

# THE CLEAN-UP

## ASK THE EXPERT



Celebrating Holi brings so much joy, but your skin and hair bear the brunt of it. Chemical colours are extremely harsh, long hours of exposure to the sun, irregular meal times and sleeping patterns all contribute to lack-lustre skin and hair. With a few simple hacks from Dr Sangeeta Velaskar, vice-president and head, Medical Services and R&D, Kaya Limited, your hair, skin and nails will feel fabulous in no time.

### ■ Does oiling your skin and hair really help?

Definitely! The chemicals in the colour and the exposure to sun strip your skin and hair of their natural oils and moisture. Oil forms a protective barrier, keeps your skin nourished and makes it easy to get colour out. Especially tough to reach spots like ear lobes, belly button etc. So apply two layers of oil to your body, and head out and enjoy some Holi fun without fear.

### ■ How many times can I bathe in a day to get the colour out?

After Holi, your skin is already sensitive and has probably even reacted to the colours. In such a situation, you wouldn't want to further strip your skin of its natural moisture, and alter its PH balance by bathing multiple times a day. Ideally, try not to bathe more than two times a day, unless absolutely necessary. Most importantly, ensure that you moisturise adequately each time.

### ■ Does exfoliation help get rid of the colour quickly?

Exfoliation is an abrasive activity, and when your skin is already dry, the process would do more harm than good. Any cleanser that has Sodium Laureth Sulfate in it which is known to be a degreaser and strips away colour is a much better way to go about it, follow this up with a good moisturiser.

### ■ Colour is out, but my skin and hair is still dull and dry

Your skin regenerates and repairs itself at night, so it is the best time to restore essential nutrients, moisture and a natural glow to your skin. Invest in a good serum that can be applied before going to bed, and an overnight hair serum to restore the bounce to your tresses. You would be able to see results within two to four weeks depending on the products used.

## GO AYUR

The day after Holi: Pink, green and blue faces, rashes everywhere, body aches, cold, cough and pain an allergic reaction to the using chemical laced colours and other number of particulates that float in during holi air

To keep away harsh chemicals dampening your spirits, all you have to do is to perform simple yogic techniques and raid your kitchen, kitchen garden or your granny's spice rack to celebrate Holi naturally and organically. The best part, at the end of all the merriment your skin will glow.

■ **Jal Neti:** (nasal cleansing): Take 500ml bearably warm water in a neti pot, add half tsp black/rock salt and a pinch of turmeric. Stand evenly and bending slightly forward tilt the head at 45degrees angle towards left. Insert the nozzle of the pot into the right nostril. While breathing normally from the mouth, tilt the pot so that the water runs into the right nos-



tril and flows out from the left. Repeat on the other side. Breathe normally afterwards. Saline water is the best cleansing medium, which absorbs and scrapes away infectious pathogens accumulated in the nasal passage. Turmeric is disinfectant, antiseptic and scouring agent.

■ **Ghee remedy:** Warm pure cow's ghee to a bearable temperature. Lie down flat on your back and let the head hang down, bending the neck backwards. Using a dropper or a spoon pour about give drops of ghee in each nostril turn by turn, in such a way so

as it does not flow down towards the throat but flows backwards, towards the head. Keep lying in the same position for five minutes afterwards. Cow's ghee lubricates the nasal passage and strengthens the mucous membranes to fight against infections.

■ **Foot massage:** Heat mildly some mustard oil and massage the soles of the feet before retiring. Loose cotton socks can be worn later. Mustard oil is hot and massaging generates heat in the body to fight any symptoms of cold and infection.

## MAKE YOUR OWN CLEANSER

Holi colours contain a number of harmful chemicals, shiny pieces of mica, glass particles, chemical colours, acids and so on. These substances not only irritate the skin and scalp, but can harm the beauty and health of the skin and hair. The colours also affect texture and make the skin and hair dry and rough. As far as the skin and hair are concerned, the real problem is removal of colours after playing Holi. Here are a few tips:



### FACE CLEANSNER

■ Rinse the face with plenty of plain water and then use a cleansing cream, or cleansing milk. Apply and massage it on the face. Then wipe off with moist cotton wool. Remember to cleanse the area around the eyes too, using a light touch. A cleansing gel helps to dissolve the colours and facilitates their removal.

■ To make your own cleanser, take half a cup of cold milk and add one teaspoon of any vegetable oil, like "til," olive or sunflower oil. Mix well. Dip cotton wool into this mixture and use it to cleanse the skin.

■ Sesame seed (til) oil can be used to remove colours from the body, massaging it on the skin. This not only helps to remove the colours, but gives added protection to the skin. Sesame seed (til) oil actually helps to counteract sun-damage. While bathing, scrub the body gently with a loofah or wash cloth. Immediately after your bath, apply a moisturizer on the face and body, while the skin is still damp. This helps to seal in moisture.

■ If there is itching, add two tablespoons vinegar to a mug of water and use it as a last rinse. This helps to reduce itching. However, if the itching continues, and there is rash and redness, there may be an allergic reaction to the colour. Consult a doctor as soon as possible.

### HAIR CLEANSER

■ While washing the hair, first rinse with plenty of plain water to wash away the dry colours and tiny particles of mica. Then apply a mild herbal shampoo, working it into the hair with the fingers. Massage the scalp gently and rinse thoroughly with water again.

■ Beer can be used as a last rinse. In fact, it will soften and condition the hair. Add the juice of a lemon to the beer. Pour over the hair after shampoo. Leave on for a few minutes and rinse off with plain water.

■ The day after holi, mix two tablespoons honey with half a cup of curd. Add a pinch of turmeric. Apply this on the face, neck and arms. Leave it on for 20 minutes and wash off with water. Helps to remove tan.

■ Within the next few days give your hair a nourishing treatment. Mix one tablespoon pure coconut oil with one teaspoon castor oil. Heat and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Wash your hair after an hour.

■ For hands, take 2 tsp sunflower oil, 2 tsp lemon juice and 3 tsp coarse sugar. Mix all till it becomes a paste. Apply and rub into hands. Wash off after 15 minutes. Removes tan and softens the skin.

— Beauty expert Shahnaz Husain