

# C Hair Carpel

For every Shade of Hair

SUMMER 2024



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DR. NAME

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**Impact of hot summer on hair:**



**Summer and hair loss**



**Summer and dandruff**



**Some common hair problems in summer**



**Summer hair care tips**



**7 Nutrients to treat hair fall in summer**



**Ayurvedic therapy for hair growth:  
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# Summer Hair Care

The days are getting longer, spring has definitely sprung and summer is just around the corner. Summer is all about sun, beach and happiness – but your hair doesn't feel quite so excited. Humidity, heat and dry wind can make your hair frizzy, weathered and dehydrated. Plus it is feeling dull, dry and lifeless after the cold winter months.

Now is a good time to your hair for some special attention, to make sure its ready for the inevitable onslaught of saltwater and UV rays.

But fear not! In this magazine, we'll be exploring exactly how the summer impacts our hair, as well as some tips and tricks for protecting your precious follicles against the harsh summer elements.



## Impact of hot summer on hair:

The summer months are truly blissful with their warm weather. Unfortunately, summer fun comes with some complications related to health. Moreover, hair damage is also high in the summer months. The hot weather of summer makes your hair dry, brittle and vulnerable to breakage, which is why your hair fall increases a bit in summer.

The summer heat dehydrates your body, making your scalp dry and itchy. When you repeatedly scratch your scalp so hard, it can damage hair follicles or slows down hair growth which eventually makes your hair weak and thin.

Hot weather also aggravates dandruff. Higher

temperatures create an ideal environment for dandruff-causing germs (*Malassezia globosa*) to thrive. If you neglect it, dandruff makes your scalp itchy, irritated and eventually, temporary hair loss occurs.

Both men and women may be affected by hair loss due to the summer's high temperatures. Extreme scalp perspiration can be brought on by high temperatures. The scalp may become moist due to sweating, providing the perfect setting for the growth of germs and fungi. These microorganisms may contribute to scalp diseases like seborrheic dermatitis and dandruff, which may aggravate or briefly induce hair loss.



## Summer and hairloss

**D**uring the summer, prolonged sun exposure exposes the scalp to damaging UV radiation. Overexposure to UV rays can weaken the hair shaft, damage the hair follicles, and cause hair loss or thinning.

Hot weather can increase perspiration and cause the body to lose more fluids, which could result in

dehydration. When the body is dehydrated, the hair follicles may weaken and shed more hair or experience a temporary slowdown in hair development.

Also heat and humidity can cause the sebaceous glands on the scalp to create more

sebum. Excessive sebum production can result in an oily scalp, which may aggravate problems like folliculitis, plugged hair follicles or cause scalp inflammation. These elements may affect your hair's health and cause hair loss.






# Summer and **dandruff**

Summer, in contrast to winter, brings its own set of problems for dandruff sufferers. Increased humidity during the summer months may trigger the production of sebum, the skin's natural oil. Excessive sebum production, combined with sweat, produces an excellent breeding environment for *Malassezia*, a yeast commonly associated with dandruff. As a result, some people may suffer an increase in dandruff throughout the summer season.

During summer, because of the intense heat, we tend to wash our hair more. Our hair may experience sensitivity to the various chemicals in these products thus causing dandruff.





# Some common hair problems in summer

**M**any of you might like the summer season, but definitely not the hair problems. Hair fall in summer is very common along with many other hair problems. The scorching heat of the sun can be unbearable for your hair follicles and scalp, which can further lead to hair loss. The summer heat and humidity make your hair dry, frizzy, and damaged. Many hair problems in summer can be caused due to various reasons. Let's check some of the most common hair problems everyone faces during summer, reasons for hair fall in summer, and how they affect our hair.

## 1. Greasy scalp

A greasy scalp is one of the most common problems we all face. This leads to many other scalp problems like itchiness and dandruff. This also makes your hair look oily and flat. This is caused by various factors like agitated sebaceous glands, changes in hormones, and poor hair hygiene. The greasy scalp is also caused because of the summer sweat that is produced on our scalp. Dandruff can also lead to an oily scalp.

## 2. Hair fall

Hair fall in summer is another hair problem that summer brings along. Our scalp is directly revealed to the sun's rays which drain off moisture

from the scalp. Thus, hair filaments get dull and dry, which leads to more brittle hair and prone to hair fall. Also, Find here hair oil benefits.

Hair loss during summer can cause because by different reasons. Hair fall in summer is mainly because of the damages, caused by the unbearable heat of sun, chlorine water, exposure to sun rays, etc. Again, the effects of hormones in summer can also lead to hair loss. This is why hair fall in summer is common in each and every one.

## 3. Dry and irritated scalp

A dry and irritated scalp causes itchiness and dryness in your scalp. This can also lead to dandruff-prone hair. It causes discomfort and flaking. Also, check here for home remedies for dry hair.

A dry and irritated scalp can be caused because of various factors like harsh hair products, dry air, and some scalp conditions like psoriasis and eczema. Too much exposure to sun rays mar the scalp with cumulation of dust and dirt.

## 4. Frizzy hair

Frizzy hair is a very well-known hair issue in summer. It is very common during summer. This hair issue leads to rough and dry hair. Hair gets frizzed too often. This makes your hair tough to handle

and gives it an unruly look.

Frizzy hair can be caused by damage from the heat of styling tools, dryness, and humidity. Hair also gets frizzy because of the lack of moisture in it. Using a rough towel for drying and over-brushing can also lead to frizzy hair.

## 5. Split ends

Split ends are another common problem we face during summer. This happens because of the breaking down or damage of the protective layer, the cuticle.

During summer, our hair becomes dry and thus gets prone to split ends. Loss of moisture leads to wear and tear of hair follicles. Exposure of hair follicles in unbearable conditions can also lead to split ends. Again, blow-drying, straightening and curling may also cause split ends.

## 6. Hair colour fading

In summer, hair color fading is another problem that is very irritating. These hair issues can make your hair dull and look lifeless.

Faded hair color is very common and can be caused by hair exposure to UV rays and scorching sun rays. One can face this problem due to chlorine water in swimming pools and frequent washing. Using harsh hair products can also lead to faded hair color.



# Summer

## hair care tips



**S**ummer can be challenging for many people, as it is common for the hair to lose its luster and moisture in the summer heat. The humidity and heat can result in the loss of the scalp's natural oils, causing damage and dryness.

### **1. Go for a haircut:**

In summer, the rule “shorter is better” holds good for hair. Short hair is easy to manage and clean regularly. While men can opt for buzz cuts, women can get their hair trimmed regularly to maintain it. Experts recommend getting regular

trims every 2-3 months to shed the dry and dead cells.

### **2. Wear a scarf:**

A scarf can protect your hair from direct sun rays and minimize damage. You can wrap it around your hair while stepping out to shield your hair, along with making a style statement. Be sure to pick a cotton one to absorb excess sweat and moisture. Straw hats and caps with ventilating holes also work well.

### **3. Oil your hair:**

Oil massage offers plenty of

benefits to your hair, particularly in summers. Massaging your hair with warm oil like coconut or olive stimulates better blood circulation and boosts hair growth. The oils coat your strands with a protective layer to prevent loss of moisture. You can go for a “champi” one hour before your wash time. Also, wrapping your hair with a hot towel increases the effectiveness of the oils used.

### **4. Wash your hair regularly:**

Hair wash is an essential step in your summer hair care regime.

You must wash your hair at least 2-3 times a week to remove sweat, oil, dust and even foul smell. Use a mild cleanser that doesn't strip away the natural oils. Also, avoid washing hair more than thrice a week to prevent dryness.

#### **5. Use a conditioner:**

After shampooing, use a creamy conditioner to nourish and hydrate your hair. Conditioners soften your hair, repair sun damage and add shine to your mane. These products also prevent your hair from drying out and minimize the risk of breakages, split ends. Just apply a conditioner immediately after shampooing, leave it on for 2-3 minutes and rinse with water. Avoid using these products directly on roots!

#### **6. Say no to styling products:**

With the outside heat already playing havoc on your hair, you don't want to contribute to more damage with styling tools! Heat tools like straighteners, blow-dry etc., will dry out your hair and make it look frizzy. Also, avoid chemical treatments like straightening, perming, keratin etc., in summers, as maintenance can get quite difficult. We also recommend using hair care products like serums minimally to prevent hair from looking limp and flat.

#### **7. Avoid tight hairstyles:**

Summers are the best times to let your hair down, not just for looks but also for damage reduction. Tight hairstyles like braids, cornrows etc., trap sweat inside and increase the risk of infections like dandruff. Instead, you can go for natural

curls, loose braid, messy buns etc., to look neat and keep your scalp pairy at the same time.

#### **8. Try hair masks:**

Hair masks are miracle solutions for problems like dryness, frizz, hair fall etc., caused during summers. These products contain deep conditioning agents like shea butter, argan oil etc. which nourish your hair. You can either use them as pre-shampoo treatments or apply them to hair after a shampoo wash to replace your conditioner.

#### **9. Invest in a wide-toothed brush:**

The last thing you want during summers is your comb snagging your precious strands! Avoid this problem by investing in a good detangling, wide-bristled brush that is more gentle on hair. It is better to not comb your hair when it is wet and quite weak. You can use a few drops of serum to detangle your hair effortlessly.

#### **10. Care for your colour:**

If you have recently coloured your hair, or have coloured hair, you would want to take extra care of them in the summers. Hair sustains maximum damage with chemical treatments leading to colour fading and excessive hair dryness.

While selecting hair care products, go for ones that are specially made for coloured or treated hair. If you have recently coloured your hair, try going out less often in the sun, especially when it's at its peak. If you absolutely need to, try covering your hair with a hat or a scarf.

#### **11. Try sunscreen hair products:**

Sunscreen for hair? Yes! A special range of hair care products is designed exclusively to protect your hair and scalp from UV radiation. These products are powered with SPF to repel the harsh rays, along with minimizing dryness. You can choose from shampoos to mist, spray, serums and leave-in conditioners.

#### **12. Lots of fluids:**

While you may be doing all of the above to protect your hair from the sun, if you're not drinking enough water, you're not going to achieve anything. Your hair, and your skin, will benefit immensely from the amount of water and extra fluids that you have, so go for cooling liquids that will help keep your hair healthy and let you feel cooler. Include as many fresh fruits and vegetables in your diet as you can. This is most needed for hair care for summer.

#### **13. Eat a healthy diet:**

A healthy diet plays a crucial role in maintaining the health of your hair. During summers, include foods that are rich in vitamins, minerals, and antioxidants in your diet. Some of the foods that are good for your hair include spinach, eggs, salmon, almonds, avocados, and sweet potatoes.



# 7 Nutrients

## to treat

# hair fall in

# summer



The summer season is all about a more relaxed, unforced appearance for your hair. Find out how to shield your hair from the sun, heat, and humidity without making it a never-ending struggle. Did you know that hair loss can be caused by a variety of elements, including lifestyle choices, diet, stress, and hormonal changes? If the cause of hair loss is not medical or genetic, you can give your hair the inherent strength it needs to control hair fall. Your hair will be healthy from the bottom up and stay that way if you eat a diet rich in nutrients. Some nutrients can be beneficial for improving the condition of our hair.

**Add these 7 nutrients to your diet for healthy hair**

**Biotin:** Biotin is required for cell proliferation and plays an important part in producing amino acids (protein) which are required for your hair to grow. Incorporate biotin-rich foods like legumes, almonds, sweet potatoes, cauliflower, sunflower seeds etc into your diet for healthy hair.

**Iron:** Iron is an essential mineral that your hair cells require. In fact, a deficiency of iron in the body may cause hair loss. When your body is running low on iron, oxygen and nutrients are not getting transported to the hair roots and follicles adequately which can inhibit growth and make your strands weak. Spinach, legumes, pumpkin seeds, quinoa and broccoli can be added to diet this summer for strong hair.

**Omega 3:** Omega-3 fatty acids nourish the hair and support

thickening. Since your body cannot produce these healthy fats, you need to derive them from your diet. Fatty fish, Almonds and walnuts are really high in Omega-3 fatty acids. Similarly, flaxseeds can serve as mid-meal healthy snack while also supplying the essential fats to your hair.

**Vitamin A:** The hair contains the fastest growing tissues in the body and vitamin A is required for the growth of every cell. It also helps the scalp in producing the natural sebum oil which keeps it and the roots healthy to boost hair growth. Studies show that vitamin A is essential for hair growth. But excessive vitamin A consumption can cause hair loss. High vitamin A foods include sweet potatoes, carrots, fish (tuna), winter squashes, dark leafy greens, cantaloupe, lettuce, bell peppers, pink grapefruit, and broccoli.

**Vitamin C:** Your hair strands can be strengthened by collagen, and vitamin C can help you produce more of it. It also functions as a strong antioxidant, protecting hair strands from oxidative harm. Oxidative stress happens when the body's antioxidant defence system is overwhelmed by free radicals. It has been linked to greying and hair loss. High vitamin C foods include guavas, bell peppers, kiwifruit, strawberries, oranges, papayas, broccoli, tomatoes, kale, and snow peas.

**Vitamin D:** Alopecia has been recently linked with vitamin D deficiency. Female pattern hair loss is a common term used to describe it. A study found that vitamin D receptors help to generate new hair follicles, which in turn stimulate the formation of new hair strands. The bald patch consequently begins to sprout hair once more.

Fatty fish, egg yolks, and liver naturally contain vitamin D. It's also commonly added to foods such as cow's milk, certain plant-based beverages, and breakfast cereals.

**Vitamin E:** Vitamin E improves the blood circulation and helps the follicles work more efficiently to promote hair growth. It also maintains the oil and PH levels balance which if exceeds can clog the hair follicles and stop hair growth. Foods high in vitamin E include sunflower seeds, almonds, spinach, avocados, squash, kiwifruit, trout, shrimp (prawns), olive oil, wheat germ oil, and broccoli.



# Ayurvedic therapy for hair growth:

## Ayurvedic hair fall remedies



### Shirodhara

Shirodhara is one of the most effective therapies for hair fall. The term Shirodhara means - flow in the head. Here, warm oils formulated with Ayurvedic herbs are poured on the forehead from a container above a particular height. The oils travel from your forehead to the scalp and are gently massaged by the therapist. Shirodhara works at multiple levels as a potent ayurvedic treatment for hair fall. It extracts dead skin cells from the scalp and improves the nervous system's functioning. It increases the blood circulation in the scalp, leading to better and healthier hair growth. It removes the toxins from the body and relieves stress. This therapy balances the Pitta and Vata doshas in your body.

### Shiro Lepa

Shiro Lepa involves using Ayurvedic herbs in a powder form and making a paste with it. The paste is then applied to the scalp and covered with a banana leaf. The top part of the scalp is left open. Medicated Ayurvedic oils are poured on the part of the scalp left open and covered with the lepa, a highly potent Ayurvedic treatment for hair fall. This enhances the interaction of the lepa with the scalp tissues, promoting healthier hair growth. It normalises frizzy hair and repairs split ends. Shiro Lepa is beneficial in pacifying the Pitta dosha. It is also helpful in balancing the nervous system and produces a calming effect on various body organs, which also helps promote hair health.

### Shiro Abhyanga

This therapy involves massaging the shoulders, upper back, neck, and head with warm oils like coconut and sesame. This prevents the scalp from heating up and nourishes the hair follicles and sensory organs. This uses ayurvedic medicine to reduce hair fall and dandruff. It helps relieve stress by relaxing your upper body and muscles. As per the Yogic Science, maintaining a balance between the three upper chakras - Vishuddha (throat), Sahasrara (top of head), and Anja (forehead) - is essential, and this therapy does that. Take advantage of this unique ayurvedic hair loss treatment.

# SERVICES

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