



GET! *Gorgeous Hair* NOW!

Forever on a quest for sleek, frizz-free and perfectly coloured locks, members of the *Expat Living* team volunteered to try treatments at local salons. Read on for the results.

STARTING HAIR CONDITION:

I have very curly hair that I'm happy with up to a point, however there are lots of stubborn loose frizzy bits, so I struggle to make it look groomed and tidy.

DESIRED RESULT:

I always envy people with hair that has a smooth, healthy sheen, so I'd love to achieve something close to that.

TREATMENT OF CHOICE:

A keratin protein treatment at Casey Salon.

THE PROCEDURE:

To begin, the hair is cleansed thoroughly with a lovely wash and scalp massage so that the mixture has a better chance of being absorbed into the hair shaft. Next, the treatment is painted on to the hair and left for about 30 minutes. I'll admit, it did sting a bit after a time, but then my scalp is quite sensitive.

After the treatment has been washed out, the hair is dried and then tonged to help the keratin to penetrate further into the hair shafts. At this point my hair looked dead straight and I was quite nervous, however it was very soft and shiny, which I was very happy with. Everyone in the office said it made me look years younger and my four-year-old grandnephew said I looked so beautiful – but then again he is biased.

FINAL VERDICT:

I washed my hair two days later and was very happy to see my curls come back, but the shine and the softness from the treatment remained. My fly-away hairs seem to have vanished, and it looks much neater even when I just leave it to air-dry – it's even become a lot easier to blow-dry. I'm very pleased with the treatment and now realise why so many expat ladies have been getting it done while living here.

PRICE:

- For above shoulder-length hair, \$375 to \$480.
- For hair below the shoulders, \$481 to \$650.

Casey Salon
#02-08 Palais Renaissance
390 Orchard Road
6235 5328 | caseyinc.com.sg

STARTING HAIR CONDITION:

For years I've been careful not to wash my hair too often, as it's dry and there's not a lot of it. My scalp reacts to certain shampoos and over the last year has been quite spotty especially on the crown. (Sounds lovely, I know.)

DESIRED RESULT:

Given the opportunity to have a scalp exfoliating treatment, I jumped at it. I hadn't known you could do something like that and was a bit apprehensive. We were joking in the office that I may return with no hair, but I was keen to do anything that stimulated the growth and sorted out the spots.

TREATMENT OF CHOICE:

The scalp exfoliation spa at Organic Hair Professional.

THE PROCEDURE:

The first step is a scalp analysis involving a probe that lets you see your scalp at a huge magnification. It was very strange seeing all my individual hair follicles. The hairdresser explains that my scalp is very oily, but also that the skin is thin and pink in places, meaning that it's quite sensitive. On the top of my head, most of the follicles have only one strand coming out where there should be two to three like on the rest of my head – the greasiness and poor state of the scalp is not conducive to good hair growth.

After the analysis, a gentle exfoliate was spread evenly on the scalp and massaged then rinsed. Then I was given a lovely blow-dry.

FINAL VERDICT:

Funnily enough, my head feels much lighter and my hair looks healthier. I'm told the hair doesn't need much washing, but it's important to give the scalp a good clean regularly. I've bought Organic Hair Professional's organic shampoo and conditioner (even the bottle is completely recyclable and organic, apparently) so I can carry on caring for my sensitive scalp.

I'm feeling optimistic that this routine will sort out my hair issues.

PRICE:

Coming in at \$98 dollars including the blow-dry, I think this is something I will do regularly. They recommend that I come back once a month, but considering my schedule this will realistically be every two months. If it means having a fuller head of hair going into my "senior" years, it will be well worth it.



Rebecca Bisset
Editor-in-Chief

Organic Hair Professional
#03-15 Orchard Central
181 Orchard Road
6554 2188 | organichairsalonsg.com