

denizen

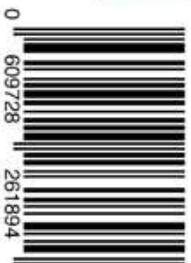
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HEROES denizen

PRESENTED BY  CHIVAS

Mimi Gilmour Nick Loosley Deborah Smith Brittany Teei



Love Your Lid

A lot has changed since the days when a quick rinse and towel dry would suffice.

by Madeline Saxton-Beer

If all you know about how to treat your hair is only what you learnt from watching Kyan Douglas gel and jzoosh his way to coiffed heaven in *Queer Eye for The Straight Guy* (the original one), more power to you. But things have changed since the early noughties and these days you'll find there's a lot more to achieving the perfect lid than merely nailing the styling phase. As we age, so too does our hair, meaning it takes more time to make it look good, to impress passers-by with its robust lustre. We've sought the advice of Servilles Newmarket Salon Manager and Platinum Stylist, Olivia Davies, to bring you the contemporary man's guide to hair care. www.servilles.com

Photo: Steven Chee

1. Scalp Attention

A handsome mop starts with a happy scalp. Granted, many of us worry that the more we touch up top, the less hair we'll end up with, but it's almost the opposite that's true. No matter what your end goal is — increased strength, maintaining thickness, or healthy shine — it all starts with scalp stimulation and blood flow to spur those dormant follicles. Davies advises, "it's important to cleanse the scalp at least twice a week — even more frequently if your lifestyle is super active. Invest in a quality shampoo that contains a gentle exfoliant to encourage circulation and do away with dead cells. And rather than a hasty lather and rinse, take your time to give yourself the kind of slow and firm massage you'd normally get at the salon."

2. Choose products accordingly

No self-respecting individual should ever compare his hair to George Clooney's. The man has freakish genes (just Google his father, Nick), and sets an unsustainable precedent. Point is, while you might desire the guy's thick, plush lid, chances are, you don't have the genetic makeup. "The worst thing you can do is shop for the hair you want, instead of opting for products designed to enhance the hair you already have. Using the right formula can solve the vast majority of your hair qualms, so get to know your mop (or ask an expert) and choose accordingly. Some shampoos will suit fine and dry hair while others will work best for those who are greying. Read the label, invest in a quality brand, and away you go. Just make sure it's paraben and sodium chloride free, both of which contribute to dull and unhealthy looking hair."

3. Keep it moist

Moisture is man's best friend when styling a mane. Getting old often means our strands get drier and more wiry, making unruly hair even more problematic. Moisture can counteract this. Focusing on conditioning products throughout the washing and styling process is "a great way to combat the dry look" explains Davies, "we love Fibre Royale by Triumph and Disaster or the Davines Promade, both of which are great for hair hydration."

4. Trim on the regular

Hair not quite as thick as it once was? Are you holding onto the scarce strands like a precious vestige of yesteryear? If so, you're doing yourself a disservice. Not only will it make you look like you are channelling a certain world leader's unbecoming comb-over, but by not cutting your hair it tends to become imbalanced. "To keep a style looking sharp" says Davies, "it is important for men to have regular trims, which keeps those fluffy edges under control" and leaves hair looking thicker and fuller all over.

5. Texture, texture, texture

Texture is the most easily changeable aspect of your hair as well as being the thing that can create the greatest illusion of 'thickness', quickest. Use it wisely though — too much will weigh you down and risk making you look like Danny Zuko — and make sure you accommodate to your hair type. "A natural textured look for fine hair will work best using a clay based product," explains Davies, whereas "men with thicker hair should use a pomade." Seeking a structured, high volume style? "Using a mousse or a gel on damp hair before blow-drying will create a stronger, longer-lasting hold." A savvy use of layered products will have you looking like Clooney in no time.

WHAT TO USE



TRIUMPH AND DISASTER FIBRE ROYALE servilles.com



AESOP SAGE & CEDAR SCALP TREATMENT worldbrand.co.nz



ORIBE DRY SPRAY eastdayspa.com



DAVID MALLET AUSTRALIAN SALT SPRAY m1studio.com



BOTANIQ LUMINISING HAIR OIL m1studio.com



DAVINES THIS IS A FORMING POMADE servilles.com



BULY 1803 TORTOISESHELL ACETATE RAKE COMB mporter.com



SACHAJUAN LEAVE IN CONDITIONER m1studio.com



New & Noteworthy

Beauty Sleep

The importance of a good quality, nighttime beauty regimen isn't lost on the skincare aficionados at Sothys. Combining detoxifying shea complex with Vitamin C and the oxygenating qualities of Nasturtium flower extract, this resurfacing night cream stimulates the cell regeneration process and leaves skin visibly rejuvenated and restored come morning. www.sothys.co.nz



THE TREND

Henna Brows

Getting up and at 'em on a blisteringly cold winter's morning is easier said than done, which is why we're thankful that East Day Spa has found a way to streamline our morning makeup regimen and leave us with a few more blissful minutes in bed. The Brow Henna treatment is a natural alternative that leaves eyebrows looking full and lush for longer, ideal for those wanting thicker looking brows without having to spend mornings filling them in or committing to long-term tattooing. It differs from regular tinting due to its effective yet natural stain on the skin, which leaves brows looking more powdery and natural and less hair-raisingly Vampira-esque. The quick and easy treatment takes around 45 minutes — factoring in the tidying up and shaping of the brows prior to the tinting — with bold results that last up to six weeks subject to the correct homecare. Perfect for low maintenance, on-the-go types. www.eastdayspa.com



This multi-dimensional facial exfoliator uses sugar crystals and sea salt to gently smooth the skin, sea kelp fibers to draw impurities, and La Mer's legendary Miracle Broth oils to replenish and soften, resulting in a luxurious sensory experience like no other.

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CODAGE N°01 INTENSE MOISTURISING SERUM
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THE BASE LIP TO CHEEK TINT
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SOTHYS ILLUMINATING TRIO
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In The Nude

With a focus on dewy, glowing skin, your winter makeup regime should be all about that perfectly un-made-up look.