

# Get the look

## Sali Hughes on static hair

**E**veryone looks so much better in winter: the clothes, the make-up, the cosy accessories. In fact, everything is improved by the cold snap - except hair. My fine hair drives me mad at this time of year: flyaway, flat, maddeningly full of static, as if I'm secretly clutching a Van de Graaff generator. It absorbs light and looks dull; one spitty droplet of rain and it frizzes; serums calm flyaways but make my hair droop, while moisturising conditioners leave enough residue to grease a cake tin.

It has taken me years of tinkering with my routine to crack the formula. Start with a moisturising shampoo (even if you'd normally avoid them), then skip the conditioner and spray with a light, leave-in version instead. Use a heat-protecting styling product to dry, and finish with a stroke of light hair oil, avoiding roots, and some hairspray - it's your biggest ally. Use deep conditioner once a week and shampoo (rather than rinse) off.

And when all else fails, take a tumble dryer fabric-conditioning sheet such as Bounce and stroke it over the surface of dried hair, followed by hairspray. Hair will be tamed until your next wash. Here are my secret weapons against winter static. Tips for coarse, thick, dry hair coming soon.



RUIFARIA FOR THE GUARDIAN/REX

**John Frieda Weather Works sealant** £5.57, [amazon.co.uk](http://amazon.co.uk)  
This amazing product has been discontinued, but you can still get it if you're fast. Weather-proofs all hair types.

**Kérastase Elixir Ultime**, £26.80, [candyaddicted.com](http://candyaddicted.com)  
Miraculous. Works on wet or dry hair, thick or fine, adding shine and smoothness. One bottle lasts a year.



**Philip Kingsley re-moisturising shampoo** £14.30, [philipkingsley.co.uk](http://philipkingsley.co.uk)  
For thick hair, but works brilliantly on fine hair if you skip the wash-off conditioner.

**Ojon intensive two-minute hair mask** £28, [johnlewis.com](http://johnlewis.com)  
Intensive conditioners are usually hideous on fine hair, but this leaves it bouncy, silky and moisturised.

**Trevor Sorbie volume thickening leave-in conditioner** £5.10, [boots.com](http://boots.com)  
For fine hair, use this after moisturising shampoo.

**John Frieda Frizz-Ease moisture barrier firm-hold hairspray** £5.59, [boots.com](http://boots.com)  
You know that horrible frizz you get when it's drizzly? This prevents it.

