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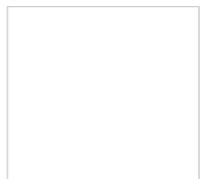
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## Protect your tresses!

Mowna Ravikumar  
Rain Struck

It's the season of rains, hot chocolate and cosy corners, of romantic long drives and splashing the puddles. It is also the time to let your hair down and embrace the rains.



If you are tired of the heat and waiting to soak in the rain, you should also be aware of the possible hair blues that might follow. So make sure that you pull out your umbrellas and raincoats. And it's not only about protecting your skin, but also about dealing with bad hair days.

The hair becomes unmanageable and there is excessive dandruff during the monsoon. Dr Sachith Abraham, a dermatologist, offers some insight into hair issues and tips to handle the threat.

"One needs to put in extra effort to manage hair during the rainy season. Dust sticks to your hair in the damp climate and there's always the dandruff issue. To get rid of these, one should shampoo one's hair twice or thrice a week with an anti-dandruff shampoo and a conditioner," he explains.

A balanced diet is a must if you want to have that healthy and glossy-looking hair. Lots of water, fruits and, most importantly, iron is recommended during this season. Anything in moderation is fine, as long as you don't get carried away and overdo it.

Hair gels and serums don't cause any damage particularly during this season. When hair is directly exposed to rains, it breaks from the shaft and because of this, grows back.

It is after all difficult to nourish your hair and maintain the moisture level. Tanya Blossom is a professional who never steps out of her house without an umbrella.

"The rains usually damage the hair. I make sure I wash my hair almost immediately if I get drenched in the rain. However, I always make sure I cover my hair with a stole when I'm travelling, especially during the rainy season," she says.

Many people love to have fun in the rain. Perna Richeo confesses that she doesn't really care about her hair during this season.

"I enjoy the rains and don't really give too much thought if I get caught in a downpour," she exclaims.

Whether you like it or not, you can't really protect your hair from the rain. The best way you can get rid of the limpness, greasiness and hairfall is by grooming your tresses that tend to get frizzy during the monsoon.

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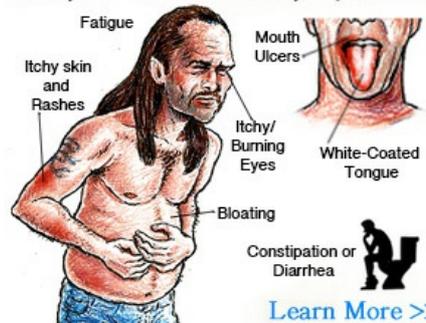


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