

# Mane Attraction

Monsoon is in full swing and so are your hair woes. Follow these tips to turn your frizzy locks into a crowning glory even in the humid weather.

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## Keep it clean

Always wash your hair after it gets wet with rainwater. Use a mild shampoo with natural ingredients to prevent the hair from drying out. Make sure your hair is completely dry before going out, as damp hair quickly becomes frizzy.

## Choose the best conditioner

Dry hair takes in all the moisture from humid air, which causes the hair shaft to puff up and frizz. A good conditioning product seals in extra moisture into the hair so external moisture doesn't penetrate as much. Use a leave-in conditioner twice a week and go in for an intensive moisturising treatment every fortnight to give your tresses an extra shot of moisture and beautiful shine.

## Have a cold rinse

A simple way of preventing humidity from playing havoc with your hair is to have a cold rinse after you've shampooed and conditioned. This will smooth the hair cuticles and make your hair smoother and less frizzy.

## Protect against humidity

Excess humidity tends to frizz the hair. Apply a humidity-protected gel or serum before leaving the house. This will form

a protective coating over the hair and keep moisture from settling on the scalp.

## Comb instead of brushing

Avoid brushing wet hair as it tends to break very easily. Towel-dry it instead and run a wide-toothed comb gently through it. Once your hair is dry, use a top quality brush such as boar bristle brush which forces your follicles down and smoothens them out which helps prevent frizz.

## Use a hair mask

Your tresses need extra loving care during the monsoon season to combat frizz, dull and limp conditions. Make your own hair mask by using natural ingredients from your kitchen. Blend a banana, an egg yolk and an avocado together. Spread evenly over the hair and leave on for 20 minutes. Rinse out with lukewarm and then cold water. This will keep your tresses looking smooth and shiny instead of frizzy and frazzled!

## Eat for healthy locks

Healthy hair requires a healthy diet. Since hair consists mainly of keratin, eating adequate amounts of protein is essential. Include plenty of protein-rich foods such as lentils, beans, eggs, grains, tofu, nuts, seeds, fish, meat and dairy products. Essential fats are vital for healthy hair and scalp, so eat more oily fish, seeds, almonds and use unrefined seed oils for salad dressings. Minerals and vitamins are also important for beautiful tresses, so eat plenty of fruits and vegetables. Nettle tea is a natural hair tonic as it is high in vitamin C and natural silicone. Eat well to keep those tresses healthy!

## Take supplements

Try Romanda Hair Nutrition Formula which contains all the essential nutrients for healthy hair. It comes in an easy-to-absorb powder formula. Available at [www.romandahealthcare.co.uk](http://www.romandahealthcare.co.uk)

## Avoid hair enemies

Smoking, alcohol, coffee, fizzy drinks and junk food may contribute to dry and limp hair conditions. Cut them out and your hair will thank you for it!

## Have a hair massage

An oil massage for the hair and scalp increases the blood flow to the hair follicles and blood circulation to the scalp helping you keep your hair strong and healthy. Use good quality oils such as coconut, rosemary or sage. Try Weleda Rosemary Hair Lotion (available at [www.weleda.com](http://www.weleda.com)).

Smoothing some coconut oil over the hair can help combat frizz, so always keep a small pot handy. Try Viridian 100 per cent Organic Raw Coconut Oil (available at [www.viridian-nutrition.com](http://www.viridian-nutrition.com)). A hair massage is wonderfully relaxing for the body and mind. So sit back and enjoy it!

**Note:** Always consult a doctor before changing your diet, taking any supplements and read all the product/supplement instructions.

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people



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