

THE ROOT CAUSE OF HAIR PROBLEMS

EVERYONE wants soft, shiny, healthy and luxuriant hair, but stress, pollution, poor diet, inner body temperature, hormonal imbalance, illnesses, poor personal hygiene and excessive use of chemical-based products, causes loss of your crowning glory.

Hair loss may also be hereditary. You can check this problem by seeking early treatment and changing diet and lifestyle, as well as choosing hair care products carefully. This problem does not just affect men. More and more women are also losing hair these days. However, the problem among women does not reach the level of male pattern baldness.

If this happens, you should seek early treatment. This need not be expensive.

Neeta Gosalia has had 21 years of experience providing Ayurvedic hair and scalp treatment. According to her, one should get a proper consultation on diet and lifestyle to get the right treatment for hair loss.

Neeta says: "It is difficult to change your eating habits, but you must do it. Instead of taking carbonated drinks at almost every meal, why not take fruit juice, soya milk or barley, which is not only nutritious, but also



Point of origin: Neeta Gosalia has been providing hair and scalp treatment for over 20 years now.

helps to cool down body heat."

She adds, "You may even need a blood test if you have an illness. But don't go to a hairstylist for treatment because she may recommend a perm to add body. This is the worst thing to do because you may eventually lose whatever you have. If you have inadvertently permed your hair, and feel awful because of visible gaps between the curls, do not

straighten your hair immediately. I've had a female client who went bald because of this."

Other problems associated with the hair and scalp include alopecia areata, dandruff, scaliness, rashes, itchiness, pimple-like protrusions (sometimes filled with pus), dry and brittle hair, premature graying, patchy baldness and male-pattern baldness. Dry, brittle hair with split ends

can be due to frequent perming, straightening and excessive use of the hair dryer.

Covering damp hair should be avoided. When the scalp eventually sweats, the dampness will not only give out a bad odour but also attract fungi and bacteria. This may contribute to hair loss, dandruff, scaliness and other scalp conditions.

Washing hair three times a week is sufficient for this hot and humid climate, depending on the nature of your job. "Some people may need to wash their hair daily using a mild shampoo. Use a conditioner to replace moisture loss," says Neeta.

If balding runs among male members of the family, the problem can still be treated depending on the severity of the problem and whether the pores can still be activated.

This can be detected during consultation. As with premature greying, treatment should be done from the onset. If you have some grey strands, Neeta's advice is that you don't pull them out. The pulling effect causes vibration with the discoloured pigment spreading to other follicles.

Protein treatment and minerals and vitamin supplements are said to lessen the problem of greying. Frequent change of

shampoos should also be avoided. It is best to know your hair type before choosing hair products.

Pay attention to the hair root because it is where the essential characteristics of hair are determined as a result of the biological processes involved in hair formation.

The root is responsible for all natural qualities, such as colour, texture, length, thickness and shine. Therefore, root nourishment is essential for healthy hair.

Losing hair can be a traumatic and sensitive issue for most people due to embarrassment. Others should be sensitive and show understanding towards those with this condition, says Neeta.

Apart from hair care, Neeta also administers treatment for skin problems such as acne, black heads, white heads, scars, wrinkles, under eye dark circles, pigmentation and other skin disorders.

□ For more enquires, call Neeta's Herbal headquarters at 03-22828868, or other branches 03-77286751 or 03-56384935. Neeta's Herbal is located at 101, Jalan Maarof, Bangsar Baru, 59100 Kuala Lumpur. Please take note that Neeta's Herbal is closed on Mondays.