



fashion
& BEAUTY

HAIR TREATMENTS

Bedtime is the perfect opportunity to restore hair from within as you sleep. Try **Dove Damage Therapy Intensive Repair Overnight Treatment**, \$10.99, featuring fibre actives that penetrate damaged hair and actively replenish proteins. It contains micro moisture serum which fills cracks and chips in the hardest-to-reach areas of damage so the hair shaft can be repaired evenly. Other products to try are **Pantene All Day Smooth Light Weight Crème**, \$6.99, and **L'Oréal Paris Elvive Total Repair 5 Deep Repair Treatment**, \$9.95.



Sarah Murdoch

damage CONTROL

Don't let summer's heat get the better of your skin and hair

When it comes to protecting your hair colour, Belinda Jeffrey,

moisture is a must to reduce fading and maintain shine.

'Try leaving a hair mask or treatment in your hair before

you go swimming to form a protective barrier. Rinse it out well afterwards to remove residue.

I love this summer's biscuity shades. They're all about multi-tonal colour that look totally natural. Celebs

wearing them look right now include Sarah Jessica Parker, Sarah Murdoch and Rachael Taylor. Check out **Clairol Nice'n Easy ColourBlend Hair Colour**, \$14.49, to get their look.'

celebrity colourist for **Clairol Nice'n Easy**, has this advice.

'Be kind to your hair. When you go out in the sun wear a hat to protect your scalp and hair. Leave-in protectants with UV filters will also help.

'A once-a-week home hair treatment is a must. If you are blonde, protein is king. The key to keeping your locks looking good is strengthening your hair. For redheads and brunettes,

Wear a hat to protect your scalp and hair

3 steps to get that glow

1 Exfoliate to stimulate circulation, eliminate toxins and slough off dull, dry skin cells. Use **Weleda Birch Body Scrub** with organic birch, beeswax, carnauba wax and castor-oil plant wax to help detoxify and promote rejuvenation, \$19.90.

2 Improve skin tone and reduce cellulite by massaging thighs, arms and tummy with organic birch oil, known for its purifying and detoxifying effects. **Weleda Birch Cellulite Oil** has rosemary leaves to stimulate circulation, organic ruscus, with anti-inflammatory and diuretic effects, apricot kernel oil and jojoba oil and vitamin E, \$33.90.

3 A tablespoon of **Weleda Birch Juice** in water, three times a day for three weeks, helps detoxify skin, \$24.95 at pharmacies and health food stores.



tried & TESTED
...long-wear lipsticks



Megan Bullen, 33, of Eleanora, Qld, is looking for lipsticks that last the distance.

Bys Longwear Lipstick, \$4.95

This felt lovely, with a smooth, creamy finish which looked like it didn't feather, but did need a touch-up after eating or drinking.



Avon Pro 3-in-1 Lip Wand, \$26.99

This was perfect to keep in my handbag as it's a lip liner, lipstick and gloss all in one. It lasted quite well and only needed an occasional touch-up.



Max Factor Lipfinity, \$30.95

This went on almost like nail polish, and included a lip balm which could be used to refresh throughout the day. My lips felt nice and moisturised and it stayed on for ages.



If you would like to become a beauty tester for *That's Life!*, please send your make-up likes and dislikes, name, age, address and a recent photo to il.beauty@pacificmag.com.au

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