



Caring for the mane

Only we ladies know the hard work that goes behind a 'good hair day.' Especially before any special occasion, having our hair look perfect round the clock is one of the toughest tasks! However, with a little more care, you can make sure your hair behaves like a dream. Here are a few ways to help prep your hair to have it on its best behaviour!

APPLY OIL

As much as we love to evade this step, applying oil is obligatory! It provides your scalp with essential nutrients to help nourish from within, making it softer and healthier. Different oils serve different jobs; coconut oil is suitable for all hair types, argan oil is a saviour for dull, dry and frizzy hair, almond oil is best for beating dandruff, whereas amlaki oil helps to stimulate growth and prevent hair loss. Apply warm oil at least once or twice a week. You can even mix different oils and make your own concoction to receive benefits of many at once.

KEEP IT CLEAN

Keeping your hair fresh and clean is the key

to having good hair. That is especially true in this summertime, when the scalp tends to sweat, making sure it's nice and clean is mandatory. Wash your hair thoroughly every day; use a shampoo along with a suitable conditioner. You can also use hair sprays and dry shampoos to keep hair looking and smelling fresh.

USE MASKS

Masks are great to give your hair an extra boost. Get one according to your hair type; depending on whether your hair is dry, oily, coloured and so on, get a mask that will suit your hair and its needs. Apply once a week on your clean hair, leave it on as directed and wash off with cold water. Masks are great to improve overall health in case of dull and damaged hair.

HAIR PACKS

Different types of hair packs are available in our local markets. They are usually organic and help to nourish the hair naturally. Herbal packs are great for the hair in terms of improving condition and adding shine. Apply a pack once a week; use as directed and wash off. You can even make hair packs

easily at home using yoghurt, henna, amlaki powder, onion juice, lemon juice etc. Vinegar can be used to mix in for better results. Nowadays, online pages sell homemade packs as well, for an affordable range. Sarin's store, Charmantes Dames and Shavaya are some of the pages to look into.

AVOID HEAT

Heat damages our hair. The extreme heat that our hair gets in contact with from styling tools increases dryness, causes frizz and worsens the overall quality of hair. To prevent damage, avoid heating your hair too often before Eid. This will allow the condition of your hair to improve and look healthier on the special day.

LEAVE-IN SERUMS

Serums are great to increase shine and improve texture of the hair. It tames frizz and is great to make the hair look instantly smoother and silkier. Use serums once in 2/3 days for visible results. Especially before using styling tools, apply a pea-sized amount to help prevent damage from the heat. Make sure to leave some serum onto your hair on Eid to have your

hair look amazing all day long. Livon is an easy to find serum in local stores; a few more are also available both in stores and online.

TRIM AND TREAT

Trim your hair before any event to get rid of split ends. This will make your hair look healthy and smooth. Salon treatments such as Keratin treatment, protein treatment, moisture treatment etc. will, depending on your hair type, show amazing results.

Hair care is important every day of the year but for a special day, it deserves special attention. Follow our suggestions to take the best care of your hair. Let your hair speak for itself by looking as gorgeous as ever.

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