

Curly Cues

BID FAREWELL TO FRIZZ WITH THESE
TOP TIPS FROM THE EXPERTS
BY SHERI RADFORD

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“The most common misconception about curly hair is that it’s high maintenance. It doesn’t have to be,” says Karyn Rudance, a curly hair and colour specialist at **Style Lab Yaletown** and founder of **Curly Hair Vancouver**. She offers two simple-but-crucial pieces of curly advice: “Make sure the hair product is put in when the hair is still soaking wet, and try not to touch it while it dries.”

Celebrity stylist Cindy Duplantis agrees that it’s vital to apply product “when your hair is soaking wet—straight out of the shower, before you dry it,” and adds, “Avoid using your terrycloth towel, as this may break up your curl pattern and create frizz.” Instead, scrunch wet hair with a microfibre towel.

Crystal Morgan, textured hair module instructor at **Blanche Macdonald Centre**, doesn’t think managing curly hair has to be hard: “With the right products and some TLC, enhancing your curls can be a breeze.” Her top tip: apply a pre-shampoo treatment before cleansing “to add moisture, shine and hydration.”

In celebrity hairstylist Aaron O’Byrne’s experience, textured hair does require more effort and attention.



PHOTO: KNIX

“[It] tends to lack moisture, and curls sit differently on a daily basis, which takes constant work—adding moisture and repositioning your hair to look good.” Keeping hair hydrated, he says, is key—the best way to achieve beautiful curls. “Using a leave-in conditioner that controls frizz and has anti-humidity properties can revive and keep your locks luscious.”

Luscious locks are the trademark of Sahar Saidi, founder and CEO of **LUS Brands**. Her best piece of advice is to shampoo hair only as often as it actually needs to be washed: “This is truly a very individual thing, and there is no right answer. It’s not dependent on hair type or length or texture. There are so many factors that impact how often one should wash their hair—our individual hormone levels, sebum secretion, oiliness of our scalps.” She continues, “Our scalps and hair need to be properly cleansed with a product that contains actual cleansing ingredients—not conditioner.”

All of the experts agree that shampooing curly hair less often is a good idea in general. Rudance says, “Try to wash it as seldom as possible.” Duplantis adds, “Washing your hair every day can create a lot of dryness, which is already a common issue for us curly-haired queens!”

While curls and coils might require a little extra TLC, most wouldn’t trade their texture. “I can’t tell you how many times in my life strangers have come up to me and said something like, ‘Your hair is beautiful, but I bet you wish it were straight,’” says Saidi. “Yes, that’s true for some curly-haired people, but many actually do love their curls, and no, they don’t wish it were straight.” And that’s the straight truth. ✓



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