

DETOX

GLOW FROM WITHIN

AUSTRALIAN
NaturalHealth

BREAK THE NEGATIVE CYCLE

TIPS for
Positive Living

EAT YOUR WAY TO DIGESTIVE HEALTH

& Outer Vitality

ALKALISE & RE-ENERGISE

with Supergreens

DIGITAL DETOX

Log Off & Reboot
Your System

DIY DETOX

SEXY SKIN

BODY BRUSHING

GLOSSY LOCKS



AUS. \$12.95 Inc GST

ISBN 978-0-98069-615-8



9 780980 696158

www.naturalhealthmag.com.au

BLITZ PUBLICATIONS
A MELBOURNE GROUP PVT LTD

DETOX YOUR LOCKS

Detox is a buzz word we often hear. Be it a diet, relationship or beauty detox, it signifies a fresh start. **Iona Young** shares some top tips for a simple hair detox.

INVEST IN A QUALITY SHAMPOO AND CONDITIONER

To nourish the hair and scalp, switch your silicone-based conditioner to a natural conditioner. Using a natural conditioner will re-boost your hair with the nutrients and proteins it needs to look shiny and healthy. A deep-cleansing shampoo will aid in removing product build-up.

TRY: If it is too difficult to part with your current styling regime, try reducing the use of silicones by choosing a natural-based shampoo and conditioner, and keep your silicone-based serum for a while. Then, slowly reduce the use of the serum and switch to a leave-in natural hair conditioner.

MAKE GOOD USE OF THE BASICS

Break the habit of over-washing. "Wash hair with a gentle shampoo once every few days, as using shampoo daily can strip hair of its natural oils while overstimulating the production of sebum. Those who perspire a lot from physical activity or weather may still rinse hair daily if necessary, as perspiration is freely washed off with pure water," advises Annabelle Personeni, a botanical chemist. To get the most out of your conditioner, Personeni suggests rinsing it out in two steps as it enhances the deposition of natural conditioning ingredients. "Apply conditioner as usual, but rinse with only half a cup of water first, followed by a full rinse. Doing so will break down the emulsions, releasing more nutrients to the hair."

CUT OUT THE SILICONES

"Silicones are like fast food to the hair, a quick fix with immediate results. Often found in hairstyling serums, silicone-based products don't actually treat or nourish the hair. Used long term, product can build up, weighing hair down. Opt for products that offer nutrients to your hair, so it can shine naturally without the help of silicones," says Personeni.

Note: Silicones can be found in most nourishing shampoos, in almost every conditioner and serum. Products containing silicone may also be listed under its synonyms (i.e. dimeticone and cyclopentasiloxane). If there is a 'cone' or 'silane' at the end of an ingredient, it is likely to contain silicones.

Silicones can be found in most nourishing shampoos, and in almost every conditioner and serum.

READ YOUR LABELS

Healthy hair will benefit from products that are free from harsh chemicals, including parabens, sulphates, ethoxylated and petrochemical cleansers, silicones, phthalates, mineral oils, DEA and artificial colours. If you come across an unfamiliar ingredient, sites like www.nourishedlife.com.au are a great resource for ingredient profiles and its safety ratings.

Vanessa Megan shampoo and conditioners are 100 per cent natural, SLS free, and silicone free.

Those who perspire a lot from physical activity or weather may still rinse hair daily if necessary, as perspiration is freely washed off with pure water

NaturStyle

The first permanent hair colourant without ammonia or resorcinol, Naturstyle rejects the notion that great-looking hair only comes in a chemical-filled bottle.

NaturStyle combines maximum colour and care into a product that offers a gentle formula filled with the natural goodness of plant extracts. Intense micro-pigments ensure that hair colour is vibrant and long-lasting, while active vegetable ingredients and wheat proteins revitalise, strengthen and

add volume. Whatever your shade, greys are gone and your scalp is happy.

RRP \$19.95

Find your nearest stockist at www.kadac.com.au/brands/L-Z/naturstyle.html

