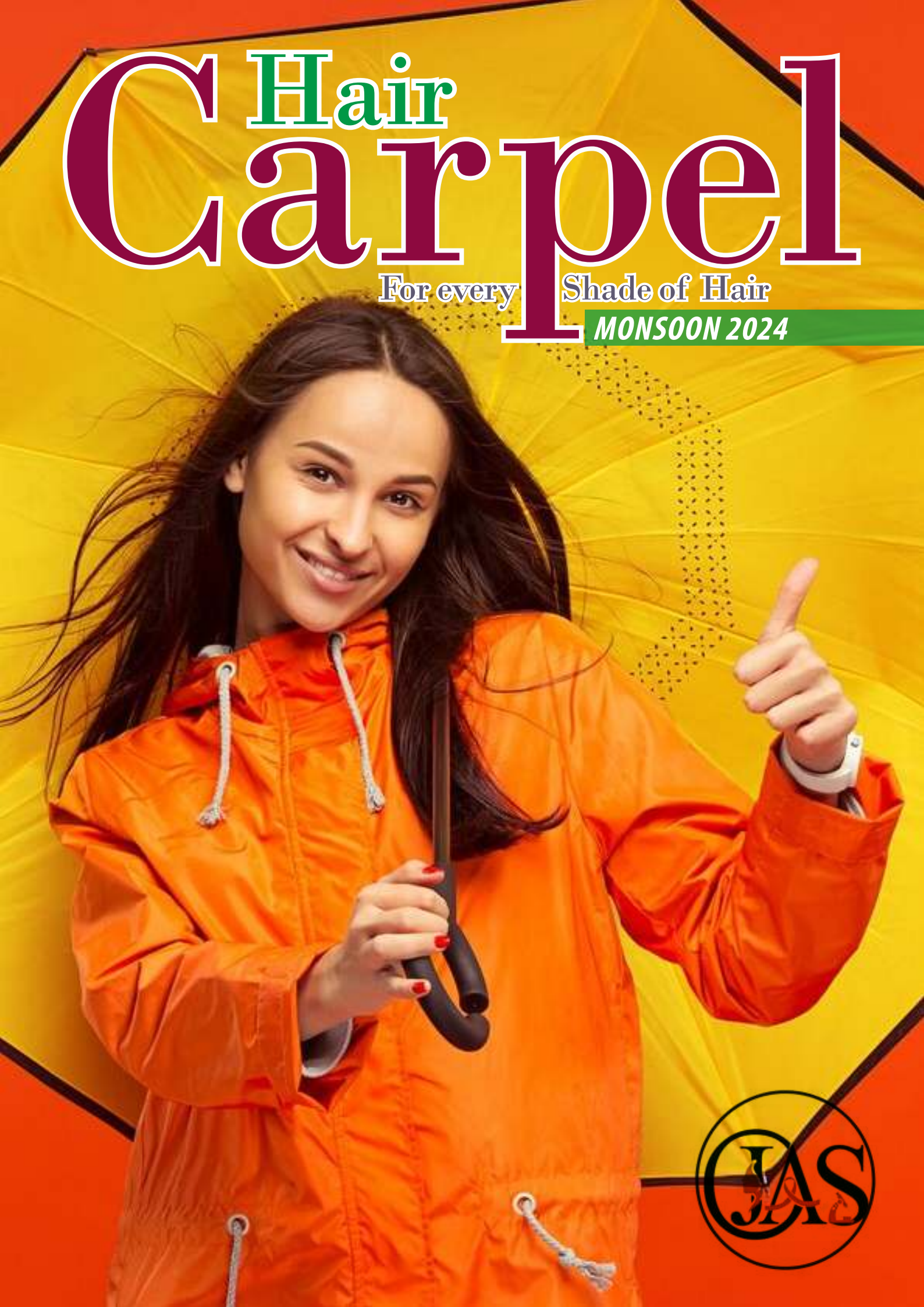
Hair Carpel

For every Shade of Hair

MONSOON 2024



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Dr Hitesh Lokwani

M.B.B.S., M.D (DVL)

Dr. Hitesh a dedicated and compassionate dermatologist committed to helping you achieve the healthy, radiant skin you deserve. With years of specialized training and experience, Dr. Hitesh combines medical expertise with a deep understanding of the intricate world of skin health. From diagnosing and treating common skin conditions to providing personalized skincare advice, Dr. Hitesh is your trusted partner on the journey to vibrant skin. Welcome to a world where science meets beauty and where your skin's well-being is our priority.

Dr. Hitesh, a board-certified dermatologist with over 10 years of experience in diagnosing and treating skin conditions. Dr. Hitesh is dedicated to providing the highest quality of care to her patients, and he takes a personalized approach to each individual's unique needs.

Dr Shweta Lokwani

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Dr. Shweta is a promising name in the professional circle of dermatology and cosmetology. She has completed her MD in the subject of Dermatology and venerology from the prestigious MGM college, Aurangabad and has bagged an additional DNB in the subject reflecting her inclination towards excellence in academia of the subject and learning.

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With Dr. Shweta, you'll find more than a dermatologist – you'll find a partner on your journey to healthier, vibrant skin.

Sneak **PEAK**

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these DIY hair masks

Monsoon hair care: Essential tips for healthy hair

We all love the monsoon, and why not. The scent of the earth, droplets of rain, and joys of winds, there is so much to adore about this weather. The essence of the first rain of the season is surreal! However, getting drenched while coming back from work and letting your hair get wet is the least favorite activity. Monsoon definitely never fails to bring us joy but it is equally unpleasant for our hair.

This is that time of the year when our hair requires some extra attention and care because it becomes prone to hair fall, turns brittle and rough. It's the right calling to change the hair care routine to save it from becoming dull and damaged. With the hair becoming frizzy and weak, the prime reason is the polluted rainwater that exposes our precious mane to a lot of hair-related problems.

Let's explore some invaluable tips and techniques to prevent dullness, tame frizz, and maintain healthy, vibrant hair despite the challenges posed by the rainy weather.

Keep your scalp clean and hydrated

During the monsoon, it is essential to maintain a clean and hydrated scalp. Wash your hair regularly with a mild shampoo to remove excess oil, dirt, and sweat. Avoid hot water and instead opt for lukewarm or cold water as it helps in reducing frizz. Additionally, use a moisturising conditioner to replenish lost moisture and prevent dryness.

Shield your hair from rainwater

Rainwater may seem refreshing, but it can be detrimental to your hair. Acidic rainwater can lead to hair damage, roughness, and even hair fall. Protect your hair from rain by using umbrellas,hats, or scarves. If your hair gets wet, make sure to rinse it with clean water and gently pat it dry. Avoid vigorously rubbing your hair with a towel as it can cause frizz and breakage.

Say no to heat styling

Humidity levels soar during the monsoon, making it difficult for hairstyles to hold. Embrace your natural texture and avoid excessive heat styling, as it can strip your hair of moisture and lead to brittleness. If you must use heat styling tools, apply a heat protectant spray and keep the temperature low. Emphasise on hairstyles that require minimal heat, such as loose braids or updos.

Control frizz with anti-frizz products

Frizzy hair is a common struggle during the monsoon. Combat frizz by incorporating anti-frizz products into your hair care routine. Use serums, leave-in conditioners, or hair oils that contain ingredients like argan oil, coconut oil, or shea butter. These products help tame frizz, add shine, and create a protective barrier against humidity.

Keep your hair dry

Damp hair is more prone to bacterial and fungal infections. Make sure to dry your hair thoroughly after washing or getting wet in the rain. Use a microfibre towel or a cotton t-shirt to blot excess water gently. Avoid using blow dryers on high heat settings, as it can further damage your hair. Let your hair air dry whenever possible.

Maintain a healthy diet

Nourishing your hair from within is crucial for its overall health. Consume a balanced diet rich in vitamins, minerals, and proteins. Include foods like eggs, fish, nuts, green leafy vegetables, and fruits to promote hair growth and strength. Stay hydrated by drinking an adequate amount of water daily to keep your hair and scalp hydrated.

Combing the right way

Avoid using fine-tooth combs or brushes with many teeth, as they increase the likelihood of hair breakage. After washing your hair, detangle it gently using an appropriate comb. Refrain from combing immediately after washing, as it can cause breakage and split ends, especially for curly or wavy hair. Additionally, avoid sharing combs to prevent fungal infections.

Monsoon Hair Care

Tips for Different Hair Problems

Hair Care tips according to your hair types

For oily scalp
Dandruff can be the reason for the oily scalp. For which you should have to remove the extra oil from your scalp for which you must use a mild, gel-based shampoo and even use a mild conditioner to prevent your hair from being excessively oily.

For Itchy scalp
If you feel itchiness on your scalp during monsoon then use Dermatologist recommended antibiotics or fungicidal cleanser on your hair. Usually, it is caused due to dryness and lack of moisture on your scalp.

For dandruff scalp
Having dandruff on your scalp can cause many hair problems like oily scalp, itchiness on scalp, make the dry and even increase the hair fall. To get rid of them than before washing apply organic hair oil on your scalp and use an anti-dandruff shampoo twice a week.

For frizzy hair
Frizzy hair is caused due to lack of conditioning, regular heat styling, and a hot water bath. To prevent them used nourishing hair treatment, heat protection, air drying instead of the towel dry, and even use a wooden comb.

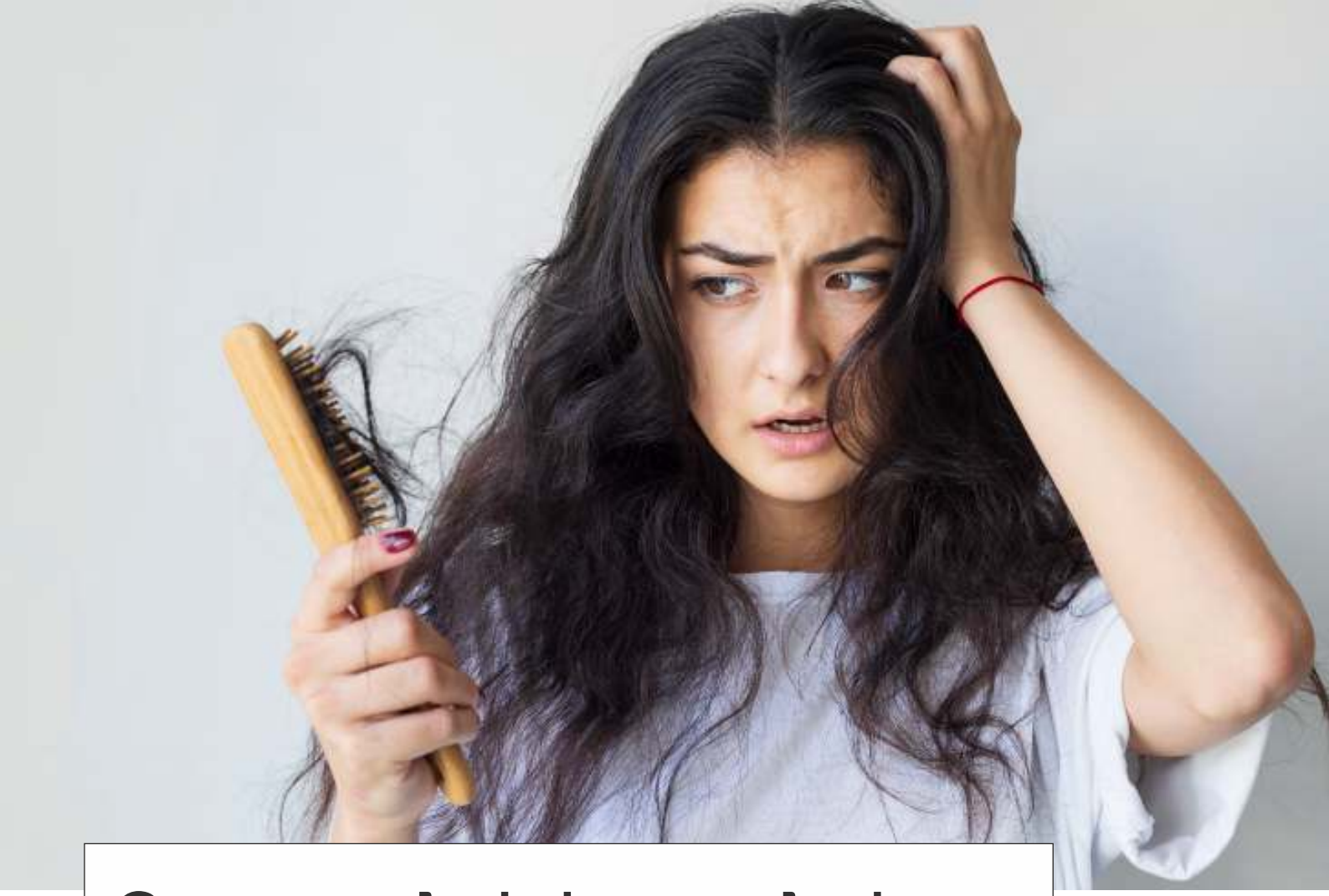
Common Hair Problems in Monsoon

Monsoon with its high humidity makes your hair limp, lusterless, and heavy. There are increased issues of hair loss, dandruff, frizziness, hair breakage, oily scalp, dry hair, itchy scalp, the list goes on and on. These are the common hair problems in monsoon.

1. Dandruff
Dandruff worsens in rainy season as the fungus responsible for causing it flourishes in humid weather.

2. Hair-fall
The most common complaint in rainy season is hair fall. Hairfall during monsoon increases by about 30 per cent. While on a regular day you may find 50-60 strands of hair on your brush, but during rainy season this count may go up to 100.

5. Infection and Itchiness
Bacterial infection of scalp is also common during monsoons. Exposure to polluted rainwater and warm humid conditions encourage growth of Bacteria on scalp. As a result, some people develop painful pus-filled boils or severe itchy flaking patches over scalp.



Common hair issues during the monsoon and their solution

Monsoon is a mood up lifter. Those showers delight us all. But at the same time, it invites a lot of skin and hair care concerns. Your skin and hair need extra attention with every changing season and especially during the rainy season.

1. Frizzy hair

Almost all of us battle frizzy hair and due to excess moisture in the air during monsoon. The humid air naturally has more water molecules than the dry air. This results in hair strands forming a high number of hydrogen bonds on them that makes hair fold back, and curl or become frizzy.

Easy tips to follow

Use a mild shampoo that does not strip off natural hair and scalp oils

Shampoos loaded with strong surfactants like sulfate have the tendency to rip off essential oils. So opt for a sulfate-free shampoo because they are mild and gentle on your scalp and hair. They prevent hair from getting dry and rough.

Use a good conditioner

Conditioning helps to tame frizzy hair by making a protective layer on each cuticle. They protect hair from UV rays and pollution. In addition, they lock in moisture and nourish the scalp.

Use a deep conditioning mask at least twice a week

Hair masks are like hair spas at home because they come with the advantage of extra moisture and intense hair conditioning properties. Use a hair mask at least twice in a week to reverse hair damage and manage frizziness. Hair masks add volume and natural shine.

Take a break from heating tools

Constant use of heating tools, harsh products, and pollution takes away the necessary nutrition and moisture from your scalp and hair. Make sure that you are not exposing your hair to excess heat and styling.

2. Hair fall

Hair fall is common during monsoon. It is because due to excess humidity your scalp becomes oily. You tend to wash your hair more frequently which strips off the moisture. Your hair then gets rough and you experience hair fall.

Easy tips to follow

Establish a hair care regimen that has anti-hair fall ingredients

When you are dealing with seasonal hair fall, you need hair care products that are backed up with hair ingredients that can curb hair loss and boost hair growth. Opt for serums and shampoos that have the ability to strengthen hair strands and provide nourishment to the scalp.

Go for an oil massage

Regular oil massages help reverse the damaging effects of chemical and other hair treatments, boost blood circulation, strengthen roots, and promote hair growth. Oiling your hair 1-2 times a week is good enough to keep your hair healthy and maintain that luscious shine. It will help with dandruff and frizziness too.

Take a diet loaded with vitamin B and proteins

Eating a balanced diet that is rich in vitamin B and proteins helps promote hair growth. With the deficiency of these vitamins, you will notice that your hair doesn't look as thick and full as it normally does.

Trim split ends

With increased split ends, hair gets to tangle more. Frizzy and tangled hair motivate breakage. Trimming split ends will remove dead and fragile hair, making your hair less prone to breakage.

3. Dandruff

Dandruff is one of the most common scalp issues during the rainy season. The excess humidity can lead to an overgrowth of yeast on the scalp, causing it to become flaky and itchy.

Easy tips to follow

Use an anti-dandruff shampoo

Make sure you don't leave hair concerns untreated during monsoon, since during this season skin and hair attract more fungal infections. It is very important to deeply cleanse your scalp to get rid of dead debris and dandruff fungus. Back up your anti-dandruff shampoo with the ingredients Zinc pyrithione and ketoconazole to maintain healthy hair.

Don't tie wet hair in buns and ponytails

Dandruff gets worse in tied damp and wet hair because moisture locked in wet hair motivates Malassezia to multiply which boosts dandruff formation. It also indirectly creates a physical strain on hair roots, making hair fall off easily. So avoid tying your hair if wet.

Maintain scalp hygiene

Rainwater has impurities and dirt. Make sure that you follow a proper hair care regimen after getting drenched. Wash your hair at least twice or thrice a week to avoid stickiness and get rid of all dead skin cells.

For stubborn dandruff go for pre-wash anti-dandruff lotions

If you feel your anti-dandruff shampoo is not providing you relief from dandruff, there are lotions available to treat stubborn dandruff. Opt for a pre-wash anti-dandruff lotion that has anti-fungal and anti-inflammatory properties.

Monsoon foods for stronger and longer hair

With the arrival of the monsoon season, it's important to take extra care of your hair to combat the challenges brought by increased humidity and moisture. Fortunately, incorporating certain hair-friendly foods into your diet can help fortify and protect your locks. By including salmon, spinach, eggs, sweet potatoes, nuts and seeds, Greek yogurt, and citrus fruits in your meals, you can provide your hair with essential nutrients that nourish the scalp, strengthen the strands, stimulate growth, and prevent dryness. Let's explore these seven foods that can monsoon-proof your hair.

Spinach: Rich in iron, spinach improves blood circulation to the scalp, encouraging healthy hair growth. It also contains vitamins A and C, which aid in sebum production, a natural hair conditioner.

Eggs: A fantastic source of protein, biotin, and zinc, eggs contribute to healthy hair growth. Biotin strengthens hair strands, while zinc regulates scalp oil production, preventing greasiness.

Sweet potatoes: Loaded with beta-carotene, sweet potatoes convert into vitamin A, promoting a healthy scalp and moisturized hair. Vitamin A stimulates sebum production, keeping your locks nourished.

Nuts and seeds: Almonds, walnuts, flaxseeds, and chia seeds are rich in omega-3 fatty acids, vitamin E, and zinc. These nutrients nourish hair follicles, strengthen strands, and prevent breakage.

Salmon: This fish is packed with omega-3 fatty acids, which promote scalp health and prevent dryness and flakiness. It also contains vitamin D and protein, essential for hair strength and growth.

Greek yogurt: High in protein, Greek yogurt supports hair growth and repairs damage. It also contains vitamin B5, which improves scalp blood flow and supports healthy hair follicles.

Citrus fruits: Oranges, lemons, and grapefruits are packed with vitamin C, vital for collagen production—an important hair structural component. Vitamin C also aids in iron absorption from plant-based sources, strengthening your hair.

How rainwater damages hair & ways to protect it

Rain brings a refreshing change to our surroundings, but it can pose challenges for your hair. Thought to be the purest of soft water sources, rainwater can cause hair damage as it gets contaminated after coming in contact with surfaces and pollutants in the air. The first rains, in particular, are known to be most treacherous as they contain remnant impurities that linger in the atmosphere and lead to acid rain.

You can carry an umbrella or raincoat whenever you are outdoors, but sometimes there's just no winning. Nothing can spare you from a sudden downpour. So if your hair does get unexpectedly wet, here's how to nurture the tresses and tackle your hair woes:
It might be a good idea to invest in rain hats or silk scarves (while still using an umbrella). So, you can look chic and monsoon ready!
2. Apply a leave-in conditioner or a protective hair serum before going out in the rain. These products create a barrier on the hair, helping to repel rainwater, and minimize its negative effects.

3. If your hair gets wet in the rain, it's crucial to rinse it with clean water as soon as possible. This helps remove any pollutants or contaminants that might have settled on your hair, reducing potential damage. Do not tie your hair when they are wet, let them stay loose.

Monsoon styling tips & stress-free hairstyles Brushing & drying your hair

When your hair's wet the strands are weaker and more susceptible to breaking. If your hair does get wet in an unexpected downpour it is best to leave it loose rather than tying it back as that can lead to more damage. Using a wide-toothed comb instead of a brush on wet hair is advisable and will be gentler on your hair. These combs are also great for curly hair as they will detangle your hair and reduce frizz. Brushes can cause friction and increase frizz.

It is important to dry your hair as soon as you can, however, be careful if using a towel. An anti-frizz cloth or microfiber towel is much better. Just gently squeeze hair to remove excess water rather than rubbing. Using a normal towel to rub your hair can create tangles and break weakened strands.

Hairstyles

Rainy days can be a nightmare when deciding how to style your hair. If you know you are likely to be out in the rain, there are several go-to hairstyles that will help keep you looking polished and stylish all day.

It is a good idea to keep hair up. Voluminous curls textured loose styles, and long flowing locks are likely to get wet, and go flat with the weight of extra water or turn frizzy. Sleek styles will have fewer flyaways that can turn into frizz. You can use hairspray to flatten down flyaways and create a sleek polished look that will hold up even if it gets wet.

Ponytails are a simple go-to style for rainy days. Great for sports and casual situations this simple style can also be 'dressed up' to look professional and fashion-forward.

Buns and top knots are great hairstyles for long hair. They will hold up and look elegant even in wet weather. It is best to keep the styles sleek and smooth to prevent frizz.

Braids are a chic, fashionable style that will look great and keep your hair sleek and stylish. There are many variations of this style to choose from and you can easily put your own twist on each.

For curly hair, pinning your hair up or styles such as the French twist can be a great solution that will not loosen or crush your natural curl. You can also easily shake it out if you want to let your hair down, once inside.

Should you prefer to leave your hair down, this is also always an option. It would be best to make sure hair is totally dry before going out. As any, even slightly, damp hair will be more prone to frizz or puffiness. Finishing with an anti-humidity spray will help protect your hair from humidity and help it prolong the style.

Scarves-Adding a scarf or headband to your look will add style and color. It also helps lock down flyaways, reducing frizz. If you have curly hair a simple trick of wrapping your curls around a headband will keep them up and retain the shape of the curls. This way you can keep your hair dry whilst outside. Then when you take off the headband, your curls will still be beautiful and defined, keeping your hairstyle looking great.

Fix frizzy hair in rainy season with these DIY hair masks

If your gets frizzy during the rainy season, then you need an appropriate hair mask to keep it healthy.

Monsoon season comes with rough and frizzy hair. This happens because of the lack of natural oil production in the scalp. This causes hair to dehydrate and become lifeless. It becomes very hard to detangle your hair during this season. You can use some home remedies to control the frizziness. So let's know about hair masks that will hydrate your hair and make them soft and smooth

Are you trying to find soup recipes for people who want to strengthen their hair by adopting healthier dietary habits? We've got a wealth of hair-friendly recipes for you to try! The soup recipes in this section call for ingredients that are stuffed with hair health enhancing nutrients. Bon appetit!

Carrot, Tomato and Lentil Soup

Carrots are loaded with beta-carotene which helps promote hair health due to its anti-oxidant properties and its role as a precursor to vitamin A. But the hair health benefits of this soup do not end there: the lentils in this dish supply an abundance of hair health protecting protein and B vitamins

Ingredients

2 tbsp extra virgin olive oil
1 large yellow onion, sliced
2 carrots, diced
2 cloves garlic
1 tsp ground ginger
2 tsp ground cumin
2 tsp ground coriander seeds
1 cup red lentils
420g canned tomatoes
6 cups vegetable stock
1 1/2 tsp salt
1/2 tsp black pepper, freshly ground
Greek style yoghurt, to serve (optional)

Directions

Peel and crush garlic and set aside. Leaving crushed or minced garlic for at least 5-10 minutes after crushing helps maximize its health-protective effects.

While health-promoting compounds are forming in crushed garlic, heat olive oil in a large nonstick saucepan over medium heat. Add onion and cook for 3 minutes, stirring occasionally.

Add stock, lentils, canned tomatoes, carrots, ginger, cumin, coriander, salt, and pepper, and bring to boil. Cover pot and let simmer for 25 minutes over medium heat.

Add garlic and let simmer for another 5 minutes.

Working in batches, purée soup in a blender or use an immersible hand blender to process soup until smooth.

Spoon soup into bowls and top with a generous dollop of yoghurt.

Chicken and Barley Soup

Chicken provides protein which is vital for healthy hair growth. The barley and spinach in this soup are loaded with copper. Sufficient levels of copper help prevent hair loss and thinning hair as well as premature graying of hair.

Ingredients

2/3 cup water
1/3 cup pearled barley
2 tbsp extra virgin olive oil
1/2 cup yellow onion, chopped
1 cup carrots
2 cups vegetable stock
1 2/3 cup plain yogurt containing probiotic bacteria
2/3 cup fresh parsley, minced
Salt and pepper, to taste
1/2 tsp black pepper, freshly ground

Directions

Bring water to a boil in a soup pot. Add barley and let simmer covered for about 25-30 minutes over low heat. Once water has evaporated, remove from heat and set aside

In a stock pot, cook onion in olive oil over medium heat for 4-5 minutes until soft.

Add stock and carrots and bring to boil. Reduce to a simmer, cover, and cook for 20 minutes.

Add cooked barley and let simmer another minute or two. Remove from heat.

Stir in yoghurt and seasonings. Serve immediately.

Tangy Tomato Soup with Basil

Tomatoes are chock-full of hair health promoting nutrients, including copper, iron, carotenoids, and B vitamins. This pleasantly tangy soup also features shallots which are rich in sulphur, a mineral that is found in all cells of the human body and that is particularly abundant in our hair, skin, and nails. Sulfur is often referred to as "nature's beauty mineral" because of its capability to aid in good blood circulation, reduce skin inflammation, and promote hair growth. It also plays a role in the metabolism of several important B-vitamins including B1, B5 and B7. First signs of a sulphur deficiency often include loss of hair.

Ingredients

3 large garlic cloves
3 shallots, peeled sliced
1 Tbsp olive oil
1 (14 1/2-ounce) can stewed tomatoes, undrained
1 1/2 cups chicken broth
1/2 tsp apple cider vinegar
1/4 tsp salt
Dash of freshly ground red pepper
2 tbsp fresh basil, chopped

Directions

Peel and crush garlic and set aside. Leaving crushed or minced garlic for at least 5-10 minutes after crushing helps maximize its health-protective effects.

While health-promoting compounds are forming in crushed garlic, combine shallots, tomatoes, chicken broth, and apple cider vinegar in a blender or food processor and process until smooth.

Heat olive oil in a large nonstick saucepan over medium heat. Add garlic and cook about 30 seconds, stirring constantly.

Add tomato mixture, and bring to a boil. Turn off heat and stir in basil. Serve hot.

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