

BEAUTY

ON THE SOAPBOX

He's racked up more air miles than hot dinners, so jet-setting colourist JOSH WOOD has plenty of long-haul hair advice



My job as a colourist means an awful lot of flying to shows, shoots and clients all over the world. Jet-setting (long or short haul) doesn't actually do any damage to your hair (which is just strands of dead cells) but flying in air-conditioning can amplify frizz, especially if it is already damaged or brittle. Here's how to care for your hair when up in the air:

- Many of my clients fly with a silk pillowcase, which causes less friction and thus reduces the 'bird's-nest effect' from the seat headrest.
- Flights are a brilliant time to treat your hair — when else are you going to spend 10 hours sitting still? If you can book a blow-dry at your hotel or a spa as soon as you land, try the Oribe Masque for Beautiful Color (above right, £19 for a travel size; spacenk.com). Apply before you go through security and leave in until you get to the salon where they can rinse it off.
- Take control of your frizz (and feel more chilled out about being packed in with lots of people) by coating hair in lavender-scented This Works Stress Check Hair Elixir (above left, £25; thisworks.com) and tying it back tight to the head. It nourishes the hair,



stress check hair elixir
with vitamin and conditioning essential oils for hair

thisworks
@mle2710z

which still looks immaculate when you land and have to go straight into a meeting.



MY POST-FLIGHT SPA FAVOURITES:

1. The Taj Palace Spa, Mumbai (left)
2. The Cowshed Spa at Soho Farmhouse, Oxfordshire
3. Jivamukti Spa, New York

You beauty!



Annabel Rivkin bags some cheer

We are all on meds, guys. Could be that we medicate with chocolate. Might be that we dose up on booze. Perhaps we are rattling — hopefully — with supplements or blanking out on Netflix. Possibly we are tackling things with anti-depressants or anti-anxieties. Most of us will get high on a new lipstick, replete with the silkiness of an amazing moisturiser. I approve of all of the above and more. Whatever gets us through the night as we navigate this age of anxiety.

Which is where Bosco Bags comes in. A new boutique company, Bosco, is producing elegant linen zip-up bags to house... whatever. And an anti-shame message lies at their heart. My favourite is dark grey with 'it's my meds' embroidered in sugary pink along with a couple of pretty capsules. These are beautiful containers to keep whatever you need close at hand. 'Higher power' says another bag in pale grey. 'Total mess' declares a third with an embroidered lady; head in hands. And an optimistic one that doesn't bleat about positive thinking but does show a sunny yellow crescent moon, shooting stars, sun and heart. Be whole-hearted, it seems to encourage, and keep going.

I love these bags, not just because they are elegant and a respite from leopard print, florals and pleather; but also because they seem to say that we are all in it together. I don't meditate. I don't pray. I don't do yoga. I just put one step in front of the other and sometimes I stop and I look at my Bosco Bag and I think that it might be okay in the end. If it's not okay, it's not the end. 'It's my meds' small bag, £25 (boscobags.com)

HEADSPACE



Crystal clear: try an alternative mood boost



If you're looking for a way to reorganise your thoughts at the end of a gruelling January and want an experience with a difference, then you might enjoy a session with Emma Lucy (above), an intuitive counsellor who combines reiki, clairvoyance and life consulting at her home in south-west London. If nothing else, enjoy a positively restorative and relaxing treatment. £120 for 90 minutes (youremmylou.com)