

TIPS

men's

hair maintenance

THE wear and tear on men's hair everyday that leaves it vulnerable and without proper care, can result in hair loss. While women tend to be more caring for their hair, men usually leave it to last minute for grooming. While dust and smog clogs our scalps in the summer, it is wrong to assume hair can be left to fend for itself in the winter.

The cold climate in winter can result in a dry scalp. This is a result of dehydrated sebaceous glands (the glands that produce the natural oil for our scalps). One of the manifestations of this is white, powdery flakes. This is similar to dandruff, but dandruff is a result of the over production of sebum. In winter, it is easy to get dehydrated and in the absence of heat, not notice this. It is imperative to keep hydrated this season.

Another thing to remember to combat this is while washing the hair, a lot of people tend to shower with hot water this season. How water can strip the skin and this in turn might lead to dandruff. Always remember to use mildly warm water while taking a bath.

On the issue of washing, a lot of men think they do not need to condition their hair especially if it is short. But hair conditioners for men do not just moisturise, they also keep the scalp healthy. It is important to be sure that you are using the right hair products while cleaning. Daily shampooing and conditioning with the wrong product might just aggravate hair loss.

A regular and guided care for hair does not take much time and at the end of the season you do not end up with frizzy, hard hair. Regular washing, a little prevention and trims in between can make all the difference. Most importantly, keep a look out for signs of hair loss, dandruff and take precautions accordingly.

- LS Desk

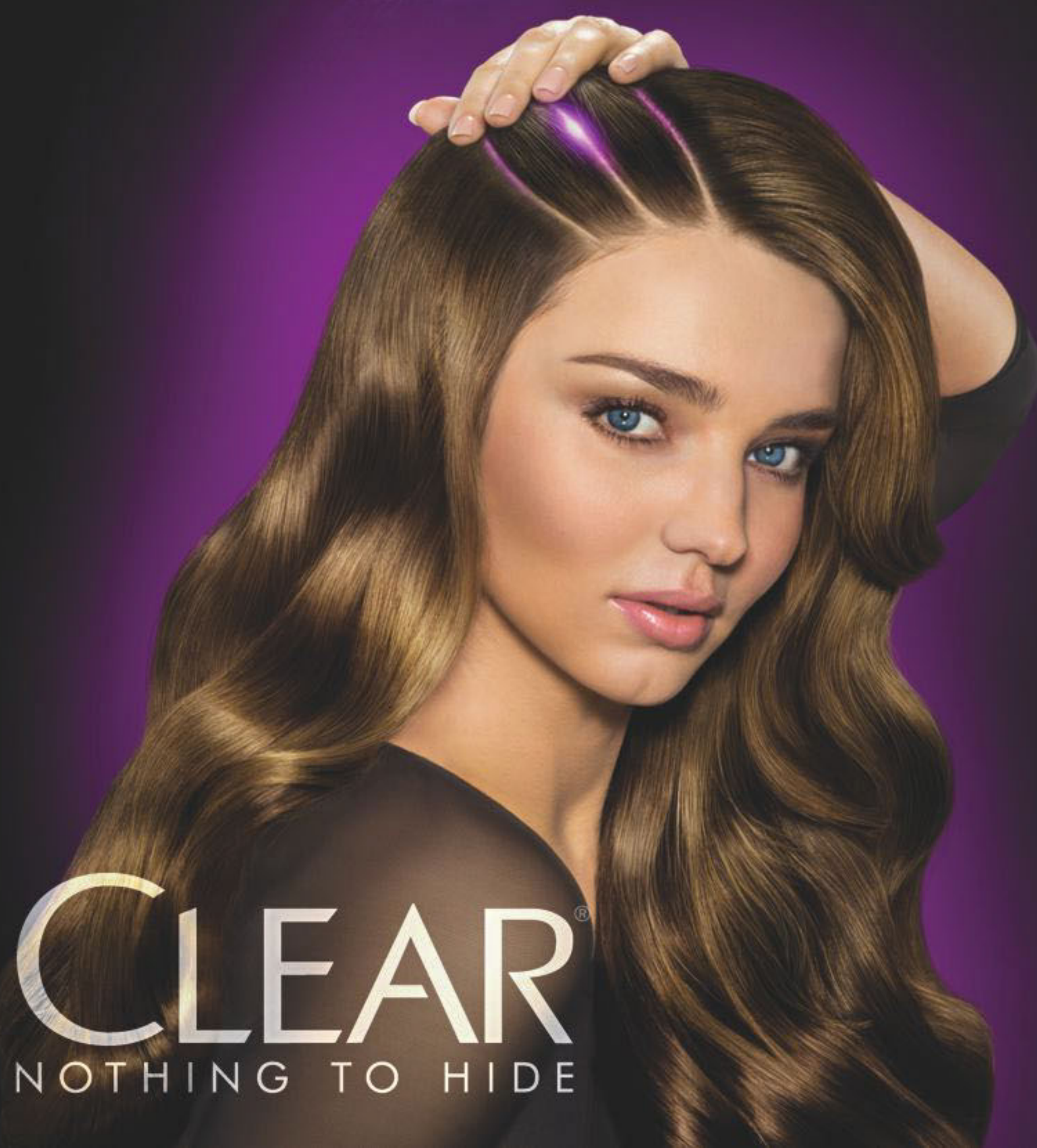
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NEW



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.