

Tame Your Mane

Monsoon brings relief from the scorching sun rays, but not bad hair days. Looking like Medusa? Follow these simple tips and you'll have your tresses looking gorgeous even when it rains.

1. Keep it clean

Warm and humid conditions promote the growth of bacteria and fungi, which explains why associated scalp conditions become prevalent during the monsoon. So keep your scalp as clean and dry as possible. Wash your hair daily with a gentle shampoo and apply a mild conditioner.

2. Beat the frizz

Your tresses need extra loving care during this time to combat frizz and dull, limp conditions. Avoid colouring your hair or going in for any heat treatments. Opt for henna or oil massages instead. Use a wide-toothed comb instead of a brush. Apply a leave-in conditioner, serum or a humidity protective gel.

3. Accessorise with style

Trying to get your hair to behave the way you want it to during the rainy season may seem like an impossible task. This is due to high humidity levels which cause the hair to revert back to its natural texture. Get creative and try different hairstyles. Opt for a chignon, pony tail or sleek hair. A Swarovski hair clip, fancy hairband or a colourful scarf can give you a super stylish and trendy look.

4. Nourish from within

Your hair needs nourishment. If you do not provide proper nourishment to your body, it will start using stored nutrients from your hair, leaving it dull and weak. Healthy hair requires an adequate amount of protein since it consists mainly of keratin. Protein rich foods include eggs, beans, seeds, grains, tofu, nuts, sprouts, fish, meat and dairy products. Minerals and vitamins are also important for beautiful tresses, so eat plenty of fruits and vegetables.

5. Minimise hair loss

The most common causes of hair loss include stress, poor diet, lack of iron, thyroid problems or falling oestrogen levels. Contact your doctor to exclude any of these conditions. Iron deficiency has been proven to have an effect on hair. Eating iron rich foods such as red meat, pulses, dried fruits and green vegetables can help. Remember to squeeze some lemon juice on these foods as vitamin C is essential for iron absorption. Eat whole grains and nuts as they are rich in biotin which encourages hair growth.

6. Supplement daily

If you are iron deficient, take an iron supplement. Go for a liquid formula as it is better absorbed and gentle on the stomach. Try Hubner Iron Tonic by A Vogel (Bioforce). Other good hair supplements include Spirulina which encourages hair growth or specialist hair complex such as Biocare's Hair & Nail formula.

7. Try natural remedies

Egg yolks are brilliant for the hair because they

are rich in protein. Beat a couple of egg yolks and use them instead of your usual shampoo. They clean, condition and encourage healthy, thick hair growth. Mix a pack of yogurt and egg for a natural conditioner. Tame the frizz by applying a mask of olive oil, cucumber and egg for 10 minutes before washing it off. Finally, rinse with rosemary or sage tea to add bounce and vitality!

8. Keep fit

Exercises can help with follicle regeneration. A good workout stimulates blood circulation and can help hair grow faster, so keep active!

9. Drink a hair tonic

Nettle tea is very good for encouraging hair growth, as it is high in vitamin C and natural silicone that helps protect and nourish the hair shaft. Remember to drink plenty of water to keep well hydrated.

10. Avoid hair enemies

Black tea is rich in tannins which bind to iron reducing iron storage. Smoking, alcohol, coffee, fizzy drinks and junk food may contribute to dry, limp hair, and in some cases hair loss. Cut them out and your hair will thank you for it! □

■ 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

