

LS SUGGESTS

Life hacks to beat the chill

It is not possible to avoid winter, but what we can do is avoid the unwanted results with some at-home hacks and a few small changes and tricks around the home.

BEAUTY DISASTER

The cold temperature wreaks havoc on our skin, irrespective of which part we are talking about, as our skin cracks up and dries to solid head to toe.

Not nourishing it can result in wrinkles no matter the age because of all the pulling and tugging this goes through. Slather your hands, arms, feet, and pretty much the entirety of your body in lotion to keep it moisturised for long.

If you think your regular moisturiser is not up to the mark, in terms of providing moisture, you can add in a few drops of coconut oil or olive oil to improve its effect, making sure your skin stays hydrated for longer.

USE SCRUBS

There are more than a hundred different scrubs available at stores, but nothing beats a good old kitchen mixture. Brown sugar or regular sugar, mixed in with coconut oil, honey, lemon juice with a few drops of essential oil of choice makes the perfect scrub.

You can customise your consistency according to which part of the body you will be using it on. Keep the consistency light for your face, medium for the lips, and hands, and pour in sugar to your heart's content for the tougher skin like those on the legs and feet. Using scrubs on a weekly basis can prevent the dead skin build-up and will give you baby soft skin all over.

SHINY SMOOTH NAILS

Kitchen DIY to the rescue once again. Soak

your nails in a mixture of lemon juice and olive oil to strengthen your nails, and prevent your cuticles from chipping in the cold. You can do this for both your hands and feet. For your toes, it can get tricky soaking them, so massage them in instead.

SLAY STATIC

With layers of highly textured sweaters static is unavoidable. Use a metal hanger and rub it all over your clothes or attach a safety pin in a concealed manner, it will get rid of the static on your clothes. For hair, try using cream-based products to keep them down, and bamboo hair brushes to avoid static.

ESSENTIALS

Having ginger in its raw form, or in a hot cup of tea can prevent common colds and runny noses.

If your bed is aligned with the wall, pull it out by a few inches to keep the cold getting your bed directly through the walls.

WIN WITH LAYERS

When we say layering, most people seem to refer to clothes only. Of course, you can and should do that, but doing the same with your quilt and blankets is even better.

Start off with flannel blankets, followed by fluffy quilts, and keep the dense and heavy ones on top of it all to trap in the heat.

When it comes to clothes, make sure to have your first layer skin tight, the second layer loose, and top it off with heavy or fluffy coats. This works similar to the blankets trapping the body's heat in.

HOT WATER BAG TO THE RESCUE

This little hot bag is not just for your aching muscles. Place it on top of your beds or under your pillows before bedtime, so when you go to bed it is nice, warm and welcoming. You can also keep it in the fold of blankets to have a warm blanket hug

Never walk out without socks. Warm feet are happy feet, and a snug body.

Hot drinks like tea and soup are light, so they do not literally warm our bodies, but provide the impression of heating up as soon as they touch the tongue, which makes us feel warm and better.

you to sleep, or in your pyjamas for some extra warmth.

SHORT SHOWERS

As tempting a hot bath or a warm shower might sound, it will rip your skin off its moisture and dry you out. That is not a good look, and neither will it feel too comfortable, instead you will end up feeling colder post shower. When you must, opt for lukewarm water, and keep it short.

FOOD FOR WARMTH

Digestion generates heat in the body, and fatty foods can take a while to completely

digest meaning the heat is generated for much longer. So, if you are planning to spend the whole day out, opt for a hot chocolate with butter. Not only will the hot drink instantly warm you up, but also helps you stay that way longer.

HANDBAG ESSENTIALS

Having a hand cream close at all times can prove to be a lifesaver in this dreaded winter. And just because it says hand cream it does not mean you cannot get other uses out of it.

Opt for a rich one with Shea butter and other oils, and slather it on whenever you feel your skin is cracking up, be it the arms, legs or feet.

Rose water is also great stuff when it comes to hydrating. Keep half part rose water, half part water in a little spray bottle, and spray it on your face as a quick hydrating mist.

Be it a simple hand cream or a pair of socks in your purse, on a freezing day it can come to your rescue. An extra few minutes spent can save you from the dreadful cold going around and make your colleagues jealous of those soft hands and a non-runny nose!

Enjoy winter as it is meant to be, not with a pair of cracked heels or bleeding lips.

By Anisha Hassan

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