



TIPS

winter hair care for men

ALTHOUGH science tells us men and women lose hair at the same rate, fact is men have the more obvious bald spots while women experience a thinning of hair at first. Whatever the reason, it's not something that cannot be prevented. This winter try a few of these tips to see a change in your hair loss.

Firstly, winter may compel many men, and women, to don their hats, caps and such head-wear. Usually, these accessories are made from synthetic fibres and not wool. Since, factory-made-fibres allow less scope for your skin to 'breathe', the scalp overheats and mingled with the sweat, becomes a perfect breeding ground for dandruff.

Dandruff is a major reason for losing hair and thus needs to be prevented. Wear hats made of wool and use anti-dandruff shampoo at the first sign of scalp dryness.

Although winter winds normally bring a pleasant chill, if your hair is exposed to it for too long then it will become an issue. The hair slowly becomes rigid and if left unwashed, hair begins to fall. So, washing your hair regularly during winter is a must. When washing your hair, be sure to use a conditioner.

A conditioner improves the elasticity of hair and helps to protect from the winter weather. After the wash, allow the hair to dry naturally as using a towel results in weakening hair roots and causes hair fall.

Whenever possible, oil your hair as it improves the strength of hair roots and protects it against further damage. A few drops of lemon are also said to be of help.

Some people often wonder whether using hair products such as creams and gels are harmful for the hair.

Although the chemicals can be harmful, if you use the type of gel that suits your hair then this problem can be avoided. Use minimal amounts and wash off at the end of the day.

Finally, remember to get a hair cut every 5-6 weeks. Cutting your hair will not result in it not growing back. On the contrary, your new growths will be stronger and you can always have a stylish-do.

– LS Desk

Photo: Shahrear Kabir Heemel

Model: Azim

Wardrobe: Ecstasy



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.