

Lockdown LOCKS

Split ends and root regrowth beginning to show? Don't panic. We've got the solutions

From Holly Willoughby dyeing her hair in her bathroom to Brooklyn Beckham getting a trim from girlfriend Nicola Peltz, DIY hair is officially rivalling banana bread on social media. And is it just us, or are the posts a wonderful tonic to lockdown boredom? After all, we have plenty to get through: #quarantinehair has more than 15 million views on TikTok and almost 58,000 posts on Instagram. The coronavirus crisis has left a lot of us wondering if we will ever set foot in our beloved hair salon again. Yes, there are bigger worries right now, but straggly ends and bad roots are the topic of many conversations.

"We are all at the point of desperation with our hair," says Shannon Gallacher, colourist at London salon Nicola Clarke at John Frieda, whose clients include Dua Lipa. "If you can avoid at-home colouring and trims then do, but I understand for some that isn't an option." Here, industry experts share their advice for coming out of lockdown with luxe-looking locks...

PUT THE SCISSORS DOWN

"The only way to fix a bad haircut is basically to cut it off," says Lilli Bridger at Larry King Hair Salon in London. "I wouldn't recommend doing it – love yourself and leave it alone."

Instead, look to this season's hottest hair trends; plaits, chignons and bow-adorned ponytails will disguise a grown-out hairstyle. The same goes for attacking your fringe. "Your stylist would have cut this to suit your face shape and that is really tricky to do on yourself," says Lilli.

Lockdown will only be weeks without a hairdresser, not years, so pin your hair to one side or use a headband to sweep it off your face. And make the most of time at home with a thorough hair-care regime. "You've got more time than usual, so you can leave deep-treatments and conditioners on longer, which will give them more time to penetrate for maximum results," says Lilli.

Extensions S.O.S.

Anyone with hair extensions will be feeling the hit right now, especially if they are overdue their next maintenance appointment. "Please, please, please do not attempt to take them out yourself – this could result in bald patches," says Maxine Cooke, salon manager at Nicola Clarke at John Frieda. Missed maintenance can lead to matting, so here are Maxine's top tips for extending the life of your extensions...

1. "Invest in a specific hairbrush that will have soft, bendy bristles and be able to get between the bonds." Try **Beauty Works Large Paddle Brush** (1), £25; visit beautyworksonline.com.

2. "Always use a sulphate-free shampoo and super-nourishing conditioner. Your bonds will be sitting lower than normal due to regrowth, so apply your conditioner just below this to avoid making them slip further." Try **Pureology Hydrate Shampoo**, £19.95, and **Conditioner** (2), £23.10, from cultbeauty.co.uk

3. "A combination of a good weekly conditioning treatment and using minimal-heated tools will help to keep them looking in good condition." We recommend **It's A 10 Miracle Hair Mask** (3), £32.95, from amazon.co.uk.

4. "Wear your hair in a natural texture, like beachy waves from sleeping in loose plaits, to help hide tired, tatty lengths and ends."



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POP A PILL

Beauty editors rave about the growth-boosting, thickening benefits of **Viviscal Maximum Strength Hair Supplement**, £51.99 for 60 tablets; visit viviscal.co.uk. Take two tablets daily – easy when you're at home 24/7

The five-minute Zoom meeting makeover

"If your hair is long enough, a low-slung ponytail will hide the lengths and ends and you can focus on the hair that frames your face," says Shannon. Apply a smoothing cream for any frizz and add a light mist of gloss spray for shiny results in Zoom meetings. If you have short hair, a headband or decorative slide will help distract from the mess.



COVER UP

"The key is to minimise the appearance of your roots," Shannon says. For brunettes and redheads, she recommends a cover-up such as **Color Wow Root Cover Up** (1), £28.50 (visit colorwowhair.com), or the **Josh Wood Colour Blending Brush** (2), £15; visit joshwoodcolour.com. "A great option for blondes is a temporary colour like pink or peach to soften the roots," she says. "Bleach London is great because it is safe to use at home and provides a subtle colour; avoid blues and greens as they will stain your blonde."

Actresses Hilary Duff and Elle Fanning are among many joining the rainbow hair wave – home hair colour brand Knight & Wilson has seen a 1,200% increase in sales since lockdown began. If you're nervous about a drastic change, try a softer tone with **Bleach London Awkward Peach Toning Conditioner**, both £7.50; visit bleachlondon.co.uk. Whatever you choose, the most important thing is to give your coloured hair a little TLC with leave-in treatments, moisture masks and as little heat as possible. Make sure your quarantine hair kit includes **Virtue Restorative Treatment Mask** (4), £28, and **Olaplex No. 3 Hair Perfector** (5), £26, both from cultbeauty.co.uk.



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1. **Larry King Liquid Hairbrush Conditioner**, £42, from cultbeauty.co.uk **2.** **Redken Pillow Proof Blow Dry Two Day Extender**, £19.55, from store.toniandguy.com **3.** **Living Proof Restore Dry Scalp Treatment**, £25, from spacenk.com **4.** **Cora Clip**, £22 for two, Tort Hairware; visit tortware.com **5.** **Philip Kingsley Bond Builder Split End Remedy**, £26, from marksandspencer.com

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