

“Stretch out the time between cuts by avoiding sharp or geometric styles, and by looking after the condition of your hair – use a treatment at least once a week.”
 Barney Martin, Pantene expert stylist

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prevention is better than cure

“A weekly mask will feed your hair the moisture and protein it needs to make it stronger,” advises Nader. For optimal results, look for a formula that suits your needs.

REPAIR Dove Damage Therapy Heat Defence Treatment Mask (1), \$8.79.

HYDRATE Schwarzkopf Extra Care Intensive Nourishing Shea Cashmere Mask (2), \$6.99.

STRENGTHEN Pantene Pro-V NatureFusion Intensive Penetrating Treatment (3), \$6.99.

SHIELD L'Oréal Paris Hair Expertise EverPure Sulfate-Free Color Care System Moisture Deep Restorative Masque (4), \$12.95.

NOURISH Sukin Botanical Protein Treatment (5), \$12.95.