

Neeta's Herbal treats the root cause of hair fall, not just the symptoms.



# Treat hair fall naturally

NEETA'S Herbal offers a safe, natural solution to combat hair problems. A pioneer in Ayurvedic hair treatment, Neeta Gosalia has been practising herbal treatment for the past 23 years and set up many outlets worldwide.

Research has shown that stress is a vital factor in determining hair condition. A poor hair care regime, climate changes, lifestyle and diet also contribute to loss of hair growth. It is very important to ascertain your hair type and look after it accordingly.

There are two categories of hair fall – distributed over the whole scalp and localised to certain areas of the scalp. Some cases of alopecia are caused by bacteria infection or other pathogens while others may be attributed to severe systemic disease. Meanwhile, dry, brittle hair with split ends can be due to frequent perming, straightening and excessive use of the hair dryer.

The hair root is the life source of hair and responsible for all its natural qualities. This provides the starting point for hair care products. Root nourishment is essential for healthy and shiny hair. "It's difficult to change your

eating habits, but you must do it. Instead of carbonated drinks, take fruit juice, soya milk or barley drink, which is not only nutritious but helps reduce heat in the body," advises Neeta. "You may even need a blood test if you have an illness. Also, hair-stylists inexperienced with the physiology of hair health may recommend a perm to temporarily volumise your hair. However, once this effect wears off you are left with visible gaps between the curls. Also, the highly concentrated chemically active perming lotion is detrimental to hair follicles."

Apart from hair care, Neeta's Herbal also administers treatment for various skin problems and provides hair extensions and customised wigs.

■ For more details, visit Neeta's Herbal International headquarters at 101, Jalan Maarof, Bangsar Baru, Kuala Lumpur, or call its hotline for Bangsar: 03-2282 8868; Damansara Utama: 03-7728 6751; Klang: 03-3318 1412, Kajang: 03-8741 2000, visit [www.neetasherbal.com](http://www.neetasherbal.com) or e-mail [neetaherbal@gmail.com](mailto:neetaherbal@gmail.com)