

## Is it okay to shampoo your hair every day?

While a large number of brands boast of their shampoos being all natural, as a result of which it can be used every day, it still is not the best idea. "It is, after all, a chemical product," says former beautician Shilpa Marathe. However, there are some conditions under which it is advisable to wash your hair daily. These include very oily hair, exercising often or sweating excessively, etc. For normal hair, washing your hair daily strips it of its natural oils, making it dry, brittle and unhealthy. Shampoo your hair every alternate day at most, but even twice a week is more than enough to keep your hair clean and healthy.



5

## How often should you wash your make-up brushes?

Dermatologists would recommend cleaning your brushes weekly, especially for foundation and concealer brushes. "Dirty brushes become more abrasive and dry as they become more caked with product and debris from your face," points out Dr Anand. "This may become a breeding ground for bacteria and make your skin break out." Remember that your brushes are delicate, and thus need to be treated gently and with utmost care. Use a brush cleansing liquid or a mild, gentle soap. Do the same

for your beauty blenders, but replace them after three to four months of use.



6

## What is the most effective way to get rid of a suntan?

There are a variety of products that can help you get rid of a suntan. But it is best to go natural. You will be surprised to see how many ingredients, which are easily easily in your kitchen, can be used to get rid of a suntan. Tomato, yogurt, gram flour and turmeric are just a few of them. "A combination of raw milk, lemon juice and a pinch of turmeric proves to be very helpful and removes your tan easily," Marathe says from personal experience.

Coconut water is another easily available and simple way to get rid of an unwanted sun tan.



7

