



DREAM HAIR

Whatever your ultimate hair goal, make it happen with our top tips!

Your wedding is the one day in your life when all eyes are on you (all right, also on your partner, but they'll mainly be on you!) so you want to make sure your luscious

locks are your crowning glory. Whether you're lusting over long tresses or have your hopes pinned on a sleek, swishy hairdo, we have the ultimate advice to make sure that you're the *manc* attraction!



Corinne Taylor Deep Repair Organic Hair Mask, £24.95



Moroccanoil Smoothing Shampoo, £19.25

GHD Aura Professional Hairdryer, £145

Your dream SMOOTH HAIR
How to achieve it
STYLING
The magic ingredient
COCONUT OIL

Whether your hair is naturally curly or poker-straight, the last thing you want are frizzy locks for your close-ups. And the frizz-fighting process starts when drying your hair. "It's important to aim the hairdryer down the hair when drying to smooth the cuticle and get each strand to lie as flat as possible," advises hair expert Karine Jackson. If you continue to dry your hair frequently without pointing the hairdryer down, the result will be rough-looking, frizzed locks (not what we want for the big day).

If you don't fancy the DIY blow-dry route, or haven't mastered your technique, try an in-salon treatment. Hairdresser Edward James has created the 'British Blow-dry', which is a kinder take on the Brazilian blow-dry, designed to eliminate frizz and smooth hair. Book in a week before your nuptials for gorgeous locks.

As well as perfecting your drying technique or having a treatment, utilise the power of the coconut to encourage smoother hair. Hair pro Ken Picton recommends using an overnight treatment to transform your hair while you sleep. Simply slather the ends of your lengths in coconut oil, wrap it up in a towel or shower cap and rinse out in the morning – you won't believe the difference!

WORDS BY RACHEL AVERY. PHOTOGRAPHS BY GETTY



Your dream LONG HAIR
How to achieve it
A LOT OF TLC
The magic ingredient
PROTEIN

"To successfully grow long, healthy hair, it is essential that you protect it from breaking" says Edward James. That means cutting down on heat styling, colouring and other damage.

Ken Picton encourages his clients to "massage the scalp in the shower, or in front of the TV, to get the blood supply flowing and to help boost growth."

For those low on time, extensions are a quick fix. "We offer a colour matching service where we ask for a headshot and then select the right shade for the customer," says Lauren Pope of Hair Rehab London, who has seen increasing numbers of brides using clip-ins. "They can be assured their hair will be flawless on the day."



label.m Protein Spray, £13.75

Hair Rehab London Clip-in Extensions, from £99.99

Structure repair masque, £14.95



Batiste Dry Shampoo Rose Gold, £2.99

Maria Nila Pure Volume Shampoo, £29.99

Philip Kingsley Body Building Shampoo, £18.50

Your dream THICK HAIR
How to achieve it
DOUBLE BLOW-DRY
The magic ingredient
POWDER

If you're looking for thick, healthy-looking hair, the first thing to do is tell your stylist – they can customise your cut with clever layers.

Aside from the cut, Ken Picton swears by blow-drying twice: "A double blow-dry will give you great texture and movement. Wash and blow-dry your hair as usual, then add an extra mousse to create thickness and blow-dry again for instant volume."

"Having enough product in the hair is the key," is the advice from celebrity hairdresser Jamie Stevens. "Start with a volume-building shampoo and spritz on some dry shampoo to *oomph* hair up at the root."

Root-boosting powders can also be great for those with naturally flat locks. Sprinkle on the crown of the head and massage in for va-va-voom.

Hair types

Your dream SHINY HAIR
How to achieve it
FINISHING PRODUCTS
The magic ingredient
ARGAN OIL

Do those swishy, glossy locks on hair adverts make you green with envy? If so, you need to step up your shine game before the big day so your hair dazzles in the wedding snaps.

"The key to glossy hair is all in the finish," says Jamie Stevens. And that means using the right finishing products to achieve mirror shine. Lee Stafford infuses his products with argan oil to boost shine: "The super-fine reflective particles in my Miracle Shine Spray sit on the hair to give it a natural-looking gloss."

Karine Jackson, an organic product enthusiast, also champions argan oil: "I take a small amount of Organic Colour Systems Argan Oil Gloss and comb it through the ends of the hair after washing for a beautiful sheen."



Maria Nila True Soft Argan Oil, £16.99

Lee Stafford Argan Oil Miracle Shine Spray, £10.99

Organic Colour Systems Argan Oil Gloss, £11.95

5 TOP TIPS FOR AFRO HAIR from stylist Errol Douglas MBE



- 1 Make sure you have conditioning treatments on a regular basis – Kérastase Masquintense is a great DIY option for instant hydration.
- 2 It's always best to go to a hairdresser who is experienced in Afro-textured hair, as they will know how to look after your locks.
- 3 As Afro hair can be very dry and prone to breakage, wrapping it up in a silk scarf when you go to bed is a good way to help protect it.
- 4 If you're heading to sunny climes, use a leave-in conditioner to make your hair manageable and easier to style.
- 5 Stay away from too much heat on the hair, as this will only aggravate frizz and unruly ends.