



FUN IN THE SUN

Dr Sirisha Singh of The Skin centre says the heat combined with humidity increases the chances of UV damage to the skin. It is quite a challenge finding a suitable non-greasy but cosmetically acceptable sunscreen. It is imperative to apply sunscreen every 3 hours as one tends to wipe the face frequently due to accumulated sweat, causing the sunscreen to wipe off. Opt for a gel-based sunscreen with SPF 30 or more and use a compact or translucent powder with built-in SPF for touch-ups. The compact also gives a matte finish which is an added advantage. Dr. Rashmi Shetty adds, "We have to make sure that the sunscreen we used in our summer skin care routine is repeated even during the monsoon, because cloudy skies do not serve as a guard from the sun. Maintain a hair care regime consisting of a light oil massage, such as coconut oil, at least thrice a week and try not get your hair wet in the rain as much as possible."

HOME REMEDIES

Excessive sweating makes the skin feel greasy and dull. Homemade remedies are great to bring back your skin's glow.

TIPS FOR MONSOON HAIR AND SKIN CARE

- Drink about 2 litres of hydrating fluids such as water or tender coconut water through the day.
- Coloured fruits and vegetables contain antioxidants that help in fighting UV damage and free oxygen radicals generated in the body.
- 45 minutes or more of brisk exercise a day helps give a healthy glow to the skin.
- Sleep for 6-8 hours every day.
- Cover and protect hair at all times with a stole or scarf to prevent flyaways or static hair.
- Application of neem oil is the best remedy for scalp irritation.
- Use powder compacts and deodorants.
- Do not use any hair gel or heavy conditioner as that will make your hair greasy and unmanageable.

Veena Kumaravel, Founder, Naturals Salon offers some home remedies for skin care:

Papaya works as a great de-tanner. Curd clears blemishes. Aloe vera soothes the skin. Lavender boosts rejuvenation. Take some almond paste, mix this with a few teaspoons of milk to make a quick face pack. You can also mix almond oil with milk cream (malai) to make a face pack for smooth and flawless skin."

Shahnaz Husain's tips for hair care:

Using natural products like amla, shikakai and reetha is a good remedy to rejuvenate hair in the monsoon. You can adopt some simple homemade conditioners by using a hair rinse. Lemon juice can be added to a mug of water and used as a last rinse. A lemon rinse helps to reduce oiliness. To add shine, give hair a tea-water and lemon rinse after shampoo. Boil used tea leaves again in enough water. After boiling, you should have about 4 cups of tea-water. Cool and strain it. Then add the juice of a lemon and use it as a last rinse after shampoo." 

