7 Shower Habits That Cut Winter Hair Fall

Cold weather may feel cozy but it often brings unwanted hair troubles, especially hair fall. The dry air and hot showers can leave your scalp dehydrated and your strands weak.

But with just a few small changes to your shower routine, you can protect your hair from the harsh effects of win-

Here are 7 easy shower habits that can help reduce hair fall and keep your locks healthy, shiny and strong all sea-

Woman washing her hair with lukewarm water to prevent dryness and reduce winter hair fall.

Use Lukewarm Water Instead of Hot Hot showers may feel comforting in

cold weather but they can strip your scalp and hair of their natural oils. This leads to dryness, breakage and increased hair fall. Lukewarm water is a gentler choice, it helps cleanse effectively while maintaining moisture lev-

Massage Your Scalp While Shampooing

Taking a few extra minutes to gently massage your scalp can make a noticeable difference in your hair health.

This simple habit improves blood circulation, which strengthens the hair roots and encourages growth. Use your fingertips (not nails) in small circular motions while shampooing.

It helps lift away dirt and product buildup while stimulating natural oil production. Regular scalp massages

during your shower not only reduce hair fall but also make your scalp feel refreshed and relaxed.

It also keeps the hair cuticles smooth and prevents frizz. If you love a hot rinse then save it for the end, just a quick one, so you don't expose your scalp to prolonged heat.

Pick a Mild, Sulfate-Free Shampoo

Winter can make your scalp sensitive, so harsh shampoos with sulfates can worsen dryness and irritation. L'Oréal Professionnel Sulfate-Free Shampoo will be a miracle when it comes to winter hair problems. Its sulfate-free formula is very mild and does not strip natural oils.

It contains such nourishing ingredients as Keratin Repair and Asta-Care to fight dryness and frizz. Perfect for chemically treated or wild hair, it gives back strength and shininess and shields against winter factors.

Apply Conditioner Only from Mid-Length to Ends

Conditioner is your best friend in winter but applying it the wrong way can cause buildup and hair fall. Avoid putting conditioner directly on your scalp, it can clog pores and make the

Instead, focus on the mid-lengths and ends, where hair is the driest. Leave it on for a few minutes before rinsing with cool or lukewarm water. This helps seal moisture into your strands and reduces tangling and breakage after the shower.



Detangle Hair Gently When Wet

Wet hair is fragile and more likely to break, so be gentle when detangling. Use a wide-toothed comb or your fingers to remove knots, starting from the ends and slowly working your way up.

Avoid brushing wet hair aggressively or pulling through tangles. You can also apply a leave-in conditioner or serum before combing to make the process smoother. Being patient during this step can significantly reduce hair fall

Don't Overwash Your Hair

Washing your hair every day during winter can do more harm than good Frequent washing strips away natural oils that keep your scalp moisturized. Instead, limit hair washes to two or three times a week depending on your

In between, you can use a dry shampoo to refresh your scalp if needed This helps maintain the natural balance of oils and keeps your hair healthy and strong throughout the season

End Your Shower with a Cool Rinse Finishing your shower with a cool water rinse can make a surprising difference. Cold water helps seal the hair cuticles, locking in moisture and making your hair smoother and shinier. It also prevents excessive dryness and helps your scalp stay balanced.

While you don't need an ice-cold rinse, just a brief cool splash at the end of your shower is enough to boost shine and reduce frizz, keeping winter hair fall in check naturally.

Does It Really Help Taking Pills For PCOS? Find Out From The Expert

PCOS is a chronic endocrinological condition that affects various facets of your health including your reproductive, metabolic and psychological. Lifestyle modification, dietary changes, and exercise are the first line of treatment and are the most effective solution for the long term but some women may need medical management as well. Among the various treatment options, taking pills, such as hormonal contraceptives, is often prescribed to manage symptoms and regulate menstrual cycles. But does it truly help? Let's see what the expert says:

Dr. Mansi Verma, Gynaecologist at Veera Health, Online PCOS Clinic shares insights about who will need medication and things one need to be aware of before popping in that pill.

Do all women with PCOS need

Short answer, no. Depending on the woman's symptoms, medical history and any co-morbidities, a doctor can evaluate if medications are needed. Some commonly prescribed medications are oral contraceptive pills or birth control pills, metformin (insulin-sensitising drug) and sometimes nutraceuticals like myoinositol supplement. Some women with PCOS who aren't able to conceive naturally after making lifestyle modifications can be prescribed ovulation-inducing drugs to help stimulate ovulation and increase the chances of pregnancy.

Medications are not a bad thing Taking medications is often seen as a failure to manage PCOS this is not true. One of the reasons why women hesitate to take med-



ication is because they want to either manage it on their own or "naturally". But in PCOS, sometimes treating the underlying hormonal imbalance may require more than just making lifestyle changes. Taking medications can actually give you the time to make lifestyle corrections, lose weight and follow a healthy routine. Most

medications prescribed for PCOS are only a temporary correction to help regulate hormones that are imbalanced. These medicines help achieve the required therapeutic window which may not be achieved naturally for the patient. Having said that, taking medications is not a replacement for maklifestyle modifications. Lifestyle changes with medications make the therapy the most

What are the common medications for PCOS?

There is no single pill or treatment method for PCOS. Medications are usually prescribed to correct hormonal imbalances which can in turn mitigate symptoms like irregular periods, weight gain, hirsutism, acne and scalp hair loss, among others.

Oral contraceptives or birth control pills

Apart from protecting from unwanted pregnancies, oral contraceptive pills (OCPs) are effective in regularising period cycles and reducing male hormone levels. OCPs don't make you infertile, nor do they affect your chances of getting

pregnant. Metformin

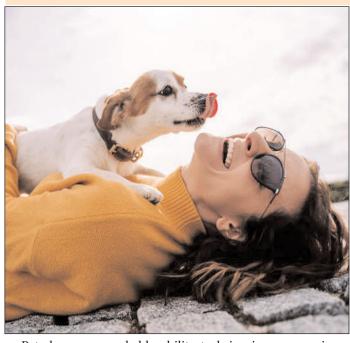
Metformin is a drug which is usually prescribed for diabetic patients to reduce blood sugar levels by improving the insulin sensitivity of the peripheral tissues (muscles). Since nearly 70% of women with PCOS suffer from insulin resistance, taking metformin can help reduce insulin resistance, and thereby the production of androgens as well (male hormones).

Anti-androgen drugs

Increased levels of androgens or male hormones can cause symptoms such as excess facial hair, acne and scalp hair loss. Anti-androgen drugs are prescribed to help reduce male hormone levels and improve the symptoms. However, anti-androgen drugs are usually prescribed after lifestyle changes and 6 months of oral conceptive pills course hasn't shown improve-

Medical Verdict: Medications form an important part of treating PCOS, and there is nothing wrong with taking medications to manage your symptoms. Although not all women may need it, medications for PCOS are very effective in treating hormonal imbalances and help you get on top of your PCOS and manage it with greater confi-

Know The Positive Impact Of Pets In Our Lives



Pets have a remarkable ability to bring joy, companionship, and countless benefits into our lives. As we celebrate National Pets Day, it's important to recognize and appreciate the positive impact that pets have on our well-being, both mentally and physically. From reducing stress and loneliness to promoting physical activity and providing unconditional love, pets play a significant role in brightening our lives in nu-

Madhur Khanna, Director-Marketing, Mars Petcare India says that pet parents often find that their furry companions not only bring joy and companionship but also play a crucial role in fostering social connections. "Pets can serve as icebreakers, sparking conversations and interactions with fellow pet owners or even strangers, leading to new friendships and social networks. These interactions not only enhance our social integration but also contribute to our overall well-being and quality of life," she adds.

On this Pets Day, let's celebrate the countless benefits that

pets bring into our lives: 1. Help Maintain Your Physical Well-Being

Pets contribute to your physical fitness. All breeds of dogs require regular, daily walks to maintain their happiness and

well-being, and similarly, we need physical activity to stay healthy. However, humans can sometimes become lazy. If this resonates with you, having a dog can be the ideal solution. Dogs will motivate you to get outside and exercise daily, whether it's a walk around the neighbourhood or a run in the

2. You're Never Lonely

Pets ensure you're never alone. Living alone or having a partner with different work schedules can lead to feelings of loneliness at home. However, having a pet alleviates this loneliness significantly. Cats and dogs, in particular, make excellent companions. They eagerly await your return, are willing listeners if you need to vent about a tough day, and often enjoy cuddling on the sofa.

3. Help Balance Your Stress Levels

In today's fast-paced world, stress and anxiety levels are high, potentially causing various health issues. Fortunately, pets can significantly aid in relaxation; petting your cat or observing fish in a tank can ease your worries. Scientific studies have demonstrated that pet owners generally exhibit lower blood pressure, cholesterol, and triglyceride levels compared

4. Alert You About Your Health

If you observe unusual behaviour in your dog or cat without a clear reason, it may be wise to visit a healthcare professional. Animals with heightened olfactory senses can detect subtle changes in the human body. Dogs and cats, sensing abnormalities, may alter their behaviors, which can lead to early detection of illnesses such as cancer, narcolepsy, migraines, diabetes, and seizures.

5. Make Friends Easily The community of pet owners is notably welcoming and friendly; you'll frequently encounter individuals striking up conversations about your dog while at the park. Owning a pet serves as an excellent avenue to meet new people and foster rapid connections, particularly if you struggle with small talk.

6. Loyalty And Friendship The bond between animals and humans is truly special, often transcending mere companionship to form deep and lasting friendships. Pets, in particular, exhibit unwavering loyalty and companionship, making them cherished members of our families. Whether it's a wagging tail, a purring cat, or a gentle nuzzle, pets have a unique way of understanding and connecting with us on an emotional level. Their loyalty and devotion make them not just pets but loyal friends and beloved companions.

India Takes A Crucial Step In Cancer Prevention With New Vaccine For Women



In a significant step towards combating cancer, the Indian government is set to introduce a vaccine specifically aimed at preventing cancers affecting women.

Union Minister of State for Health, Family Welfare, and Ayush, Prataprao Jadhav, announced the upcoming launch of the vaccine during a press conference in Chhatrapati Sambhajinagar.

The vaccine is expected to be available within the next five to six months, will be administered to girls between the ages of nine and 16 as part of a nationwide initiative to address the increasing number of cancer cases.

While addressing the press meet, the minister emphasised the government's commitment to tackling cancer through early detection and preventive measures.

As part of this initiative, women above centres will be set up to facilitate early for women.

The new vaccine is designed to protect against breast, oral, and cervical cancers, which are among the most common can-

cers affecting women in India. In addition to introducing the vaccine, the government has also taken steps to make cancer treatment more affordable by waiving customs duty on medicines

used for cancer care. Beyond the vaccine rollout, the government is actively integrating tradition-

al medicine into healthcare services. It was highlighted that Ayush centers have been established in hospitals across the country, with 12,500 such facilities already operational and more in the pipeline.

Prevention is key to tackling cancer, the age of 30 will undergo screenings at and India has taken a step in the right dihospitals, and dedicated daycare cancer rection with its plan to launch a vaccine