

THE POWER OF HAIR.

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Women from the beginning of time, have taken great pains to be well groomed, to look at their best. No effort too much, no rigour too rough.. no sacrifice too great at the alter of Beauty.

If nature has endowed her with beauty then she must take care to preserve it, if not then she must take pains to look as if it has.

In the leisure filled days of the past, with many helping hands to prepare the many beauty aids at home, it was a long soak in a perfumed bath followed by scented oils to anoint her skin, and face packs of paste of split pulses, cucumber and lime for astringe astringents, egg and vinegar preparations, or lime and sugar, or honey and cream, for beautifying the Begum.

The Beauty Parlour and the beauty aids from the bottle or pack are a great boon today, whether you 'Do it yourself' or walk into a beauty parlour looking and feeling as dull as withered flowers and come out like a prize-winning bloom. Whether she spent hours on make up of the face to have the Natural Look or splashed on the party paint with a gay abandon. Whether it is Blow drying the hair to have the rich glossy look or curl them tightly to have the frizzy look when in fashion.

One week she wants to be a blonde and the next a brunette..some love the peroxide look while others prefer the rich hue of mehendi, whether she looks stunning or feels radiant... she wonders at the use or abuse of skin and hair in the process.



I checked with a Dermatologist the answers to the questions most asked by the girls and women. How much harm does the daily use of Lacquer do to the hair? How about hair tints....does threading and waxing damage skin?

When you use hair spray to keep your hair style in place rest assured...Lacquer does not damage the hair as it only coats the hair, I was told.

But hair tints are a different matter. If the lady would like to dye her hair she should give thought to the colour or shade she'd like, as tinting in one colour and then changing it for another is definitely bad for the hair.

There are dyes and dyes.. vegetable dyes Mehendi, and dyes, these are temporary...they are alright but the Metallic ones which have lead, Cobalt, Bismut, Silver rate used often have a damaging effect on hair.

Did you know that the average number of hair that fall daily is between fifty to a hundred hair? Also that a hair keeps growing for



three years and then remains stationary for three months and falls within the next three weeks. If you are suffering from loss of hair on account of





For all of us who imagine that one method of removing the hair discourages its growth while another caused the growth to thicken or the texture of hair to thicken; we are mistaken, this is not true. The only difference is that depilatory creams or method removes hair from the surface of the skin, and pulling the hair with a tweezer removes it from its roots so the threading and waxing also does this it is called epilation, and as hair grows at the rate of one millimete in one week, therefore whereas hair which removed by depilatories or by shaving seem to reappear very fast while the epilation helps in delaying the appearnce on the surface of the skin and as I understand it the growth from the roots take very- ing time so there is no simultaneous appearance of hair on the skin surface. With depilation the growth of hair seem rough and stubby. So go ahead girls pluck your eyebrows in to the perfect line for you, or get rid of the unbecoming hair on face and arms and legs to have the soft beautiful feel...to feel your best.

sickness, or the side effects of medical treatment or drugs, it will grow again. So also if it is on account of preganancy or due to some fungus infection. But if you are appearing bald on account of heredity or due to the natural process of ageing, or if your hair has started thinning for these reasons then non of the tonics, or hair oil commercially advertised or learnt from old wives tales will help.

If you wear a Wi g for many hours at a stretch in Karachi's humid climate, it may effect the skin adversely, but wearing it in colder climate is perfectly safe.

The only method for permanently removing the unwanted facial hair is by Electrolysis which is too expensive, tedious and time consuming. For anyone with a sensitive skin threading out hair from the face or arms and lege may irritate the skin so also the waxes or depilatory creams. Normal skin is not damaged by the use of these creams or waxes.

