

Get the look

Sali Hughes

on deep conditioning hair masks

I have several friends with thick, dry hair and, as much as I covet the volume and ability to hold curls, their morning hair routine does seem to take longer than a paper round and is the subject of endless complaint. Winter weather (at time of writing, truly foul) compounds any problems, making thick hair frizz, split and refuse to follow the simplest instruction. So I started out with the aim of finding my friends a remedy (Moroccan oil - miraculous stuff, see below) and in the process rediscovered deep conditioning hair masks. These are extra-rich hair treatment conditioners, used once or twice a week after shampooing and left on for anything from five minutes to several hours, to restore moisture and shine to dry, damaged hair.

I'd barely used them since school, when I would invariably tear a sample sachet from a page in my mum's *Cosmopolitan* and slather on the contents until I looked as if I'd been anointed with soft margarine. Any I've bought since have been used once, deemed a lot of bother for floppy, shapeless hair, left in the shower to go a bit manky, then binned, despite my best intentions. But I promise I've found six worth sticking to, whatever your hair type. No one is more surprised than me.



RUI FARIAS FOR THE GUARDIAN; GETTY IMAGES

Moroccanoil Restorative Hair Mask

£30.45, hqhair.com
Calms frizz and gives TV advert swishiness. Great on dry, thick hair of any ethnicity.

Aussie 3-Minute Miracle Reconstructor

£3.49, superdrug.com
A fancy hair stylist tipped me off that she used this at home. Makes all hair types behave, fast.

L'Oréal Professionnel Vitamino Color Masque

£10, thesalonlook.com
The best I found for coloured hair. Rinsed easily and left hair bright and full of body.



Ojon Volume Advance Intensive Volumizing 2-Minute Hair Mask

£28, johnlewis.com
An intensive conditioner that adds moisture and volume? It's a game-changer.



Pantene 2min Deep Repair Masque

£2.99, superdrug.com
For normal hair, this gives back moisture, shine and silkiness at a brilliant price.

Gielly Green Repair Mask

£29.50, giellygreen.co.uk
Massage into hair before bed, then rinse off in the morning to reveal healthy bounce. Smells delicious.