

On your bike, helmet hair

The days of flat, deflated hair for cyclists are over, as the Batiste Stylist range brings bouncy styles instantly back to life

From a coffee shop catch-up with friends to picking up last-minute groceries, getting on your bike is the way for switched-on city girls to travel. You might not be ready to ride on your commute, but having the ability to take short, spontaneous trips without any hassle makes cycling an essential part of an active lifestyle.

There's no question that savvy cyclists ensure they stay safe by wearing a helmet. To work properly a helmet needs to be snug, but while the solid shell will take care of your head, its effect on your hairstyle isn't quite so covetable. "Wearing a helmet, even for a short amount of time, can result in flat, frizzy and lifeless hair,"

The route back to style confidence is just a spray away with Batiste's amazing new Stylist range



says Chloe Ascott, master stylist at hot Fitzrovia salon Hare & Bone. "Repeatedly putting your helmet on and taking it off again puts pressure on your hair follicle and flattens it to the scalp, making hair limp and greasier faster. You may also find your hair becomes frizzy because of the friction from the helmet."

But the route back to style confidence is simply a spray away, with the new Stylist range from Batiste, the UK's number-one dry shampoo brand. It offers the ultimate antidote to helmet hair, so you don't have to sacrifice looking good – and all without the hassle of time-consuming heated tools. The sensational styling line-up will

Find style perfection with Batiste at superdrug.com or batistehair.com



Fitness

Even Andy Murray likes a bit on the side – to get on podium you need to be mixing up your workouts, says **Frankie McCoy**

COMMITMENT to your chosen sport is the essence of being an Olympian. Whether hitting a ball or flapping your arms in a pool, you have to be prepared to do the same thing, over and over again. But even the most dedicated cyclist or rower cheats on their discipline. Podium-toppers from Victoria Pendleton to Greg Rutherford incorporate other routines into their strict regimes to get health benefits their own sports can't provide. These are the gym classes that train you to be an Olympic all-rounder.

Reformer Pilates

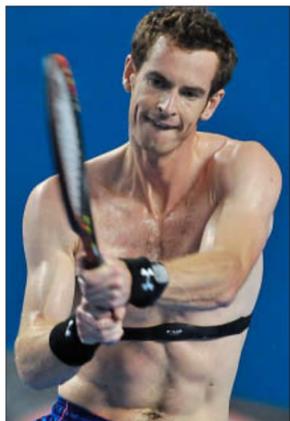
Since Joseph Pilates invented the system of controlled breathing stretches in the early 20th century, millions of people have taken up the discipline, which can alleviate lower-back pain when practised regularly. **Who does it:** Victoria Pendleton, Sanya Richards-Ross, Hannah Milley. **Why they do it:** Jess Schuring, founder of Reformer Pilates studio Heartcore, says that "with the intense and gruelling training regimes that pro-athletes undergo come many aches and pains, such as tightness through the chest and neck. Every class in Dynamic Reformer Pilates at Heartcore has an element of strengthening your upper back to open out any tight areas in the chest." With regards to Pendleton, she suggests that "in order to generate force through the pedals, cyclists must be able to balance and stay stable throughout their mid-section. The stronger their core, the more force they can generate throughout their entire body. Focusing on the deep transverse abdominal activation through controlled breathing, oblique-focused rotational exercises and strengthening the lower back muscles will improve her core and abdominal strength."

Where to do it: there are hundreds of Pilates studios in London, but for the deepest, most intense stretch, try Reformer Pilates at Heartcore, Frame and Ten Pilates.



Train like an Olympian

TRX
Strap on and make like a Navy SEAL. The US special ops developed this hardcore suspension training routine and, if it's good enough for those musclebound action men, it's good enough for Olympic athletes – and you. Incredibly versatile, the equipment consists simply of straps which you attach overhead to any bar: shove your hands or feet through the loops at the bottom and perform hundreds of exercises, from suspended press-ups to pistol squats. **Who does it:** Andy Murray, David Torrence. **Why they do it:** first, it's one of the most portable bits of kit that exists –



that's why Murray has been seen having a quick TRX sesh on court to increase mobility pre-match. Explosive movements such as jump squats will improve your pacing at HIIT training, suspended pull-ups will benefit your strength training, and suspended planks promote core strength.

Where to do it: Heartcore and Third Space both have brutal but effective TRX circuit classes, while Transition Zone adds in a Power Plate for extra burn.

Fitness First's Team GB Pro Athlete

The gym chain has joined forces with Team GB to create this new 40-minute class. It's focused around the five key disciplines required in all sports: speed, endurance, agility, power and strength, specifically

In suspense: Above, TRX at Heartcore. Below left, Andy Murray is a fan of the discipline

using drills found in the routines of Olympic runners, canoeists and tennis players.

Who does it: the exercises are inspired by Adam Gemili, David Florence, Greg Rutherford and Andy Murray.

Why they do it: "The focus on five different disciplines means that participants continue to improve their strengths while bettering their weaknesses, ultimately making them fitter," says Charlie Banfield, master trainer at Fitness First. Moves include Rutherford's sandbell frog jumps (squats followed by a tuck jump) and Florence's canoe slams (core rotations with a sandbell, improving the core rotation needed to twist for kayaking).

Where to do it: at any of Fitness First's 45 studios in London. [@franklymccoy](https://twitter.com/franklymccoy)



The designer going for gold

IF THE term "athleisure" is to have its own poster boy, it's Riccardo Tisci. Undoubtedly, the Italian-born, London-educated designer has led the way in introducing luxury consumers to the world of sportswear. And nowhere more so than with his ongoing collaboration with Nike – a collection loved by everyone from Kanye West to Carine Roitfeld who, an athleisure advocate herself, prefers to wear her favourite pieces from the collection with her signature fashion-editor furs.

This season, with the second drop from Tisci's latest Nike love-in imminent, it seems the Givenchy designer has taken it to a new level. This time paying close attention to performance and to the athletic stars preparing to tear up the track in Rio. The process, which has spawned floral-print performance two-in-one shorts and some unforgettable sneakers, marks a change in tack for Tisci, who has previously created collections for the brand with style rather than substance at the forefront.

"This collection represents an entirely new way of thinking for Riccardo," confirms NikeLab senior

Style meets substance: Riccardo Tisci's new collection for NikeLab worn by Team USA's Sanya Richards-Ross

design director Jarrett Reynolds. "It is engineered for performance, which is unfamiliar territory for him. But that's the beauty of collaboration – we can help bring Riccardo into the world of sport performance, which is our expertise."

For Tisci, a keen runner, the challenge has been experimenting with how the garments react with the athletes wearing them. "When I first went to [Nike in] Oregon, I did a test on a running machine and that blew my mind because it was another world – it's science. For me, coming from a couture world, where garments fit to very specific body types, to going to somewhere where garments have to be successful for everybody, it's quite beautiful."

Of course, it's not just the likes of Team USA's Sanya Richards-Ross and Ashton Eaton – both of whom have modelled this collection – whom the range is intended for. On the contrary, it's for the Carine Roitfelds of this world, too. "I would like to see the collection worn with heels as well as worn in training" says Tisci. ■ *The collection launches on Thursday ([nike.com/gb](https://www.nike.com/gb)), Nike Lab 1948, prices start at £65*

Karen Dacre

'I would like to see the collection worn with heels as well as worn in training'

Continued from Page 27

rich in super-hydrating fruit extracts, while its adorable Panda's Dream So Cool Eye Stick (£10) instantly soothes morning-after dark circles. (cultbeauty.co.uk)

2. Peripera

The cheeky cousin of cushion compact foundations, the cushion blushers from Peripera are the foolproof way to achieve a fresh flush of sheer colour. Find it at US-based Korean skincare specialists Peach & Lily. (£12, peachandlily.com)

3. 3CE

3 Concept Eyes (or 3CE) has won fans across the globe for its bold approach to colour-pop cosmetics. Try its ombre blusher (£17), which is big in

Korea right now for its ability to give a two-tone finish, while its innovative Moving Mascara (£13) boasts adjustable bristles to let you customise the length, curl and volume of your lashes. (cultbeauty.co.uk)

4. Erborian

Blending Korean technologies with a French pharmacy aesthetic, Erborian is renowned for its modern approach to traditional herbal remedies. Among its latest launches are its black soap (£15, from Sept 6) and cleansing brush (£18) charged with purifying charcoal powder, while its new Shot Masks (£6) contain half a bottle of



serum. Try the hydrating bamboo version for a fresh, plumped-up complexion known in Korea as "tchok tchok". (erborian.co.uk)

5. Too Cool for School

Creative cosmetics brand



Too Cool for School has just landed at Selfridges. Among its bestsellers is the Pumpkin Sleeping Pack (£13.50) – a cross between a face mask and a night cream – while its cute cotton buds (£6) are infused with a gentle cleanser to make eye make-up removal a doddle. (selfridges.com)



6. Mizon
Cult Korean skincare brand Mizon champions science-driven formulas and pioneering hero ingredients. Among its most popular products is the Egg White Bubble Cleanser, a foaming formula which contains egg white (revered in Korea for more than its ability to make a cracking omelette) to purge pores of impurities and leave skin sensationally smooth. (£19, cultbeauty.co.uk)



7. Etude House

Girlie, fun and toothache-inducingly sweet, make-up brand Etude House sells the fairy-tale princess fantasy to grown-up shoppers. But its latest innovation is not just for those passionate about pink. Its Tint My Brows Gel uses the same technology as self-tan for semi-permanent brow grooming – simply

paint on and peel off to reveal natural-looking colour that lasts. (£12.50, thisbeautymart.com)

8. Freetest

Joining snail secretion, pig collagen and horse oil in the long list of bizarre ingredients to hit the mainstream, donkey milk is being hailed as the next fountain of youth. It's said to be loaded with proteins and contain five times more vitamin C than normal milk. If you fancy giving it a whirl, you'll find Freetest's Donkey Milk Skin Gel Mask on Amazon. (£18 for 10, amazon.co.uk)

9. Skinfood

"Sparkling" skincare is big business in Korea, with effervescent formulae



said to provide a deeper clean. Skinfood's Fresh Apple Sparkling Pore Emulsion contains carbonated water and promises to tighten pores and control excess sebum, while masquerading as a bottle of Appletiser. (koreanosmetics.co.uk)

10. Holika Holika

You've got your sheet mask, sleep pack, rubber mask and bubble mask – what you need now is a step mask. The multi-stage treatment sachets from Holika Holika come in three steps for intensive, targeted results. Try its charmingly titled Pig-Nose Clear Blackhead Kit (£4.50) or Golden Monkey Glamour Lip Kit (£8.50) for a plumper pout. (thisbeautymart.com)

@standardfashion2