

TIPS

It's summer once again, in all its fury! Women who don hijabs, often experience a sticky feeling, followed by bad odour. And this ordeal becomes exponentially high the longer one stays out of the home. It is very important that you take proper care of your hair, not only considering the health aspect, but also the social one — bad odour is a big no!



Hijab and summer haircare

Whether we realise it or not, glands of our scalp constantly release sweat and sebum; when the head is covered with a hijab, it creates a warmer environment which is ideal for bacterial and fungal infestation, resulting in itching, stickiness and that dreaded bad odour.

The first step towards maintaining a healthy scalp is regular cleansing with a mild shampoo, everyday if necessary! Often, women put their hijab immediately after washing the hair. Moist hair and scalp can damage the hair in the long run and result in producing dandruff, or even a swarming invasion by lice.

"Make sure the hair is well-dried before you put on the hijab. Unless you are in a time crunch, you should

always avoid using a hair drier," said Sangeeta Khan, managing partner of Divine Beauty Lounge and a renowned expert in beauty and style regimens.

"Comb your hair, dry naturally, and then go for your hijab. It is recommended that they do not tie hair tightly, as it may make hair strands lose from their roots," she added.

The hair requires regular protein treatments, but that does not require frequent visits to the salon and can be done at home.

According to Sangeeta — "All you need is to soak your hair in a mixture of a banana, an egg, and three spoons of yoghurt for two hours and cleanse your hair with shampoo. This will make your hair strong, soft, and

less vulnerable to breakage. Papaya, egg, honey, ripe banana, and tea liquor work as hair conditioner.

You may choose one out of the myriad conditioners available in the market. This makes hair soft, untangled and smooth."

When it comes to wearing a hijab on regular days, always use soft fabric in cotton, which will ensure air flow. This helps absorb the sweat accumulating in the scalp. Also, make sure that hijabs are cleaned regularly. Few understand that this is an essential part of your healthy haircare regimen.

By Subir Das
Photo: Collected
Model: Parizaad

CHECK IT OUT

Ayurveda Research & Health Centre — Country's health destination

Ayurveda, the science of life, gives details about how to live a healthy disease-free life, and Ayurveda Research & Health Centre (ARHC) tries to reach the most authentic approach to that through Kerala Panchkarma and classical medicines.

It is a four-year old initiative taken by Lady Syeda Sarwat Abed and Zahida Ispahani. ARHC is the only authentic Ayurveda Panchkarma centre, not only in the city, but also the only one in Bangladesh.

ARHC boasts of a team of expert therapists trained from India along with Indian Ayurveda doctors with

more than 12 years of experience in the field. They have eight treatment rooms equipped with especially designed Panchkarma massage tables.

The interior gives a feel of nature where all utilities are provided for a classical approach to Ayurveda. The centre concentrates on three basic aspects — pain management, weight management and beauty issues.

The centre has detox programmes of three and seven days, which help in cleansing the system from inside and outside — providing 100 per-

cent pure herbal supplements.

ARHC is also highlighting their three day bridal package for three days, as well as one day Padmavati Bridal package — giving an individual the perfect look for all special occasions. This includes cleansing of body by means of body massage, body scrubs, polish, milk bath and aroma herbal bath.

Address: House No 88, Road No 23, Block A, Banani, Dhaka

For more information, please call 01550028495 or visit their Facebook page <https://www.facebook.com/ayurvedacenterdhaka>

ENHANCE YOUR CURVES

AT THE RIGHT PLACES



ULTRA CONTOUR. The non-invasive option for trimming your abs, love handles, hips and thighs and enhancing curves. Do you know that the fat cells are



limited in number. They swell up when we gain weight and shrink when we lose. The goal of ULTRA CONTOUR is to reduce the number of fat cells without surgery or pain with better shape than Liposuction or other surgical option and makes it easy for you to maintain the curves with even



weight gain. You may have tried diet or exercise which may help you to burn calories and lose overall body weight but most women have fitness goals beyond just slimming down. Since a slimmer waist is key to having captivating curves, you may find ULTRA CONTOUR worth doing.



Dr. Jhumu Khan

MBBS (DMC), DCD (Cardiff University, UK)
MSc (Dresden International University, Germany)
Board Member WOCPM, Diplomate (WOSAAM) Dermatologist
Anti Aging & Regenerative Medicine Specialist

Dr. Jhumu Khan's
Laser Medical

NEW LOOK NEW LIFE

Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01784111888

f/lasermedicalcenter, web: lasermedicalbd.com