

# INDULGE

## product me

Products you cannot live without this winter.

**Kerastase:** Oleo-Relax, \$48  
Slims the hair  
Makes hair soft and manageable  
Tames frizzy thick hair



**L'Oréal:** Play Ball Creamy Smooth, \$31  
For enhanced definition  
Leaves hair beautiful with a natural finish

**L'Oréal:** Nature Series Source de richesse, shampoo, \$33  
Perfect for winter conditions  
Combat dry hair  
100 per cent sulphate free



# hair now

New Zealand's top hairdresser Adrian Barclay gives The Southland Times exclusive photos and tips on how you should be indulging your hair this winter. **Craig Lawson** reports.

Among all the styles available the key is to create your individual style. Not every amazing trend on the catwalk and fashion magazine will suit everyone. The key is taking fashionable ideas and working them to suit your lifestyle and your own sense of style. "Everyone is free to find their own look and wear it the best they can," Adrian Barclay says.

Once upon a time the "it" look was American actress Jennifer Aniston's long hair.

Now it's singer Rihanna and her overall short hair - but style high at the front. "It's all taking short hair and making sexy and feminine."

"There are so many hot, new and exciting looks coming through right now," he said.

And just for us he has selected his current top three.

**ADRIAN'S TOP TIPS**

**Short is the new long:** Is all about individual fashion right now - finding a look that suits you.

**Mixing it up:**

Hard and soft together is the new direction in hair fashion.

**Styling by:** Terzann Elliot  
**Hair by:** Venom

**Up-dos:**

This is the current trend hitting the international catwalk. Sleeked back at the sides and loose on top. New twist on a French roll.



three key looks this winter

**Celebrity look:** Rihanna  
Short hair  
Androgynous look  
Sexy boy meets girl



**Sexy wiggly hair:**  
Looser, bouncy hair  
Strong fringe with soft texture



## winter colours



**Chocolate sundae:** It's all about saucy hot chocolate with a hint of cinnamon. The colour is sexy black, kept quite smooth and elegant.

Did you know your hair colour should be good enough to eat? Surviving winter can be tough on your hair. Being inside most of the time - office heating, home heating - it tends to take a toll and dry your hair out. A great pick-me-up is to add colour. The correct hair colour is essential to completing any look. Statik Hair Design salon owner Ria Bond, a colour specialist, is excited about the colour trends for winter. "Chocolate, cinnamon, it's all about colour delicious enough to eat."

Mrs Bond, who has been in business for 17 years, says while colours tend to come and go, the one colour that never loses favour with people is the power of blonde. "Blonde will always be in fashion and it's all about keeping it fresh."

Here we profile some of the best colours for winter. And it just gets tastier. Look out for the spring trend - raspberry red with a little bit of naughty.



**Ice cream blonde:** Blonde never goes out of fashion. This winter, take ash blonde add a sharp touch of gloss and you will bring life to any hairstyle.

## release your inner animal!

Rare by name, rare by nature. The GHD Rare is pure styling fashion, inspired by this season's leopard prints. This must-have styler includes a limited-edition GHD Rare IV Styler, heat-resistant pouch and a convenient carry-case. The leopard print, heat-resistant styler pouch fits neatly inside the carry-case and serves as a perfect accessory to the your new GHD Styler.

**Cost:** \$375  
Available from: Total Image  
Grrrrrrrrrr



## nursing needs you!

**Competence Assessment Programme**

If you are a Registered or Enrolled Nurse thinking about how you can re-enter the workforce, the Southland District Health Board has an opportunity for you. We run a Nursing Council of New Zealand accredited programme that provides theory sessions and mentored clinical placements to enable you to return to the workforce.

Do you want to be able to work on a casual/part-time basis?

Get the kids off to school and upskill yourself!

This course can be full-time or part-time and aims to provide a supportive network for you to gain confidence and get back into your area of expertise. You could become a member of the Southland District Health Board team - with our state of the art facility - NOW is the time.

For more information, go to our website at [www.sdhb.govt.nz](http://www.sdhb.govt.nz) and look under the employment heading. An application form and contact details are available on the 'return to nursing' page.

[www.sdhb.govt.nz](http://www.sdhb.govt.nz)

**MARGO'S FASHIONS**  
4A Windsor Street, Invercargill.  
Phone 217 8190

It's FREE!!

Have you had your Cervical Cancer Vaccine Yet?

Coming Soon...

Drop In Clinic

It's NOT too late!!

Starting 6/7/09, every Monday & Friday in July, for girls aged 12-18. Free refreshments. It's NOT too late, call us now to make an appointment or just drop in to see us: HPV Immunisation Team, phone: 214-6436 or 0800-800-249.

PHO House, 40 Clyde Street, Invercargill

**BIG RED'S BUTCHERY**

CORNER SILVERSIDE

**\$6<sup>95</sup> kg**

Now doing private processing of all abattoir meats

479 Tay Street • Phone 217 7773