

Healthy Winter Hair



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As the temperature drops, your skin and hair are the first ones to take a beating. It's not just the cold outside but the dry heat indoors that affects the look and sheen of your hair. Great looking, healthy hair need not be a mere memory from summer. Here's looking at a few tried and tested tips at maintaining your tresses this winter.

Hats on

The best way to care for your hair is to keep it covered from harsh temperatures. This means that you have to wear a cap or hat or use a scarf to keep your hair protected from the cold. Avoid the temptation to wear one that is too tight as it only causes damage to your hair and may affect circulation. Avoid stepping out into

freezing temperatures when your hair is wet. Towel dry as much as possible and then step out after you moisturise your hair.

Get it trimmed

The first thing to do this winter is to squeeze in some time to meet your hair stylist. Get a trim and avoid dry, brittle hair ends. Most experts iterate that it's the ends of your hair that are the first to show signs of winter damage. Split-ends, dry, unmanageable hair are common problems. Hence, it is very important to get a trim more often than summer months. Once every eight weeks is recommended in winter.

In good condition

Conditioning is another important element for hair care in winter. Leave-in conditioners are a great idea to protect your hair from constant changes in temperature and other wear and tear. However, most stylists warn you against picking a conditioner that is not too heavy or your hair will look greasy and heavy. Condition well and often. Your hair will thank you for it!

Watch out for that heat

If you style your hair with straighteners or curlers, be extra attentive about pampering and nourishing your hair. There are products avail-



able in most stores that are targeted at repairing damage caused due to heat styling. Invest in a good quality product and restore your hair's natural sheen. It is very important to apply a good product before you style your hair, especially while using hot rollers in the case of women. Cover the ends of your hair before subjecting it to strong heat treatments.

Nourish with masks

Deep conditioning masks are a great idea in winter. The intensive treatment does wonders to hair and can nourish your mane, thanks to the fantastic options avail-

able. You can either go the herbal natural way or use more popular branded products to condition your hair. Many Asians use yogurt as a time-tested natural conditioner as well as regular oil massages to the scalp.

tack the problem aggressively by using strong shampoos, experts actually advise to avoid over-shampooing as it reduces the moisture on your scalp and adds to the problem. Alcohol-based products also cause dryness so use as sparingly as possible, or preferably none at all. While you suffer from dandruff, avoid hair dryers as they tend to aggravate the problem.

Goodbye flaky scalps

Dandruff is a very common problem in winter. This occurs primarily due to drying of the scalp. While many at-

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OILY HAIR REMEDY

Oily hair hangs limp against your head and does not have any life or bounce. Everyone likes to have shiny, bouncy hair and this may seem a difficult task with oily hair. There are remedies for oily hair and here are a few tips on how to manage oily hair.

*Do not wash your hair everyday. If your hair is clean your glands will secrete more oil. Use a cleaning shampoo to wash your hair and to scrub off the oil build up. Use a mild shampoo and scrub lightly.

*While applying conditioner,

do not apply to the roots only apply in the middle or to the ends.

*Reduce the oil intake in your diet. Avoid oily food. Eat more fresh fruits and vegetables. Avoid drugs, alcohol and oils.

*You should consider changing your shampoo. Ask your stylist what you should use. Avoid using the two-in-one shampoos with conditioner.

*If you have to fix oily hair at short notice then just rub in some talcum powder to the hair roots. Make sure that you wash it off later on.

Everything You Need to Know About Hair Color

If you want to change your appearance the easiest way to do it, is to do something to your hair. Adding color to your hair is one of the quickest and most dramatic ways of changing the way you look. But choosing the right hair color can be a difficult task. Given below is information about different types of hair color and information about what color would suit you best.

Types of Hair Color or Dyes:

Permanent Tints: Is mixed with hydrogen peroxide to lift hair color. The peroxide opens the hair cuticle to allow the color to reach the cortex and form the color. The greater the concentrations of peroxide the quicker and lighter the result.

Semi-Permanent Colors: They do not lift color. They only vary the tone of your natural hair color or can be made darker. It has very little peroxide, which opens the cuticles slightly. Hence the color will last up to about 20 washes and will fade slowly as you shampoo your hair.

Semi-Permanent Vegetable Colors: It has only

should suit your skin color. Light complexioned people do not look good with very dark hair as it draws color out of their skin. Dark complexioned people look best with four or five tones of blonde; chestnut or honey tones also will look great.

When you are coloring your hair for the first time don't do it by yourself. Get it done by a professional. Blonde hair color is easy to get on dark brown hair. But your hair has been permanently colored then this process can become very tedious.

Red hair color is the sexiest shade and attracts most attention. Most hair is suitable for red hair color. If you are a blonde you will have to go two or three shades darker than your natural color to achieve a rich red hair color and this color is not easy to reverse.

Brown hair color suits almost everybody. By varying a shade of brown with highlights you can achieve a huge range of colors.

Black hair color is easy to apply and is easy to apply on all types of hair. But this color looks good only

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