

# Keep calm and carry on conditioning!

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My, how time flies – it's late summer already! At this time of the year, many are grabbing those tress travel kits and planning their grab-a-bargain holidays before autumn descends, while others may be repairing the damage caused by a little too much sun indulgence. Whichever camp you fall into, we have everything you need to see your hair through August. Off on a last-minute trip? You'll need to pack everything your mane requires, so make sure you consult our handy travel tress-ure chest on page 62 before creating that checklist! You also need to know your tress travel kit type! Take our quiz to find out on page 64, while on pages 69-73 we have an intensive conditioning special to help your hair get back to its former glory after too much fun in the sun – whether you'd prefer a professional salon treatment, or a quick and easy do-it-yourself mask at home.

After all the travelling, it's back to life and back to reality! Our ultimate guide to beating the back-home blues on page 81 will help you hang on to that holiday feeling and keep that summer look for longer, despite the nights drawing in. If you're thinking of trying something different for autumn, our feature on page 50 will teach you how to perfect that perfect salon blow-dry at home, while our round-up of autumn accessories on page 74 is just the ticket for jazzing up those locks this fall.

Finally, don't forget to check out our jam-packed expert advice section, which has something for everyone looking to better their hair. From choosing the right comb, to looking after your tresses following medical treatment, our experts always have the answers to your hair-mares.

Happy reading!

*Emily*

EMILY LOUISE OVERY, EDITOR



Hair to wear now p22



Love it! p8



Autumn accessories p74

## I want her FIERY COPPER LOCKS!

"I love this colour, it's all about adding shine lines into your colour by working lighter shades underneath the hair. Think along the lines of Nicole Scherzinger's gorgeous glossy mane – it's all about adding gradual colour so there's not a distinctive line, like a dip-dye.

"By adding bronze to chocolate tones, it will act to accentuate your complexion while giving a glossy, healthy look to your hair with lots of sumptuous texture. This suits olive to darker skin tones as it matches Latino complexions perfectly.

"But don't be fooled, this is not quite as simple as it looks, so be sure to go to a professional colourist as subtle colour is the trickiest to control. If the hair is pushed or lightened too far it can look brassy or yellow. With a shade like this, less is definitely more.

"If you don't quite feel brave enough then fake it with some hair extensions. By adding in a few lengths of your desired shade, you can test drive your colour before you take the plunge."



Hair The Lisa Shepherd Art Team, Lisa Shepherd Salons **Photographer** Andrew O'Toole **Make-up** Naoko Scintu **Styling** Sairey Stemp

## MY highlight OF THE MONTH

...had to be daring to go a shade blonder and working a side fringe courtesy of Tasha and Jamie Stevens. It was a pleasure to meet you both!



## Our favourite... Luxe shampoos



**1 Aesop Classic Shampoo, £19** – with the heady scents of rosemary leaf, cedarwood bark and juniperberry.



**2 milk\_shake Argan Shampoo, £15.79** – enriched with Argan oil for an instant moisture boost!



**3 label.m Therapy Age-Defying Shampoo, £13.95** – An anti-ageing formula with white caviar extract to gently cleanse and restore tresses – very posh!