



Hair to envy

BEAUTY
Zarin Saleh Hussain

Hair is one of the first signs of our good health. Loss of hair can be for various reasons, ranging from unhygienic conditions to wrong oil to imbalanced diet. If there is a family history of thinning hair or early balding, you may find it difficult to grow thick growth. Have a nutritious diet consisting of the essential minerals and vitamins. Add plenty of salads, green vegetables and fresh fruits to your diet.

Check the quality of the water in your area. If it is very hard water, boil the water before washing your hair with it.

Your hair needs attention and lots of pampering. Go through the basic check list of taking care of your hair. Get your hair trimmed regularly by a professional. Consult a dermatologist to rule out fungal infection of the scalp. Styling products are a plenty, use them to tackle hair problems.

Anti-dandruff products are harsh and shouldn't be used daily. This can create a 'rebound effect' on the scalp, which may start producing more sebum in order to make-up for the loss. Do not use an anti-dandruff shampoo more than twice a week. Opt for a mild shampoo that gently loosens flakes and helps prevent the occurrence of dandruff. Massage the scalp with a treatment lotion after shampooing. Oil your hair with warm coconut oil twice a week. This will soften your hair. Use a good medicated oil, massage regularly, and rinse your hair after shampooing in cold water which has been boiled with *Neem* leaves, soaked overnight.

- For split-ends, get your hair trimmed properly at a good salon.
- Always aim the hair dryer down the hair shaft to close and smoothen the cuticles.
- Let your hair dry naturally, rather than vigorous towel drying or using a hair dryer.
- Before you get into the swimming pool, wet your hair with non-chlorinated water. If you allow it to absorb non-chlorinated water first, it won't be able to absorb a substantial amount of chlorinated water. Allow your tresses to dry naturally. Condition your hair regularly and opt for a deep-conditioning treatment once a week. This helps protect your hair from the harsh rays of the sun and chlorine.
- If your hair is oily, wash it every alternate day with a mild shampoo. Start applying henna, which, being herbal, does not have a damaging effect on your hair strands and scalp. Henna is an excellent hair conditioner and it promotes hair growth and reduces hair fall.
- Coloured hair requires extra care. Don't wash coloured hair with medicated anti-dandruff shampoo. Use colour protecting shampoos, hair conditioners and masks that are specially formulated for coloured hair. Don't use henna.
- If you must wash your hair every day, then avoid shampooing. Frizzy hair tends to be dry and porous, because the hair's natural protection layer is weak or damaged. You can control frizz by the way you dry your hair. You can let it dry naturally - massage your hair with a serum while it is still damp.
- Avoid perming frizzy hair.
- Regular trims can help combat frizziness.

Remember:

- The best styling product for wavy and rough tresses is serum. It is advisable to apply serum on towel-dried hair.
- Too much serum will weigh your hair down.
- If you have curly hair, you should never wash it every day.
- The best thing to do is to avoid rubbing your scalp too much when you wash your hair.
- Get a hot oil massage.
- Avoid very hot water when washing hair. Use cool water instead.
- Cover head when you sit in the sun.

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Winter is not just about pulling out your moth-balled woollens from the closets and screwing up your face after the first sour orange hits your tongue. It is also about keeping your wits about you as people ambush you when you least expect it and rain you with wedding invites. All on a sudden, you can kiss your life-as-you-knew-it goodbye for some enforced, heavy duty socialising. In America, perfectly able-bodied young men used to dodge the Draft and avoid going to war. No such luck here, I'm afraid. Unless you are flatlining in some ICU, you've got to show up. If you are cool about being a social pariah, then I guess you could stage a no show.

The world has changed at dizzying speed, but one look at wedding invites, and you'd think Father Time has stood rooted to the spot. The cards are ornate, with gods, butterflies, palanquins, flowers and conch-shells reinforcing the traditional statement. Red and gold tassels add to the quaint, archaic effect. The hierarchy of kinship is evident from the order in which names are placed, as well as the font size. By my own candid admission, I was never very good at geometry, but aw, come on, surely there are more shapes than the staid old rectangle? Why not try a triangular card? Or a hexagonal one? Marriage is complicated business. Often, you don't emerge from it alive. So why that same, simplistic shape? Is it because it symbolises the tedium of the conjugal state, a tedium we embrace because we are too chicken-hearted to be alone, or explore alternatives? Every card given to me silently screams the three words - play it safe!

Sadly, the more the merrier doesn't apply to wedding invites. It's actually the more the scarier. First of all, you have to do the math. You have to tick the wedding dates on a big all-month page calendar. You have to figure out which ensembles go to the dry cleaners, what jewellery items need to be taken out of the bank locker, if the fruit facial could be stretched to three wedding appearances. Perhaps some of my more glam lady friends even go for an emergency botox treatment, but I am on unfamiliar territory here. But the rather fixed smiles at the venues make me suspect the procedure is more popular than anyone cares to admit.

If you have more wedding invites than you can cope with, here is a simple elimination trick. How important a guest are you really to the hosts? You are at the workplace and there's a lone card tucked up on the notice board for the fifty of you. Yep, that's easy to wriggle out of. Then, the parents of the bride or groom send someone with the invite for you. Well, you are tempted to send some other guest to stand in for you! Then, they spell your name wrong. How dare they, you think, and then, a slow smile spreads on your face... ah, you've just spied the escape hatch!

But the truth of the matter is - most hosts are brilliant strategists. They telephone you before coming, or come when you are most likely to be at home. They consult you earnestly before they write your name on the envelope, and insist that all of you, the family, turn out for the event. Before I can open my mouth about the logistic impossibility of dragging my kids from Delhi for the happy occasion, they sweep out to complete their

campaign with military precision. I often wonder if they have stop watches to allot their time in each household. I know they mark the city into grids, and cover each section with frightening thoroughness. I have had hosts who - casually and very ingeniously - ferret out information about the addresses of other guests. So, they evolve into such veterans of house to house calls and information gathering that I think it is a shame all this enterprise, this energy and ingenuity, should be confined to just a wedding. Why can't these veterans be enlisted as census volunteers? I can't think of anyone better qualified for this job. Is the government listening?

If you are lucky enough not to have muddled the dates, then you are all set to attend the nuptials. I know fighter pilots have performance anxiety and so do Olympic athletes, but the perform-

ing it. Instead, you have pre-packed gift items you can pick in a jiffy, never mind you'll never know what was in them. Time is of the essence when your make up is in danger of getting blotchy and the hairspray refuses to work overtime. So you have this respectably large box, which is less gift and more meal ticket. It gives you a kind of credibility nothing else does.

At the entrance, I am often fuming inwardly that my husband has flatly refused to wear a tie, but smile radiantly and often short-sightedly at the people before me. I am surprised at my own genius when I can spot the hosts among a sea of people. Meeting the bridal couple is a poignant experience. They are a brave team who weather an onslaught of hands reaching out to shake theirs, countless shiny gift boxes are thrust under their noses, an invasive video camera (and several cam-

and escaping to the safety of his fellow males is calming for his nerves. Women, too, need to sit close to each other to assess make-up, attire, jewellery and other accessories. They also compliment each other profusely in the hope that each kind word is generously reciprocated.

But it is not as if the hosts are willing to leave you alone for long. Wedding venues are like airport terminals, and you are only waiting to embark. It is a strictly temporary phase and sometimes you have barely settled into your chair before a determined looking matron, with a forced smile and a steely glint in her eyes, marshals you to the dining area. When I stand in line with the rest, I can't help thinking of soup kitchens for homeless people. It's only six in the evening, you don't sup till eleven, and the sight of so much food makes you turn slightly green, as if you are seasick. Thank God, they have cards in front of the food warmers, so that you know what you are dipping the ladle into. I say thank God because everything looks the same - a thick brown sludge that conceals fish, chicken, vegetables or anything else. If you are the dithering type who dawdles before each dish trying to make up your mind, get ready for glacial stares and annoyed tongue clickings. Further down the line, you realise that most of the food items are just what your doctor didn't order, and with a guilty grimace, you sneak in yet another *tandoori* chicken piece.

Now lies the challenge of looking for a seat. None are available. So there you are, a handbag on one arm, a heaped plate on the other, feet wobbling in your shoes, your cell vibrating with useless smses and you in mortal peril of stumbling. Short of a nuclear disaster, I can't imagine any human being in a worse predicament. But you keep your smile in place, delicately poke your fork into the food, and pretend you are having a swell time. And if you are really gifted at multitasking, you could chat with other guests and find out what the groom does for a living, or if the pair belong to the same caste. But these days, many guests are more interested to know if the bridal couple have been living together before the nuptials. Does that really matter now?

Then you are back at the former seating area. Funny how they always escort you to the dining area, but leave you alone to find your way back. Several ladies in different pitches of tone and emphasis now want to know if you have eaten. It almost seems they are desperate to ensure you don't die of malnutrition. But the subtext of these queries is clear - if you have eaten, what are you dawdling here for? Can't you see the rush? We need your chair.

So you send that subtle signal to your significant other across the room - a slight roll of the eyes, or an incline of the head, a technique perfected by married couples who are veterans at attending weddings. There is the last minute flutter of locating the patriarch or matriarch to say farewell and pay your compliments on the arrangements. With the pious feeling of having done your duty in the midst of the most arduous circumstances, you clamber thankfully into the car. It doesn't matter if your husband refused to wear a tie, or the *naan* wiped away your Color Stay lipstick. The important thing is - one wedding down, only nine more to go!

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Confessions of a wedding guest

ance anxiety of a wedding guest has never invited any serious research. For the women especially, it is a period of troubling dilemmas. Should she be caught wearing the same *mekhela chador* three weddings in a row? Would her new heels make her tower over her husband, and set off titters? Was blue eye shadow passe? And where the heck was her sequined bag?

Feeling overdressed, inadequate and worrying about parking space at the venue, the guest couple drives glumly to the event. Two minutes to their destination, a feminine shriek emanates from the car's interior. There is a squeal of brakes and the vehicle does a sharp about turn.

What seems to be the problem? They forgot to buy a present. You see, presents are a big deal. It's like trying to board a plane without tickets. You have to be crazy to try it. But enterprising shop owners are hitting payday capitalising on this muddled oversight. Hurray! You don't have to go through the bother of choosing a gift and then

corders) are zooming in to capture their tiniest gestures, not to speak of the ignominy of having to dive down and touch the feet of elders they don't remember ever meeting before. It could be a deeply bonding experience for these newly-weds, or they may be already blaming each other for this ordeal. I like to think it's the former.

You know good old tradition rules as you survey the seating arrangements. The meal may be fusion, the bride may be *phirang*, but males and females are strictly segregated. I highly disapprove of this gender isolation, not because it smacks of old fashioned moral uptightness or that I am eager to prove how liberal and progressive I am. There is a practical difficulty here. If I am prised away from my spouse, we end up eating at different times and I don't at all fancy the task of locating him teetering precariously on my heels. But I suppose this segregation has its uses. I think a man would be overwhelmed if he is in close proximity to the bejewelled female species

3rd eye

Indrani Raimedhi

Due Date

Cast: Robert Downey Jr., Zach Galifianakis, Jamie Foxx.
Director: Todd Phillips.

Peter Highman is a well-dressed, uptight architect who needs to return home to LA in order to be present at the birth of his first child. Peter knows it will happen in just a couple of days because he and his wife, Sarah (Michelle Monaghan), have scheduled the birth by caesarean section.

Ethan Tremblay is a wannabe actor, a man-child carrying his dead father's ashes in a coffee can. Ethan wants to get to Hollywood. Under normal circumstances, Peter and Ethan would never meet. But they do, and that sets in motion a chain of events that could only happen in a road trip comedy. Ethan and Peter's vehicles run into each other outside the airport, their baggage gets mixed up, the words 'bomb' and 'terrorist' are uttered on a plane, and *voilà!* Peter and Ethan are both placed on the no-fly list by an unforgiving TSA agent (Matt Walsh). Now Peter, he doesn't just dislike Ethan, he hates him. He hates his clothes, his dog, his perm, hates the questions he asks, and is not supportive at all of Ethan's career choice. Ethan accepts that Peter is basically a massive jerk, but tries to get along with him anyway.



Megamind

Cast: Will Ferrell, Tina Fey, Brad Pitt.
Director: Tom McGrath, Cameron Hood.

Megamind is the most brilliant supervillain the world has ever known... and the least successful. Over the years, he has tried to conquer Metro City in every imaginable way. Each attempt has been a colossal failure, thanks to the caped superhero known as "Metro Man," until the day Megamind actually defeats him in the



throes of one of his botched evil plans. Suddenly, the fate of Metro City is threatened when a new villain arrives and chaos runs rampant, leaving everyone to wonder: Can the world's biggest "mind" actually be the one to save the day?

MOVIE WATCH
Vikram Barkataki

TOP 10 Hollywood

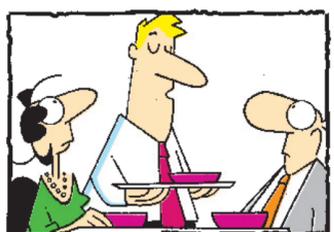
- Saw 3D
- Paranormal Activity 2
- Red
- Jackass 3-D
- Hereafter
- Secretariat
- The Social Network
- Life as We Know It
- The Town
- Conviction



"Don't let the fancy menu confuse you. All you need to know is, the higher the price, the smaller the food!"



"I'm not sure we can afford to eat here. The ketchup has a cork instead of a screw top!"



"If you find a fly in your soup, please be assured that it is the highest quality fly imported from the royal stables of France."



"I never know how to order in a fancy restaurant. Was 1973 a good year for mushroom gravy?"



"I don't want to appear unsophisticated. Which fork do I use for scratching my foot?"

FORECAST

NOVEMBER 15 - 21, 2010

- ARIES (MAR 21-APR 19)**
Go slowly on Monday - no new projects, no big moves. On Tuesday and Wednesday, however, it's all systems go. Then it's all about the almighty cash (or lack of it) around Thursday and Friday. Think about the intersection between financials and values, and where you are with it. Things are moving fast this weekend, but you're more than capable of keeping up.
- TAURUS (APR 20-May 20)**
A far-fetched idea definitely has components you can use on Monday, so don't dismiss it outright. Around Tuesday and Wednesday, go at your own pace, even (or especially) if somebody's trying to hurry you along. Where's the fire, anyway? On that note, things look rather hot for you on Thursday and Friday. Avoid making any big decisions - you're liable to let an impulse get the best of you.
- GEMINI (MAY 21-JUN 21)**
What you do on Monday makes a big impression, for better or worse - consider how you want people to think of you. A friend or a mentor may chime in about this on Tuesday or Wednesday. Let them - it's always good to get a fair and balanced opinion of how you're being perceived. Life demands your concentration around Thursday and Friday; you'll get the most out of it by paying extra attention and asking lots of questions. This weekend, though, you can be a social butterfly or just flirt from one great idea to the next.
- CANCER (JUN 22-JUL 22)**
What (or who) you know isn't nearly as interesting as the unknown quantities on Monday. On Tuesday and Wednesday, take care when interacting with your boss, a bossy friend, your mom, the police... you get the picture. Take a deep breath and choose those words carefully. People love to hear your stories, and Thursday and Friday, they just want to be around you. This weekend, you might just be in the mood to make a splash. Leave that shell behind!

- LEO (JUL 23-AUG 22)**
On Monday, separate the talk from the action, the chaff from the wheat, the gold from the merely gold-toned. You want what's real, right? On Tuesday and Wednesday, though, taking a little risk isn't such a bad idea. Let what you do speak for itself around Thursday and Friday, the right person gets it, and you'll be rewarded. It's party time this weekend, although you might just find yourself discussing books or politics amid all the hubbub.
- VIRGO (AUG 23-SEPT 22)**
Be ready to agree or disagree on Monday, and do give the other person's opinion some honest consideration. On Tuesday and Wednesday, double-check your receipts, count your change and rerun any numbers. Branching out is favoured around Thursday and Friday. Try a different cuisine, challenge your mind with a great book, or hang out with a new person, and feel that mind expand. Take care when communicating this weekend. Remember the value of showing as well as telling, and of asking questions while you're at it.
- LIBRA (SEPT 23-OCT 22)**
Even if you have your priorities all set on Monday, you might not get to the most important things - *c'est la vie*. Then, on Tuesday and Wednesday, you make the most progress when you balance your aims with those of a pertinent party. Building the relationship is probably more important than getting exactly what you want. Keep things on the lighter side to make life easier and brighter around Thursday and Friday. You'll be getting to some more intense intellectual or emotional stuff this weekend anyway.
- SCORPIO (OCT 23-NOV 21)**
Good thing you love mysteries, because Monday's got some for you. While you may want to take a free-form, go-with-the-flow approach on Tuesday and Wednesday, a plan and a steady pace will get you further, faster. Prepare for competition around Thursday and Friday. Avoid letting yourself be ambushed and consider some unusual tactics. It's best not to work this weekend, but if you must, give it your total concentration or risk slip-ups.

- SAGITTARIUS (NOV 22-DEC 21)**
Keep your keys and wallet on your person and your wits about you on Monday; you're liable to lose things. On Tuesday and Wednesday, make an effort to have fun. An impromptu work lunch, playing cards with friends, a little flirtation - you're good at squeezing more out of life, so get on it. You'll have to deal with responsibilities around Thursday and Friday, and if you can help somebody else out with theirs, too, even better. This weekend, know your power: The influence you can have on the outcome of a situation is strong.
- CAPRICORN (DEC 22-JAN 19)**
Your creative input is very valuable on Monday, and you know the right way to communicate it, too. Then, around Tuesday and Wednesday, it's important to get to the bottom of any stress you might be feeling. Think it through, and get some exercise, too - it'll help clear your head. Your energy's excellent on Thursday and Friday - those days are full of accomplishment, while the nights might just provide fun and romance. If someone's talking a lot this weekend, ask yourself if they're actually saying much of substance.
- AQUARIUS (JAN 20-FEB 18)**
A detour may be more alluring - and lead to more interesting places - than the road more travelled on Monday. You'll want some fresh food for thought, because Tuesday and Wednesday find you ready to make some giant intellectual leaps. If you're bored around Thursday and Friday, it's your own fault. Even minor experiences are offering oddities and acquaintances that'll fascinate if you give them the chance. This weekend, you're just plain hot - dress and plan accordingly.
- PISCES (FEB 19-MARCH 20)**
Your creative powers are pretty stunning on Monday, so use that imagination at work and at play. If you feel like someone's not being straight with you on Tuesday or Wednesday, lead by example - put your cards on the table and ask what they've got up their sleeve. The stars are sending you some lovely, loving energy around Thursday and Friday. Keep your plans minimal this weekend; you'll be busy with stuff that pops up.