

*Hair and Makeup **RICHARD WILKINSON** - hair



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This page: Top, Nicola
West for W35T.

Opposite: Swimsuit, La
Senza. Shoes, H&M.



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Crepe dress, Salvatore Ferragamo;
metal earrings, www.thelobellife.com

SOME TLC GOES A LONG WAY

Always deep condition to add moisture and strength (protein) to your curls. Leaving in your conditioner for just two minutes might not be enough. But none of us have that kind of time. So, use leave-in conditioners. If you're uncomfortable about products staying in your hair, apply it and and rinse off after five minutes. Avoid styling products that list alcohol as an ingredient – it will only dry out your hair, without benefitting it in any way. If you can, avoid sulphates (the chemical that helps your shampoo lather up) and parabens (chemicals that fight bacteria and extend the shelf life of your beauty products) in your shampoos and conditioners (easier said than done) – your hair will be softer and healthier without them.



**BE KIND, WASH
AND GO**

Curly hair is a lot more delicate than you imagine, even if it feels thick and unruly. Curls have a thin and irregular hydrolipidic layer; that protects the hair fibre – which is why the more you wash your curls, the worse it gets, because you're weakening this protective barrier. Curly hair is also better behaved with oily scalps than straight hair. Which means you can go longer between hair washes. Wash your hair no more than three times a week.

Crepe dress, **Nishka Lulla**; metal earring, **Misho**



TOOL KIT

Remember: You cannot use a brush on curly hair. Instead use a wide toothed comb in the shower when you're conditioning. If you must use a hair dryer, spray on heat protectants before you start blow drying, and use the diffuser attachment on your dryer. Only use a dryer on semi-dry hair to avoid breakage. So use a micro fibre towel to squeeze out excess water. Or grab your softest cotton T-shirt and wrap your wet hair in it for five minutes. It reduces breakage and maintains your curls' healthy shine.

One shouldered blouse and trousers, both Urvashi Joneja; metal hoop earrings. Accessorize









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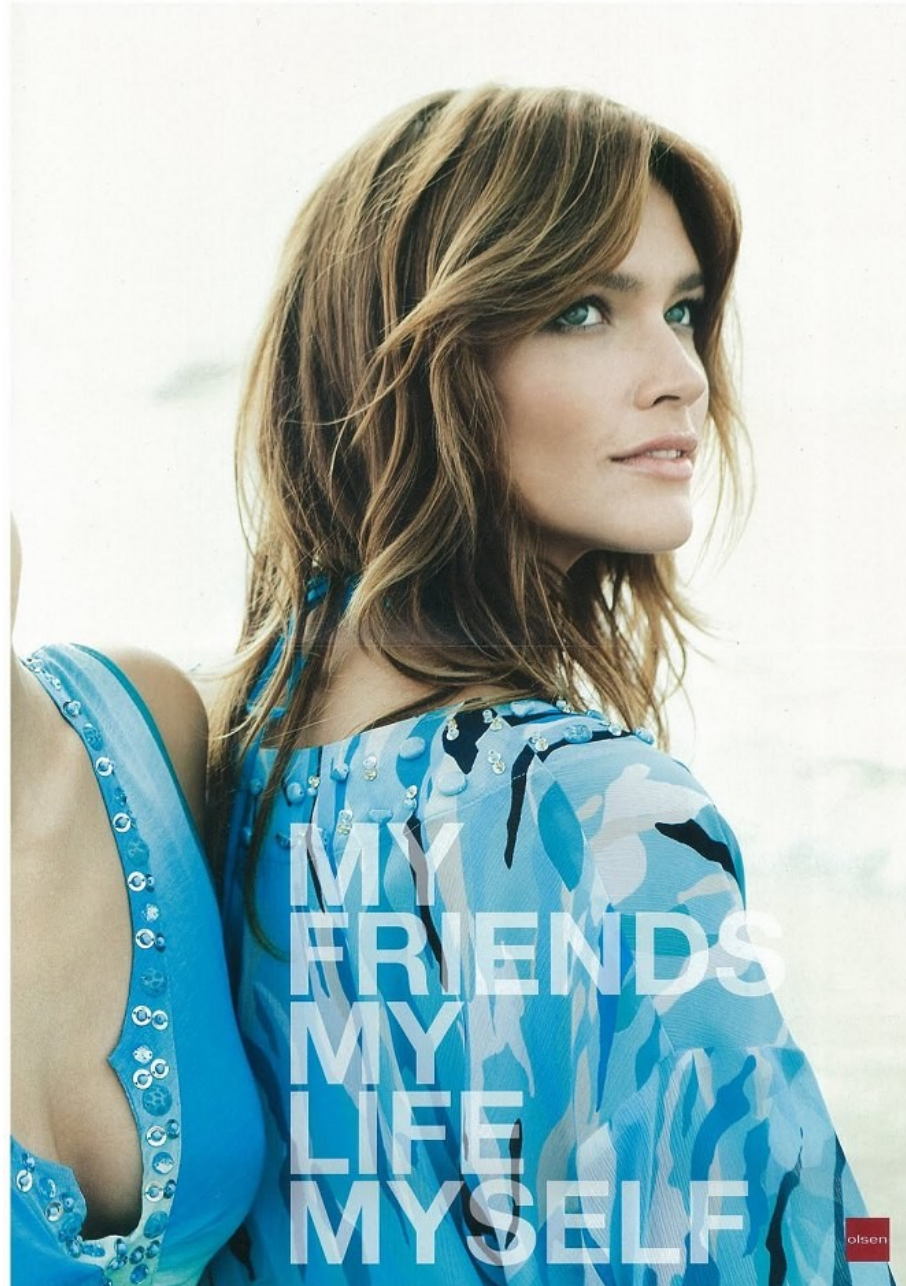




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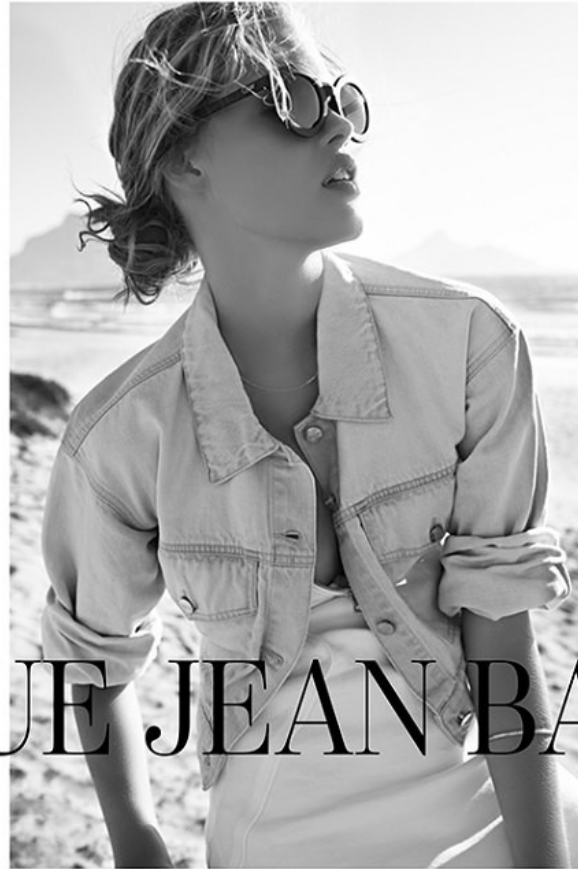
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STYLE MOTE



BLUE JEAN BABY

Kle deg avslappet og hot
i denim denne sesongen.
Kombiner med enkel
og leken styling for den
rette looken.

STYLING, HÅR OG MAKEUP LINDA WICKMAN FOTO LINN FLAMMIER



Tip: Before shaving, wet the skin with warm water and exfoliate well to open up the pores and get a closer shave. For coarse hair, you don't want the shave too close, as you will be more susceptible to razor bumps. Instead, go for a single blade and exfoliate after you shave

THE KENT | HOLIDAY 2016

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bracelet (Elena Meyer), escarpins
(Rebecca Minkoff).

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Jersey by Haru at The Lot
R499; tulle tie-dye bubble
skirt at Nicci Boutique
R1 299; gloves at The Cat's
Meow R90; necklace at
Accessorize R399





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