

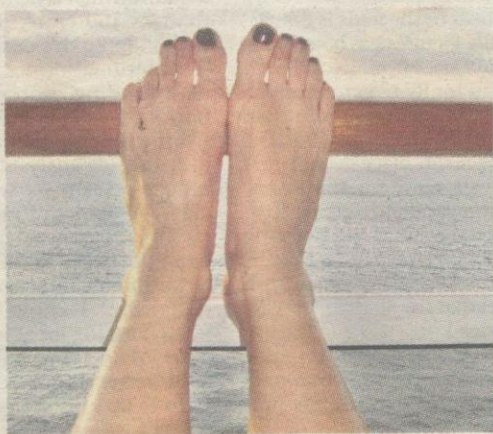
HAPPY HAIR, SMILING FEET



Sneha Agrawal talks to **Dr Smita Nagpal** to check on dos and don'ts for hair n' feet this monsoon

The rains coming to Ahmedabad may be a heavenly experience, however, you need to check your steps. If what we say is confusing you, read on... While springing up from your chair to rush for those showers or splashing in the puddle seem the best way to enjoy the rain, there is more damage you could end up with after the short break of fun!

Your hair might act tough and your feet could spell trouble following exposure to rain water. To tackle these and avoid visits to your dermatologist later, Dr Smita Nagpal tells you how you can keep your head and feet well, and yes, in place!



FEET 'EM DRY

While it may be tempting to splash in that puddle, you need to think twice before doing it. Not only because the water could splash over a passer-by but more because you could end up with sore feet. Infection between toes is common during monsoon because of accumulation of moisture content. The infected area turns red and white followed by an itching sensation. Try to keep feet clean and dry. You could also use an anti-fungal powder to avoid infection on the tips and edges. In case you wear socks, be careful you put on only cotton ones. Do not repeat wearing the same pair without washing. Also, remember to clean and air your shoes.

CREAM CURE

Exposure to dirty water may not cause long-term damage since feet thus exposed can be cured with proper medication within a month or two. Wash feet in lukewarm water to freshen and open the pores of the sole. Avoid using antiseptic solutions as they're highly concentrated and can cause further harm to already damaged skin. Allow your sole pores to breathe. Remember to moisturise your feet with a cream before you go to bed.

SAY NO TO PLASTIC

Choosing the right footwear might just be the answer to a foot problem during monsoon. Avoid wearing footwear made of canvas, plastic, leather, etc. as they take time to dry and can cause further harm to infected skin. It is preferable to wear sandals and *chappals* as these restrain the accumulation of moisture for long.



'DRY' CLEAN YOUR HAIR

Dandruff is one of the most common fungal infections following the scalp's exposure to rain water. Boils and lice are other ailments you could be confronted with. Ideally, shampoo and condition your hair thrice a week, however, avoid harsh shampoos. Do not keep hair wet for long and, in fact, once you have washed them, dry soon. Using a dryer is fine but overdoing it could not only damage hair but also create split ends. Tying wet hair is a strict no-no and in case you have to comb them in a hurry, ensure you use a wide tooth comb.

SHORT AND SWEET

Keep hair trimmed and neat to avoid hair sores; keeping them short surely reduces the risk of being prone to hair ailments. In case you use oil for conditioning, apply it at least two hours before shampooing hair. Avoid oiling hair and stepping out to reduce the risk of lice and hair fall. Besides using medicated shampoos, consume a well balanced diet to avoid excess hair fall.