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on hair

Going to Great Lengths

Long hair can become unruly if you don't offer up some crucial follicle T.L.C.

The north east's Hairdresser of the Year, Rob Eaton, reveals the secrets to growing long hair fast - and keeping it in tip-top condition ...



Rob Eaton

STEP 1 Cut Your Hair!

The secret to having long hair is a simple one - strong hair. And that means getting rid of all those damaged ends. So your first step is to head to the salon for a good snip. How much is enough? Unless your hair is very thick or very curly, have the stylist trim your hair until it is more of a one-length shape. One-length hair stays healthier, and that means from hereon you can grow it without having as many cuts.

STEP 2 Energise Your Hair Follicles

By energising your hair follicles and therefore your hair growth you need to increase circulation to your scalp. There are three easy ways to do this:

- 1) Do more exercise so your heart is pumping.
- 2) Flip your head upside-down once a day, brushing your hair from roots to ends (use a natural boar bristle brush to prevent breakage).
- 3) Massage your scalp daily using your fingertips - you can do this while you are shampooing.