



The presence of excessive moisture on the scalp can increase the risk of fungal infections, thereby weakening hair roots and leading to hair fall. Generally, if it has rained after a gap, the rain is considered to be acidic; the chemicals suspended on the strands can cause hair fall.

#### **DRY HAIR OR NO HAIR**

It's essential to keep your hair dry as far as possible. So yes, try and keep moisture and wetness out of your hair.

#### **DON'T GO BALLISTIC ON THE DRYER**

Using the dryer on high can lead to hair loss. It is imperative to keep it on a medium so the hair shaft is not overheated. Prolonged use of a dryer also leads to dry, brittle hair and ultimately, hair loss. It is best to let your wet hair air-dry for a while, and then use a dryer, if needed.

#### **DON'T BINGE ON HAIR STYLING PRODUCTS**

Due to the excess humidity in the air owing to the rains, chemical based products will make your hair very greasy. Besides feeling icky and causing hair fall, it can also damage your scalp and cause dandruff too.

#### **DON'T SKIP CONDITIONING ON ANY CONDITION**

As you may have already experienced, hair tends to become frizzy, weak and prone to falling due to the humidity in the monsoon season. Which is why, regular conditioning is a great way to counter this and give your hair the kind of softness and silkiness that you've become used to!

#### **BOTTOMS UP!**

One more thing; don't forget to drink lots of water to stay hydrated. This will do wonders for your hair! So, while rain may fall till the clouds are empty, your hair won't fall now that you know how to deal with it.

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Photo: LS

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## EXTRA CARE

# Smooth, strong, lively hair in just 45 days



#### **OVER-STYLING**

Vigorous styling and hair treatments over the years can cause your hair to fall out. Examples of extreme styling include tight braids, hair weaves or corn rows as well as chemical relaxers to straighten your hair, hot-oil treatments or any kind of harsh chemical or high heat. Because these practices can actually affect the hair root, your hair might not grow back.

#### **AGEING**

It's not uncommon to see hair loss or thinning of the hair in men and women as they enter their 50s. That leaves women with cosmetic approaches such as scarves, wigs and hair styled so as to cover up thin spots. That said, there are also plenty of tricks to prevent hair breakage and ways to keep your hair looking shiny and healthy as you age.

#### **WHY DOES HAIR LOSS PARTICULARLY HAPPEN DURING THE RAINS?**

While hair loss of about 50 to 100 strands a day is considered normal by dermatologists that number multiplies to 200 during the rains. And excessive hair loss needs to be addressed.