

# Protect your skin

*Arms can get badly tanned during the summer months*

**D**O YOU WISH to bare your arms when the sun shines bright, but are scared of putting your already tanned arms on display? Save them by using sun protection products.

Celebrity dermatologist Kiran Lohia shares tips for keeping your arms gorgeous:

**\*Prevention with sun-block:** A lot of tanning and discolouration occurs due to the ravages of UVA and UVB rays. UVA causes long-lasting pigmentation, freckles and wrinkled skin, while UVB rays cause tanning. It is vital to protect against both types of UV rays. Wearing a broad-spectrum sunscreen will help you do that. Look for SPF 30 with PA++ and above for the best coverage. SPF refers to UVB protection and PA++ refers to UVA protection. Wear copious amount of sunscreen and re-apply every four hours for the best result.

**\*Cover up:** The fact is that sun exposure is the number one cause of freckles and darkened arms. So if you do not wear sleeveless outfits and instead wear long sleeves when going outside, you will find that your arms will



stay smooth. The problem is that it's mighty hard to wear long sleeves in 40-degree weather! So when it's hot, you can instead wear light cotton fabrics in light colours to help provide a physical protection to your arms.

**\*The natural solution:** For mild pigmentation and for

those with patience, there are natural options. 'Ubtans' can help get rid of tan because they exfoliate the dull, old and dead skin cells, revealing newer and brighter skin underneath. For an effective 'ubtan', combine buttermilk and chickpea flour. Apply it on your skin and let it dry.

Then rub it off and wash. Do this once or twice a week. Another option is to create a natural scrub. For softer arm skin, combine sugar crystals with rose oil. Apply while in the shower using gentle circular motions and then wash off. Do this once a week for the ultimate glow. IANS

# Prevent hair fall



*Try out these home remedies*

**GRIEVING OVER EXCESS** hair fall? Massaging your scalp for a few minutes daily and avoiding combing wet hair will help in preventing it, says an expert.

Dilip Kundlia, director of Oshea Herbs, has shared some tips to prevent hair fall.

**\*Hair massage treatment:** Massaging your scalp for a few minutes daily will help stimulate circulation. Good circulation on the scalp keeps hair follicles active. Take olive or coconut oil, mix two drops of lemon in it. Massage it gently into your scalp. Put on a shower cap and leave it on for an hour,

then shampoo your hair.

**\*Homemade hair spa:** Blend some drops of olive oil in warm water and dip a heavy towel in the water for two minutes and then cover your hair with the towel. This will give your hair a natural spa.

**\*Natural juices:** You can rub your scalp with either garlic, onion or ginger juice. Leave it on overnight and wash it thoroughly in the morning.

**\*Do not comb wet hair:** It is best not to comb wet hair as this leads to greater chances of hair breakage and fall. Let it be dry or semi-dry before combing. IANS

## ALIGN YOUR LIFE

### Uninterrupted Sleep

**S**leep is the most essential ingredient for a balanced life, and yet many of us have issues with that. Some of us can't sleep on time and some can't wake up. To add to this, the hectic life that we lead makes it more difficult to relax at will. I meet many clients who are struggling to get eight hours of uninterrupted sleep on a daily basis. Of course, we all know what we are supposed to do. Eat regularly, drink lots of water, exercise daily and that will improve sleep. But how many of us actually follow that practice? Not many.

So, what other things can be done, to improve the quality of your sleep and help you relax?

Practicing yoga daily will help in regularizing energy within your mind and body. This in turn will help you to sleep better. Forward Bend or Hastapadasana posture helps in stretching the back muscles, activates the nervous system by increasing blood supply, and makes the spine supple. Cat Stretch or Marjariasana is an essential pose for spine flexibility. It also helps massage the digestive organs and improve digestion, thereby helping you to sleep well. It improves blood circulation and relaxes the mind. Child Pose or Shishuasana is a deeply relaxing stretch for the back which also helps calm the nervous system so that you can sleep at peace. Yog Nidra also helps in creating inner calm and peace.

Eat calming and simple food at night. Eating heavy and spicy food after 8pm is a disaster for digestion and can keep you awake for hours.

I always recommend that people resolve conflicts and arguments before going to bed. Unresolved issues may result in too many dreams or irritation during sleep.

Avoid watching television at night. It keeps your thoughts active and will never let you fall asleep when you want. Instead grab a book and immerse yourself in reading, so that your mind can slowly unwind and eventually shut off.

Listen to soothing music and light lavender oil to create calm energy within your home. Lavender soothes senses and brings about peace in your living environment. Meditate regularly to regularise sleeping patterns, boost memory and improve quality of life.

Last but not the least, go to an Ayurvedic spa and practice Shirodhara. This technique of dripping oil on the forehead is not only relaxing but helps with sinus, sleep disorders and enhances the third eye.

Whatever you may choose to do, your aim should be to get eight hours of uninterrupted blissful sleep!

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