

BEAUTY DISSECTED

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Winter hair and skin care

Most of us suffer from different types of hair problems in winter. The commonest one being dandruff, loss of hair, rough hair etc. Most of the cases are due to dryness of scalp coupled with a dusty environment. Regular shampooing of hair is very important to keep the scalp dandruff free.

WELL, winter is here! The weather is very pleasant, and it's time to enjoy our pithas and all the other winter delicacies. Although we don't feel the coldness here in Dhaka yet, we can feel the change of weather around us. The environment is more dry and dusty and you can feel the change mostly on your skin, hair, nails etc. Here are a few pointers on how to cope with these effects and enjoy the winter in a healthy way.

Just like summer, the main factor is hydration, but as the weather is cold we don't drink as much fluids as needed. So the skin and hair become dry and lustreless. Drinking fluids is as important in this season as in summer. Because we don't sweat much we don't get that thirsty, so we should consciously try to drink fluids after each meal and during the day. Instead of cold drinks we can drink warm teas, juices etc.

The use of moisturiser is very important this season. It can be in the form of lotions, creams, or oils according to your choice. It

should be applied at least once daily, especially after bathing. We are accustomed to using soaps in our country which at times can be rough on the skin. If possible, it is good to alternate between using soaps and shower/bath gels. They usually contain some form of moisturiser which is good for the skin in this weather. Also I have seen that many people like to use a scrub of some form during bathing; this is not always healthy for the skin as it takes away the top layer of skin along with the dead skin. A scrub can be used gently in intervals of 2-3 days during bathing. Do not rub the skin dry but pat it dry. These are some common mistakes that we make which cause dryness. Use a moisturiser right after bathing and washing hands and feet. Also try to use a facial cream every time you wash your face. Use a night cream for the face at night for extra moisturisation.

Special attention should also be paid to your lips and nails. Use a lip balm or lipstick containing moisturiser on lips to keep them

from becoming too dry and cracking. Avoid peeling skin from lips as it looks very bad and delays the growth of new healthy skin. Our nails also need special care during this season as the cuticles become very dry and tend to peel. While using moisturisers, pay a bit of extra attention to rub lotion onto the base of the nails. This will help to keep them nice and soft. This of course applies to nails of both hands and feet. If possible try to get a manicure and pedicure once a month for better care of hands and feet.

Most of us suffer from different types of hair problems in winter. The commonest ones being dandruff, loss of hair, rough hair etc. Most of the cases are due to dryness of scalp coupled with a dusty environment. Regular shampooing of hair is very important to keep the scalp dandruff free. Also conditioner should be used to keep the hair soft. For those who have extra dry scalp, oil massage is recommended once or twice a week. The oil can be kept for an hour or two and then shampooing is done. If the dan-

dandruff still persists, antidandruff shampoos available usually help. If not and the condition gets worse, take advice from a specialist.

Don't think that just because it's winter you can forget your sunscreen. Apply it regularly when going out as the sun rays are still out there along with other types of light exposure, so protect yourself and use sunscreen.

Now that you look good you also have to feel good. Take care not to expose yourself to morning fog or evening dew. Cover yourself properly while going out, so you don't catch a cold. If you do and it doesn't go away in 3-5 days, consult a doctor. Drinking warm water with honey, teas with ginger, cinnamon and mints will help boost your immune system. We get a lot of fresh vegetables and leaves to eat this season; they are loaded with lots of anti-oxidants which we need.

Remember, children and elderly people also require special attention in winter to keep healthy and strong. Enjoy the winter in a healthy way and be happy.

NEW

ACTIVATE[^] SCALP'S NATURAL PROTECTION LAYER
DANDRUFF-PROOF[^] YOURSELF

CLEAR
NOTHING TO HIDE



* Resistance from root cause of dandruff with regular product use, no visible flakes. [^] Helps restore the function of scalp skin barrier.