

BEAUTY-PLUS

GROOMING BASICS BEFORE HOLI HAI!

Holi is a colourful and fun activity, but chemical colours are extremely harsh. Add to that long hours of exposure to the sun, irregular meal times and sleeping patterns... all contributing to lacklustre skin and hair post-Holi. Does this mean you should not play Holi? Of course not! With a few simple hacks from **Sangeeta Velaskar**, vice-president and head, medical services and R&D, Kaya Limited, your skin and hair 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 the colour out, especially in tough-to-reach spots like earlobes and belly button. So apply two layers of oil on your body, and head out and have some Holi fun without fear.

How many times should you bathe a day to wash off the colour?



Remember to moisturise well



Get some serum for your hair and skin

After Holi, your skin is already sensitive and has probably even reacted to the colours. In such a state, you would not 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 twice 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

sulphate in it, which is known to be a degreaser and strips away colour, is a much better way to go about it. Follow it up with a good moisturiser.

So the colour is out, but your skin and hair are still dull and dry. What do you do?

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.