

SUMMER SAVIOURS

Sun, heat and humidity can play havoc with your hair. These products and expert tips will keep your style as fresh as a daisy and twice as fabulous

Go no-cone

By coating the surface of the hair so it feels smoother and combs more easily, silicones (anything that ends in ‘-cone’ or ‘-oxane’ on an ingredient’s list) may also be an unintentional air pollution magnet – something that can add to your summer hair woes by leaving locks 20 per cent rougher. Lather up with silicone-free Pureology Hydrate Sheer Shampoo, £19.95, or Aveda Shampure Nurturing Shampoo, £15.50 (1, Fabled.com), which contains abyssinian oil, a natural non-sticky silicone alternative.

Soothe your scalp

‘The scalp’s microbiome [organisms on the skin’s surface] is very different to that of the face, as it’s more humid and richer in sebum and yeasts,’ says Dr Marie Drago, founder of beauty brand Gallinée. ‘Sunlight and heat affect the bacterial make-up,’ so it’s vital to keep the scalp’s ecosystem in balance when summer adds extra sizzle. Enter the Soothing Cleansing Cream, £23 (2), which contains anti-inflammatory probiotics, vitamin C to police oil production and fermented rice water that’s rich in amino acids to encourage hair growth.

Colour clever

It’s never a good idea to colour your hair *before* going on holiday, as your chosen shade can fade or alter in the sun, so wait until you’re back on home soil to book in. Colourist supremo Nicola Clarke is the first to use Virtue ColorKick (3) in the UK: ‘Mixed into your colour, the 100 per cent human keratin molecules fill in any holes in the hair’s cuticle where the keratin has eroded from the colouring process or UV rays,’ she explains. ‘It’s brilliant for minimising damage on post-holiday hair and giving coloured strands their strength back.’ The treatment costs £50 on top of a normal colour appointment (nicolaclarkeatjohnfrieda.com).

Boost vitamin D

Good news: hair grows up to 15 per cent faster in the summer months due to increased circulation and vitamin D production. ‘Vitamin D can help create new follicles – the little pores where new hair can grow – and also reanimates dormant follicles and pushes them into the growth phase,’ says hairdresser Luke Hersheson, who has worked with Keira Knightley. Ramp up your intake of vitamin D with dense leafy greens, like spinach and kale, and treat ends with John Frieda Damage Repairing Miracle Drops Hair Mask, £2.49 (4, Boots.com). It delivers reparative vitamin E with drone-like precision.



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Tong-free curls

‘One of my favourite styling hacks is “the clip trick”,’ says Jen Atkin, founder of Ouai Haircare and Kim Kardashian’s hairstylist. ‘Apply the Ouai Wave Spray [£22, Fabled.com, 5] to damp strands, then push the hair up and place a duck bill clip in it to create an S-shaped pattern. Do the same down the length of the hair around the entire head. Air-dry, then remove the clips and you’ve got incredible-looking, natural beach waves, without the need for hot tools.’

Look, don’t touch

‘Curls are much better left alone, as you add frizz every time you touch them,’ says Larry King, Redken’s UK ambassador. ‘When clients come to see me, I’ll use Redken Frizz Dismiss Rebel Tame [£20.15, 6] on wet strands, then recommend they go over their hair with the smoothing nozzle of a hairdryer halfway through the day to flatten down the cuticle again.’

Beware of scent

‘Some essential oils used to fragrance hair products contain molecules known as psoralens and furocoumarins,’ says Elisabeth Bouhadana, L’Oréal Paris global scientific communications director. ‘These are prone to photosensitisation when exposed to UV rays and can transform into an irritating substance for skin.’ That’s precisely why the Botanicals Fresh Care range, from £7.99 (7), is low on scent and free of these molecules.

Be eau natural

Sixty three per cent of British women only spend an hour or less outside during a typical weekday. So, it’s no wonder that around a quarter of us are likely to use natural haircare products to connect us back to Mother Earth*. That’s why Herbal Essences has partnered with Kew Gardens in London to deepen its commitment to botanical ingredients. The aloe in the Bio:Renew Argan Oil Of Morocco Repairing Hair Mask, £6 (8) has already been endorsed to give brittle, post-plage strands back their appeal.

Join the braidy bunch

‘It’s a myth that braids are best crafted with dirty hair. Freshly washed strands prevent frizz and keep the edges of your braid tidy and sleek,’ says Sarah Hiscox, founder of Braid Bar. Try Head & Shoulders Derma & Pure Smooth & Silky Shampoo, £4.99 (9), which also keeps the parting free from dandruff.

