

CURL power

It's the on-trend hair look every bride should consider for her big day!

Curls are having a real moment right now – from the catwalk to fashion campaigns, ringlets and corkscrews are everywhere. In 2018, we've seen wedding hair taking a turn towards unstructured 'dos, with brides wearing beautifully loose and undone styles.

While these looks are obviously ideal for those with naturally curly hair, they are also perfectly achievable if you have slightly less wavy or straight locks – just keep in mind that your stylist will need to curl your hair first, so it could take a bit longer to achieve the look when you're getting ready.

If you're in the natural curls tribe, remember that the key is all in how you care for them – so give your hair some extra TLC in the run-up to your wedding day. "The most common complaint with curly hair

"Avoid serums and use curl crèmes instead – serums can sit on top of the hair"

is that the ends can become dry or brittle, as it takes longer for natural oils to travel down from the scalp," says Luke Hershenson, UK creative director for John Frieda. "To combat this complaint, always use haircare products created specifically for curls, and apply hair oil to the tips of wet hair for extra hydration."

"Avoid serums and use curl crèmes instead," suggests Ricky Walters, owner and creative director of Salon64. "Crèmes are more heavy



WORDS BY MELANIE MACLEOD. PHOTOGRAPHY BY MARGARETHA OLSCHESKI AT TRUNK ARCHIVE

The ESSENTIAL KIT

Melanie Macleod is You & Your Wedding's resident curly queen – here are some of her must-have hair products

Slip silk pillowcase. £79
"This is on the pricey side, but I haven't woken up with a tangle since sleeping on it!"

Alchemy Amla Hair Remedy. £27
"A few drops of this on my unruly split ends is almost akin to having them all snipped off"

Cantu Moisturizing Curl Activator Cream. £7.99
"My curls are quenched and never crispy"

OGX Quenching Coconut Curls Shampoo & Conditioner. £6.99 each
"This duo smells amazing and leaves my hair feeling nourished from root to tip"

John Frieda Frizz Ease Dream Curls Deep Conditioner. £6.99
"Every time I use this, my curls are more defined, much shinier, and way more manageable"

GHD Air Diffuser. £15
"I spent years wondering why my hair was falling flat, until I attached this diffuser to my hairdryer – now it's volume all the way"

duty, and don't sit on top of the hair, as serums can sometimes do."

Sulphate-free shampoos and conditioners are better for curly hair, too. "They stop the hair from feeling flyaway and frizzy," explains stylist Lucy Jones of Larry King. "Curly hair is naturally more porous than straight hair, so sulphates can dry out curls."

Indulging in a weekly intensive moisturising treatment will do wonders for your mane and keep your curls from becoming 'crispy' – but the way in which you dry your locks after washing or treating is also crucial for achieving heavenly hair.

"Never rough-dry curls," advises Luke. "Instead, squeeze the hair with an absorbent towel to avoid damaging the cuticles, and then leave it to dry naturally."

"If you don't have time to air-dry your hair, use a diffuser until it is 70 percent dry," says Ricky. "I don't recommend drying your hair fully, as this can create fluff and frizz."

HOW TO STYLE IT

For those with naturally curly hair, it can be tempting to opt for a smooth and sleek blow-dry on the wedding day – but there are plenty of gorgeous catwalk-approved tumbling-volume looks that would be absolutely stunning on the aisle.

"I often suggest to my clients that they should look like a more polished version of themselves on their wedding day," says Ricky. "Curly hair is naturally unstructured and kicks in different directions, so work with it, rather than against it."

If you're worried about possible humidity wreaking havoc with your curls, there is an answer. "Loose boho updos, plaits and half-up half-down styles work great with curly textures," says Ricky. "They add a sense of glamour in a way only curly-haired heads can pull off."

Avoid high-maintenance, perfectly preened styles that will require some touching up during your day, as

constantly patting hair will make it frizz, lose its shape or cause the style to unravel completely.

If you want to wear your hair long and loose, wash and dry as usual, then encourage the natural curl with frizz-busting products and use tongs to gently tease your tresses

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into a textured, polished look – concentrate on the hair around your face for extra definition.

Whether you are a straight-haired bride who's coming over to the curly side, or a bride who's embracing her natural locks, we think that one thing is for sure: going curly on your wedding day will ensure that you're feeling your confident and cool best.