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Cool, confident, sassy and sexy... it's a good hair day!

Emma Wells and **Susan Perry** discover what's best for dull over-processed hair

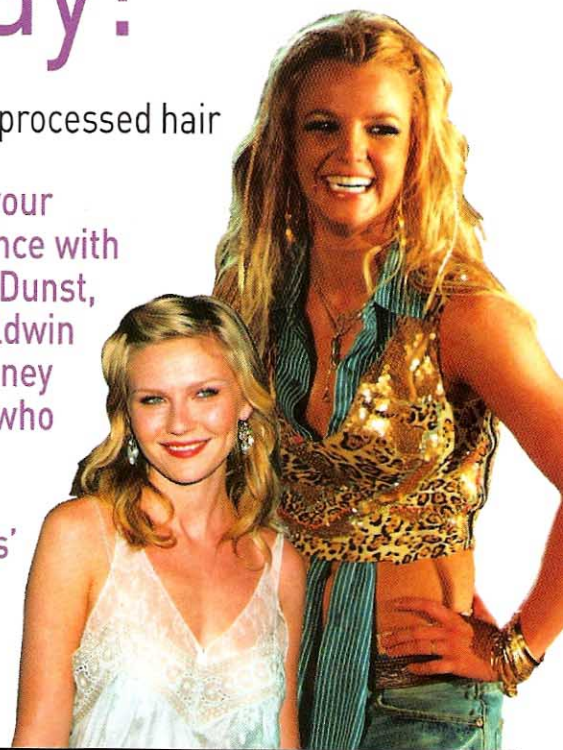
How do you skip into the sunset feeling gorgeous, confident sexy and looking like a million dollars? It's all in damage limitation and then repair. How do celebrities such as Kirsten Dunst and Britney Spears get that coiffeured look all of the time? Well yes, they do have a stylist to hand, hiding in their dressing room, but there are many things you can do both at home and in the salon to help achieve that look.

Hair gets a rough ride, current styling choices lead to ragged ends, dry frizz and an over-processed look. Using hairdryers and straighteners plus lots of styling products containing oils, which burn in the heat, just compound the problem. Add to this the other demon elements hair has to battle against; sunshine, swimming and in winter, central heating and it's no surprise that hours are

spent in shops, cafés and bars discussing products that will repair the damage. Chat about something else for a change, look gorgeous and let us test the best for you. Whatever your budget, amount of spare time and the amount of effort you're prepared to put in there is always something to help banish bad hair days forever.

Below is a comparison of the best treatments available for damage limitation that you can possibly give your hair, and yourself, a quick confidence boost. You remember the feeling you have when you leave the salon, your hair looks perfect, you look in the mirror and you get a little boost inside. Treat yourself to the best in hair care and feel like a celebrity of your dreams! Enjoy!

'Share your experience with Kirsten Dunst, Alec Baldwin and Britney Spears who all use these products'



	Micro mist @ Ash	Frederic Fekkai protein RX reparative haircare	Aussie three minute miracle reconstructor	Home made mask
Find	In salon exclusive to Ash	SpaceNK - salon	Your local chemist	Your fridge
Technical performance	The definitive salon treatment. Under a Star Wars style hood, a mist of deionised water swells the hair shaft cuticles and drives the treatment further in. This gives added long term benefit and also fixes colour for deeper longer lasting tones. Cool air refreshes and fixes and seals in the treatment for a long term effect.	It strengthens hair that has been damaged by colouring, relaxing or heat styling. Enriched with a unique complex of soy and milk proteins, Protein Rx wards off hair's most ferocious enemies and rebuilds damaged sites in the hair cuticle, it is infused with a warm yummy caramel vanilla scent.	A quick solution to over-styled and processed 'Brillo pad' hair. Enriched with Australian balm mint, sunflower seed oil and aloe, the unique formula reconstructs damaged hair inside and out. While penetrating deeply, it repairs split ends and smoothes rough cuticles.	1 small jar of mayonnaise 1/2 avocado Mix all ingredients and smooth into hair. Use a shower cap to seal in, leave on for 20 mins. For deeper conditioning wrap a hot, damp towel around your head. The oils in the avocado and mayonnaise help to restore shine to the hair
Plus points	Complimentary wine, personal DVD and a nail buff are all part of the deal, pay a little and have a manicure or pedicure. The ambiance is cool and light and the treatment works wonders. Fantastic	Pre Oscar night Frederick Fekkai in Beverly Hills is the place to be seen. Share your experience with Kirsten Dunst, Alec Baldwin and Britney Spears who all use these products.	Its quick you can do it whilst chilling in the bath or a super speed 1 minute quick fix in the shower. Rinse well or you may be left with an itchy head.	Revel in natural home made intensive hair treatments better than the ones your granny made but beware, rinse well or you could find yourself smelling like a sandwich filling.
Mileage - after the first wash	Still sleek and silky, keep up the treatments at home for long lasting lustre and controllability.	Still going strong. Hair looks and feels stronger and softer and is definitely more manageable too.	Soon back to the old frizz, use it every day and you continue getting results, Hair does look much better.	All gone after the first wash, time to raid the fridge again.
Cost	£20.00 with a takeaway	£23.00	£4.99	Change from £2.00
Star rating	Very 'Sex In The City,' we like a lot! *****	Well if it's good enough for Kirsten... *****	Not sure about the itching, doesn't suit everyone I guess. **	Time consuming but full of natural goodness. ***
Contact	Ash 36 Meeting House Lane, Brighton. 01273 747441	SpaceNK 6 Bartholomews, North Lanes, Brighton.	01273 776774 Charlie the chemist around the corner.	www.longlocks.com