

LS SUGGESTS



HAIR TALK

Everybody has a bad hair day and I'm sure you are no exception. With the boom in social media, looking good and presentable is now more important than ever. It is no secret that a big part of your everyday outfit is your hair and if your hair is not in par with the rest of you, people do seem to notice. So what can you do to keep your hair cool and sleek in this hot summer condition? Fear not, for we at Star Lifestyle have the best hair tips for you that will help you keep your hair as smooth and silky as promised by television commercials.

Start a basic routine: It does not get any simpler than this. Start a basic routine of shampoo and conditioning and stick to it. Be sure to choose products that complement and work best with your hair type. If you have dry hair that gets frizzy, try out some moisturising or hydrating products that contain oils and you should be okay. For oily hair, ingredients such as tea tree oil and camomile will definitely help and finally for hair that breaks easily, products with proteins are highly recommended. Once you are on a fixed routine, you can move on to the next stage.

Wash your hair correctly: Contrary to popular belief, washing your hair every day is not so good for you. This will strip your hair of its natural oils. But if you are someone who uses hair products on their hair on a regular



basis - such as hair spray or gel - then you will definitely need to wash your hair regularly to get the products off. Be sure to massage your scalp with shampoo and use conditioner from the tips of your hair to the roots. Whether you use hot or cold water to wash your hair, the final rinse should be with cool water so that it can lock in the moisture and look shiny.

Let your hair dry naturally: Drying your hair with a towel is very rough on your hair and usually causes damage or leaves your hair frizzy. It is recommended that you wrap your hair with a towel or a t-shirt and let it dry. A blow-dryer is also not a good idea as it damages healthy hair. If you absolutely must use a blow-dryer, limit yourself to once a week.

Switch to silk: Switch from your cotton pillow to satin or silk! Cotton is much harsher on your hair and is likely to cause damage and leave you with split ends, so switch it out with the more luxurious satin or silk and enjoy the softness of your new pillow cases.

Sleeping with wet or damp hair will weaken the follicles. So remember to keep your hair in check and look extra shiny this summer!

By Naveed Naushad

Models: Rotna, Prapti

Wardrobe: Kumudini

Make-up: Farzana Shakil's Makeover Salon

Photo: Sazzad Ibne Sayed



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*as per standard in-vivo testing protocol; with minimum 3 use/week; individual results may vary.