

Shield hair, feet from monsoon demons

■ Entertainment, Lifestyle ○ June 16, 2017 👤 DailyWorld

New Delhi, June 16 : Love your hair? Then don't think of dancing in the rain. Use minimum hair products to keep them healthy, and grab a moisturiser with lactic acid to keep feet soft, say experts.

Vandana Punjabi, dermatologist, cosmetologist, consultant, Nanavati Super Specialist, suggests how to fight hair-related problems like stickiness, greasiness and dandruff.

- * Try to keep the number of hair products to a minimum. Try to use only a mild shampoo and conditioners and refrain from the use of hair sprays in particular.
- * Use a conditioner after every wash but ensure that you apply it more on the hair shaft than the scalp and the roots of your hair.
- * Keep your hair clean by washing it regularly.
- * Eat a balanced and protein-rich diet. Make it a point to munch on plenty of fruits and vegetables and drink plenty of water.
- * Monsoon dos: Try out a shorter hairstyle, a hot oil massage once a week is a good option as it keeps the hair nourished.
- * Monsoon don'ts: Avoid using a hairdryer. In case it is necessary, ensure that your hair is almost dry and hold the dryer more than six inches from your scalp. Avoid exposing your hair to a lot of chemicals. This means that you should refrain from straightening your hair, highlights etc.
- * Try to avoid getting your hair wet in the rain, especially the initial rain. This is because the rainwater brings down the pollutants from the air and they eventually weaken the shaft bonds making your hair dull and lifeless.

Geeta Fazalbhoj, dermatologist and founder of Skin & You Clinic, Nariman Point, points out that there is a need to take proper care of feet too, especially during monsoon as they will be more prone to fungal attack.

- * If you get drenched in rain, treat your skin to a warm water bath and thoroughly dry the body before wearing clothes.
- * Keep feet clean and dry to avoid fungal infection. Wash feet with a soap bar and use an anti-fungal powder and wear open shoes. Avoid wearing wet socks.
- * Use moisturiser with lactic acid and glycolic acid to keep feet soft.

/IANS

Share this:



SHARING

Email this article

Print this article

TAGS

entertainment, lifestyle



About Daily World

[View all posts by Daily World →](#)

PREVIOUS POST

[At least eight dead in China kindergarten blast](#)

NEXT POST

[Tips to keep body odour away this summer](#)

Related posts

Unromantic eroticism: Psychological thriller for the Tinder generation

Childhood passive smoking may up arthritis risk later

Gut bacteria might help slow down ageing

LEAVE A REPLY

Comment

Name *

Email *


Website

Post Comment

✓ DW Special

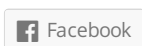


Posing as minister, man dupes people of lakhs

© June 17, 2017, 9:19 am  DW Editor


Mohali Police on Friday arrested a man who had duped at least a dozen people of several lakh rupees while impersonating as a minister and promising to get them government jobs. Parminder Singh Toor, who originally hails from Fatehabad in Haryana and was staying in Dera Bassi, was arrested along with six other accomplices. The other [...]

Share this:



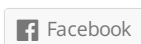


Daily World Exclusive: VB widens probe; top Punjab IAS officers under scanner

© June 17, 2017, 7:31 am  DWEditor

DW Bureau / Chandigarh In what appears to be a scam involving thousands of crores, the names of as many as 11 senior Punjab IAS and PCS officers, including former Chief Administrators of GMADA and PUDA, those who served in the State's Housing Department; and 'powerful' officers posted in the former Deputy Chief Minister's Office [...]

Share this:



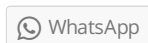


Daily World Exclusive: Amarinder Govt set to waive off farm loan; 10 lakh farmers to benefit

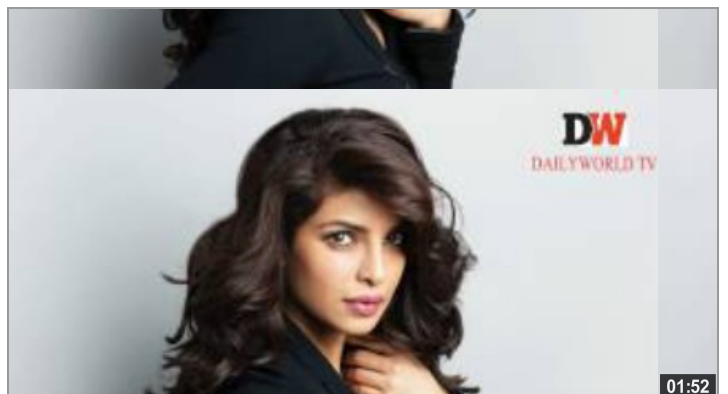
© June 17, 2017, 7:07 am DW Editor

36,700 big farmers who have taken Rs 8,000 crore loan will, however, not get the relief DW Bureau / Chandigarh Punjab Chief Minister Capt Amarinder Singh is all set to announce the State Government's loan waiver scheme in the Punjab Assembly on June 19 that is likely to benefit almost 10 lakh small and marginal [...]

Share this:



Militants kill young Kashmiri Army man in cold blood..



Pakistan
China
Sri Lanka
Europe
USA
Africa

NATION

Punjab
Haryana
Himachal
Delhi
J&K
UP

NEWS

National
International
India
Daily World Exclusive
Science & Technology
Politics
Entertainment
Reuters

DAILY SPICE

Movies
Music
Bollywood
Hollywood
Entertainment
Health

OTHERS

Crime
Security
Politics
Economy
Cinema
Newsalert
Diplomacy

SPORTS

Boxing
Cricket
Football

Hockey
Swimming
Tennis
Wrestling
Badminton

PAGES

DW Events
DW Interview
DW Newsalert
DW Television
Kal Korff's Komer
Vjai Vardhan's Musings
Voice Over
Contact us

DAILY WORLD

About Us
ePaper
Privacy Policy
Term's of Use

Copyright © 2017 by Daily World. Theme: DW Focus by DesignWall.
Proudly powered by WordPress

Dailyworld