



Take your lead from celebs such as Amy Adams, Julie Bowen and Nicole Kidman by moving your part way over to the side – it helps disguise the signs of thinning hair, which generally shows itself in the middle of your scalp.

NEW
Beauty



New fast fixes for THINNING HAIR!

The latest technology that's offering hope for your disappearing strands...

TALKING TOPICAL TREATMENTS

If you've been diagnosed with female pattern hair loss, using a product with minoxidil is a proven option to regrow hair.

'It simulates the blood supply to the hair follicles, encouraging hair to grow strong and thick,' explains dermatology specialist Dr Eleni Yiasemides.

While it was only available as a man's treatment, Regaine recently launched a female-friendly foam with a five per

cent once-daily dose – the highest percentage you can buy over the counter.

1 Women's Regaine Foam, \$57.95 for two-month supply.

Meanwhile, Evolis has a spray treatment that blocks a protein thought to trigger the resting phase in hair, letting your hair stay attached to your scalp longer than it naturally would.

2 Evolis Tonic for Women, \$59.



THE PRODUCTS

Even though a shampoo can't reverse hair loss, it can help hair to grow. **3 Bumble & Bumble's Full Potential Hair Preserving Shampoo, \$49,** has a nourishing blend of caffeine and rosemary leaf extract to encourage healthy hair growth. For a quick fix, try **4 L'Oréal Paris's Elvive Fibralogy Thickening Shampoo, \$5.95.** It works by plumping up each individual strand so hair looks noticeably fuller – even after just a few washes.

DID YOU KNOW?

SKIN SCIENTISTS LOVE SOURCING INGREDIENTS FROM PLANTS THRIVING IN DRY ENVIRONMENTS, AS THEY'RE EXCELLENT IN KEEPING SKIN HYDRATED. THIS SAVIOUR HAS EDELWEISS FLOWER EXTRACT FROM THE SWISS ALPS. IT'S FOR THE FACE, BUT WORKS ON THE BODY TOO.



Kiehl's Ultra Facial Deep Moisture Balm, \$38.

WHERE TO BUY: Bumble & Bumble bumbleandbumble.com.au, Burt's Bees 1300 813 661, Evolis evolisproducts.com.au, Kiehl's 1300 651 991, L'Oréal Paris 1300 659 359, Regaine 1800 029 979

BEAUTY ED'S FAVE



These feel super-soft on lips thanks to the formula made from beeswax, moringa oil, raspberry seed oil and vitamin E – and they're free from any nasties, which is a nice thought when you think of how many times you lick your lips in a day! **Burt's Bees 100% Natural Lipstick in Fuchsia Flood, \$19.95 each.**

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