



Maintain my moods...

- YOUR HAIR

Reducing stress is a huge factor for maintaining the health of your hair, along with scalp care. Using a scalp toner daily is a good idea, as is taking time to indulge in a scalp mask once a week. Pick the mask based on the condition of your scalp: if it is dry and prone to dandruff or flakiness, look for ingredients like salicylic acid and hyaluronic acid; if you have an itchy scalp, use soothing aloe vera or olive oil to calm irritation. Your scalp is your hair's support system, so choosing the right treatment helps improve hair health. It may also help to assess your hairbrush. "A great test is to gently run it over the back of your hand. If it scratches your skin, throw it away to avoid damaging your hair and scalp. Rounded, plastic-pronged brushes with a vented, cushioned base are ideal," advises Kingsley. Using a cream based strengthening hair mask weekly is great for reversing heat damage. "Treat your hair like a cashmere sweater. Never use the highest heat setting as it can burn your hair and cause breakage," says Kingsley, who goes on to warn that straighteners can get as hot as the temperature at which sugar caramelises. And of our favourite oil massages, she says, "Oil molecules are simply too large to penetrate the hair shaft. When used alone, they are not ideal strengtheners. Instead, use an oil-in-water formulation as these contain the right mix of oil, water and protein for shine and moisturisation."

Give me a break...

- YOUR NAILS

Addiction to Insta-worthy gel manicures is a serious problem and we're as guilty as they come. The struggle is real, but it's important to take regular breaks from the chemicals we expose our talons to. Allow

your tips to breathe and focus on nail care products. Just like we have to care for dehydrated, overprocessed hair, the same is true for nails. "Emollients, strengthening agents and alpha hydroxy acids (AHAs) are important ingredients to look for in nail and cuticle products to help restore your nails," says NYC-based nail specialist Dr Dana Stern.

EAT AWAY

Protein is imperative for hair strength and structure as well as for nail growth and strong teeth. "Fibre-rich crunchy veggies and fruits act as effective natural teeth cleaners and stimulate saliva. Calcium, phosphorus and vitamins fight bacteria and help to naturally remineralise teeth," says Bhoolabhai. And since your hair is a 'non-essential' tissue, it's the last part to receive nutrients and the first from which they are withheld. Even a small deficiency can cause breakage, which is why Kingsley recommends complex carbs to keep your hair in its anagen (growth) phase as they provide the fuel it needs to grow. ■

DOS & DON'TS

1 Brushing in circular motions with a pea-sized amount of toothpaste for about two minutes is the best to keep teeth clean, followed by flossing.

Push back the cuticles with a washcloth during a shower and hydrate with cuticle oil. Don't cut cuticles or use chemical cuticle removers. **2**

3 Hair length also relies on healthy iron, ferritin, and your levels of vitamins D and B12. "If you are a woman of menstruating age, taking an iron supplement is often necessary," says Kingsley.

Kingsley suggests taking a helping hand from supplements like soy protein boosts, which provide strands with essential amino acids as well as Tricho Complex multivitamins and mineral supplements containing iron, L-lysine, and vitamins C, B12 and D3. **4**