

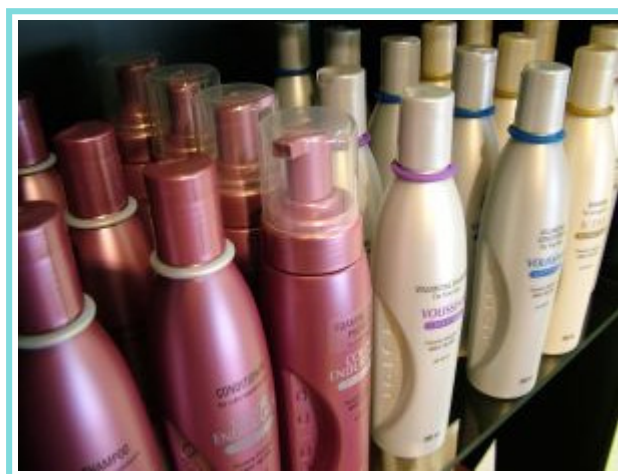


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Get gorgeous hair on a budget!

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Between products, cuts, blowdries and colour it's no wonder your hair bill is out of control. But don't worry! We're here to show you how to get gorgeous locks on a budget thanks to the expert tips of celebrity stylist Wendy Iles.

HAIR CUTS

Most top salons have days when apprentices are learning to cut and colour. Consider a trainee next appointment as the prices are much lower. In Toni and Guy salons there is a 10 per cent discount on certain days with trainees.

Choose a style that's not too complicated, nothing too layered and avoid a fringe where possible as they are really high maintenance. One length hairdos are great for a budget as they grow out looking elegant and neat.

PROFESSIONAL COLOURING

When considering colour, think of choosing shades closer to your natural tones. This will save several weeks on retouching roots. One can also consider colouring around the circumference of the head and part lines, or replace full head colour applications with highlight or low light meshes. This will break that regrowth line that's very obvious with full head colours.

DIY COLOURING

Firstly be sure to do an allergy test. 24 hours before place a little colour on inside of elbow and leave for 20 minutes. If there is no reaction then all is well to proceed. Stay away from bleaching, straightening products and permanent wave products for home use. These are best left to the professionals.

Chic and cheap colour brands to look out for:

Schwarzkopf live ... great for maximum long lasting colour brilliance or for a complete colour change.

Clairol Nice and Easy ... this is really such an easy product to use and the colours are natural and very moisturising giving great condition and shine.

L'Oreal Paris excellio ... it's fast! The 10 minute processing covers grey hair and leaves hair nice and soft.

Garnier Nutrisse Multi Lights Kit ... gives mesh effect with a special application brush that comes with the kit. Gives immediate interest to lifeless dull hair.

Botanics semi permanent ... it's all natural and made from great ingredients such as rosehip, thyme and Japanese green tea. It's so natural you could drink it!

Schwarzkopf Extra Care Blonde toner ... use this to eliminate brassy tones from blonde hair due to pollution.

HAIR CARE PRODUCTS

Shampoos:

Look for weekly specials at supermarkets. Brands like Garnier Fructis, Pantene, Dove and TRESemme are among those that often go on special and have 'buy one get one free' deals.

Try buying in bulk from large shopping malls such as Priceline. Share with the neighbours or friends by decanting the shampoos and conditioners into smaller bottles.

Chic and cheap shampoos to look out for:

TRESemme smooth and silky shampoo ... is excellent for dry damaged hair and leaves it tangle free and silky.

Sunsilk Fresh for Longer shampoo ... keeps oily hair fresh for up to 48 hours.

Crabtree and Evelyn Aloe Vera shampoo with desert botanicals ... great for normal to oily hair and can be used daily with no distress to virgin or coloured hair.

Garnier Fructis Anti Dandruff shampoo ... is top quality and super cheap!

Conditioners:

If money needs to be spent somewhere it's here on conditioner. A conditioner that really treats your hair is worth every penny.

Chic and cheap conditioners to look out for:

L'Oreal Feria ... a professional brand which costs little. It's good for all hair types and helps maintain colour and protects against damage from styling and colouring.

Charles Worthington ... best quality price conditioner for oily hair

TRESemme colorthrive ... conditioner especially for brunettes, maintains maximum shine and color vibrancy.

HAIRSTYLES

- For a beach babe look that won't break the budget spray hair with seawater and let it dry.
- For super shiny hair try boiling up a mix of water and a handful of rosemary sprigs for 5 minutes then strain and cool. Pour through hair and leave in.
- For a DIY hairspray boil one cup of water with two tablespoons of sugar. Cool and spray on hair before placing rollers. Gives great root lift and perfect hold. If deciding a stronger hold is needed add one more spoonful of sugar to boiling water.
- Don't have time to wash your hair? Mix equal quantities of baking powder and cornflower. Place in salt shaker and sprinkle on roots. Rub it in and brush it out.

Australian born and bred Wendy Iles is one of the most sought after international hairstylists. She has styled hair for Penelope Cruz, Chloe Sevigny, Marion Cotillard, Dita Von Tesse, and others. Her first book "Archive: A Book About Hair" (Printkultur April 2008) is out now. For more info visit www.wendyiles.com

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