

TIPS

Hair care basics

HAIR care is anything but easy. Or so you think. Maintaining healthy hair depends on a few daily routines. Many believe that to have healthier hair, you should not shampoo too often. But if your hair gets really oily, limp or dust fast, you would want to wash regularly.

Baking soda contains sodium bicar-

bonate which acts as an extraordinary cleanser and exfoliant that gently removes product build up. Add a tablespoon of baking soda to the shampoo and work the mixture through hair.

Olive oil contains a good amount of fatty acids that moisturise and protect against hair damage. Heat a tablespoon

of olive oil and apply it on dry hair; leave it for 20 minutes, and rinse with warm water and shampoo. Eggs are high in protein and amino acids that help restore strength, shine, and volume of the hair. It prevents split ends and smoothens hair texture. Add one egg with a quarter size blob of shampoo and run through your

hair. Leave for five minutes and rinse off with lukewarm water.

Apple cider vinegar has acetic acid that helps to remove product residue and oil and add shine to the hair. Mix two tablespoons in a cup of water and pour over your hair. Let it soak for a minute then rinse it off.

By Mehraj Kabir

WHEN YOUR HAIR IS LONG AND THICK, ANY STYLE YOU CAN PICK!

sunsilk
LUSCIOUSLY THICK & LONG

sunsilk
LUSCIOUSLY THICK & LONG

2X
THICKER HAIR

teddy charles
Sunsilk Hair Expert

sunsilk
THICK & LONG

*Based on lab test compared untreated vs. treated with Sunsilk Thick & Long shampoo.

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Sweet Morning

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