

Winter is coming: know your hair care

Hair management is always a problem in our side of the world. During the warm periods of the year we try to take anti-frizz steps, but that is much better than the cost of winter. Our hair falls like autumn leaves in winter. Hair shedding is a part of seasonal hair cycle that's not skippable, but treatable with heaps of effort, and product. And it's definitely not a myth.

THE SCIENCE BEHIND WINTER HAIR FALL

During this season, hair loss is caused purely by physical damage to the structure of the hair. The dry air of winter scratches off the cuticle layer of the hair. The cuticle is the final layer that protects the cortex and medulla. When this important layer is distorted, loss of moisture occurs. This makes the hair dry and flaky and causes weakness in the roots, leading to hair fall.

Winter is also the time when the scalp is most prone to fungal infections that can host a bunch of problems that look like dandruff. The microbes that thrive in the fungal infections are the devils that cause the bad hair season.

WINTER HAIR CARE

Deep conditioning is made necessary by winter. This hair treatment is a must for the dry air season. One can visit the salon for a luxurious fix. You can also get products from stores or DIY some natural hair packs.

Meena Herbal produces a variety of hair packs that are super affordable. When you want to use a hair mask from the market, look for specific ingredients. Aloe Vera juice, stimulating rosemary oil and avocado are some labels you want to keep an eye out for.

Avocado is highly potent with protein and hosts a good number of essential vitamins such as A, B6 and potassium. Masks with such powerful ingredients require at least two sessions a month to repair the damaged strands and make the hair stronger.

If you are looking to really lock in the moisture in your strands and roots, you want to use mask creams with Shea butter, it is one of the thicker emollients. You can go on for a week without worrying about drying out your hair.

You also want to remember that oil cocktails to any kind of hair treatment is a good idea. Argan oil should always be a component of the mixture as it promotes the hair's elasticity. To make your own hair packs at home, you can make honey based ones. Honey adds shine to your hair. Mix it with natural emollients such as jojoba and olive oil or extra virgin olive oil. The essential oils help the healing process of the scratched cuticle layer and the honey results in glossy and shiny hair.

PRECAUTIONS FOR OIL USE

Oil treatments in the winter season should be done before the wash. It is best to not leave the house with oil on your hair as dust and dirt will definitely stick to your hair. Especially at micro levels, the kind you do not think exists. Oiling your hair to go out only worsen the situation. Oil should be left over night or half an hour before wash. This does not add to the dryness of the scalp or cuticle, thus helps your hair stay rooted.

Cut down on hair washes and other drying products like hairspray and even shampoo. Dry shampoo can be your best friend. It comes in pocket sizes and saves you from you from using water. Dry shampoo can also replace a blow dry as it adds a nice amount of volume to the hair.

Ever wonder why there are so many different types of shampoo under one brand? It works the same as how there are so many hair types. Every changing season also needs a specific kind of shampoo formula for hair care.

There is no better remedy than regular trim visits to the salon, and even better full on haircuts every 6 to 8 weeks depending on the length of the hair. Dry and dull split ends weigh the hair down.

Take care of your hair this winter to tackle the shedding season. Our hair is among our best fashion accessories, and taking care of yourself never runs out style.

By Sanumkia Siddiqui

SPECIAL FEATURE

Let's talk about hair fall

Heat, rain and humidity— and anyone will cringe at the thought of getting frizzy, puffed up hair. The incessant rains are not helping your mane, while umbrellas are not enough to keep the poof at bay. The more unmanageable your hair, the more hair fall you experience.

A thinning hairline not only affects the confidence of people who are older but also many a young and impressionable youngster.

Hair loss is a topic that affects both men and women. While it's true that men are more likely to lose their hair, women are more likely to experience thinning of hair.

In many cases, there are ways to treat both male and female hair loss. It all depends on the cause. Here are some common and not-so-common reasons why you might be seeing less hair on your head.

PHYSICAL STRESS

Any kind of physical trauma like surgery, a car accident, or a severe illness or even the flu can cause temporary hair loss. Hair loss often becomes noticeable three-to-six months after the trauma. The good news is that hair will start growing back as your body recovers.

Hairfall solution without coconut oil?

No way!



Solution on the next page

LACK OF PROTEIN

If you don't get enough protein in your diet, your body may ration protein by shutting down hair growth. This can happen about two to three months after a drop in protein intake. There are many great sources of protein, including fish, meat, and eggs.

MALE PATTERN BALDNESS

About two out of three men experience hair loss by age 60, and most of the time it's due to male pattern baldness. This type of hair loss, caused by a combo of genes and male sex hormones, usually follows a classic pattern in which the hair recedes at the temples, leaving an M-shaped hairline.

FEMALE PATTERN HAIR LOSS

Just as pregnancy hormone changes can cause hair loss, so can switching or going off birth-control pills. The change in the hormonal balance that occurs at menopause may also have the same result. Unlike men, women don't tend to have a receding hairline, instead, their part may widen and they may have noticeable thinning of hair.

PREGNANCY

Pregnancy is one example of the type of physical stress that can cause hair loss (that and hormones).

Pregnancy-related hair loss is seen more commonly after your baby has been delivered rather than actually during pregnancy. If you do experience hair loss, rest assured that your hair will grow back in a couple of months. It's a normal thing and it will work its way out.

HEREDITY

If you come from a family where relatives started to have hair loss at a certain age, then you might be genetically more prone to it.

UNDERLYING MEDICAL REASONS

Persistent and concurrent medical issues like stomach upset, sore throat, a thyroid condition can reduce your intake of nutrients absorption that is required for healthy hair growth as well. Plan a visit to your GP and get a blood work done to rule out any of these conditions.

Almost one in 10 women aged 20 through 49 suffers from anaemia due to an iron deficiency, which is an easily fixable cause of hair loss. A simple iron supplement should correct the problem.

An underactive thyroid gland may also affect metabolism as well as growth and development and can contribute to hair loss. Medication to the rescue—once your thyroid levels return to normal, so should your hair.

DRAMATIC WEIGHT LOSS

Sudden weight loss is a form of physical trauma that can result in thinning hair. This could happen even if the weight loss is ultimately good for you. Sudden weight loss seems to shock the system and you'll have a six-month period of hair loss and then it corrects itself. Remember that it is ultimately better for you to be in the normal weight category rather than being obese.

