



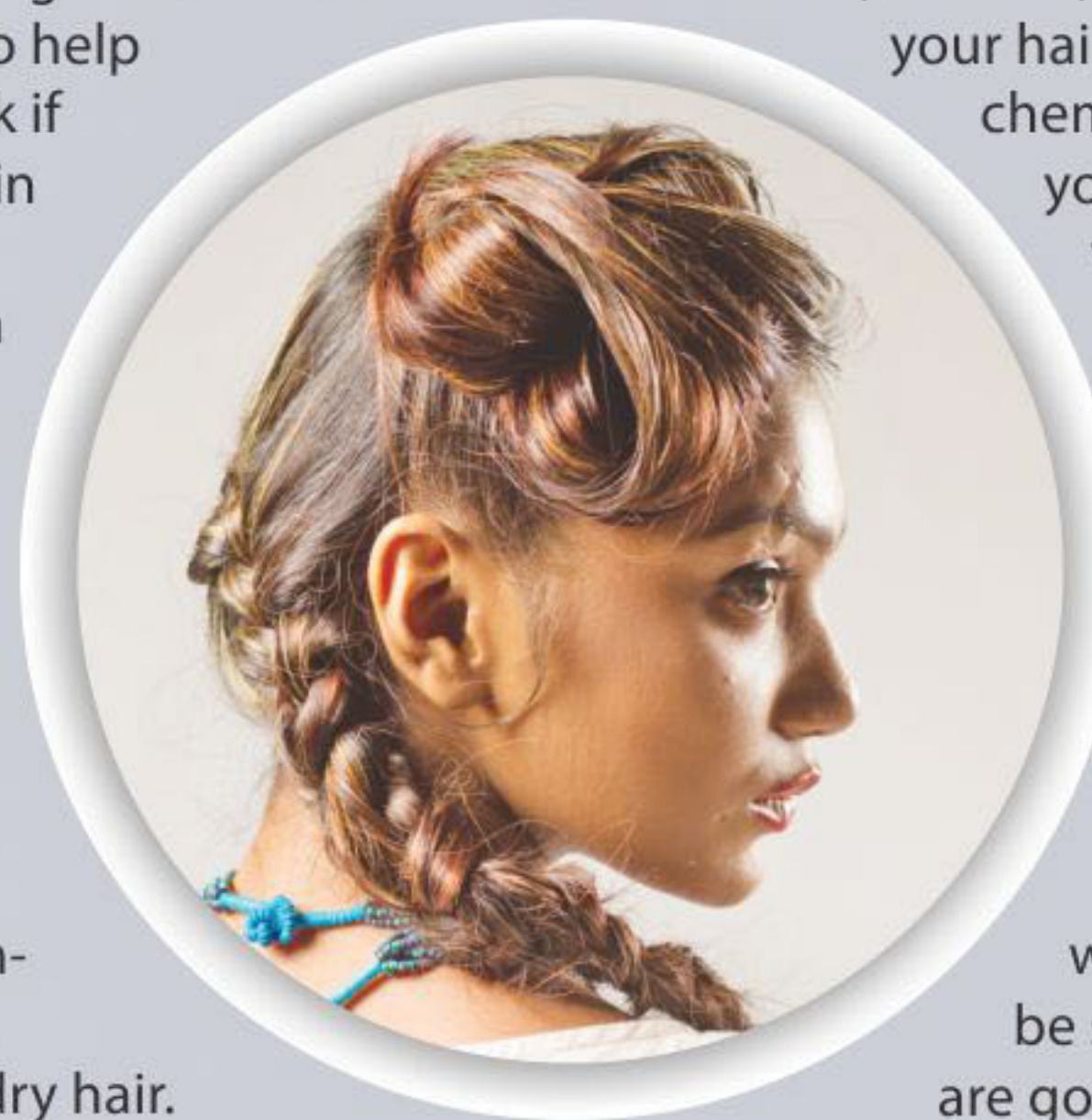
TIPS

# Winter hair care

The drop in humidity during wintertime is not always welcome. Unfortunately, the dryness in the air is quite detrimental to hair.

**U**SE shampoos and conditioners with low pH, which are better for dry hair. You should also use a deep conditioning treatment at least once or twice a week, to help obtain moisture. A quick trick if there's no deep conditioner in the house is to put a small amount of conditioner into a microwaveable bowl and heat it for 15 seconds. This will turn the conditioner into a deep conditioner.

Don't put too much shampoo in your hair. From a young age we are taught to add shampoo to our hair until it is a bubbly, frothy concoction. However, too much shampoo is detrimental for dry hair. After shampooing, apply conditioner and leave on for 3 to 5 minutes, as this will help it to penetrate the hair cuticles and moisturise the hair. Refrain from shampooing your hair everyday, as this will dry out the hair. Wash your hair every alternate day.



Use natural deep conditioners by making hair packs at home with ingredients like eggs, mayonnaise, olive oil, aloe vera, etc. which will nourish your hair without leaving behind any chemical residue. And don't forget your regular hair oil applications, which should definitely be done twice a week if you have dry hair!

Drink plenty of water to keep your body hydrated. Try to get some essential fatty acids into your diet, which can be found in tomatoes and fish like salmon.

Most of us have a lot of parties to attend during winter, which means that your hair might be subject to a lot of styling. If you are going to use a straightening iron, make sure you use some heat protecting spray beforehand. It is best to avoid hairspray, but if you do use it, it is very important to wash all of it out after the event to avoid damage to the hair.

– LS Desk

Photo: Star Lifestyle Archive/Sazzad Ibne Sayed

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