



How excessive heat damages hair and why henna creams can be a gentler alternative

Healthy hair doesn't lose its shine and strength overnight. Repeated exposure to excessive heat and harsh chemical treatments can gradually weaken hair fibers, leading to dryness, breakage, and fading colour over time



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Hair damage rarely happens overnight. Dullness, dryness, loss of shine, breakage, and premature color fading are often the result of cumulative stress that builds up over time. One of the main contributors is frequent exposure to excessive heat, whether from intense sun exposure, blow dryers, flat irons, curling tools, or other heat sources. When hair is repeatedly subjected to high temperatures, its natural moisture content decreases, making the fiber more vulnerable to dryness, porosity, and reduced strength. In many cases, these effects are ampli-

fied when combined with repeated chemical treatments.

What Excessive Heat Does to Hair

The cuticle, the outer protective layer of the hair, helps retain moisture and preserve the integrity of the hair fiber. Frequent exposure to excessive heat can gradually compromise this protective barrier, leading to frizz, loss of shine, and increased fragility.

Heat styling tools used at very high temperatures can accelerate the evaporation of water from within the hair shaft, contributing to structural changes that weaken the fiber over time. For this reason, regular exposure to intense heat requires additional care to help maintain healthy-looking hair.

The Role of Chemical Coloring Processes

While heat contributes to hair wear and tear, one of the most significant factors associated with cumulative



damage in color-treated hair is the repeated use of alkaline agents commonly found in conventional hair color products.

Ingredients such as ammonia, ethanalamine, diethanolamine, and triethanolamine are used to open the cuticle and allow pigments to enter

or be lifted from the hair. While this process is effective for coloring, repeated exposure can increase porosity, contribute to dryness, and reduce the overall resilience of the hair fiber. Many consumers notice these effects through rougher texture, faster color fading, scalp sen-

sitivity, and a growing need for intensive conditioning and repair treatments.

How Henna Creams Work Differently

Henna creams offer a different approach to hair coloring. Rather than relying on aggressive alkaline



systems to alter the hair structure, henna deposits color in a gentler way that better respects the hair's natural integrity.

This characteristic can be especially beneficial for hair that is already exposed to frequent heat styling or has undergone multiple chemical treatments over time.

In addition, cream-based henna formulations have made the coloring pro-

cess more convenient by eliminating many of the preparation and application challenges traditionally associated with powdered henna, while preserving its plant-based origin.

A New Approach to Caring for Color-Treated Hair

Maintaining healthy hair involves multiple factors, but reducing excessive heat exposure and choosing gentler

coloring systems can make a meaningful difference in the appearance and condition of the hair over time.

As a result, more consumers are seeking alternatives that provide beautiful color without adding unnecessary chemical stress to the hair fiber. Henna creams represent one practical option for achieving that balance.

(The writer is a Founder & CEO of Surya Brasil)

Nia Sharma shares unique take on how fame works today



Television actress Nia Sharma has shared a unique perspective on fame. She offered her thoughts on how stardom is perceived in today's fast-moving entertainment industry.

In her recent post, she compared the nature of modern fame to something instantly accessible and widely enjoyed. Taking to Instagram, the 'Naagin' actress posted her sultry video and wrote, "Fame today is like instant noodles. Everyone enjoys!" In the clip, Nia is seen dressed in a shimmering, stylish saree and striking different sultry poses for the camera. Notably, her 'Ek Hazaron Main Meri Behna Hai' co-star and dear friend Krystle Dsouza commented, "For 2 mins max."

In April, Nia Sharma and Krystle D'Souza, who are known for their

on-screen sisterly bond in 'Ek Hazaron Mein Meri Behna Hai,' were spotted enjoying a fun-filled long drive in Nia's luxury car. Krystle also took to her social media account and shared a light-hearted video of the duo having a great time during the ride. She captioned it as, "High on coffee and some careless whispers."

Nia often shares her videos and photos on social media.

On the work front, Nia is widely known for her performances in television shows such as "Behenein," "Ek Hazaron Mein Meri Behna Hai," "Meri Durga," and "Kaal - Ek Agnipariksha." In 2020, she participated in "Khatron Ke Khiladi: Made in India" and emerged as the winner. She has also appeared in popular web series including "Twisted" and "Jamai 2.0."

Soha Ali Khan talks about passing down her favourite childhood toy to daughter Inaaya

Soha Ali Khan has spoken about how her favourite toy, whom she lovingly named Elliott, shaped her childhood and also revealed that she passed it down to her daughter, Inaaya Naumi Kemmu, as the actress wanted her little one to experience the same joy of creating her own little world.

In a nostalgic video, Soha reflected on her favourite childhood companion, a stuffed toy dog named Elliott, and the countless adventures she created alongside her siblings, Saif Ali Khan and Saba Ali Khan.

Soha shared in the video: "One of my most favourite summer vacation memories is just sitting with Bhai, with my sister Apa and making up stories around Elliott. One of us would start the story, another would continue it, and third would add a twist; and by the end of the afternoon, Elliott had travelled the world, solved mysteries, and made the most unlikely friends."

The actress recalled how



her brother Saif Ali Khan would "hide clues around the house" and her sister Saba Ali Khan Pataudi "would draw up a treasure map."

She added: "And I would lead the investigation through Elliott. I remember entire afternoons just disappearing as we solved mysteries that basically existed only in our imaginations."

"It was never really about the toy itself. It was about

lessons," she shared. Soha said that watching her imagination take over is "honestly one of my favourite things."

The actress took to the caption section, where she mentioned that "a toy is never just a toy."

"It's an adventure waiting to happen - a window to imagination, create, and the beginning of some of our most cherished childhood memories. I watched my first #ToyStory movie with my family and the legacy has been such a big part of my childhood and growing up years!" She added: "As Disney and Pixar's Toy Story 5 releases in India, what I love most is that this new chapter not only reunites us with Woody, Buzz Lightyear, Jessie and the gang, but also asks a very important question for today's children and parents: how do we continue to nurture imagination in a world increasingly shaped by screens?"

Disney and Pixar's Toy Story 5 releases in India on June 19.

CROSSWORD

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17				18			
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20	21					22	23
24				25			
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27						28	
			29				
30						31	

ACROSS

- Kick up ___ (1,4)
- Paint solvent (5)
- Gallery custodian (7)
- Embellish (5)
- Deprive of weapons (5)
- Toothed wheels (5)
- Let or allowed to fall (7)
- Small spot (3)
- Wild party (4)
- False or insincere, as a prefix (6)
- Intelligent (5)
- Deserving (6)
- Grows old (4)
- Illuminated (3)
- Nazi secret police (7)
- Clear (5)
- Reel (5)
- Cheekiness (5)
- Thor Heyerdahl's raft (3-4)
- Beginning (5)
- Worry (5)

DOWN

- A soft felt hat (6)
- Abrasion (6)
- Light source (3)
- Cooked in an oven (5)
- Sightseer (7)
- Vessels for ashes (4)
- Spell (6)
- Full of pathogens (5)
- Prolong vowels (5)
- Openly manifest (5)
- Hindu goddess of war (5)
- Trunk (5)
- Plume or pride oneself (5)
- Small onion (7)
- Bottom of the crankcase (3,3)
- Reach or gain (6)
- Distinctive periods (6)
- You receive them on your birthday? (5)
- Prod (4)
- Jamaican popular music (3)

Solution to June 16

SUDOKU

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8		9			6		3	1
2		3						
	2		7				4	
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Solution to June 16

'Western wear kinda gal' Zeenat Aman reveals Manish Malhotra's trick to make her comfortable in sarees

Veteran actress Zeenat Aman, who is often dubbed the queen of Instagram, has shared how celebrity fashion designer and producer Manish Malhotra ensured comfort for her on the sets of her film 'Bun Tikki'.

On Monday, the actress took to her Instagram, and shared a few pictures of herself wearing sarees on the sets of the film. The actress shared while she has a natural affinity for western styling, Manish ensured she feels comfortable wearing sarees. The trick was that Manish turned all sarees by making them ready to wear. She penned a long note in the caption as she wrote, "Shooting 'Bun Tikki' was such a sweet, endearing experience. Working on it showed me how much I have grown to appreciate gentle stories that unravel human intricacies without the "pow boom bang" aggression of masala formula flicks. My wardrobe for the



film was exquisite, and I felt reinvented in the saris @manishmalhotra05 designed for me. Now it's evident that I'm more of a western wear kinda gal, so Manish eased me back into traditional clothes by making each of these saris "ready to wear". Sheer genius."

She further mentioned, "That made 12 hour shoot days and long hours of styling oh so comfortable. There is no doubt great beauty and legacy to draping a sari, but for those of us who don't

have the patience or skill, this is the ultimate hack. Ladies, have you tried wearing a sari in this style? Your thoughts?"

Earlier, the actress took a trip down memory lane and reflected on how her return to the screen after the birth of her first son, Azaan, was possible only because of the support of her mother.

She revealed she was going through a rough patch in her married life at the time and just wanted to escape her personal life.