



TIPS

Hair-Raising tips

As the weather is naturally dry, you have to take extra care of your hair to ensure it does not become dry as well. In winter, splits ends, dandruff and hair fall are all common. A great way to protect your hair from damage caused by dirt and wind during this time is to wrap up your locks with a silk scarf. Woollen scarves on the other hand will lead to hair breakage. During winter, it is best to treat your hair once a week to a deep conditioning treatment. This will replenish the moisture which tends to get depleted during the season. However busy your schedule is, don't skip the oil your hair needs. Oil your hair at least twice a week to keep it healthy and moistened and to help regulate the blood circulation; oil such as olive oil, castor oil and almond oil are all good for your hair. You can also add vitamin capsules with the oil for better results. After massaging your hair, dip a towel in hot water, squeeze out the water and

cover your hair with it.

Wash your hair to at least three or four times a week as this will prevent your hair from drying and also prevent the removal of natural oils from the hair. Use mild or herbal shampoo for your hair. After shampooing, using conditioner is a must but you can instead use coconut milk if you want to go natural. Applying a good conditioner will lock the moisture in your hair. Complete the process by running your hair through cold water. Also, avoid contact hair contact with hot water, as that may damage the hair. Allow your hair to dry naturally in winter. Try not to go out with wet hair as this encourages splitting of hair. During winter, avoid using blow dryers, flat irons as well as curling iron.

Regular trims are also a great way to keep your hair in good health during the winter.

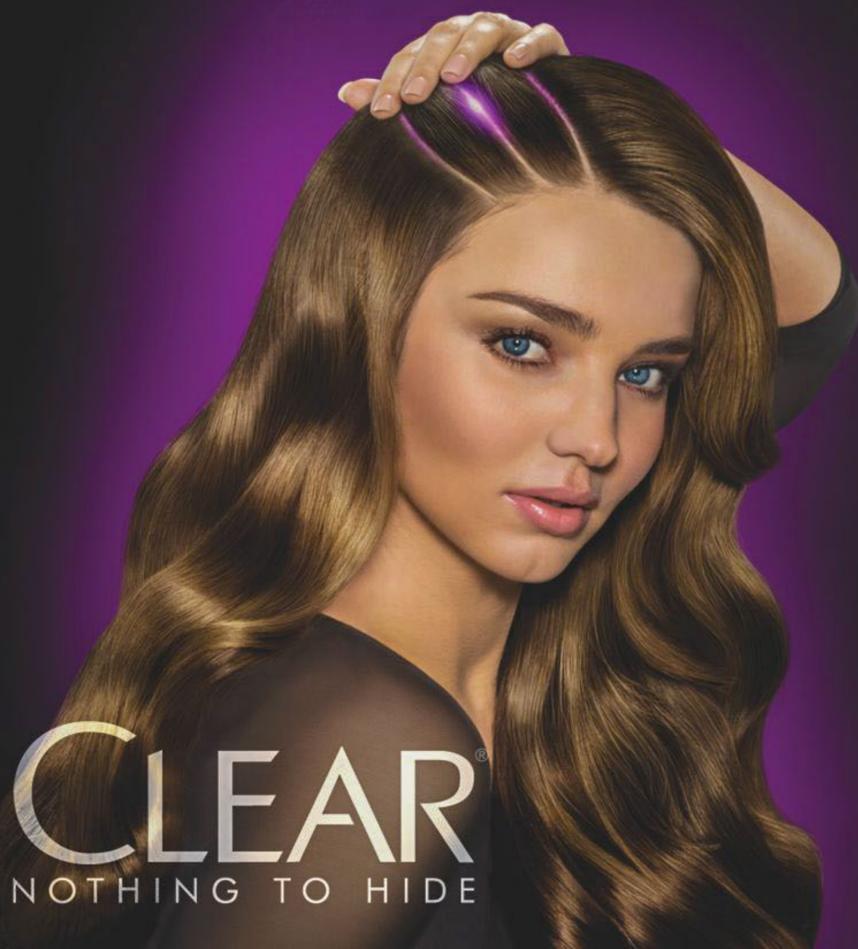
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NEW



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