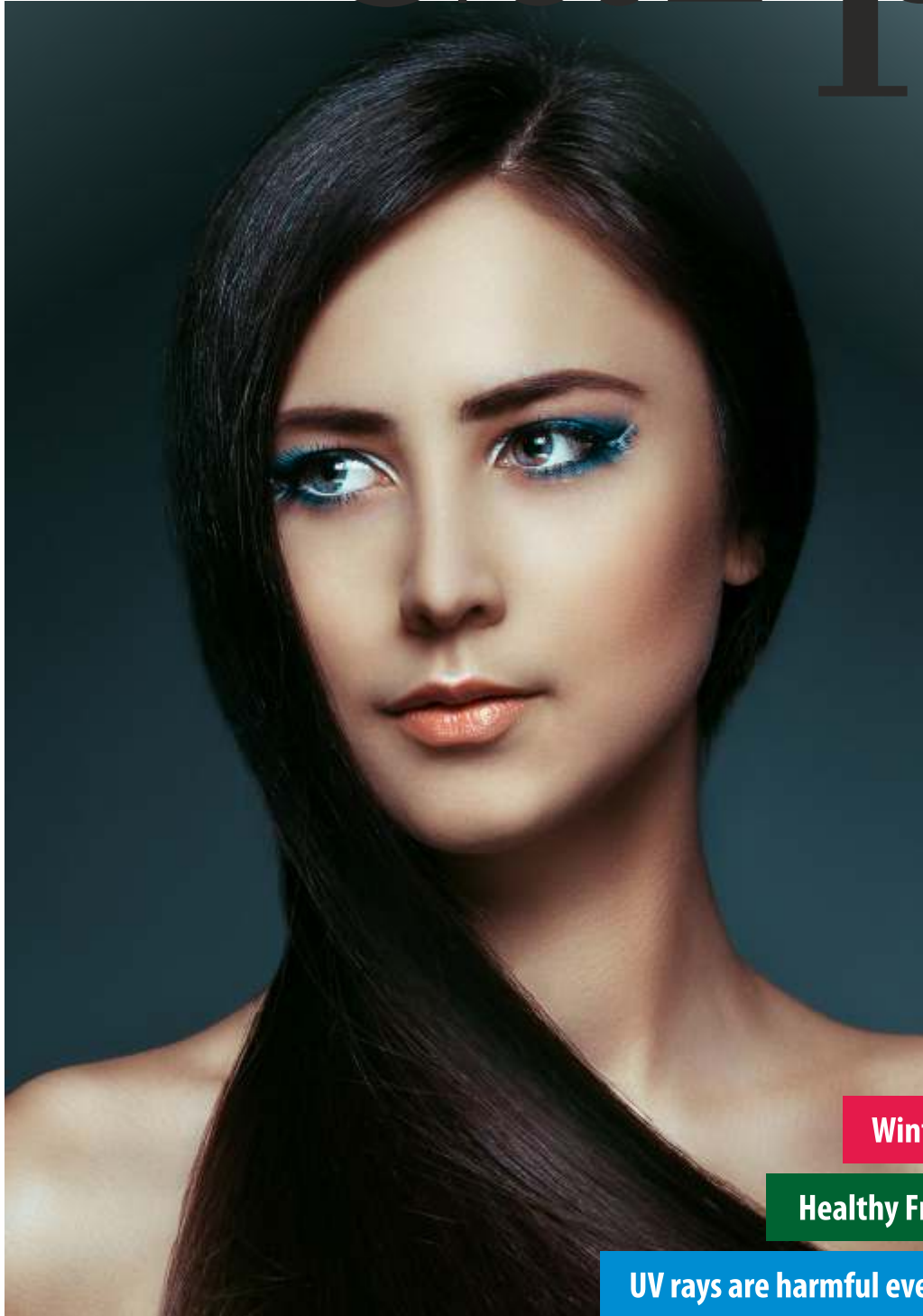


C^{Hair}arpetel

Winter 2021



Hair Care in Winter

Winter hair problems & fixture

Healthy Fruits & Vegetable in winter

UV rays are harmful even for healthy hair? Really?

Tricks for healthy & fuller looking hair

Dandruff problem in Winter



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Dr. Syed Nizam Hussain

Dermatologist, Aesthetic Surgeon,
Hair Transplant Surgeon

Dr. Syed Nazim Hussain is a leading Dermatologist and Aesthetic Surgeon in South Delhi & Gurgaon with a comprehensive intellectual background and sound experience in the field of clinical dermatology, Facial aesthetics and Hair Transplant. He is trusted by a large patient base as the best dermatologist who is passionate for providing the best care and optimum results to each and every patient. He maintains the highest ethical standards in his practice. He is an internationally trained Cosmetologist and Dermatologist specializing in Anti-wrinkle injections, Fillers, Derma Roller, Thread lift and Hair transplant in Saket, Malviya nagar south Delhi and Gurgaon.

Few of his armamentarium include; a celebrity doctor to Bollywood stars and other famous personalities, former Consultant at Max Smart Super specialty Hospital Saket South Delhi, HOD dermatology at Paras Hospital Gurgaon, National trainer and Pan Indian Consultant for Anti-wrinkle injections and Fillers Allergan US,

Faculty Member Asia Pacific Allergan Medical academy, Reviewer of International Journal of dermatology (IJD), Expert in Facial aesthetics and face sculpting.

Dr. Syed Nazim Hussain, a dermatologist based in South Delhi and nearby Saket, Malviya Nagar possesses exceptional patient handling skills and an artistic approach towards his profession. It is needless to say that his clinic 'Royal Lush – Skin, Hair and Laser Clinic' has emerged as the best skin clinic in South Delhi. Dr. Syed Nazim Hussain has worked with quite a number of distinguished plastic surgeons and cosmetologists in the world. With such extensive knowledge and trainings, he has already performed more than 4000 procedures of Anti-wrinkle injections/fillers and still counting and leads the community as one of the best dermatologists in Gurgaon and South Delhi.

Sneak Peak_____

1

Hair Care in Winter

How to cover your head, Which Shampoo, Tackle flakes problem, Condition your frizzy hair, Why to avoid Styling, Which oil to be used, what is to be followed as a routine, avoid hot showers & drinking plenty of water.

2

Winter hair problems & fixture

There are few most common problems a person may face during winter & struggle for good hairs. Here are few problems highlighted & their fixtures. Straw like strands, static, split ends, matted hair, Dry & Itchy scalp, and hat hair? Now all these problems have a solution at your tip.

3

Healthy Fruits & Vegetable in winter

Intake of seasonal fruits & vegetable comes with the varied benefits & improves our health, Fruits like Apple, Grapes, Oranges, Pomegranate and Guava. Vegetable like Beets, Carrots, Peas, Spinach & Turnips. These are few of those fruits & vegetable which you should surely include in your diet.

4

UV rays are harmful even for healthy hair? Really?

UV rays can damage our hair protein like keratin; create an imbalance scalp with the disrupted skin, colored hairs will not stay for long. There are good products that actually protect your hair from UV rays, consulting the expert would be the best solution.

5

Tricks for healthy & fuller looking hair

Intake of few nutrients & the source of that nutrient are very important. Our hair needs protein, zinc, omega etc. Why? What is the source? It's all mentioned in brief. Knowing your hair, choosing right wash, choosing condition specific products is equally important for healthy & fuller hair.

6

Dandruff problem in Winter

Here are few tips that you can adopt & change in your lifestyle & daily routine. Here are few tips brushing hair sufficiently, drinking water, avoid heat, change of towel, diet plan, sugar control, applications on hair, stress management, styling of hair & few home remedies.



Winter Hair Care: Important Tips for Healthy Locks

The chilly weather almost always makes your hair frizzy and dry, right? If winter is bringing your hair care game down, we've got you covered.

Low temperatures and cold winds can affect your hair in multiple ways. Looking for a solution? Tweaking your hair care routine to suit the changing temperatures. Read on to find out what you should do.

How To Take Care Of Hair In Winter?

1. Cover Your Head with A Hat Or A Scarf

Pull out your scarf's and hats to cover your hair this winter. Use a silk or satin scarf to cover your hair first and layer it with cotton or woolen fabrics to protect your hair from the cold air.

Covering your hair in cotton or woolen fabrics can cause friction and lead to split ends and breakage, hence silk or satin is your best bet.

2. Shampoo Less

Excessive shampooing is the reason behind dry and flaky scalp in winter. The ingredients in shampoos strip off the natural oils on your scalp making the hair dry. The chemicals can also irritate your skin, causing itchiness.

Shampoo less often and use gentle formulas. Steer clear of drying ingredients in your shampoos like alcohols, dyes, fragrances and sulfates.



3. Fight the Flakes

You may notice white or yellowish flakes on your scalp that may fall off on your shoulders this season. This is dandruff and a common complaint in winter months. Dandruff can be caused due to a fungal infection or dry scalp in the winter.

Consider using an anti-dandruff shampoo containing active ingredients like salicylic acid, zinc pyrithione, Ketoconazole, selenium sulfide or coal tar.

4. Deep Condition to Control Frizz

The dry air during winter can remove the moisture in your hair and open up the hair cuticle. What follows is frizzy hair that is rough, dry and unmanageable. It's recommended to deep condition your hair.

5. Avoid Heat Styling Products

The heat from heat styling tools like straightener, blow dryer and curler can break your hair and cause split ends.

Limit your exposure to these tools and use a heat protectants serum, if you must style. Give your hair a

break from heat styling and opt for cool hairstyles like braids, buns, updos and twists in winter months.

6. Use Oil or Serum

Winters can suck out the moisture from your hair. Use a serum or oil overnight to see hydrated strands the next morning. Make sure you sleep on a silk or satin pillowcase to avoid breakage of hair.

You can choose hydrating ingredients like aloe vera, green tea and shea butter in your serums and oils like coconut oil, castor oil, olive oil and almond oil for your hot oil massages.

7. A Good Hair Care Routine

Invest time, effort and a few bucks in your hair care routine. People who have beautiful hair have followed some hair care routine religiously to reap the benefits.

Consider shampoos and conditioners suited to your hair type and those with gentler formulas. Wash and condition your hair regularly. Use serums, hot oil massages and hair masks to add a punch of hydration to your hair in winters.



8. Take Warm Water Showers

A hot water shower may seem therapeutic, but can have a detrimental effect on your hair. Hot water can remove the natural oils from your hair making it dry.

Lukewarm water is what you should consider for a relaxing shower in any season.

9. Drink Plenty of Water

One of the essential components of your hair strands is water. To replenish the lost water content in winter months, it is essential to keep yourself hydrated.

Yes, you heard it right. You need to drink an adequate amount of water in winter too to keep your hair hydrated and healthy. Hydration ensures that you provide water to your hair from root to the tips. Dryness, itchiness and dandruff are all taken care of once the hair and scalp is hydrated.

How Often Should You Wash Hair In Winter?

It is recommended that you wash your hair every 1-2 days if you have an oily scalp and every 3-4 days if you have dry hair. In winter, reduce the number of hair washes to avoid eradication of natural oils from your hair.

Wrapping Up

Winter is that time of the year that zaps out moisture from your hair. We hope that with all the above winter hair care tips, you are able to flaunt soft, shiny and healthy hair. If you have other winter hair woes, do write to us in the comments below.



Winter hair problems and how to fix them

Along with the upsides of winter (Cozy layers, lit fireplaces, and hot cocoa with mini marshmallows, anyone?) come a few downsides, especially when it comes to your hair. (Can you hear the static in the air?) Don't worry, though, there are ways to beat bad hair days when the weather is less than appealing. Here are some of the most common winter hair woes and how to fix them.



Straw-Like Strands

Much like with static hair, when the moisture levels in the air drops, your hair can tend to become dry and brittle and even feel a little like straw. This is especially true for curly-haired girls, since coiled hair is drier by nature.

The Fix: There are a few things that need to happen: (1) Chill on your hot tools usage and give you hair a break. (2) Implement more moisture into your hair care regimen with a hydrating shampoo, conditioner, and a mask with hydrating ingredients

like coconut milk or argan oil. (3) Sleep on a silk or satin pillowcase, or use a satin-lined cap like this one to help retain any moisture you're putting back into your hair.

Static

When temperatures dip, your hair picks up an electrical charge from the dry air, causing it to stand up, trichologist says. And since it's common in the chillier months because the air is less moist everywhere, you have to work extra hard to combat it.

The Fix: Keep as much moisture in your hair as possible so it's less

susceptible to the effects of dry air. That means switching to a more hydrating shampoo and conditioner that suits your hair type; using a tourmaline or ionic hair dryer, which won't deplete your hair of its moisture like other regular dryers can; stashing a dryer sheet in your bag and lightly running it over your strands when you're on the go; rubbing some hand cream in your palms and smoothing it over the staticky strands to calm them; and sleeping on a silk pillowcase (regardless of what your hair texture is, since cotton absorbs moisture and silk retains it).

Split Ends

The only way to really cure a case of split ends is to get a haircut, but there are ways to make them look better until you get to the salon.

The Fix: If you're in a pinch and absolutely can't wait for your stylist to snip your broom-like ends, you can twist your hair until the split ends pop out along the sides and trim them away. Otherwise, use a split end binding cream on your ends to fake the look of healthier hair.

Matted Hair

Chances are you know this strand sitch well: The moment you start wearing thicker collar jackets and scarves, the hair at the nape of your neck gets matted into a rat's nest that basically looks like you rode a motorcycle sans helmet to wherever you're going.

The Fix: Braid your hair to the back or side, or put your hair in a bun to keep all your strands contained and tangle-free. If you must wear your hair down, take the section of hair from your ears down and put it in a ponytail, leaving the rest of your hair over top of it. This will minimize the chances of any matting.



Dry, Itchy Scalp

Just like your skin gets dry in the winter from indoor heating and drier air, your scalp skin does too. And when it becomes dry, it's likely to itch and even flake off.

The Fix: Experts says to shampoo less (since they contain surfactants that clean your hair but can be drying), and instead use more moisturizing conditioners, cleansing conditioners, or by applying coconut oil on your scalp and massaging it in as a hair mask, then leaving it on for 10 minutes before rinsing it out.



Hat Hair

Hats are a must in the winter to keep you from freezing. But hats can absorb the moisture in your hair, leaving it dry and can also leave your style looking subpar.

The Fix: Since you aren't going to stop wearing hats mid-winter, avoid the aftermath of hat head by using a leave-in conditioner on your hair to lock in moisture. Then, after you style your strands, make sure to wait until your hair cools (aka don't put your hat on right after you're done blow-drying it); if your hair is still warm and moldable when you put your hat on, it will be lifeless when you take it off. Finally, when you get to your destination, flip your hair upside down after you remove your hat to revive your hair. Since you waited until your style cooled, it will maintain its original shape.

Fruits and vegetables to consume in winter

Winter brings with it a whole array of fresh fruits and vegetables. When you visit the grocery, you can feel the vibrant colors of the produce staring back at you. With so many seasonal fruits and vegetables in winter, you need to know which ones are the most beneficial for your health. So, here is a look at five winter fruits and five winter vegetables that you must have this season in order to maintain a healthy diet.

Top 5 Fruits to have this Winter:

1. Apples: There is a very popular proverb, which states that an apple a day can keep the doctors away. This is quite true when you think about the benefits you derive from consuming an apple. Apples are great for the nervous system. The anti-oxidants in it prevent cellular death in the neurons, which enhances the performance of the nervous system. The improvement in the neurological health from consuming apples can also offset the risk of developing Alzheimer's at a later stage in life. Apart from this, apples also reduce the risk of a thrombotic stroke and also of developing diabetes.

2. Grapes: Grapes are available throughout the year, but the real benefits of the fruit can be gained when consumed in winter. Grapes prevent skin problems due to their anti-oxidant rich composition. Grapes are also great for your knees and eyes. So, it is a must have for the elderly.

3. Oranges: Oranges are perhaps the most common winter fruit in India. They are easy to carry and convenient to eat even in your workplace. Oranges are a great



source of Vitamin C, which is quite essential to remain healthy during the winters. However, there is another important benefit to consuming oranges. Studies have shown that the fruit is quite effective in reducing the risk of developing cancer. Oranges fight off the cancer causing radicals.

4. Pomegranate: Pomegranates are also a very healthy choice of fruit when it comes to the winter season. This fruit is great at battling hypertension by controlling the blood pressure levels in the body. Pomegranates are also a source of fibre, which can help with the digestive system. Lastly, the juice of pomegranates is used to cure the inflammation of joints.

5. Guavas: Like apples, guavas are also available throughout the year. However, the most beneficial effects are found when the fruit is consumed during the winter season. The folate in guavas is known to promote fertility in human beings. The fruit also regulates the functionality of the thyroid glands. Guavas also act as antiseptic in case of cuts. Applying guava on the cut leads to the tissue getting healed. Due to the high fibre content of the fruit, guavas also help against constipation.

Top 5 Vegetables to have this Winter:



1. Beets: Beets are available throughout the year but the freshest produce is available in winter. The vegetable contains a compound that helps in preventing heart disease and liver disease. Aside from these benefits, beets also improve the blood circulation to the brain. Beets are better in winter because they are low in calories and are packed quite densely with nutrients. This makes the vegetable suitable for consumption in the cold weather of winter.

2. Carrots: Carrots are another vegetable that is mostly available during the winter months. It is a great source of vitamins and nutrients. Consuming carrots can cure Vitamin B, C, D, E and K deficiencies in the body. Aside from the important vitamins, the carrots also include folates, iron, copper, potassium and more. The health benefits from carrots are numerous. For instance, daily consumption of the same leads to a better eyesight, improved immunity and a safeguard against cancer. Blood sugar level is also controlled better when carrots are consumed.



3. Peas: Peas are another important winter vegetable, which comes with numerous health benefits. The added advantage is that peas can be incorporated into most Indian foods quite easily. Peas contain Vitamins B and K in ample amounts. This vegetable also acts as an anti-inflammatory and antioxidant substance inside the body. Peas can be consumed raw as well and doing so does not harm the individual in any way. Other benefits of the vegetable include prevention of weight gain and prevention of 'Alzheimers. Blood sugar levels are also regulated well with the aid of peas.

4. Spinach: Spinach is one of the most common leafy vegetables in the Indian households. Spinach consists of several essential vitamins and nutrients, which greatly help the body. Consuming spinach prevents cancer and asthma. It also reduces the blood pressure, which means that it is great for someone suffering from hypertension. Lastly, spinach also promotes healthy skin and hair development.



5. Turnip: Turnips are also considered to be one of the top produce for winter months. The green part of a turnip is full of Vitamin A. This promotes better health for your lungs, by limiting lung inflammation and emphysema. Another beneficial effect of turnip consumption is that it can cure kidney stones in some cases. Unless you have major stone formation, regular turnip intake may reduce the disorder.





UV rays: Why are they harmful for my hair?

What with pretty highlights and the 'straw effect' the sun can give our locks, it is difficult to know what the sun is really doing to our hair. We take a closer look at the harmful effects of UV rays.



UV rays damage the hair's keratin...

The sun can be good for your hair, as Vitamin D from sunlight boosts the production of keratin (an essential protein). However, when your hair is overexposed, it has the opposite effect. With continued exposure, the UV rays lift the hair's cuticles and thus weaken the hydrolipidic film protecting them, as holes are formed. The result: a loss of keratin and the hair fiber becomes drier and thinned out. Your locks also feel coarse, look dull and become prone to breakage. The sun damages the internal structure of the hair, which then becomes fragile. Damage caused by UV rays is even greater in fine hair as it is naturally less resilient than thick locks.



... And disrupt the scalp's balance

Like the rest of your skin, your scalp is sensitive to over-exposure to the sun. If it is subject to repeated exposure, its balance is disrupted and it ends up drying out and may even get sunburned. Hence the importance of wearing a hat in summer. When your scalp becomes too dry, your skin peels off and dandruff may start forming. This is "dry" dandruff. These small white particles detach of their own accord and fall onto your shoulders.



Be careful with hair colouring

Although lighter strands which naturally highlight your locks (without chemical products) look lovely, they are the result of the negative impact that UV rays have on your hair. By damaging the hair's structure, they prevent pigments from clinging onto the hair fibre. That's why your strands get naturally lighter without bleaching. If you have coloured hair UV rays can fade your colour, which is why your blond colour can turn brassy or your light brown hair turn red!



Tricks for Healthier, Fuller-Looking Hair

Hair it is

While genetics play a key role, your diet, the weather, pollution, and your overall approach to hair care are all critical to maintaining your crowning glory. Find out how a healthy diet and proper care can keep your mane a head above the rest.



1. Pump up the protein

A well-rounded diet is an important factor in hair and scalp health. Hair is primarily made up of protein, so be sure to eat at least 45 grams of protein daily. Good sources include:

- lean meat
- poultry
- fish
- beans
- low-fat dairy products
- eggs

Diets with inadequate protein can result in weak, brittle hair and loss of hair color, as well as loss of hair itself.

2. Zinc about it

Zinc deficiency can cause hair to shed. Incorporate nuts like Brazil nuts, walnuts, pecans, cashews, and almonds into your diet to combat shedding.

- Eat and drink an abundance of:
- vegetables
- fruits
- leafy green salads
- plenty of clean, filtered water
- A multivitamin or zinc supplements can enhance your diet when necessary.

Diets with inadequate protein can result in weak, brittle hair and loss of hair color, as well as loss of hair itself.

3. Omega your hair nice

Increasing your intake of omega-3 fatty acids may stimulate your hair follicles and sebaceous glands. While this won't cause your hair to grow, it may improve scalp health.

Omega-3 fatty acids are found in cold-water fish, such as salmon, sardines, and herring. Other good sources include:

- flax seed
- yogurt
- cottage cheese
- salad
- cereal



4. Know thy hair

There are conflicting opinions about how often to shampoo your hair. It all comes down to personal preference and individual needs, which depend on:

- your hair type and texture
- how often you use hair products
- your activity level

For example, people with oily hair may need to shampoo every day, while people with dry hair may need to shampoo less frequently.



5. Choose the right shampoo

Using the wrong shampoo and styling agent can cause significant hair damage. Look for products that are right for your hair type — oily, normal, or dry — and target any problems you have, such as dandruff.

Try to avoid shampoos with harsh ingredients, such as ammonium lauryl sulfate or sodium lauryl sulfate. And remember, cost doesn't necessarily indicate the quality of a product.



6. Get condition-specific

Conditioning after shampooing is an important step in keeping your hair soft, shiny, and manageable. You can choose a separate conditioner or a shampoo with built-in conditioner.

Comb conditioner through for even distribution. Leave it in your hair for two to three minutes before rinsing out.

Just like hair washing, not everyone needs to condition every time they wash their hair. Experiment to find what works best for you.



7. Wash up and brush up

Experts suggest that many people over-shampoo or shampoo incorrectly. The standard rules of thumb are:

- Don't wash your hair more than once a day.
- Use only enough of the product to cover your hair.
- Avoid using very hot or very cold water.

Treat hair gently when it's wet — it's three times more vulnerable to breakage. Don't rub wet hair excessively with a towel. Use a wide-tooth comb to detangle, but don't comb too much or brush wet hair.

Why dandruff gets worse in winter and how to fight it

Winter is here and it's brought with it the dreaded dandruff!

Dandruff in winters is usually caused by a dry scalp, which can feel itchy. This is the result of a combination of things—dry, cold air and an abundance of the *Malassezia* fungus.

To reduce and treat dandruff, you've got to use the right hair care products that are meant for the job. In the winter, we switch to the Ayush Anti Dandruff Shampoo and Conditioner Range. Known for its antifungal properties, it's neem content helps get rid of impurities that may be causing the flakiness. However, as you might already know, just making this swap isn't going to get rid of dandruff in a jiffy! You've got to invest in making a few lifestyle changes too! Here are a few things you can do to get rid of dandruff at home...



- 1. Brush your hair sufficiently**
- 2. Drink more water**
- 3. Avoid direct heat**
- 4. Change your towel**
- 5. Change your diet**
- 6. Cut down on sugar**
- 7. Apply allicins**
- 8. Oil your hair**
- 9. Reduce stress**
- 10. Don't colour your hair**
- 11. A few home remedies that you can try...**

1. Brush your hair sufficiently
Stimulating the scalp increases blood circulation thus increasing the secretion of oils that keep hair and scalp healthy. A well-nourished scalp implies one that is free of flakes.

2. Drink more water
During winters, we often forget to drink water; something that dehydrates the skin and hair, causing more dandruff. The average consumption limit is set at 5 liters a water a day, but you can make do with 4 liters if it's getting too cold!

3. Avoid direct heat
Heat is one of the most common causes of a flaky scalp. Hairdryers are so commonly used in the winter because wet hair can lead to headaches and colds. But direct contact with heat—such as ironing sticks and hairdryers—make the scalp dry. Instead, towel-dry your hair and then let it dry naturally.

4. Change your towel
Yes, Turkish towels are fuzzy and comfy to use, but the ideal towel to wipe your hair is the pure cotton one. The rough texture of the Turkish towel isn't ideal for your hair and can lead to more frizz. Ideally, once you're done washing your hair, you should wipe it dry with a cotton t-shirt.

5. Change your diet
One way to get rid of dandruff is to alter your diet.

Vitamin B, zinc, and omega 3 are excellent sources of nutrition for the hair and scalp. Include fruits and raw salads in your diet. Eggs, fish, bananas and spinach are powerful sources of these nutrients.

6. Cut down on sugar
We've already mentioned how sugar is detrimental to your skin. Turns out, it's bad for the hair too! High levels of sugar in the blood cause excess oily flakes, increasing dandruff in the winter. Reduce your intake of sugar and substitute it with honey or jaggery.

7. Apply allicins
Onions and garlic have high allicin levels, which have anti-fungal qualities. Try a common dandruff home remedy—apply onion juice or garlic juice mixed with honey to the scalp, and rinse it after about 15 minutes.

8. Oil your hair
Oil your hair before every head bath. Coconut oil is the best form of hydration for the scalp and the hair. You can also mix a few oils using coconut oil as the base—namely, olive oil, neem oil, almond oil, and castor oil in equal measure. Heat the oil slightly and apply it from scalp to tip. Wash it off with a mild shampoo. You can also add a few drops of tea tree oil, a known dandruff remedy.

9. Reduce stress
Stress aggravates any existing condition, so mild dandruff becomes severe when you're dealing with too much strain. Cut down on the stress, through exercise, yoga, sufficient sleep and a healthy diet. Keep that negativity at bay!

10. Don't color your hair
An itchy scalp is further aggravated with chemical products like hair colour, strong shampoos, and styling products. Avoid using these in the winter since the scalp is prone to dryness.

11. A few home remedies that you can try...

i) Apple Cider Vinegar –
Mix apple cider vinegar with water in equal measure and spray the mixture on your hair after rinsing off your shampoo. Keep it on for 5 minutes and rinse it off with lukewarm water.

ii) Baking Soda –
Use baking soda to exfoliate the scalp. Rinse it off and wipe gently. Do not use shampoo or soap on the hair on the day you use baking soda.

iii) Honey and Lemon –
Honey is a natural moisturiser and keeps the scalp hydrated, while lemon keeps the itching at bay. Take 3 tbsp of honey and add a few drops of lemon. Apply this on your scalp and let it sit for 15 minutes. Wash it off with a mild shampoo.

Face Glow Treatments

Chemical peeling

Medi Facials

AquaFacials

Skin Tightening

Dark Circle Treatment

BOTOX

Aesthetic Treatments

Acne scars

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Laser Hair Reduction

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