

# ROOTING FOR BEAUTIFUL HAIR

**N**OBODY likes losing hair. We want soft, shiny and healthy hair. Hair loss problem may be attributed to various factors such as stress, pollution, poor diet and personal hygiene, hormonal imbalance, illnesses and excessive use of chemical-based products.

Hair loss may also be hereditary but we can control the problem by seeking early treatment, changing our diet and lifestyle and using the right hair-care products. This problem does not only affect men but women as well. Still, we need not worry over hair loss. Instead, go for hair treatment as it is not that expensive.

So, what do you do when you are losing hair? Neeta Gosalia, a pioneer in ayurvedic hair who has been practising herbal treatment methods for the past 21 years, advised that you should get a proper consultation on diet and lifestyle as well as the right treatment for hair loss.

"Even if you have inadvertently permed your hair and you feel awful because there are visible gaps between the curls, do not

straighten your hair immediately. I have had a client who lost almost half of her hair after only one perming session," remembered Neeta.

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 greying, 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.

Wearing a scarf, hat or helmet over damp hair should be avoided because when the scalp eventually sweats, the dampness will not only give out a bad odour but will also attract fungi and bacteria. This may contribute to hair loss, dandruff and other scalp conditions. So, dry your hair thoroughly before covering the head.

"Washing hair three times a week is sufficient for our country's hot and humid climate. But it all depends 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," said Neeta.

If balding runs among male members of the family, there's still hope as the problem can be detected through consultation. As for premature greying, Neeta's advice is that you don't pluck out those hairs as it may aggravate the problem. When you pluck grey hair, the vibration will cause the discolouration to spread to other follicles.

Pay attention to the hair root. It is where the essential characteristics of each individual's hair are determined as a result of the biological processes involved in hair formation.

The root is responsible for all the natural qualities such as colour, texture, length, thickness and shine. Therefore, root nourishment is essential for healthy hair. Apart from hair care, Neeta also administers therapies for skin problems such as acne, blackheads, whiteheads, scars, fine lines,



**Helping hand:** Neeta has been helping people who suffer from hair loss for 21 years.

under-eye dark circles, discolouration and other skin disorders.

For enquires, call its headquarters at 03-2282 8868 or the other branches at 03-7728 6751 and 03-5638 4935. Alternatively, visit them at 101, Jalan Maarof, Bangsar Baru, 59100 KL (Closes on Monday).

## Useful hair care tips

- Protein treatment or minerals and vitamin supplements can help lessen greying problem.
- Frequent changing of shampoos, which are mostly detergent-based, should also be avoided.
- It is best to know your hair type, whether it's dry, oily or a combination of dry and oily, before choosing your hair products.