

Do's and don'ts of shampoo

Who does not love a head full of hair? We worry, panic and experience sleepless nights, with hair loss seizing our mental peace. Although there is no magic solution to keep hair fall at bay, one of the things recommended by hairstylists and dermatologists alike is, keeping one's hair and scalp clean.

The number of times a person needs to shampoo in a week varies from individual to individual, though. For people, who live in humid weather conditions, polluted cities or have fine hair or sweat a lot, a daily hair wash is often necessary to maintain a healthy scalp. So, if you live in Dhaka, for instance, it is likely that your hair demands a daily wash.

People with thick hair and dry scalp do not need to shampoo as much because in their case, oil build-up generally takes longer. Those with normal hair can safely choose to shampoo every other day unless they feel that their hair has gotten excessively oily or dirt is noticed to be flaking from the scalp.

But do not shampoo your hair too much because shampooing often results in dry and itchy scalp. The natural oil of the hair is also lost from excessive shampooing, making it brittle.

If you have colour-treated hair, choose a dye-preserving shampoo. Therefore, before purchasing a shampoo, read the labels on the bottle carefully.

Always pick out a shampoo that suits your hair type, because if you do not, you might be shocked with the result! I remember a time when I bought a shampoo meant for dry hair, and the result was terrible. My normal hair turned limp and greasy from washing it with a shampoo that

was enriched with oils to tame dry hair.

Do not use hot water when you shampoo your hair. Use warm water instead. Warm water will work up a nice lather and better clean your grimy hair and scalp. However, for the final rinse, use cold water. The cold water will close the pores that opened while you washed your scalp and hair with warm water. If you use hair conditioner, the cold water will seal in moisture from the conditioner that you applied to your hair. Using cold water for the final rinse will also keep your hair shiny, healthy and frizz-free for a longer period of time.

In the shower, do not just slap on the shampoo. Use your fingertips to gently massage your scalp, starting from your hairline and ending at the nape of your neck. It will also increase blood circulation under your scalp, leading to healthier and faster-growing hair.

Switch your shampoo from time to time. Our hair condition and type change with age. As we grow older, our hair gets thinner and often, drier. So the shampoo that we used at 22 may not be as effective at 35. Also, a person's hair type changes with his or her environment. For example, human hair is generally greasier in summer.

Shampoo your hair as much as it requires, not more or less. Fewer things are as lovely as clean, sweet-scented, healthy locks of hair!

By Wara Karim

Photo: Sazzad Ibne Syed

Model: Doyel

Wardrobe: Bibiana

Make-up: Farzana Shakil's Makeover Salon

Location: A Restoran



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