

Tress to impress

Hair care tips for cold weather

YOUR HAIR CAN lose its lustre if you don't take proper care in winter. Invest in a good shampoo, avoid hairdryers and oil your locks regularly to make sure they are shiny and healthy, says an expert.

Britain-based hairstylist Asgar Saboo suggests tips to help keep your tresses looking glossy, moisturised and full of life:

* Invest in a good quality shampoo and conditioner to get a healthy shine. But avoid using too much of shampoo, as it is a fact that due to cold winter winds, your hair and scalp are left dry. Wash your hair not more than twice a week and use lukewarm water to avoid frizziness and to maximise moisture.

* A hair conditioner is a must. Apply a suitable conditioner each time you wash your hair, focusing only on the strands of hair, avoiding the scalp. This provides a shine to your hair and prevents breakage.

* Add a hair treatment mask once a week to your hair care routine to keep your locks healthy.

* Avoid using a hairdryer.

Ideally, it is always good to let your hair dry naturally. If you are using a hairdryer, don't over dry your hair as it will leave it frizzy and damaged. Try to set your hair-dryer on the 'cool' mode as it is gentler, although it might be a little time consuming.

* Try not to leave the house with wet hair. The cold weather can freeze the hair at the cuticle and cause it to break.

* If you use heat styling tools, like curling tongs or hair straighteners, then you must always use a good quality, nourishing heat defence spray or leave-in conditioner to protect your hair and keep it looking glossy and hydrated. This is especially important during winter, when cold wind, rain and the added heat from styling tools all contribute to hair damage.

* Use natural oil. In extreme weather, be it winter or summer, it is essential to put moisture back in your hair to prevent it from breaking. Moisturise your hair once a week with a hot oil treatment to promote a healthy scalp and nourished hair. Some natural oils that work particularly well include



coconut oil, avocado oil and almond oil.

* Trim your hair. It is essential to refresh your haircut regularly in order to get rid of split ends. Aim to get it done every six to eight weeks, as this will promote healthy hair and hair growth.

* Cover your crown to protect your hair from the cold. Make

sure to wear a scarf or a hat to lock in the moisture of your tresses and to save it from breakage.

* Also to avoid frizzy, static-prone hair in the winter months, keep your hair tied up as much as possible, particularly when out and about, and especially when exercising. *IANS*

ALIGN YOUR LIFE

Finding Home

I WAS VERY young when I moved to Hong Kong. It was a life of freedom and excitement. I travelled the world and saw many different countries. Over a period of time I got attached to the city and when I finally had to leave, I was truly heartbroken. I somehow had soaked in the Chinese culture and was happy eating moon cakes during the lantern festival. I somehow didn't miss Diwali that much. Over the years I have lived in many different countries and managed to form an attachment with all the cities I stayed in.

Just like me, you may have left your home country in search of a better life or a better job. But no matter where you live or how far you go, you always end up missing home. That is one of the reasons why we as humans tend to bond well with our own people. The comfort zone, the love for the food and most importantly sharing a sense of nostalgia attracts us to similar people. No matter how many years you end up living in a city, you somehow are not able to grow roots because you always stick with what is known and reject the unknown. The mindset is – I will leave someday and go back, so why bother?

But what if your life took a turn in a different direction and you have to move on? What if your job takes you to places you never imagined and opens up a new horizon for you? Slowly you accept your fate and leave your dream behind to create new dreams. And this is how life goes on for us expats. I meet many clients who are always complaining about the living conditions, the rising rent, the appalling traffic and not being able to find their most favourite dish in this city. Out of curiosity, I always ask, "So how many months have you been here?" The answer is always the same, "Months? No, we have been here for years!" that statement normally follows a sigh!

That gets me wondering, your dreams are frozen in time and your life has moved on. May be it's not what you had planned for yourself but this is where your life has got you. So why not embrace this life and taste a piece of happiness in this moment in time. The biggest mistake we as humans make is that of carrying a lot of excess baggage of unrealised dreams and our own expectations of what our life was meant to be. But what if this is the life we were meant to live? What if this is what was planned for us? What if this is home... at least for now.

So why not start growing roots here and letting go of your old dreams and starting this new year with new ideas and aspirations. Because no matter how far you go, home is always where the heart is.

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Photos: Getty

Pack and glow

Indulge in fruity goodness to get facial glow back

JADED SKIN IS the common story of people's lives. Get the shine back with face packs made of orange, avocado and pomegranate.

Divita Kanoria, chief wellness officer, The Vedic Collection, shares some tips on how to make the best of fruits for healthy skin:

* **Orange and yoghurt pack:** Have combination skin? Take an orange and squeeze it. Use three teaspoons of the juice and mix it with a tablespoon of yoghurt. The citrus property of orange helps in giving a refreshing glow to the skin. The fruit also has skin lightening agents. It helps in improving complexion as well as cleans the skin. The yoghurt maintains the moisture level in the skin.

* **Avocado, milk cream and honey pack:** Take two teaspoons of honey and mash an avocado in it. Add another teaspoon of milk cream. All the ingredients in the mask are extremely nourishing and nutritious for dry skin types.

* **Pomegranate, turmeric, lime, Fuller's earth, sandalwood and banana pack:** Best for normal skin type, mix half teaspoon of pomegranate juice, mash a small piece of banana to give thickness to the paste and add half teaspoon of lime juice with a pinch of turmeric powder. Further, add a pinch of Fuller's earth, and half a teaspoon of sandalwood powder. Mix everything and apply on the face. It will help to clear the skin and give a healthy glow. *IANS*

