

#BEAUTY

Quarantine hair care tips

by Sabikun Nahar

HairBar Bangladesh, one of the most prestigious high-end salons of Dhaka, have re-opened after a long break since the initiation of the lockdown in mid-March. Sabikun Nahar, proprietor of the renowned salon, sat down with Star Lifestyle to discuss all things hair and other beauty essentials.

Catch the full online interview on this week's episode of Lifestyle Talkies on The Daily Star's Facebook page. More details at the end of the article.

Tips and tricks to regain sheen and shimmer in dull hair

- Yoghurt hair mask is a great way to bring back the shine.
- Other DIY methods could be to put on a home-made papaya mask or a banana mask with an ample amount of honey in it, helping to bring back life into dull and lifeless hair.

What to do with long, unruly quarantine hair?

- Embrace the longer hair style, or cut it short with the help of experts (only) in a COVID-19 safe salon.
- Don't try any adventurous cuts at home as a personal project, this may turn out to be disastrous!
- To trim hair, take the edges and snip off dull ends with a sharp scissor. Take help from loved ones if you feel less confident.
- Men can try out interesting styles like 'the man bun,' 'the low ponytail,' or hair bands for the time-being to embrace their long, pandemic hair.
- Use good quality styling products like a mousse, hair-gel etc. to tame unruly hair.

What to do with unpleasant hair roots?

- Try out box colours for the moment. But make sure to use it only on the roots. Follow the instructions given in the package religiously. Don't keep the colours on for a longer time than specified. This will only dry-out the hair and make it look even more dull.
- To give a unified sheen to the entire hair, you may choose to colour the rest



of the hair, but make sure to keep it on for a maximum of 10 minutes, to prevent any sort of over-drying.

How to choose hair colours?

- Level is how much lift the colour has. The higher the number, the lighter the colour.
- Warm skin colour tones should go for lower numbers (specified on the boxes) and vice versa.
- An olive toned person can choose deep brown, burgundy, cinnamon, etc. whereas a cooler toned person will look better in ash, blondes, blues and violets, etc.

Is HairBar Bangladesh open for clients?

Yes, it is, with all the precautions specified by WHO. We value the lives of our clients first over anything else.

Is HairBar Bangladesh all about hair care only?

No, not at all! We provide all kinds of beauty and makeup support at our salon. You can definitely get a facial, manicure and pedicure while colouring your hair at our salon.

By Mehrin Mubdi Chowdhury

Photo: Ls Archive/Sazzad Ibne Sayed

Essentials:

Keep on the lookout for **Lifestyle Talkies** every **Tuesday at 7:30PM**, at **TheDaily Star Facebook page**. For any queries or interview topic suggestions, mail us at **lifestyleds@yahoo.com**

LS EDITOR'S NOTE

Plants for interior décor

Plants brighten up our moods and help reduce stress and anxiety; the greens friends make us feel calmer and self-aligned. Thus, their use in contemporary interiors is gaining traction among both homemakers and interior consultants. Not only do plants make living spaces more pleasing, but indoor plants can act as an accent pieces to create a certain drama in the room.

A big Ficus, fern bushes, *Bakul* or Spanish cherry plant placed at the most sunlit area of the room draws all the attention of the guests towards it, giving them a warm first impression.

Adding plants in your rooms creates a visual interest, and it is therefore of utmost importance to understand the strongest and weakest points of your room. While decorating your space, you should concentrate on the areas that need brightening up and make a decision after looking around the space from different perspectives; this will help you choose the best spot.

Remember to emphasise your style of interior decor; if you are into a boho chic décor or flea market styles, your plant pots should reflect the same tone. Do not mix styles, like if the rest of your home displays a modern décor, then do not use plants pots with bohemian look, as it will only cause a visual disturbance.

Large plants are more suited for people who do not want to overcrowd the room and if you want to use individual plants to create an ambiance, it is best to choose just one with an interesting silhouette.

While small plants look beautiful in interiors due to their versatility and low maintenance, they are perfect for basically any space in the house. Small plants can be placed in a composition of three or five. It can be placed along with your decoration items, and it can act as a centrepiece in your living room centre table. A small bush of fern placed at the centre of your dining table becomes the point of focus while laying the table for four or six people. Indoor plants like snake plant, monstera deliciosa, different variety of pothos, spider plant, rubber tree, and bird's nest fern or maidenhair fern are best for indoors and can thrive on indirect sunlight. Now, armed with information, go choose your first plant! We hope you enjoy the experience.

This week in Star Lifestyle, read about how to make popsicles and also how to be footloose in skirts.



— RBR

Photo:LS Archive/Sazzad Ibne Saye