

by Claire
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THERE'S a nip in the air, the kids are heading back to school and it's time to take stock...of the damage this glorious summer has undoubtedly wrought on your hair.

Because, whether you were basking in the back garden or soaking up the sun abroad, you probably remembered to slap some sun cream on to your skin, but what about your hair?

Most of us rarely bother to apply sun protection to our hair, but research by European academics has found excessive sun exposure is the most frequent cause of damage. UV light doesn't only break down the proteins in hair, it can also change the colour — and that's before you get on to the impact of chlorine and sea water.

But don't panic if your once glossy locks are looking distinctly straw-like, we've asked the experts for all the solutions to your post-summer hair woes...

CHLORINE REMEDY

'CHLORINE is a tricky one as it creates a chemical reaction in the hair, which weakens the shaft and can cause split ends,' says international hair colour expert Josh Wood. Salt water also leaches the moisture content from hair, leaving it dry and crispy.

He recommends avoiding the problem altogether by rinsing hair in fresh water after a pool dip. (Now you know for next time.) But if the damage is already done...

A two-stage correction is required. Firstly, the chlorine that will have been absorbed by the porous bit of your hair needs removing with a deep cleansing shampoo, such as Redken's Clean Maniac Clean-Touch Micellar Shampoo (£10.30, feelunique.com).

'Then it's about treating the brittleness, which, left untreated, can cause hairs to snap or break, so you need a super hydrating mask treatment to counteract this.'

Try Charles Worthington Moisture Seal Overnight Hair Healer (£2.99, francedirect.co.uk), which claims to double hair's strength and reduce breakage by 85 per cent.

If you're a blonde who's gone green thanks to chlorine, Mia Newnham, colour technician at Jo Hansford, has an interesting top tip.

'We recommend applying tomato ketchup to hair for three to five minutes, then rinsing out with shampoo and conditioner.'

'This works because the red colour in the ketchup works to counteract the green in the hair.'

COLOUR REFRESH

'SUN exposure can cause hair colour to fade, as the UVA and UVB rays break down the chemical bonds in colour within your hair,' explains Time Bomb Haircare Ambassador Jonathon Eagland.

'This in turn leads to colour fading and lightening. Even if you haven't coloured your hair, you've probably noticed it gets lighter after time in the sun, but those who have coloured or treated hair are particularly vulnerable.'

In an ideal world, you'll have

Bleached by sun. Weakened by chlorine. Dried by sea salt. Don't fork out for expensive salon treatments, here's ...

How to rescue holiday ravaged hair at home

booked a post-summer colour refresh — Michael Shaun Corby, creative director of Living Proof haircare, suggests you might want to go darker than usual.

'Taking your colour a shade or two darker is a great post-summer trick, as darker hair not only tends to be less dry, but it reflects more light, giving you hair that appears healthy and smooth.'

However, if your holiday splurge means you're holding on for pay day, Jonathon Eagland says an at-home treatment can help. 'Try a pigmented gloss to enhance the colour, knock out brassy tones and intensely condition.'

Glosses are basically conditioners with a hint of colour — not enough to cover greys, but to reinvigorate colour until you can get to the salon.

New York colourist Rita Hazan sells her products in Selfridges; try the divine-smelling True Colour Ultimate Shine Gloss (£21, selfridges.com).

Or look on Amazon for Australian brand evo, whose Fabuloso Colour Intensifying Conditioner (£17.85) comes in seven shades.

HIDE GREY GROWTH

THINK your hair's grown quicker over summer? Well, it's entirely possible.

Research suggests it does actually grow marginally quicker

— only about 10 per cent — in summer than it does in the winter. Nobody's exactly sure why, but one theory is that when you're warmer, your circulation improves, so more oxygen and nutrients are delivered to your scalp.

This might sound like good news, but add in exposure to sun, sea and chlorine, which all accelerate the rate at which colour fades, and it means any roots or greys can be more evident than usual.

The answer is root touch-ups. The technology in this area has improved significantly in recent years, and there are now sprays, powders and paintbrushes available to buy in the High Street.

Beauty expert and QVC presenter Alison Young suggests Colour Wow Root Cover Up (£28.50, colorwowhair.com), an eye-shadow-style powder which comes in eight shades.

She describes it as being 'like make-up for the hair, you simply apply to the root with the application brush to disguise any root growth.'

Other good options include Everpro Beauty Zero Grey Root Touch Up Magnetic Powder (£12.99, superdrug.com), which has a small sponge applicator rather than a brush, and Josh Wood's Root Smudger

(£12, joshwoodcolour.com), a gel-type liquid with an integrated sponge applicator that can be used on wet or dry hair.

FIX DRY ENDS

'PARCHED and dry ends are a common problem after a hot summer,' says John Clarke of London's Nicola Clarke at John Frieda salon.

'The best option is to have a trim. But if you can't bear to cut your hair just yet, then I suggest using a moisturising serum, such as Iles Formula Haute Performance Finishing Serum (£43, net-a-porter.com), on wet hair and blow dry it in.'

'It intensely hydrates dry ends and you can also add more to dry hair to create shine and definition.'

Celebrity hairdresser Paul Edmonds is a big fan of a two-step recovery plan. 'Before going to bed, apply Shu Uemura Art of Hair Essence Absolue Overnight Serum (£26.90, lookfantastic.com) to the mid-lengths and ends of dry hair,' he says.

'The hair will absorb moisture while you sleep and you'll be able to wake up and style as normal without rinsing.'

'When styling, apply a pea size amount of Shu Uemura Art of Hair Essence Absolue (£33.30,

lookfantastic.com) to mid-lengths and ends to smooth the hair's cuticle, giving the illusion of softer, healthier hair while treating from the inside out.'

And care needs to be taken when styling dry and brittle hair.

Craig Taylor, creative director at Hari's salon, in London, recommends swapping your paddle brush for a wide-toothed comb. He says: 'Start at the bottom and work your way up to avoid dragging the knots.'

'Avoid heated styling as much as possible,' adds Jonathon Eagland. 'Steer clear of your straighteners as this will exacerbate the damage and could lead to breakage.'

'Instead, I would suggest using a hairdryer with no nozzle on a low heat, to gently dry and smooth hair.'

'You need to be patient with brittle hair as if you rush the styling process, you risk causing further damage.'

TREAT YOUR SCALP

'SCALPS tend to get flaky post-summer,' says Anabel Kingsley, trichologist at Philip Kingsley.

'Like the skin on your face, the skin on the scalp can peel and become dry after repeated exposure to UV rays, salt and chlorinated water.'

To get it back on track, make sure to shampoo frequently — daily if possible. This will help to remove excess dead skin cells, clear the scalp of flakes and relieve itchiness.

'For best results, use a calming anti-microbial shampoo until flaking subsides.'

She recommends her clinic's Flaky/Itchy Scalp Shampoo (£24, philipkingsley.co.uk), and suggests applying a soothing and hydrating scalp mask or treatment a few times a week.

'We make an After-Sun Scalp Mask (£18) specifically to address problems that can occur from sun exposure. It contains calming aloe vera and cooling, slow-release menthol.'



Fashion maths

Shirt, £60, jigsaw-online.com + Skirt, £160, reiss.com + Sunglasses, £21, ajmorganeyewear.com + Red heels, £19.99, asos.com + Earrings, £49, uterque.com = Clutch bag, £310, Marni at farfetch.com

Styling: ROMILY CARNELL