

## TIPS

# Rapunzel Hair

Imagine you had the perfect day with spotless makeup and a swanky dress on. But your hair looked droopy, dry and life-less! The entire look would be jeopardized in a moment only because the mane decided to misbehave. No matter how good you look, if your hair ain't right — nothing else can make up for it. So, it is definitely something we should look into and invest our time wisely on.

Here are few ways to keep those manes shiny, bouncy and luscious!

## AVOID HOT WATER

Skip hot water showers as it rips off protective oils from the hair and makes it dry and brittle.

## WASH YOUR HAIR ON ALTERNATE DAYS

This helps in keeping the scalp clean and maintain the proper regulation of natural oils.

## USE PROTECTION BEFORE JUMPING INTO THE POOL

Pools can do great damage to the hair as they contain many harsh chemicals to keep the water clean. But these chemicals are hard on the hair. To keep the manes safe and protected, use an appropriate head cover while swimming and dab on a bit of conditioner to the hair.

## PROTECT HAIR FROM SUN DAMAGE

Always carry an umbrella while going out in the sun. The sun's rays are often harsh, making tresses dry and brittle.

## TIGHT HAIRSTYLES ARE SIMPLY A NO-NO

Don't tie your hair too tight. Avoid using rubber bands as those can create stress on the roots.

## UNDERSTANDING THE PROPER HAIR BRUSHING TECHNIQUE IS NECESSARY

First de-tangle the ends and then brush the hair from the top to the bottom. This technique will help in spreading the natural oils properly.

## TRIM YOUR HAIR REGULARLY

Go for a trim every six weeks to

eliminate split ends.

## DO NOT BRUSH WET HAIR

Brushing wet hair causes stress on the roots leading to breakage and hair fall. First try de-tangling all the hair with fingers then towel dry or use hair dryer in low heat before brushing the hair with a comb.

## GOOD DIET IS A MUST

To keep that mane shining you must drink lots of water and eat a healthy diet of raw fruits and vegetables. As they say you are what you eat. Whatever you put inside your body will be reflected in your outer self.

By LS Desk

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100% of hair damage  
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\*Based on lab test with Dove Environmental Defence shampoo and conditioner vs non-conditioning shampoo.