

BEAUTY

Beauty blunders

Are you one of the many who have undergone the tragedy of a beauty disaster? SAVIA RAJAGOPAL tells you how to avoid the common errors

How many times have we all gone through the sheer frustration of a colouring disaster? Or a bleach that's left you with battle scars and horrendous allergies? Or eyebrows that leave a lot to be desired? Or a haircut that's gone terribly wrong? Most women have at some point gone through one or more of the above. However, fear not, you can avoid most disasters if you're armed with useful information...

Hair colour:

The catalogue shows coloured hair that's scintillatingly perfect. You look at the mirror and wonder what went wrong! Colouring disasters are quite common. You want a particular colour and you end up with something else altogether. Says hair stylist Nalini Naegamvala, Nalini & Yasmin, "Bad colouring results due to lack of communication between the client and the stylist. Also, the stylist may not be knowledgeable enough about colouring. Clients should double check before going in for hair colour. Colour correction can be done to sort out bad colouring jobs. But after that, maintenance and conditioning is very important as the hair has been subjected to colouring twice!" **FYI:** Nailini reiterates, "Clients should be informed before about the final result that they should expect before they start colouring. Conditioning is imperative for coloured hair."

Haircut:

Attempting a complete overhaul and trying out a new haircut can be quite nerve-wracking. You're aiming for a chic, classy look and what you see staring back at you is definitely not what you had in mind. Caroline D'Cunha, hair stylist and beautician, says, "The client should be clear about the length and cut she wants. Don't be pushed into getting a hairstyle that you're not convinced about. The client should ideally not be totally dependant on the hairdresser." **FYI:** Caroline points out, "The only option you have is to allow your hair to grow back. There's no miraculous repair here!"

Bleach:

You wanted to give yourself that glowing, blemishfree complexion and indulged in bleach, that promised fairer, smoother skin. What have is skin that has reacted badly to chemicals in the bleach, and you've broken out with all sorts of rash and redness. Cosmetic Dermatologist, Dr. Apratim Goel, states, "Reactions could occur if the skin is sensitive or the bleach is faulty. Sometimes, adding more than the necessary amount of bleach can cause a reaction. A patch test should be done on the forearm before applying to the face. Women with acne, or some face allergy should also be careful. After holidaying, women who have tanned skin due to sun exposure should avoid bleaching immediately." **FYI:** "If there's any reaction, you can immediately apply calamine lotion to soothe the skin. If it persists then one should visit a dermatologist," suggests Dr Goel.

Eyebrows:

The ultimate scare to have utterly mismatched eyebrows...one too thick, other too thin...or one

too arched, and the other that's just a straight line over your eye. Eyebrows add depth to a face, when done right. When eyebrow threading goes awry, what can you do to set it right? "No one knows her face better than a woman herself. Communicate exactly what you want to your beautician. Always discuss your eyebrow problems with your beautician," claims Caroline. **FYI:** "Stick to one beautician, don't keep changing hands as that affects the shape of your eyebrow," advises Caroline.

