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NADIA FOCUSES ON her job as a model and travels the world for work. She washes her hair every three days to keep it in top condition.

Nadia likes to tie her hair in a ponytail to keep it out of the way. "The pony is a perfect finish for an evening out," she says, "and can transform your mood if you're rushing from home or work out to play."

Her hair is quite curly so to keep it looking its best she lets it dry naturally after washing.

Nadia's top tip for curly hair is to leave conditioner in after shampooing. "I wash my hair with a normal shampoo and then rub a small amount of conditioner through the tops of my hair but leave loads in at the ends, which keeps them shiny and gives them more bounce!"

BOUNCY CURLS

- 1 Use medium-sized rollers placed at the ends of the hair and set for 20 minutes.
- 2 Release the hair from the rollers and brush into smooth curls with a soft brush. Beauty Ed recommends: Sunilk Curl Booster and No Frizz Balm, adds life to stubborn curls.



STEP 1



STEP 2



STEP 3

SOPHISTICATED PONY

- 1 The perfect ponytail takes a lot of brushing. To get the hair flat against the scalp use a soft-bristled brush and pull in the direction of the ponytail.
- 2 When hair is flat and smooth, tie an elastic tight at the base.
- 3 Finally, take a strand of hair from the ponytail and wrap it around the base, concealing the elastic. Then pin into place with a bobby pin.

Hot tips:

For lots of volume tie your hair into a high pony at night, go to sleep and then release the hair after a morning shower. This gives instant volume from the roots.

It's a good idea to add a decorative detail to your hair, and there's so much choice. Try a pretty butterfly clip or a satin bow tied around your hair elastic.

Beauty Ed recommends: Sunilk Volume Booster to give hair lasting hold and boost volume at the roots.

"The pony is a perfect finish for an evening out, and can transform your mood if you're rushing from home or work out to play."

"I always rinse my hair with cold water after washing. It makes it shiny and seals the follicles."

BIANCA IS BUSY studying interior design at university and she normally wears her hair in a bun. Her hair is long and luxurious with stunning shine, and she spends a great deal of time keeping it in top condition.

When rinsing her hair she has a top secret. "I always rinse my hair with cold water after washing," she says. "It makes it shiny and seals the follicles."

"Bianca washes her hair with shampoo suited to her hair type and she indulges in moisturising masks once a week, as well as massages to stimulate the scalp.

"I never brush my hair," she adds. "I use a wide-tooth comb and trim regularly."

DEAD STRAIGHT

1 Using a moisturising spray for shine and condition, straighten hair with ceramic straighteners. Only run straighteners through hair once to avoid damage.

2 To finish, smooth silicon-based de-frizzing serum over the hair.

Beauty Ed Recommends: SunSilk Iron Effect Straightening Cream makes blow-drying hair straight very easy and is non-greasy.



STEP 1



STEP 2



STEP 3

SUBTLE CURLS

1 Working from the ends of the hair below the ear, take small sections. Twist hair through ceramic straighteners in a rounded motion to create corkscrew curls.

2 Brush the base of the roots smooth with a soft brush and a smoothing lotion.

Hot tip:

This look can also be achieved with tongs or rollers. Using rollers, set in the ends of hair, leaving the top section straight. Lastly, brush through with a soft brush.

Beauty Ed Recommends: SunSilk Texture and control putty.

SLEEK PONY

1 Make a parting across the back of your head from ear to ear. Pull half of the hair up and brush the lower half down.

2 Take the top section, hold tight and pull hair into a ponytail, securing it with an elastic.

3 Take a pinch of hair from the pony and wrap around the hair elastic, securing with a bobby pin.

Beauty Ed recommends: SunSilk Finishing Shine Serum to smooth flyaways and add shine.





STEP 1



STEP 2



STEP 3

SARAH'S JUST FINISHED her Year 12 studies in photography and graphics. When she's not studying or modelling she loves to go out to see live music.

When Sarah's heading out she likes her hair to look big, so she uses a lot of hairspray and maximum-hold gel to achieve the most volume.

FRENCH ROLL

For an elegant evening look a French roll or 'chignon' is a great alternative to a ponytail.

- 1 Pull your hair into a low, loose ponytail. You might need to secure the tail with a hair elastic, but if your hair is short like Sarah's you don't need to do this.
- 2 Twist the hair up against the head, tucking under the ends of the hair.
- 3 Pin into place with bobby pins.

Beauty Ed recommends: Sunsilk Flexihold Hairspray for hold with natural movement.



SARAH WEARS LA VOCA DRESS, RRP \$149.95; CITI IVORY PEASANT TOP, \$98. FOR STOCKISTS SEE PAGE 87



STRAIGHT

- 1 Using ceramic tongs, straighten your hair for a smooth, polished style.
- 2 Finish with a de-frizzing product gently smoothed over the hair.

SOFT CURLS

- 1 Run ceramic straighteners through ends and, with a flick of the wrist, curl the tips of the hair. This look is fresh and feminine.
- 2 For an alternative feel you can add a spritz of a "beach hair" product or some sea water to give it a textured finish.

Hot tip:

To cleanse product build-up Sarah has her own secret remedy. She rinses her hair with a solution of fresh rosemary herbs soaked in warm water. It's a natural detox. Beauty Ed recommends: Sunsilk Texturising spray for messy waves and curls. Can be used on wet or dry hair.

OUR REAL WOMEN SAY... I liked all the hair styles shown, as most of them are easy to do at home. I was especially glad not all of the looks needed expensive tools. **ALICIA**

