

LS SUGGESTS

No stress over tresses

The wrong hairdo can kill a killer outfit, and that would be a tragic end of your carefully deliberated sartorial efforts, would it not? On the other hand, the perfect slicked hair or that raised chic bun can take the same outfit to the next level, letting you outshine your competition! But to impress with your tresses, one must not only learn to tie it right, but to nurture it, care for it, tame it when needed, and use all the hacks available to us busy women of today. Read on for our life hacks for the days that we just do not have time to indulge the innate love for our hair, and then some ideas for the days that we do have time to glam up the silken locks. After all, each day has its own potential.

Hair salon small talks

When it comes to hair care, you are probably bombarded with a variety of different, and quite often, contradicting advice. Whether to oil your hair, or try the new hair mask to reduce frizz, or whether to cut your split ends, or opt for a hair spa; it seems like almost everyone — from your best friend to your mum — has an opinion when it comes to your tresses. You wish you could just ask your hairdresser for an honest opinion but if you are not into hair salon small talks, Star Lifestyle has you covered!

DOES MY DIET AFFECT MY HAIR?

Yes, definitely! In fact, while addressing any hair problem, the first thing you should check is the diet. Your hair cells are one of the fastest growing ones, but are also the first ones to be affected when you do not eat right. If your comb is getting fatter and fatter with hair strands, then perhaps it is due to lack of iron and protein in your diet.

Alternatively, excessive vitamin A can also lead to hair loss. Opt for plenty of leafy vegetables, fish and beans to get your iron fix. For protein, go for cheese, milk, lentils, and yoghurt.

SHOULD I OPT FOR SULPHATE-FREE SHAMPOOS?

Sulphates in shampoos help the shampoo mix with water so that when you massage it into your hair, the shampoo can clean the dirt off your hair and scalp. While safe to use in small concentration, frequent use of it can cause cell damage by stripping away the hair of natural essential oils and hair proteins. As a result, you might be more prone to split ends and hair damage. Sulphate-free shampoos, on the other hand, are milder, although they may not give the pronounced 'clean' feel your usual shampoo does. Sulphate-free shampoos can retain moisture better, and so, if you are a victim of frizzy or dry hair, this is your go-

to product!

COLOURING... YAY OR NAY?

This depends entirely on your taste and your hair texture. Avoid colouring if you have dry hair, as dyeing tends to drain out the hair more. If you do get that gorgeous shade of brown or red, make sure you change your shampoo and conditioner to colour-friendly ones. Otherwise, the colour will lose its shine before you are only halfway through all the winter wedding invites!

If bleaching and colouring seems too harsh, you could just opt for a natural lightener to add a bit of shine to your hair. Try squeezing lemon into your hair or making a honey paste for this subtle effect.

WHAT HAIR OIL SHOULD I GO FOR?

Oils provide hair with the necessary minerals and nutrients, and thus is an integral part of your hair care routine. However, picking one that seems to

work for your hair texture can be quite daunting.

For starters, coconut oil can be used to protect your hair from sun damage, dandruff, and to boost hair growth. If you cannot stand the coconut smell, almond oil might be your answer. Packed with antioxidants, vitamin E, and protein, almond oil also boosts up hair growth and reduce breakage. If you are suffering from hair fall, olive oil is the solution!

Alternatively, those with dry or frizzy hair, opt for argan oil as it acts as a moisturiser and also contains antioxidants and vitamin E.

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