



How to recognize if a certain product is harming your skin or hair?

“The skin shows an immediate allergic response to products which don't suit you,” says Dr Sneha

Samir Prabhudabholkar, National Creative Director—Skin & Nails, Lakmé Salon. “Itching,

redness, rashes are the most common signs of this response. Apart from these, certain cosmetic products should only be bought under medical guidance as they may have components that harm the skin.” If you feel a stinging or burning sensation while using it, quit using the product immediately. This is not normal, and could your hair will seem difficult. The hair looking dull and listless as opposed to a glossy silky look is also another indication of knowing if a product is harming your hair.”



Is it true that eating certain fruits and vegetables can prevent pimples?

Yes! This is 100 per cent true. Green vegetables, fruits, fish and green tea are just some of the foods that help prevent acne. Drinking plenty of water helps too, as it washes away is also known to cause acne.

How should you care for coloured hair?

Coloured hair needs to be well conditioned at all times, in order to help it retain moisture.

It requires special care. See to it that you use a shampoo and conditioner made specifically for coloured hair. This not only helps the colour last longer, but also makes sure your hair receives the nutrition required for it to stay healthy. Dr Anand recommends using a gentle shampoo and cool water to wash coloured hair. “Reduce the amount of heat you apply through hairdryers, curlers, straighteners and other sources,” she suggests. “Colour-treated hair needs special care because you are dealing with two aspects—colour protection and maintenance of healthy hair,” says Heena Dalvi. “The best way to address both these concerns in one go is to always use mild shampoos as it works best for the hair.

Sulphate-free shampoos are recommended with colour protection,” she adds.

