

## Want shiny, happy hair, practice hair yoga, says expert Jawed Habib



New Delhi [India], Feb.12 (ANI): A happy person makes for happy, long, luscious, shiny and lustrous hair. So, says famous hair specialist Jawed Habib.

He also maintains that the meditative practice of yoga can also contribute to pretty, thick and feminine hair.

"All one needs to do is practice hair yoga by following a healthy and balanced diet, having your meals on time, drinking milk, consuming lots of water and spending some time with oneself. Most importantly, smile for healthy, lustrous hair," says Habib.

"We all think good shampoos, conditioners and expensive salon treatments can make our hair healthy and beautiful, but we actually are completely unaware of reality. Good products and treatments are definitely important for hair. Hair care is beyond products and treatments. Understanding hair and its needs make things less complicated. Water is important for hair health. But not just drinking some 1-2 liters a day is all you need. Water for hair means drinking it well and rinsing it well," he adds.

Habib says drinking plenty of water helps to hydrate your hair and what is applied to the hair must also be well rinsed with cool water.

"Either don't apply any hair care product or make sure you have enough water to wash it off. If you understand the water rule for hair, half of your hair problems are solved. It's simple - drink it well, rinse with it well," he said.

"Young people think conditioner daily or an occasional spa treatments is enough.. No! Hair needs natural conditioning daily. Preconditioning is the answer-apply oil for five minutes daily

before a wash. Use basic oils and not blends. Wash hair with normal hair shampoo, no other shampoo is required. Cut hair regularly, which means about 8-10 weeks. No chemical experiments at home and healthy lifestyle," he adds.

On the issue of trends in hair care, Habib said, "Always remember trends are temporary, but your hair is permanent. So, be wise. Work on balanced cuts. A hair cut is the foundation of a good look. Don't keep the length too long, long hair is not easy to look stylish. Get colour, Honey Blonde, Hazelnut and Khaki blondes are good options to get instant spark to the hair. Always go to professionals for hair styling, they know your hair more than you."

He further states that the scalp needs to be cleaned just the way your face is, and adds that a clean scalp prevents both dandruff and greying. In case you need to use an anti-dandruff shampoo, use it just once a week.

"I believe hair grooming is a science. A hair dresser is both your doctor and your designer. He will know exactly what to do with your hair, according to your personality, skin tone and hair texture."

He also said that oil does nothing but bring down the density of hair to manageable proportions. This, he said, can also be done by hair re-bonding and use of serums.

Short, shoulder-length hair can make any woman look beautiful. The shorter her hair is, the younger she looks. A hair-dresser can read and feel hair and a hair cut that originates from his or her mind and not eyes, makes the perfect cut, said Habib. (ANI)