

Your guide to non-disastrous hair colours

BUSHRA ZAMAN

If you were influenced by an Instagram post or just wanted a drastic change by dyeing your hair a colour off the rainbow, this article is for you.

First, pick a colour keeping the overall cost in mind, inclusive of maintenance, and follow up appointments. For example, according to an article by *Seventeen*, you may need multiple hair appointments to get your desired hair colour, varying depending on your hair type and the lightness of the colour you are trying to achieve. You also need to be aware of your work schedule to see if you have time for hair appointments.

Most Bangladeshis have naturally dark hair colours. Meaning, if you were to dye your hair a significantly lighter shade, you would likely have to resort to bleaching if you want the exact same shade as the model on the packaging or the hair sample on display at the salon.

Bleach goes into the hair shaft to break down molecules responsible for your hair colour, while simultaneously breaking down fatty acids on the hair shaft, making your hair weak. So, if you have heard of or watched bleach disasters where an individual's hair burns off, that is indeed a possible scenario, though less likely if you are assisted by a professional.

An article by *The Washington Post* recommends that you only bleach areas that require it. You could avoid bleaching your roots if you want an ombré type look. If you only need to retouch your roots, maybe just bleaching the roots would be better option than re-bleaching all of your hair.

If you are dyeing your hair a bright red/blue/pink/green or any unicorn colour for the first time and have never bleached before, it may be best to do so under the supervision or guidance of a professional first.

But suppose you have done so and have gotten your desired outcome. Then what?

In my personal experience, I have noticed that unnatural shades of hair dye tend to fade faster. The good thing if you won't have to re-bleach every time your hair dye fades, because bleaching is permanent. You can just reapply the same dye to your previously bleached hair at home.

There are also certain hair care requirements that vary depending on the hair dye you've chosen. For example, if you have blonde hair, you'll need purple shampoo to avoid your hair from becoming brassy over time as you wash it. There are also hair care products specifically made for colour-treated hair.

The same article by *Seventeen* mentioned that red shades of hair are the most difficult to maintain tend to fade the fastest. So, doing your research beforehand is a must. That way, you'll have all the necessary products exactly when you need them after dyeing your hair.

Hair colour options seem to get better and better every day. If well thought out, your decision made on a whim might turn out to have a beautiful outcome.

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Comfort characters are our new superheroes

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Comfort characters are those whom we can identify with, characters who make us feel calm and happy.

In a way, our comfort characters are an extension of how we choose to view our-

selves. Real struggles are often too hard to deal with, but when we see a fictional character go through the same things we do, often on a much grander scale, it can trigger a comforting effect on us. These characters give us a new way of dealing

hopeful. *Smallville* features a Clark Kent who is not yet Superman, and I feel like his journey parallels my own in certain ways. The interactions shown between Kent and his parents reminds me of my relationship with my own folks, especially in terms of the kinds of values they try to instil in me, and support me in every step.

Then there's the Clark Kent from *Superman and Lois* who is a hero with experience, with a family and a stable life. He has deep love for everyone around him and represents everything good and hopeful.

To me, the first Clark is who I am now, and the second Clark is who I aspire to be. Simply put, whenever I try to view myself as Superman, I feel happier and more comfortable.

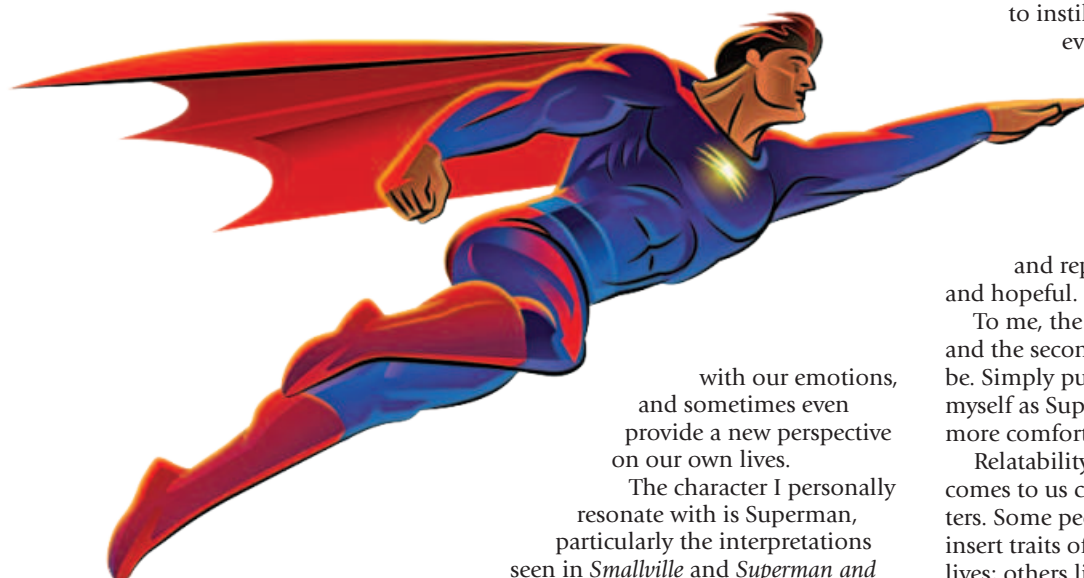
Relatability is the one constant when it comes to us choosing our comfort characters. Some people, like yours truly, try to insert traits of the character into their own lives; others like to view them as a fantasy version of themselves.

A friend of mine told me he relates to Lucifer Morningstar from *Lucifer*, because, like Lucifer, he tends to think he is misunderstood by people. According to him, the character is always misunderstood because his way of doing things for "the greater good" was different, and that is something he resonated with in his own life.

I asked another friend what her comfort character was, and she mentioned Lilly Linton from the novel series *Storm and Silence* by Robert Thier. She not only relates to this character, but finds her to be aspirational. Lilly is an independent and strong character who knows how to move forward on her own.

While relating with fictional characters is often considered to be a form of escapism, I believe we can feel inspired by these characters and try to improve ourselves too. The art of storytelling can do wonders for the human mind, and even people who don't exist can have a profound impact on our lives.

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with our emotions, and sometimes even provide a new perspective on our own lives.

The character I personally resonate with is Superman, particularly the interpretations seen in *Smallville* and *Superman and Lois*. He makes me feel inspired and