

# Frizz be gone!

*Hair guru Yuko Yamashita shares her tips for achieving and maintaining perfectly straight locks*

## What are a few of the basic tricks girls can include in their daily hair care routines to keep their hair poker straight?

Well-conditioned hair is the best first step to great looking straight style. Any friction between hairs causes damage. I recommend a treatment, conditioner and combing cream to prevent damage.

## What in your experience are some of the common mistakes that girls make when caring for straight hair?

The common mistakes are, for example, using hair care appliances that overheat and dehydrate their hair causing the fibres to split and become damaged. I always recommend using a heat protection spray and weekly conditioning treatment.

## What inspired you to make hair straightening your focus?

I was inspired by talking to a girl who had particularly frizzy hair

and was constantly frustrated by it. I've now made it my ambition to create products to help girls with similar problems get naturally beautiful, perfectly straight hair.

## How many hours can hair maintain its shape without re-styling?

Hair will maintain the shape best if you take care not to wet hair between washes. In case of bed hair, it's okay to gently re-straighten.

## Are there any cutting techniques to obtain straight hair without frizz?

If you trim your hair regularly you can avoid frizz. A lightly layered appearance can really enhance a straight/sleek look. The best way to prevent frizz is by having well hydrated, moisturised hair.

*Yamashita is the co-creator of the Sunsilk Expert Perfect Straight range.*



## ALIGN YOUR LIFE

### Choose The Right Words

Noor had been struggling for years to lose weight. She had tried diets and failed. She worked out but still the pounds kept piling on. When I met her, she was barely able to look at me and talk. It was fairly easy to figure out why she was not able to lose weight. Five minutes into the conversation, and all I could hear Noor say was: 'I am fat', 'I am ugly', 'I will never lose weight', 'No matter what I do I am never successful'. The entire conversation was only focused on implying again and again that she was a failure and not capable of achieving her goals. This was the same message Noor had repeated to herself many times a day for many years. It was no surprise that despite her efforts there was no breakthrough. Her mind had been conditioned to believe that no matter what she did, she would never be successful at losing weight.

Just like Noor we all tend to feed negative messages to ourselves every single day and not even realise it. We have no awareness of what we are saying to ourselves; instead we keep absorbing the negative thought patterns until it becomes part of our belief system. And then the game of musical chairs starts - we keep trying and keep failing without realising that we are sabotaging our own self. The impact of negative self-talk is highly undermined. And yet day after day we only feed negative messages to ourselves.

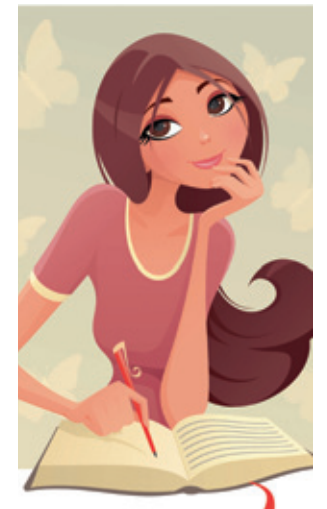
It is very much possible to break free from the negative self-talk pattern and rewrite your life. The key is in your hands. All you need to do is open the door to a new way of thinking.

First and foremost you need to write down clear goals and timelines for what you want to achieve in your life. The language needs to be positive and inspiring. Secondly, write down positive affirmations for yourself and rewrite them in your journal every morning and evening. The most commonly used positive affirmations are - 'I am free of my old patterns', 'I am losing weight and eating healthy', 'I am happy and content'. You can create as many affirmations as you want, but they need to resonate with your goals. You can verbally repeat these positive affirmations several times a day to integrate them in your belief system.

Over a period of time you will notice that your negative self-talk has been replaced by the positive talk and you are a much happier person. The changes are gradual but the impact is life long.

So pick a quiet corner in your home, sit down for a while and listen to yourself. What are you telling yourself? Choose the right words and you will soon be living the life of your dreams.

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# Exercise is brainfood for teens

*Study finds physically active kids do well in school*

**REGULAR EXERCISE BOOSTS** teenagers' school grades — and particularly helps girls in science, a British study has revealed.

The more physically active they were, the better children performed in school, according to findings published online in the British Journal of Sports Medicine.

And "girls' science results seemed to benefit the most," said a press statement.

Physical activity has long been suspected to boost brainpower, but little scientific evidence has existed until now.

For the study, researchers from England, Scotland and the United States measured the level of physical activity among nearly 5,000 11-year-

olds who wore a motion-reading "accelerometer" for a week.

Their academic performance in English, maths and science was then assessed at the ages of 11, 13, and 16.

Children who had been more physically active at 11 performed better in all three phases and all three subjects.

Every 17 minutes of exercise per day at the age of 11 led to an additional improvement in marks for boys, and 12 minutes per day for girls by the age of 16, said the findings.

The effect was noticeably large for girls in science classes.

"This is an important finding, especially in light of the current UK and European Commission policy

aimed at increasing the number of females in science subjects," wrote the authors.

Worryingly, the researchers observed that aged 11, boys averaged 29 minutes of moderate-to-vigorous exercise per day and girls about 18 — far lower than the recommended 60 minutes.

"Their findings prompt the authors to speculate on what might happen to academic performance if children increased the amount of moderate-to-vigorous physical activity they did to the recommended 60 minutes," said the statement.

Further research was needed to better understand how exercise results in improved marks, said the researchers. AFP