

HEALTHY HAIR SOS

Hair seriously goes through the wringer in summer. As if the sizzle from our curling tongs wasn't enough, salt water, chlorine, and especially sun, can leave our strands straw-like. "Free radicals are produced by UV rays," says Anabel Kingsley, trichologist at the Philip Kingsley Clinic. "These break down the hair's lipid and protein structure making strands weaker, porous and more prone to snapping," she explains.

At the very least you'll want to invest in a sulphate-free shampoo such as Monday Haircare Repair Shampoo, which is the equivalent of washing lingerie on a delicate cycle. Crammed with rice protein to reinforce strands at the root, it won't strip hair of its colour or replenishing natural oils. When shopping for a damage-reversing conditioner, look for one that contains biotin or keratin to strengthen brittle strands. Virtue is popular because it contains Alpha Keratin 60ku – a protein that's identical to the keratin in your own hair, making it more effective at repairing damage from the inside out. The brand's new Curly Conditioner also contains hydrating sunflower seed oil and carob gum, which frizzy hair will drink up.

Flat-out neglect, however, can mean that you're now battling extreme dryness and it's time to call in the big guns. While a deep conditioner will go some way to rehydrating damaged strands, a bonding treatment will go the extra mile. Olaplex No.8 Bond Intense Moisture Mask contains ingredient wizardry, which repairs broken disulphide bonds in the hair, and uses hyaluronic acid, ceramides and oils like rice bran for four times more hydration after just one use.



Repair Shampoo, Dhs48 for 350ml, Monday

No.8 Bond Intense Moisture Mask, Dhs145 for 100ml, Olaplex

OLAPLEX
No.8
BOND INTENSE
MOISTURE MASK
MOISTURIZES, SMOOTHS,
ADD BODY & SHINE
ALL HAIR TYPES
100 mL / 3.3 fl. oz.

Curl Conditioner, Dhs145 for 200ml, Virtue



Le Sculpteur Intensive Contouring Cream, Dhs850 for 200ml, Sisley

Anti-Cellulite Body Brush Medium, Dhs125, Dr. Barbara Sturm

Air-Lite Daily Lift For Legs Cream, Dhs425 for 175ml, Legology

BEACH BODY READY

Ultimately you're at the beach or pool for a good time. But if water retention is affecting your confidence and it feels like your circulation is stuck in neutral, dry brushing with a natural bristled brush (Dr. Barbara Sturm Medium Body Brush is good) may be the answer. "Just a couple of minutes a day will stimulate the lymph, the body's natural detoxifying mechanism, to move areas of trapped fluid that can cause puffiness and cellulite," says Legology founder Kate Shapland. She recommends always brushing in an upwards direction, starting from the toes and towards the heart.

"That's not all though," says Kate. "A byproduct of body brushing is that you stimulate the circulation, too. This encourages freshly oxygenated, nutrient-rich blood to the surface of the skin, which gives it a youthful tone. It also primes skin to better absorb creams and oils for optimal performance." This includes Legology Air-Lite Daily Lift For Legs for deep drainage and Sisley Le Sculpteur, which uses caffeine, andiroba oil and alaea to tone and energise limbs.

SUMMERY SPRITZES

Summer heat amplifies any fragrance. So even fresh, palate-cleansing scents will cling to the skin for longer.

While lemon and orange are obvious crowdpleasers, bergamot offers a surprising twist on citrus as "it's richer and doesn't come off as too effervescent," says perfumer Roja Dove. In the case of Aqua Universalis Cologne Forte by Maison Francis Kurkdjian, rose oil, white flowers and musk, "soften any fizziness from bergamot" says Francis to create a warm, enigmatic scent. Glowing with bergamot, jasmine and not-too-sweet prickly pear, Diptyque Limited Edition Ilio Eau de Toilette is a love letter to the Mediterranean. And if you were blindfolded and sprayed Guerlain's Aqua Allegoria Nettare Di Sole Eau de Toilette, you'd be forgiven for thinking you were in a sun-drenched garden enjoying an ocean view.

Then there are fragrances that smell like beachy air, wet skin, ambery sunscreen and clean sheets snapping in the breeze. BDK Parfums Sel D'Argent Eau de Parfum, with its standout salt, grapefruit and warm ylang ylang notes is the textbook definition. Eden-Roc Eau de Parfum by Christian Dior, meanwhile, is crisper, with wafts of salt, jasmine and coconut undercut by pine. "I composed Eden-

Roc by imagining myself arriving at the hotel by sea. The salt, sun, pale rocks and luxuriant vegetation all influenced me," explains François Demachy, Dior Perfumer-Creator.

For those who lean towards deeper fragrances, there's room for creative tweaking when it comes to the seasonal switch-up. One option is to wear the less concentrated eau de toilette version of your favourite eau de parfum – YSL Libre Eau de Toilette, for example, subtly shifts the heady scent of lavender, orange blossom and cedar with fresh white tea. Another tip for those who like their scents underscored with woody notes, is to look for sandalwood, which is creamier and not as wintry or smoky as vetiver and patchouli.

It's also worth noting that clever layering with a single fresh, airy element can give a summery feel to any signature scent. Jo Malone London's Scent Pairing service is a good place to start. "Each scent has been designed to suit your mood or the season," says Emma South, Jo Malone London fragrance and lifestyle expert. "Try layering Lime Basil & Mandarin, which brings a citrus burst, with a spritz of Pomegranate Noir to enrich it with sensual depth." ■



Aqua Allegoria Nettare Di Sole Perfume, Dhs540 for 125ml, Guerlain

Sel D'Argent Perfume, Dhs920 for 100ml, BDK Parfums

Libre Perfume, Dhs580 for 90ml, Saint Laurent



Lime Basil & Mandarin Cologne, Dhs630 for 100ml, Jo Malone

Eden-Roc Perfume, Dhs1,050 for 125ml, Dior

Ilio Perfume, Dhs490 for 100ml, Diptyque

Aqua Universalis Cologne Forte, Dhs790 for 70ml, Maison Francis Kurkdjian