

htcafé body & soul

MUMBAI, THURSDAY, MARCH 18, 2010, 04 PAGES www.hindustantimes.com

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Sunny side up

With these simple skin and hair care tips, you will be ready to face the heat in no time

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The searing summer heat can rob the glow and shine off the healthiest of skin and hair. Be it oily skin and acne, dry or scaly skin and angry rashes or sticky dandruff-ridden hair, even the smallest of problems feel like they aggravate in summer. But contrary to what many peo-

ple think, protecting your skin and hair from the harsh Mumbai sun in summer, needn't be an expensive exercise that uses a battery of cosmetic products. In fact, with a few of these simple tips that some experts have lined up for you, you can even stare the sun bravely in the face and keep all those skin problems at bay.

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