



Why your scalp suffers more than your hair during monsoon



CLELIA CECILIA ANGELON

care it received earlier.

Monsoon humidity can leave hair dull, rough and difficult to manage, but the seasonal changes often affect the scalp first. Understanding how moisture, sweat and limited airflow influence scalp health can help make hair care more effective during the rainy months.

Why the Scalp Bears the Brunt of the Season

Humidity during the monsoon is rarely consistent. The air may remain damp and heavy on some days before becoming comparatively dry after rainfall. These fluctuations can affect the scalp's natural balance over time. Hair may appear flat by the afternoon or feel rough even after washing, while the underlying issue may actually begin at the roots.

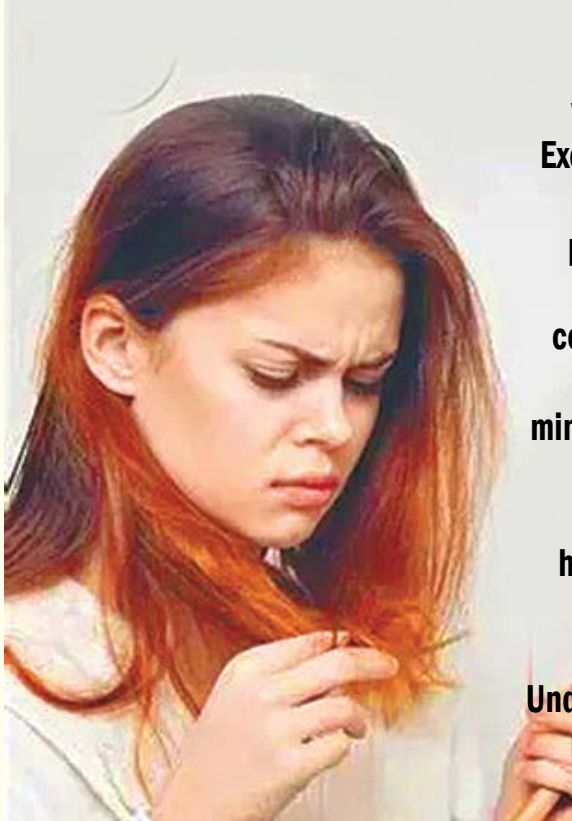
Warmth and moisture can also contribute to flaking and itchiness. Wet hair takes longer to dry during humid weather, whether it becomes soaked in the rain, damp after a shower or moist from sweat.

Tying hair up frequently to keep it away from the face and neck can further reduce airflow around the scalp.

These effects may not always be immediately visible. Because hair that has already grown cannot repair itself in the same way living skin can, the condition of the scalp and hair over time often reflects the

aloe vera is commonly used for its cooling and moisturising qualities. Ingredients such as amla, hibiscus and fenugreek have also traditionally featured in hair-care practices, particularly for maintaining scalp and hair condition.

Henna is another traditional ingredient associated with a cooling effect on the scalp. Some formulations combine it with botanical ingredients sourced from regions such as the Amazon, with the aim of supporting scalp comfort and balance



during humid weather. Ingredient awareness is another consideration when choosing hair-care products. Some formulations avoid ammonia and related chemicals such as ethanolamine, diethanolamine and triethanolamine, ingredients commonly used in certain hair-colouring products. Consumers are also increasingly paying attention to formulations that follow defined clean-ingredient standards and exclude potentially undesirable substances. However, natural or

plant-based ingredients are not automatically suitable for everyone. Individual scalp conditions, allergies and sensitivities should be considered when introducing any new product, particularly if irritation or persistent flaking is already present.

Care That Restores, Not Just Corrects

Monsoon hair care does not necessarily have to centre on repairing visible damage. Paying attention to scalp hygiene, allowing wet hair to dry properly and

Rainy weather can change the way hair behaves, making everyday routines such as washing, drying and styling more important. Excess moisture, sweat and frequent exposure to rain can influence scalp comfort, while prolonged dampness may affect hair texture and manageability. A seasonal routine that considers cleansing frequency, drying habits, hairstyles and product ingredients can help minimise these concerns. Traditional botanical ingredients such as neem, amla, hibiscus and fenugreek continue to feature in many hair-care practices, while growing ingredient awareness is encouraging consumers to examine formulations more closely. Understanding these seasonal factors can help make monsoon hair care more informed and consistent



avoiding prolonged dampness can help maintain comfort during the season.

A consistent routine that suits an individual's scalp and hair type can be more useful than frequently changing products in response to temporary concerns. Gentle cleansing, adequate drying and careful ingredient selection can support scalp health while reducing some of the problems commonly associated with humid weather.

The monsoon may challenge the scalp in subtle ways, but understanding those changes can make seasonal hair care more deliberate. Rather than reacting only when hair becomes visibly dull or rough, maintaining scalp health throughout the rainy season can help support healthier-looking hair as the weather changes.

(The author is Founder & CEO of Surya Brasil)

Manisha Koirala shares how her relationship with food has evolved

Actress Manisha Koirala, who was last seen in the streaming series 'Heeramandi: The Diamond Bazaar', has shared how her relationship with food has changed over the years. The actress took to her Instagram, and shared a picture of herself eating her meal, while trying to talk to the person holding the phone camera. She also penned a long note in the caption, and how her relationship with food has evolved, and how she has started listening to her body.

She wrote, "My relationship with food has changed over the years. From restriction and guilt to learning to nourish, enjoy and listen to my body. I no longer want to fight my body. I want to care for it, respect it and feel at home in it". Earlier, the actress celebrated her birthday with celebrations arranged by her parents. Recently, the actress' friend Sarosh Pradhan took to his Instagram, and shared a joint post with the actress. The post featured videos and a picture from the celebrations with happy faces of close friends and family of the actress ringing in her birthday.

The actress can be seen dressed casually in the videos and the picture, as she swings and enjoys every bit of her celebrations. He wrote in the caption, "Joy of Parents taking the initiative to organize Manisha's Birthday".

Sarosh Pradhan is actress' cycling partner. The actress has often attributed her diminishing fear of cycling in heavy



traffic. Manisha Koirala emerged as one of Hindi cinema's most acclaimed actresses of the 1990s. She has delivered memorable performances in 'Bombay', 'Khamoshi: The Musical', 'Dil Se', 'Gupt', and 'Company'. In 2012, she was diagnosed with ovarian cancer and underwent extensive treatment in the United States, eventually recovering. She documented that journey in her memoir 'Healed: How Cancer Gave Me a New Life'. The actress later returned to acting, earning praise for 'Sanju' and 'Heeramandi: The Diamond Bazaar'.

Preity Zinta embraces a brand new 'Vibe' as she reflects on life

Actress Preity Zinta offered a glimpse of her new 'Vibe', sharing a picture as she took a moment to soak in the experience ahead for her upcoming film of the same name. Preity shared a selfie of herself on Instagram, where she is seen sporting chunky sunglasses paired with a black oversized T-shirt. In the image, the actress is seen looking at the lens as she posed for a photograph. "A moment to hold, a moment to reflect, a moment to take in life, as I dive into a brand new Vibe. Ting!" she wrote as the caption.

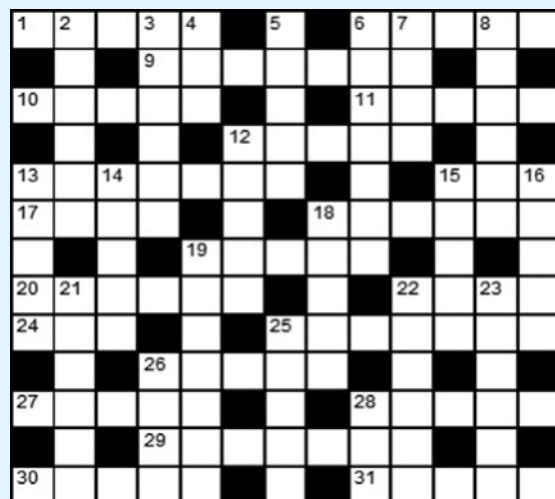
Vibe also stars Kunal Kemmu. The upcoming high-stakes action-comedy film is produced by Kunal Kemmu and Chirag Nihalani under the banner of Drongo Films. "Vibe" is expected to reach the audience on September 18 this year. The project marks the first venture for the production studio. The film is written and directed by Kunal Kemmu. Joining these two, Sparsh Shrivastava will play a crucial role in the movie, along with debutant Vanshika Dhir.

"Vibe" focuses on two inseparable friends whose ordinary lives suddenly turn into an unpredictable, high-energy adventure that pushes their survival instincts and friendship to the limit. "Batwara 1947" is a period drama film co-written and directed by Rajkumar Santoshi, and produced by



Aamir Khan under the banner of Aamir Khan Productions. Set in Lahore against the backdrop of the 1947 Partition of British India and the division of Punjab. The film stars Sunny Deol, Preity Zinta, Shabana Azmi, Karan Deol, Ali Fazal, Abhimanyu Singh, Khushi Hajare, Kanikka Kapur, Waaseem Rajput, and Isha Sandhir. The film is based on Asghar Wajahat's drama 'Jis Lahore Nai Vekhya, O Janya E Nai'. It was Zinta's comeback film after an eight-year hiatus.

CROSSWORD



ACROSS

- 1 City in Gujarat (5)
- 6 Willow twig (5)
- 9 Physicians (7)
- 10 Direction indicator (5)
- 11 Certain to get or have (2,3)
- 12 Slacks material (5)
- 13 Rather old (7)
- 15 In the style of (1,2)
- 17 Changed colour (4)
- 18 South American animals resembling the camel (6)
- 19 Carousal (5)
- 20 Brings about (6)
- 22 TV sports letters (4)
- 24 Label (3)
- 25 Put out again (7)
- 26 Later than (5)
- 27 Shield (5)
- 28 Rub out (5)
- 29 Must (5,2)
- 30 Concur (5)
- 31 Fragrant (5)

DOWN

- 2 Indisciplined (6)
- 3 Much loved (6)
- 4 Tug (3)
- 5 Tingling - desirous (5)
- 6 Crease in the skin (7)
- 7 "Money __ object" (2,2)
- 8 Commotion (6)
- 12 Thunder sounds (5)
- 13 Court order (5)
- 14 Remove errors from (program) (5)
- 15 Gather hoard (5)
- 16 All together (2,3)
- 18 Mechanical bar (5)
- 19 Liberate (3,4)
- 21 Exclaiming in amazement, joy, or surprise (6)
- 22 A written deed placed in the custody of a third party (6)
- 23 Chase (6)
- 25 Prepared (5)
- 26 First-class (1-3)
- 28 UFO pilots (3)



Solution to August 21

SUDOKU



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