

#HEALTH & FITNESS

Hot vs cold showers: Which one boosts your health?

After a hard day at work, nothing beats a hot shower to relax and recharge. However, a chilly shower can be exactly what your body needs to wake up in the morning. Irrespective of your shower style, you are sure to feel better afterwards. If your mind has ever curiously wondered about the benefits of cold and hot showers, keep reading to learn which temperature is best for you and how it affects your health and well-being.

Hydration

A cold shower will temporarily close your pores making it easier to keep your hair and skin's natural oils in place and because of this, you may sometimes rinse with cold water if you have dry skin or worry about brittle hair.

Hot showers, on the other hand, cause our pores to open. Therefore, you might consider taking a hot shower if you feel that your skin

needs a thorough cleansing or if you are having breakouts.

Circulation

When you submerge yourself in cold water, your cardiovascular system goes into overdrive, enhancing blood circulation and making your heart beat more effectively. As your blood flow increases, you can notice your skin gradually become healthier and less prone to blemishes.

The flip side is that a hot shower might help relax and soothe your body if you are feeling rigid after a long day. Hot water can dilate blood vessels, which in turn improves blood circulation and reduces blood pressure.

Metabolism

An adjustment to the cooler settings on the tap might be good for your metabolism! To maintain a comfortable core temperature

in cold showers, your body's response will temporarily increase your metabolic rate, aiding your weight loss efforts. On top of that, you can also burn some calories as you relax in a hot bath. The soothing effects of a hot tub force your heart to work harder, increasing blood flow to the skin so that it remains cold.

That being said, no amount of alternating hot or cold showers will cause you to burn more calories than you would with regular exercise as well.

Bones

Because warm water is gentler on bones and promotes more movement, people with arthritis may find that a warm shower first thing in the morning is more beneficial than a cold one.

Yet, the anti-inflammatory effects of a

cold shower may be helpful for athletes who have suffered injuries while playing sports or people who have hurt themselves during workouts.

Keep in mind

All that being said, it is crucial to know whether to take a cold or hot shower at certain times, depending on your body's requirements. Despite their differences, both could improve your health in remarkable ways but they could also harm you if you are not careful enough.

Extreme temperatures of hot or cold showers may be dangerous to your health internally as well as externally, so try to avoid such extremes.

By Samayla Mahjabin Koishy

Photo: Collected

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Avoid letting others take credit for your work. Romantic infatuations could lead to lasting connections. Think carefully before pursuing unrealistic goals. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Honesty is key to avoiding disputes. Opportunities arise, but the price may be high. Review outdated documents to prevent issues. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Time management may be tough this week. Investigate new ventures carefully before committing. Creative pursuits will pay off, but avoid extravagant spending. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Check your car before travelling. Romantic encounters may happen through travel or education. Avoid conflicts with your partner. Your lucky day this week will be Wednesday.



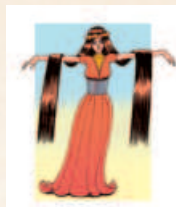
LEO (JUL. 23-AUG. 22)

Your affectionate nature will attract attention. A clear conversation is needed to resolve misunderstandings. Stay focused on work to avoid temper flare-ups. Your lucky day this week will be Monday.



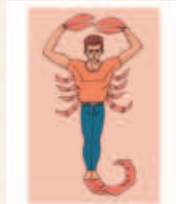
VIRGO (AUG. 23-SEP. 23)

Avoid acting impulsively. Protect yourself from superiors taking advantage. Financial confusion will clear up. Changes at home may not be well-received. Your lucky day this week will be Sunday.



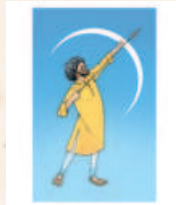
LIBRA (SEP. 24-OCT. 23)

Go with the flow at work. Share ideas with colleagues and clarify personal intentions. Reading on self-awareness will benefit you. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Be cautious with investments and protect your interests. Get all facts before acting. Rewarding connections can be made through organised groups. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Avoid being pressured into going somewhere you don't want. Address any medical concerns. Travel opportunities will be favourable this week. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Expect a busy domestic week. Do something that boosts your confidence. Recognition is possible if you stand behind your beliefs. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Family demands will take up your time. Use your willpower to balance everything. Enjoy quality time with a loved one. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Avoid sharing personal matters with others. Real estate deals will prove profitable. Discuss your intentions with your partner. Your lucky day this week will be Friday.

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