



TIPS

Caring for the mane

I think it is safe to say that girls go a little starry-eyed when an advert comes up on television showcasing a beautiful woman with head full of gorgeous hair. We all want it, yet are too lethargic to put an effort to get it. Clumsily topsy-turvy-ing our way through hectic schedules; we barely have the time to breathe.

But you have your friend's wedding to attend in a month and you want your mane shiny, glowing in health.

Going to the salon to get a trim and giving time to take care of our hair properly seems like a luxury most of us cannot afford. But times are different now and if you want look the part, this much you will have to do.

And even when you think all is under control, you start losing a lot of hair, and I mean 'A lot of hair'!

Your once luscious locks seem to be a lifeless tangled up mess; you look around your room and give your hair straightener an ominous look.

Sure, it saved you at the last moment when you had to rush off to that party, made your hair look all sleek and shiny but you know deep inside the state your hair you are facing right now, was partially the fault of that straightener and various other hair creams, sprays, mousse, etc.

You sigh with deep sorrow and patiently hear your mother dearest, bickering at you for not taking proper care of your tresses.

Often, it seems downright impossible to take proper care and give extra attention. Here are certain easy tips that you can follow that will only take a negligible amount of time.

Firstly, use a scarf while you are outdoors. I am not talking about a massive turban on your head making it weigh a thousand tons more of a flimsy

scarf tied loosely to your hair. Not only does it protect you from the sun's harmful rays and dust but it also gives you a very chic look. Add to this a pair of oversized sunglasses; the Parisian within you will be delighted!

Refrain from using a hair dryer/straightener and other hair products containing strong chemicals for days at a stretch. It definitely makes your hair look better but obviously adds a lot to its weariness.

Air drying gives off a natural look and your hair resembles beachy waves! Embrace it once in a while.

As many barriers there are to consider in using chemical hair products, it is definitely the contrary in case of organic or herbal ones. Truth be told, the results are not as instantaneous as the posh products of popular brands and sometimes a bit more expensive, but they cause zero damage to the quality of your hair and scalp, instead it provides quite a healthy look.

So, these products are definitely a better alternative. If you are not just at that level of determination to fix your hair, then maybe just go for certain homemade hair packs consisting of natural ingredients such as vinegar and sour curd, eggs or even onions! These help you to perfectly nourish and condition your hair.

Try these out at home and you will be sure to get satisfactory results in no time!

Stay blessed and flaunt your luscious hair just the way you wanted.

By Jahanara Tariq

Model: Shrabosti

Wardrobe: Artistic Couture

Jewellery: Sparkle

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