

Health



10

'Air-drying is worse than blow-drying. Hair can absorb up to 30 per cent of its own weight in water, and the longer it stays wet the more the cortex [middle layer] swells and cracks, permanently damaging strands. You're better off drying it with a hairdryer on a low heat setting.' [Try the Ghd Air Saharan Gold Hairdryer, £99, Fabled.com]

Adam Reed, Ghd global ambassador

11

'FOR SOFTER AFRO HAIR, CHOOSE PRODUCTS WITHOUT SODIUM LAURYL SULFATE (SLS) ON THE INGREDIENTS LIST, AS IT'S BOTH A SALT AND DETERGENT THAT STRIPS CURLS OF THEIR NATURAL OILS. INSTEAD, MIX JOJOBA OR CASTOR OIL WITH EQUAL PARTS WATER, THEN APPLY TO THE SCALP AND ENDS OF THE HAIR TO HYDRATE AND PROMOTE HEALTHY GROWTH.'

Vernon François, founder of Vernon François haircare and stylist to Lupita Nyong'o ►



12

'OILY ROOTS? USE KMS MOIST REPAIR CLEANSING CONDITIONER [£17.50, FEELUNIQUE.COM] AND RINSE HAIR WITH TEPID WATER, AS HEAT CAUSES THE SEBACEOUS GLANDS IN THE SCALP TO PRODUCE MORE SEBUM.'

Sam Burnett, creative director of Hare & Bone salon and KMS global style council member

