you maintain a heavy line on the ends – just with more volume.'

Adam Reed, editorial ambassador for L'Oréal Professionnel

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'WANT TO GROW YOUR HAIR? VISIT YOUR SALON EVERY TWO MONTHS AND ASK FOR A 'HAIR DUSTING', WHICH IS A WAY OF SMOOTHING OUT STRANDS SO THE SPLIT ENDS STICK UP, BEFORE CUTTING OFF JUST THE DAMAGED ENDS WITHOUT GOING SHORTER. THEN USE TRESEMMÉ PRO COLLECTION BIOTIN+ REPAIR 7 SHAMPOO [£4.99] DAILY.'

Aaron Carlo, TRESEMMÉ UK hair ambassador



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'Brow-skimming fringes work with any length and type of hair. But for curly or Afro locks, make your chin or the corner of your lips the starting point. Cut the hair wet, then diffuse to see how much your curls shrink up.'

Gareth Vance, Sassoon UK assistant creative director

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'Afro hair needs a trim every four to six weeks, as kinks in the hair shaft make strands weaker and that's about the time it takes to get split ends.' ►

Charlotte Mensah, three-time winner of British Afro Hairdresser of the Year

