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**STORIES OF BEING 16**  
 by Margaret Olley, Anne Deveson, Kristin Williamson, Petrea King, Debra Hocking & Tanya Plibersek

If you want to put it up, gather all the hair and twist it into a French roll, making sure there's some height at the front, then tuck the ends into the roll.

If you want a big chignon – think Carrie in 'Sex and the City' – use a bun doughnut. Caterina says, "It's a good way to get support if you don't want to tease your hair, and they are lightweight so you won't notice wearing them."

Barney offers a different method. First tease the hair from the back of the head to the crown (with a cushioned brush), and smooth the top. Divide hair into two sections, tie the back section in a ponytail and loosely group it with a hair net so you have a big bun. Pin pieces from the front section around the net to conceal it.

Alternatively, Barney suggests you use small hot rollers or a curling wand

to create lots of curls. Rake your fingers through your hair and tie into a low bun. "When it's curly, the hair will stand out from the scalp," he says.

#### IS A PERM AN OPTION?

Caterina says most hair salons will provide a perming service but they aren't popular. "These days, hair styling products are quick, easy and give you flexibility. You can be straight one day, curly the next." However, if you do want a long-lasting solution, Caterina says the modern perm is nothing like the poodle perm we all remember. "You can get big, soft curls now with the same technique."

#### I HAVE VERY THIN HAIR. IS THERE ANYTHING I SHOULD AVOID?

Barney says, "Silicones and waxes are too heavy for fine hair, and will drag it down, so stick to hairsprays and mousses." Caterina adds, "Avoid conditioning mousse and shine serums. If you want shine, use an aerosol spray rather than an oil." We like Big Sexy Hair 'Big Shine' Shine Spray, \$28. "Also avoid using too much conditioner. In fact, if you have really fine hair you should skip it altogether and use a spray, leave-in conditioner instead, after your shower." Try L'Oréal Paris Elvive Anti-Breakage Conditioning Repair Spray, \$7.25. ■

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## Hair loss

If your hair is thinning, there are a number of possible causes, and ways to intervene. "It's not just men who can lose their hair, women – even young women – can lose it, too," says Caterina. "The cause can be hereditary, diet related [such as iron deficiency] or a medical condition.

It's also a common symptom of stress. Caterina believes when your body is suffering, it will start eliminating things it considers a luxury – such as hair – as it's not integral to your health. "Usually if it's caught early, hair loss can be stopped, or at least slowed, with a scalp stimulating shampoo such as Kérastase Paris Intervention Antichute À L'Aminexil GL (42 vials, 6ml each), \$210."

Barney says, "If it falls out evenly, it's most likely stress related, but if it comes out in clumps, it could be alopecia." Barney doesn't discount thyroid disease, either. An over- or under-active thyroid gland (the gland at the base of your throat that releases hormones and affects metabolism) can result in hair loss. "If it could be either of these things, you should visit your GP or a trichologist for professional advice."



1 Mira Boar Bristle Radial Brush, \$34.95 (60mm-barrel). 2 Brushworx Be Natural Oval Cushion Brush, \$22.95. 3 Avon Mirror Shine Spray, \$12.99. 4 ghd Uplift Spray, \$34. 5 L'Oréal Professionnel Texture Expert 'Expansion' Volumising Cream Mousse for Fine Hair, \$35. 6 Pantene Pro-V Style Body Builder Mousse, \$6.99. 7 Sunsilk Anti-Flat Volumising Shampoo and Conditioner, \$4.99 each. 8 L'Oréal Paris Elvive Anti-Breakage Conditioning Repair Spray, \$7.25. 9 Big Sexy Hair 'Big Shine' Shine Spray, \$28. 10 BaByliss Pro Ceramic rollers (20 pieces), \$139.95.