

TIPS

The organic hair colour

What say you about dyeing your hair in a dazzling shade that shall shine in hues of the evening sky? Sounds tempting, right?

But is it also not an absolute pain that after a month those very moments of 'shinning glory' fade away and all you are left with is locks so scraggly that even your mother does not spare you from comparing it with a broom!

Yes, we have all been there.

We can and probably never should tire of experimenting with style, because it is a form of self-expression. That being said, sticking to one routine for life does sound like a boring proposition! Neither should be tried, nor is it possible for myriad reasons.

Hair dyeing agents are usually chemical products which bring instantaneous change in the appearance of the hair and may cause damage if done on a routine basis over a long period of time.

Basically, three chemicals have been identified as most detrimental to scalp and hair strands:

Quaternium-15, which can release formaldehyde — a known carcinogen.

Alkylphenol ethoxylates (APEs), which research suggests are hormone disruptors.

Phenylenediamine (PPD), which is a skin and respiratory irritant and has been classified in the European Union

as toxic and dangerous to the environment.

There is a time-honoured practice of dyeing hair with ingredients found abundantly in nature, so maybe it's time for a revival!

TEA OR COFFEE?

As you should know tea or coffee not only works as a conditioner, but also a supplement to hair colouring. The key is to make the tea or the coffee highly concentrated.

Use 3-5 teabags (or about the same amount in loose-leaf tea) for two cups of water. You can apply the cooled tea to hair alone, or mix with conditioner (as noted in the coffee recipe). If you are seeking to cover greys, mix with some fresh or dried sage, which helps open up the hair follicles. It will work best on natural hair.

METHI AND HENNA

One of the most popular ingredients for hair lighteners are methi and henna. When used on hair with tea, it not only colours the hair, but also strengthens the roots. The results may give an orange tint, but you will not look like the fruit...guaranteed!

To make your own henna or methi hair dye, mix about one cup of henna powder with 2 cups lemon juice. You can also add in a tablespoon of vinegar to help release the colour. Allow to sit about 4-6 hours until it thickens. Apply to hair and comb through. (This

can be messy so be prepared!) Wrap your hair in a plastic wrap and allow 2-3 hours before rinsing.

If you want to colour your hair, simply add charcoal tablets or charcoal powder on the henna and apply it on your hair. However, make sure that the period between rinsing your hair to removing the dyeing agents and thoroughly shampooing it should not exceed 72 hours.

LEMON

When life gives you lemons, squeeze them on your hair! The miracle juice works as a substitute for hair lightener; all you need is a lemon, and tea tree or chamomile oil, to cancel out the acidity for the result. The results will be slow so try to apply this mask twice a week.

That being said, there are other alternatives to choose from, so when you are bored, make your kitchen a "temporary salon" because the experiments are as fun as the results for sure!

By Sumaiya Tasnim

Photo: Sazzad Ibne Sayed

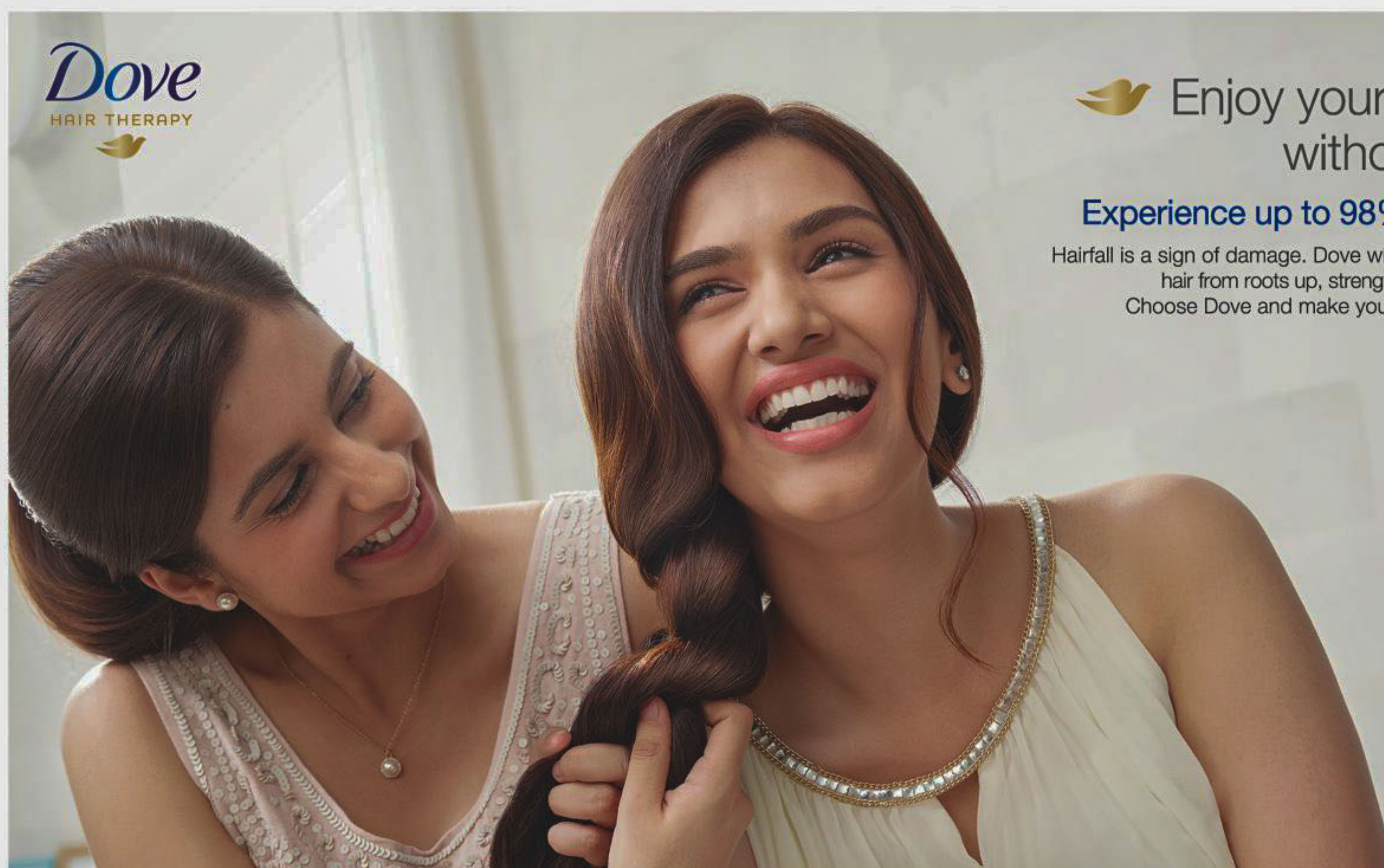
Model: Arpita

Wardrobe: Jatra

Styling: Sonia Yeasmin Isha

Make-up: Noyon Ahamed

Location: The Palace Luxury Resort, Bahubal, Habiganj



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