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## DRIVE AWAY THE DRY DAYS

### Experts share tips to keep your tresses shiny and healthy in dry climate

HT Cafe · 16 Mar 2023 · 3 · Aayushi Parekh aayushi.parekh@partner.htdigital.in Hair stylist

If the current climate is making you feel like your hair is dry due to humidity levels, hair experts can help you with this issue. The weather condition can also pose problems for your hair. The need for special care for one's mane is important at this time and these hair stylists have some tips for your hair.



Hair expert and stylist Shiva Kannesh, shares the common problems faced by people during dry climate. “The main problem faced by people is frizziness and dryness,” she says. Suggesting solutions for the same, Kannesh says, “It’s very important to keep yourself hydrated and bring about a change in your daily diet. Consume adequate fruits and liquids. It is highly recommended to have a hair spa at least once a month.” While every human has a different hair type, some basic principles to keep hair healthy applies to all.

Stylist James Thapa tells us, “There’s no better time than now to get a hair spa done! Treatments like protein or keratin help your hair settle down.” Shedding light on the number of times one should wash their hair, Thapa shares, “People with long hair can opt to wash it about twice a week, and for those who have shorter one, at least thrice a week is recommended.”

Vedha V, hair stylist adds, “On oily hair, the conditioner or the hair serum, should not be applied to the scalp directly, especially during dry weather conditions. When the conditioner dries out, it leads to dandruff. It is advised to apply shampoo on the scalp and conditioner from the mid-length to the tips of your hair.”

“For dry hair, it is completely opposite. Make sure you apply a moisturising conditioner and serum straight to the scalp so that it provides the essential ingredients to

maintain your hair's health," the stylist adds.

Wondering whether you should opt for home remedies,

Vedha tells us,

"Freshly grated aloe vera works best for all hair types. Apply it to the scalp, not only to improve hair growth, but also to hydrate it."

Freshly grated aloe vera works best for all hair types. Applying it to the scalp helps not only with hair growth, but also with hydration. VEDHA V,