



## Love your locks

Show your locks some proper loving with a deep conditioning treatment. "The harsh weather will take its toll on your hair, so treat it to a deep conditioner for smooth, silky locks. Wrap your hair in a hot towel to intensify the treatment," advises super-stylist Daniel Galvin Jr. Try his **DGJ Moisture Plus Nourishing Intensive Conditioner**, £5.25.

Also worth a look is the new **Charles Worthington Dream Hair Conditioning Soufflé**, £5.99, which will leave your hair feeling soft and manageable.



## Stressed and depressed

Just as your body has had too much food, booze and late nights, so has your hair. If your sleeping pattern is erratic and you're not eating properly, your hair will suffer. Stay on an even keel with a good multi-vitamin and, even better, a nutritional supplement specially for hair, such as **Professional Hair Nutrition**, £19.99.



## Go for the chop

It's a simple solution to bad hair days, but, hey, it's a new season so why not get a new style? Aussie hair whiz Kevin Murphy says: "If you've had enough of your layered lengths, why not cut it all off? I suggest you go for a one-length look. To the shoulders is a good start — your hair will look much healthier."