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SEPTEMBER 2018

ELLE

AUSTRALIA

EMMA STONE

TELLS US THINGS
SHE'D ONLY TELL HER
BEST FRIEND
THAT WOULD BE OUR INTERVIEWER
JENNIFER LAWRENCE

GROWN-UP LIFE,
TEENAGE SKIN?
FIX YOUR
ADULT
ACNE

LABOUR
OF LOVE
ARE YOU DOING
ALL THE HEAVY
LIFTING IN YOUR
RELATIONSHIP?

WHAT DO WE WANT? NEW CLOTHES!
WHEN DO WE WANT THEM? NOW!

FASHION

YOUR GUIDE TO

THE NEW SEASON

a daily spoonful of flaxseed oil: "All my patients who are on it get regrowth and phenomenal hair quality." Flaxseed is high in Alpha-Linolenic acid, an omega-3 fatty acid known for its formidable anti-inflammatory properties. And inflammation, it seems, is at the literal root of my problem.

"Assaults on our system — environmental toxins, chemicals that are inside things we put in and on our body, UV exposure, pollution, smoking, stress — all lead to inflammation," says dermatologist Dr. Bradley S. Bloom. "It might not be dramatic, but it can be chronic — and down the line, it can cause cells to become dysfunctional, eventually leading to disrupted hair growth." He suggests I add Nutrafal — a nutraceutical formulated to boost hair health with medical-grade curcumin, extracted from turmeric root, plus ashwagandha, a plant used in ayurvedic medicine to combat the effects of stress on the endocrine system — to my new flaxseed regimen.

Within a month, my hair no longer looks like it's been electrocuted. But the battle isn't over: Bloom reminds me that strands can last up to eight years, so I'd better take care of them. Extreme heat from hair dryers and flatirons, chemicals and tight ponytails must be the rare exception, not the norm. Essentially, I need to treat my scalp with the same care I devote to my face. "I have patients who spend thousands of dollars each month on facial serums, creams and lasers, only to treat their scalp with neglect — or, even worse, overly aggressive products that strip away essential oils," Bloom says. And then there are the ravages of time: "Oil glands and hair follicles get tired and age, just like all the cells in our body."

That's the bad news. The good news is that our long-ignored and tortured scalps finally have the attention of skincare companies known for their anti-ageing prowess. Sisley's new Hair Rituel, for example, is a line of hair and scalp products meant to — you guessed it — reduce inflammation and increase cellular renewal. The products contain an array of essential oils and plant-based extracts, formulated, via a newly patented delivery system, to travel directly into the follicle to provide proteins and nutrients where they're most needed. Hinoki and Mimosa offer a lovely lingering note of aromatherapy; I soon find myself dabbing the Precious Hair Care Oil on my wrists instead of using perfume and shampooing every chance I get.

When Bloom tactfully asks how I'm using Sisley's ultra-luxurious shampoo, I mimic the gesture of dumping a glob onto the top of my head. "That's a bit like taking an expensive eye cream and putting it on your ear," he says. "You want to shampoo your scalp, and to do that, you need to part the hair in sections and apply product directly onto the skin. Otherwise you're just cleaning your hair."

Yves Durif, at his eponymous salon at New York's Carlyle hotel, even transfers shampoo into a reusable bottle with a pointed nozzle for precise application. "Do this," he tells me, "and you'll only use half as much shampoo and get double the benefits." With true Parisian nonchalance, he adds: "It makes the price of the Sisley a bit more palatable, yes?" I nod weakly, suddenly aware that I've already used up half my \$7.5 bottle.

Thankfully, there are also more democratic options. La Bioesthetique's Dermoshéthique Anti-Pelliculaire line is an intensive soothing and anti-inflammatory treatment that you can use when you encounter a hypersensitive scalp. De Lorenzo's recently renovated Tricho Scalp Therapy is a 10-product range centered around treating the scalp, not the hair. I also discover that good old Head & Shoulders now contains zinc to reduce oxidative stress to the scalp. And now that my scalp is less sensitive, I put my Mason Pearson brush back in use, intending to follow the old-school advice of 100 strokes a day — until dermatologist Dr. Robert Anolik tells me that zealous brushing won't endow my hair with added shine. Far more critical, he says, is the use of a strand-protecting sunscreen spray with a minimum SPF of 30.

After a second month of flaxseed vinaigrette, Nutrafal supplements, hair masks, and daily applications of Sisley's Revitalizing Fortifying Serum, I'm able to air-dry my hair and not hide it under a hat. The thought of going to a salon doesn't cross my mind until I happen to walk by the new Fusio-Dose Hair Lab at New York's Kérastase Salon. A wall of brightly hued vials catches my eye. I retrace my steps. There's a golden elixir promising Density, a pink concoction offering Radiance, and a green potion for Reparation. It's too tempting to pass up. Inside, I choose Discipline (a pale peach) for its anti-frizz properties, and Nutrition (a deep apricot) for its inclusion of antioxidant-rich royal iris. The receptionist asks if I'd like the treatment applied in the salon, followed by a blowdry, or if I'd prefer to take a kit home for later use. It's a beautiful day, and I walk down the street with a swing to my step, my new potions tucked away in my bag, and the faint suggestion of a bounce to my hair. E



SUPERMANE RETURNS
THE LATEST SCALP AND STRAND SAVIOURS RESTORE SHINE, DENSITY AND STRENGTH TO EVEN THE MOST DAMAGED HAIR

1. Phyto has been making their scalp-stimulating pre-poo treatment Phytopolifine Pre-Shampoo (\$55, PHYTO PARIS, davidjones.com.au) since 1969.
2. Anti-Pelliculaire Lotion Apaisante (\$52.50, LA BIOESTHETIQUE DERMAESTHETIQUE, labioesthetique.com.au) calms and strengthens a shingled scalp.
3. Sarone Scalp Soothing Leave-On Treatment (\$69, ORBIE, 1300 725 122) has mint and chamomile to chill out your scalp while it's nixing dandruff.
4. Balance oil and soothes the scalp from itchiness and dandruff with Tricho Scalp Control Toner (\$28.50, DE LORENZO, delorenzo.com.au).
5. 100% Virgin Coconut Oil Leave-In Treatment (\$29.95, SHEA MOISTURE, prietina.com.au) can act as a detangler.
6. Supreme Smooth Shampoo (\$7.50, HEAD & SHOULDERS, coles.com.au) contains Moroccan Argan Crème for shine.
7. Invali Advanced Scalp Revitalizer (\$94, AVEDA, aveda.com.au) uses ginseng and turmeric to power up the scalp.
8. Hair Growth Stimulating Solution (\$95, DR THAM GOLUEKE, royalfam.com) boosts scalp circulation with caffeine, clary sage and ginkgo.
9. Precious Hair Care Oil (\$130, SISLEY, sisley-paris.com/en/AU) smooths the cuticles and adds shine.

Work: New Star Line (above) © Toki Photography; Best: (clockwise from top left) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)