

TIPS

Care for the curls

THOSE with natural curls know how difficult it is to tame curly hair to one's liking. More often than not, it proves to be an impossible task. The key to managing curly hair is to know bits and pieces of information which really go a long way in changing your hair from a poufy mess to a unique hairstyle. Here are a few tips to help you realise the potential of your curly hair.

Don't comb it out: It may sound strange, but after you wash your hair, don't comb your hair and just let it air-dry. The curls that form will be shapelier. Combing or brushing curly hair disrupts its natural pattern, thus leading to frizzy hair. After a shower, leave the house without touching your hair and watch how it spirals beautifully. You can detangle your hair before you go to bed or wash it.

Leave-in conditioner: Use a lot of leave-in conditioner to keep the curls intact. If you don't have leave-in conditioner, take a one-taka coin sized amount of deep conditioner and add a few drops of Moroccan Oil to it. Rub your hands together to mix the two products and then apply to the ends of your hair in a scrunching motion to seal in the moisture.

Regular oil massage: Curly hair needs more care than other hair types. Make a hot oil massage a regular habit; do a hot oil treatment at least twice a week. Pick out your favourite coconut oil and add olive oil and heat the mix. You can also add one or two drops of castor oil if you suffer from hair loss. Massage well onto

your scalp and wrap a warm towel around your head so that the scalp and hair absorb the oil.

Don't overwash your hair: Washing your hair too many times with shampoo will dry out your hair, and when you have curls, it is important to keep as much moisture intact as possible. You can wet your hair in the shower, but use shampoo every 2-3 days.

Be smart about your products: That girl you are jealous of who rocks her curls? Chances are, it's because she knows the right products for her hair type. A lot of the beauty behind curly hair depends on the products you use to handle it. Your shampoo should be as gentle as possible, so that it does not suck out your hair's essential oils. Your conditioner should be extremely nourishing; look out for labels that specify "dry/damaged/ frizzy/rough" hair. Post-showering, apply a hair serum or Moroccan oil for some extra love.

Think before you straighten: A lot of curly haired girls face pressure from beauty parlours to get their hair permanently straightened. Before you commit to rebonding, remember that in a few months the curly hair roots regrowth, with stick-straight ends will be quite an unpleasant sight. Try getting regular oil and protein treatments and experiment with different hair products like serum, Moroccan Oil and leave-in conditioner first. Who knows, something just might work!

- LS Desk

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