



## “HOW CAN I PREVENT MY STRANDS FROM BECOMING SUN-SCORCHED?”

WE ALL KNOW summer doesn't play nice with hair. Constant exposure to the sun and its UV rays can dry out your mane, leaving you with brittle locks. Faded colour and frizz are added insults. To fight back, nourish your hair with hydrating and protecting products. “Your best defence is to use a leave-in product that you can reapply throughout the day. You're adding back all the moisture and nutrients to the hair that the sun is pulling out,” says Marc Anthony, a celebrity hairstylist who has worked with the likes of Catherine Zeta-Jones and Kate Bosworth. He recommends leave-in oil treatments to help restore and protect the hair shaft. “Not only do they strengthen the inner part of the hair, they also leave a slight protective coating over the strand, so they repair and shield it from the sun or any elements that are going to cause more damage.” Anthony also notes that hair grows faster in the summer, so it's a good time to see your stylist for a routine “health trim” and to put in the extra maintenance to keep it looking its best. —DANIELLE THOMSON

## FOUR TIPS FOR SUN-PROOFING YOUR HAIR:

**1 FOR SERIOUS NOURISHMENT**  
*try...* **Klorane Mask With Desert Date**, \$17

Apply this intensely nourishing mask once a week. Let it soak into your hair for 20 minutes to maximize its strengthening benefits.



**2 FOR SPEEDY HAIR REPAIR**  
*try...* **Pantene Pro-V Advanced+ Keratin Repair 60 Second Therapy**, \$15

Need a quick fix? It takes only seconds to use these ampoules, which reverse the effects of damaged hair like frizz and dryness.



**3 FOR MANE MAINTENANCE**  
*try...* **Yes to Carrots Leave-in Conditioner**, \$11

This conditioner seals the shaft to lock in moisture, while proteins and argan oil help restructure damaged strands.



**4 FOR BANISHING BREAKAGE**  
*try...* **Marc Anthony Oil of Morocco Argan Oil Treatment**, \$11

Fight dryness with this keratin-infused oil treatment. It can be applied to damp or dry hair, so you can use it throughout the day to strengthen and protect.



BEAUTY PHOTO: TRUNKARCHIVE.COM / MATT JONES. PRODUCTS: CARLO MENDOZA

## ask a beauty expert

If your mane has already withstood some sun damage, it's important to rehydrate. Courtney Kelly, a beautyBOUTIQUE manager at Shoppers Drug Mart in Toronto, recommends using a moisturizing hair mask once a week. “Leave it on for half an hour, then wash it out,” she says. “It even helps hydrate your scalp, which some people forget about.” The scalp needs the same TLC, as overexposure to the sun can lead to burns, dryness and flakes. Kelly suggests using a product with UV filters, such as **Sally Hershberger Curvaceous** (\$13), to prevent hair and scalp damage.