

Fabulous DAILY

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GHD'S £175 Oracle curling styler is taking the beauty world by storm, promising to add volume with ease.

But is it worth it? ISABEL DEIBE rates various styles out of five for simplicity then gives an overall verdict.

LIFT-OFF WITH NEW CURLER



ROOT LIFT

PART hair in the middle, take a small section and clamp the Ghd Oracle on the root with the logo on top of the hair. Rotate it 90 degrees and glide it down the section. Repeat around the parting. Only one section heats up and it is neatly tucked away so your scalp is protected from the scalding-hot metal.

Most stylers don't let you get right to the root so can leave your hair a little flat. But this is quick and straightforward for a glam 'do.

Rating: 4

BOUNCY BLOW

CAN you get a blow-dry look without the salon? Kind of. Working in layers from bottom to top. Clamp a chunky section with the logo on top and rotate it away from the root and glide. Then clamp the next section with the logo underneath the hair, rotate it towards the scalp, pulling away from the head.

This style is tricky and takes a lot of practise and concentration to master.

Rating: 2

BEACH WAVES

THE great thing about a beachy look is it meant to look a little messy, so you don't have to be too precise. Just curl your entire mane with only a little rotation and shake it about with your hands to finish. Add some salt spray and twist every strand after each one is made to get a real surfer girl look that will last all day.

This style comes on top for ease and can be mastered on the first try.

Rating: 5

MERMAID CRIMP

TAKE sections of hair and make clamp marks the entire way down. As the iron isn't extremely hot, you'll need to hold it for longer than you'd expect to get the mermaid hair of dreams.

This technique is also great to tame hair that has been overcurled and is easy to achieve.

Rating: 4

VERDICT

ALTHOUGH it takes a while to get to grips with, this new tool is a game changer. It allows you to create so many different styles and get close to the root while preventing heat damage.

But you need a masterclass to get it working properly. Exclusively available at RUSH salons nationwide, they give customers a tutorial before purchasing.

When used properly, it's a must-have if you are willing to persevere.

Sneezy does it

THIS is that itchy, sneezy time of year when we check the pollen count more often than the weather forecast.

Hay fever isn't the only issue. The warmer months



bring a number of other problems for allergy sufferers.

Dr Adrian Morris, left, of the Surrey Allergy Clinic, shares his advice with LYNSEY HOPE.



EASE ALLERGIES AS SUMMER APPROACHES



HAY FEVER

GRASS pollen triggers allergies, often from May right through until the end of July.

Tiny seeds come off the grass and go into your airways, triggering an allergic reaction. That is why your eyes run and you wheeze and sniff.

It can be very debilitating.

THE FIX: Hay fever symptoms can be treated with antihistamines and nasal sprays. But you can also work to reduce your exposure to pollen in the first place.

Pollen counts tend to be higher in the mid-morning and early evening, so avoid going outdoors at those times if you can. Perhaps wear wraparound sunglasses to protect your eyes.

Alternatively, smear Vaseline around the edges of your nostrils to stop pollen grains going further into your airways.



WASP STINGS

WASPS and bees are everywhere at the moment, posing a problem if you are allergic to their stings.

Often, people will ask to have their child tested for a wasp or bee allergy. But you can't be allergic unless you have already been stung. The first time you will get a localised swelling. The next time, the whole area around the sting will swell. The third time, you might have a potentially life-threatening anaphylactic shock.

THE FIX: If you or your child has a severe reaction to stings, you may need to carry an epipen. You can be desensitised to the reaction but it is a process that can take five years.

In the meantime, try to avoid stings in the first place. Wear dull clothing, as wasps and bees are attracted to bright colours. And don't have sugary drinks outdoors.

PRICKLY HEAT

THIS red, itchy, pin-prick rash often strikes when you go from a relatively sun-free environment to a hot place.

It mostly affects women aged from 20 to 40 and appears on all parts of your body that are exposed to the sunshine.

It is also common in early summer, before people have had chance to adjust to warmer weather.

THE FIX: Be prepared. If you are prone to prickly heat, it is a good idea to take some antihistamines a couple of days before you jet off on your holidays.

Prickly heat can last for weeks and it can ruin a break.

People with severe prickly heat may need to take oral steroids, prescribed by a doctor.

Unfortunately, sun cream will not prevent this, as it is more to do with heat and ultraviolet light.

SWIMMING POOLS

HIGH levels of the chemical chlorine – which is put into swimming pools to keep the water clean and protect swimmers from harmful bacteria – can irritate skin.

People might find their skin dries up and becomes itchy after taking a dip. The chemical can irritate eczema and trigger its symptoms, such as flaky, red skin.

While it is not an allergy, it is certainly an irritant.

THE FIX: Have a shower immediately after you have been swimming in a chlorinated pool to remove all traces of the chemical from your skin.

While your skin is still moist, apply a moisturiser or emollient to keep the skin from drying out.



SUNCREAM

A LOT of sunblocks you can buy contain titanium, parabens, fragrances and other chemicals.

All of these ingredients can cause contact dermatitis, which is a type of eczema. It means you may get a rash a day or two after applying suncream to your skin.

THE FIX: A topical steroid cream is better than an antihistamine for treating this kind of rash. But you would need to get that prescribed by a doctor.

You may want to try an emollient cream that goes directly on the skin. Some are leave-on creams that create a protective barrier over the skin to lock in moisture.

If you suffer badly from this after using different creams, you will need to see your GP to try to identify the trigger.



INSECT BITES

SOME people are prone to getting large, localised allergic reactions if they are bitten by a mosquito.

The bites can be incredibly itchy, very unsightly and red.

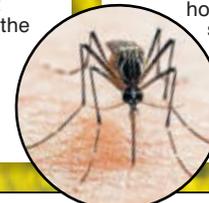
THE FIX: If you get a bite that flares up, take an antihistamine.

Also, make sure you have some one per cent hydrocortisone cream in your travel first aid kit in case of a reaction to a bite.

You can buy the cream over the counter without a prescription and it will relieve the itching you feel if you are bitten by mozzies.

Vitamin B is also thought to be a natural insect repellent. If you take the tablets before you go on holiday – or throughout the summer – you might be able to avoid getting bitten in the first place.

Citronella candles can help keep mozzies at bay too.



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