

INDULGE

# hair. it straight

Indulge reporter **Craig Lawson** finds out how to make hair go like candy floss.

STRAIGHT hair will always be in fashion!

It's easy to achieve with the latest technology in styling irons that are available.

Rawblond owner Sharron Sutherland-Smith says old heating irons were such hard work and meant having to brush and blow-dry the hair.

Now, with hair straighteners, it's so much quicker and leaves the hair so soft.

The current range of styling irons available make it easy for anyone to achieve a different style at home.

Ceramic irons are the best when it comes to straightening irons and are better at smoothing, straightening and even adding shine to the hair than the previously available stainless steel irons.

The crimping trend of the 80s is making a comeback too.

Mrs Sutherland-Smith says styling irons can be used for crimping and leave your hair big and fluffy like candy floss.

Back-comb your hair afterwards and you can make all sorts of shapes. But with styling irons it is important to keep your hair safe. When heated up to 210 degrees celsius they can damage your hair if not used carefully.

It is advisable to use a heat protection product first if you want to play it safe. This will protect your hair from any damage because of the high temperature.

There are also various sizes in styling irons available so make sure to choose the right plate size for your hair.

Smaller plates are easier to work with and perfect for shorter hair or when just doing the fringe.

Mrs Sutherland-Smith also recommends using an intense conditioner on the hair once a week to stop split ends, and it will also make your hair colour last longer.

So as long as your hair is looked after when using styling irons the possibilities are endless.

It makes you wonder how we ever lived without them, she says.

**Sharron's styling iron tips:**

- Always use a heat product to protect the hair when using irons.
- Straighten your hair then crimp the front two sides for a contrasting look.
- Use a serum to finish and smooth the hair, leaving a natural shine.
- Use the Babyiss Pro for shorter hair. The compact size also makes it great for travelling. It is also a cheaper option, retailing for \$60 to \$65.



**Big and crimped:** Straight hair with a slight crimp is a current hair style trend. How high you want to wear it, though, is up to you.



**Hair-care products for when using styling irons, from the Schwarzkopf Osis range:**  
**Sparkler – Gloss Shine Spray:** Long-lasting product, will keep hair straight until the next day.  
**Flatliner – Form Flattening Iron Serum:** Provides heat protection for hair, when using a styling iron.  
**Slick – Form Flattening Liquid:** Hair remains straighter for longer. Keeps hair straight in rain and humid conditions.  
**Magic – Gloss Anti-Frizz Serum:** Finishing product. Instant shine with a smooth silky touch.

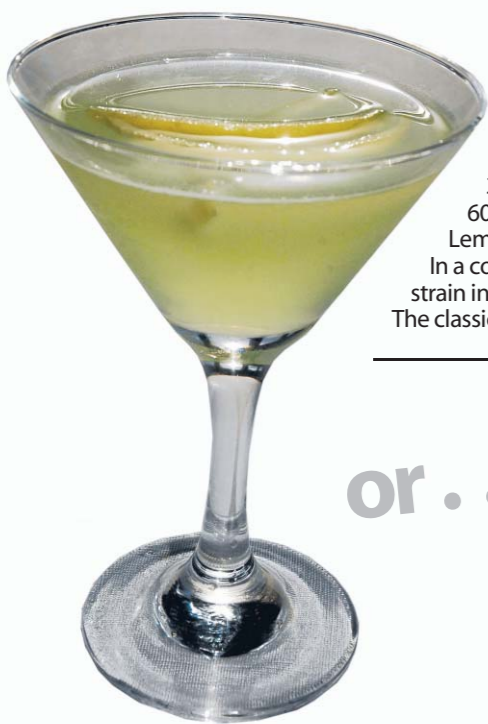


**Get the look:** Styling irons are a popular way of achieving a fresh look. They are easy to use at home, but make sure you use products to protect the hair.

## naughty or nice

Which one will you be this weekend?

### naughty



**Apple martini:**  
 30ml apple schnapps  
 30ml vodka  
 60ml apple juice  
 Lemon zest  
 In a cocktail shaker full of ice, mix ingredients then strain into martini glass. Garnish with lemon zest. The classic cocktail for the classic naughty girl.

or...

### nice



**Virgin Mary:**  
 Tomato juice  
 1/2 tsp worcestershire sauce  
 2 to 3 drops of tabasco sauce  
 Dash of fresh lemon juice.  
 Add ingredients into glass with ice. Garnish with celery and a slice of lemon.  
 You are first-class nice but you must be due for a naughty weekend.

## pillow talk

We all know that to get a good sleep, we need a good mattress. But what about a good pillow? Feathers and down are the most expensive and usually the most comfortable.



THE American Down and Feather Council has a list of tips for purchasing just the right pillow for a good night's sleep. Let's explore:  
 Should you choose down pillows, feather pillows or a combination of both?  
 If you want to feel like you're resting on a cloud, a 100 per cent down pillow is the way to go. If a slightly firmer feel is preferable, go for a blend of feathers and down.  
 Still dreaming of a firmer pillow?  
 A 100 per cent feather pillow is suggested.  
 As we know, pillows get dirty.  
 Most pillows can be washed in the washing machine on the gentle cycle. They can be dried in the dryer on low heat. Some suggest tossing a tennis ball or two to break up any clumps that might have formed during washing. If the pillows aren't dirty but just need fluffing, place them in the dryer on low heat with a damp washcloth.

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