

# COCO HOLIC

HERE'S ONE HUMBLE SOLUTION FOR ALL YOUR SKIN AND HAIR PROBLEMS AT THE END OF PARTY AND WEDDING SEASON

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**T**he party months have subjected your hair to so much ironing, curling, blow-drying and washing that it now hangs lifeless. It's the same story with skin - putting on all that make up and then rubbing it off, not to mention the weather, leaves your skin dry.

All you need to restore your hair, skin and face to its pre-party glory is within a humble coconut. Dermatologist Jaishree Sharad, of Skinfiniti clinic says, "Alcohol-based cleansers alter the PH balance of your skin and strip its layers. You have to moisturise it to get the layers back. Coconut milk is a very mild, natural moisturiser for normal to dry skin."

It penetrates deeply, does not block the pores (so no ugly white or black heads) and keeps the skin moisturised until evening. It also does not cause allergies.

#### SKIN

According to Sharad, coconut oil, which is also an antiseptic, is a great make-up remover for normal to dry skin. It is light and hydrates the skin while removing all traces of make-up. If you have oily skin, you can use tender coconut water as a remover.

To scrub the dead lay-

ers of the skin off, make a scrubber by mixing coconut oil with almond paste or papaya pulp. Follow this up with a mask made out of coconut milk, curd and some turmeric.

The skin around the eyes is the thinnest and has very few oil glands. So it dries up quickly, causing wrinkles and crow's feet. Rubbing the kajal on and off makes it even dryer. Tender coconut water applied around the under-eye area, hydrates it well.

As enjoyable as they are, Shetty advises you to stay away from long hot showers. "They strip the skin of essential oils," she says. "Coconut oil is a light moisturiser; apply it as soon as you get out of a bath. If you don't like the smell, use your favourite moisturiser on damp skin to lock in the moisture."

**Coconut milk is a mild, natural moisturiser for normal to dry skin. It does not block the pores**

#### HAIR

"Winter makes hair dry. Heat treatments such as blow-drying, ironing and curling damage the cuticles of hair and leave it even drier and frizzier. However, it's hard to look good without taming your hair a little, so use this hair mask to restore the sheen and moisture of your hair. Beat an egg into some warm coconut oil and apply to hair. Leave it on for half an hour before washing it off with lukewarm water," says Sharad. Hair serums also protect your hair from intense styling regimens.

Cosmetic surgeon Dr Rashmi Shetty urges us to rely on the age-old funda of oiling our hair into better health. "Don't just massage the scalp; run the oil to the tip of the hair to give it a protective covering. The oil glands in the scalp do not produce enough oil to cover the shaft of the hair."

The yo-yo diet of these times also wrecks havoc. "An overdose of sugar - whether in desserts or through alcohol - makes the hair brittle," says Shetty. "Most people go on a diet in January, shunning oil and butter, further damaging the hair. To restore the sheen on your crowning glory, eat a lot of protein - egg white being the best source. And include two teaspoons of ghee or olive oil in your daily diet to maintain the fat intake."

