

NOTICE

For more on hair care and hair colour keep an eye on the next issue of Star Lifestyle.

CORRIGENDUM

On Page 15 of Star Lifestyle, Volume #16, Issue #48, dated May 23, 2017 the column "Recipes from Siam" by Shaheda Yesmin inadvertently stated her as the President, Women's Culinary Association. It should read Vice President instead. We sincerely regret the error.

TIPS

Ice-cubes for the skin!

Ice-cubes are life savers. It is one element that can easily befriend your skin. During the summer months, our skin gets dehydrated and stretches causing a lot of discomfort. Wrap two cubes of ice in a clean cloth and rub it all over the face or put them on the eyes. It's incredible cooling effect provides instant relief. It also reduces large pores on skin, minimising the production of oil in your face. Massaging the face regularly with ice cubes can reduce acne, swelling and can cure sunburns. Boiling rose water with cucumber juice and making it into ice cubes can reduce puffiness and get rid of the dark circles under the eyes. It increases blood flow and makes your skin look radiant.

shampooing will keep the scalp clean, less oily and balanced in pH. Poor hygiene makes the scalp oily, dirty, sweaty and easily susceptible to infection and parasites. If this condition persists for a long period of time, it will contribute towards excessive shedding of hair.

WHAT IS YOUR OPINION ON HAIR TRANSPLANT AND ITS ELIGIBILITY?

Hair transplant is a permanent method to restore hair, where follicles are implanted on the balding area. The process follows certain criteria to make it successful:

Age should be 23 years or older

There should be a visible amount of hair loss

Need to rule out any underlying medical causes to hair loss

There should not be any medical contradiction to hair surgery

WHY DO WE NEED TO GO TO A TRICHOLOGIST WITH OUR HAIR CONCERNS?

Each and every scalp is unique and has different types of concerns. The variations of different scalps are due to a few interesting reasons, like one's own personal hygiene, lifestyle, food preference, nutrition, scalp infection, stress management, etc. It is important to do a microscopic analysis of scalp and hair, including hair follicles, before planning an effective treatment regimen.

Sometimes, a trichologist might be able to minimise hair loss just by selecting the right shampoo and treating scalp infections.

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