



## HOT OIL TREATMENT EVERY WEEK

Natural oil treatments using things like coconut, almond or jojoba oil allow hair strands to be filled with fatty acids and other nutrients. When rinsed out using a regular shampoo, it helps to seal them inside the strands.

## BOOST IT UP

Long hair can be heavy, and bearing that immense weight can be truly irksome. What you need is a volumiser that will lift your hair without making it brittle. However, strong styling products can damage your hair, so make sure you purchase the right products.

## YOU ARE WHAT YOU EAT

We often forget to acknowledge how our diet affects our hair. A balanced diet is required for our hair in order to provide it with vital nutrients, minerals, and ample protein. Moreover, your doctor can prescribe hair boosting supplements and biotin for healthier hair.

## BID GOODBYE TO THAT LARGE TOWEL

You will be surprised to know the detrimental effect of wrapping your hair in a large towel after showering. Your hair gets trapped in the woven fibres causing breakage of the friable strands around your face. Loosely hanging hair dries faster and prevents hair damage.

Long hair is often worn in a chignon, ponytail or braid depending on the weather or convenience. Regardless, women may want to consider one of the following simple ways long flowing hair can be showcased. These hair styles will create an alluring look and enhance your feminine appeal:

### 1. Layers

Long hair looks gorgeous with layers added to it. Slowly increase the length of each layer and allow it to flow past your shoulders. A deep side part will accentuate with the layers creat-

ing a stunning combination.

### 2. Framed Fringe

Forward round bangs in the front create a bold exterior. Combine it with layers at the bottom for a contemporary style.

### 3. Full volume curls

This style has been very renowned in the media industry. However, you don't need to be a model or an actress to adopt this look as your own. All you need is a curling iron and volumising foam to create this elegant look and be the source of envy among all your peers.

Long hair demands a lot of attention. It is vital to be meticulous while styling your hair to obtain the chic appearance you have always wanted. Always apply hairspray from a distance of 7-8 inches to ensure hair remains soft and fluffy. Use a high gloss hair spray to produce a gorgeous lustre as a last minute touch. In the end, your appearance does provide the first impression to someone, if not the lasting one and your hairstyle plays a huge role in building that.

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