

#### MESSAGE FROM THE EDITOR



Aesthetic Wellness is all about the way you look, feel, and function. The ultimate goal is to achieve and maintain a healthy, radiant complexion, hair and body that leave you with an overall feeling of complete wellness. This issue of Impact Newsletter would focus on giving you complete wellness solutions to enhance your external beauty with focus on hair, face, complexion and body.

Dr. Archana Aravindan, MBBS, MPH  
Editor - Impact Newsletter

#### TIPS FOR HEALTHY HAIR

- Wash hair sparingly and use a good-quality shampoo: Aim to shampoo your hair at most every other day or even only twice a week.
- Try shampoos that do not contain sulfates. Choose a shampoo that suits your hair type.
- Use conditioner that matches your hair type, length, and treatment damage.
- Be careful about using hair care products with too much protein. Too much protein can leave your hair feeling desiccated and brittle. While protein is the building block of healthy hair, use conditioners that come with balanced ingredients.
- Rinse your hair with vinegar before shampooing. Doing this helps to make your hair look shinier and cleaner; plus, it treats dandruff. Use 1 part vinegar (preferably organic apple cider vinegar) to 3 parts warm water, then rinse and wash your hair as normal.
- Moisturize your hair. Use five oils: almond, castor, olive, coconut and lavender oils. Mix together equal proportions of each. Apply to the hair and leave in for four hours prior to showering out.
- Let hair dry naturally.
- After you get out of the shower, wrap your hair in a cotton T-Shirt. Towels are made of fabric that is very rough and damaging to your hair, causing frizziness and split ends. Avoid brushing hair while wet, as it makes the hair brittle and weak. Only use a wide tooth comb to brush out tangles while hair is wet.
- Try not to use a blow-dryer. Healthy hair does not respond well to heat. Hair can sustain heat damage easily, especially from blow-dryers. If you have to use a blow-dryer, dry your hair using the lowest-temperature setting and limit usage to once a week.
- If you shower before you sleep overnight, put your hair up in a bun and let it air-dry overnight. Your hair should be dry in the morning
- Don't brush your hair too much. Brushing your hair stimulates the follicles which promotes growth, but brushing too much too often, will cause damage to your hair strands that results in frizz and split ends.
- After you shower, try using a wide toothed comb. Or, use your fingers, rather than a brush.
- Trim your hair regularly. The best way to get rid of split ends is to do it yourself.
- Style your hair naturally, minimizing styling damage. Styling by itself won't overly damage your hair, but repeated stylings multiple times per week put some serious strain on hair.
- Treat or dye your hair sparingly, If you do dye your hair, try it every once in a while. Take a break from dyeing and give your hair a little breather. It should respond favorably.
- Eat healthily. Give your hair the right amount of vitamins. Since hair is made of proteins, eat a balanced diet rich in lean protein, whole grains, fruits and vegetables.
- Remove stress from your life. Physical and mental stressors will keep your hair from realizing its full potential. Stress can cause hair loss, so try not to let stress overcome you. This means finding healthy emotional outlets for your stress: yoga, biking, meditation, or other forms of exercise all work well.



Dr. Nupur Gupta  
MBBS, MD (Microbiology)

#### RECIPE FOR HERBAL FACE MASK

##### Ingredients:

- 2 tablespoons flour (used to thicken the paste)
- 1/4 teaspoon turmeric powder
- For oily skin: 1/4 cup plain yogurt & few drops of lemon juice
- For dry skin: 2 tablespoons olive oil, sweet almond oil or coconut oil, maybe more
- A few drops of honey



##### Preparation:

- Mix the flour and turmeric together.
- If you have oily skin: Add lemon juice and stir. Slowly mix in the yogurt until a creamy paste is formed. Use more or less yogurt to your liking.
- If you have dry skin: Add the oil slowly and stir until a paste is formed. Add more for more creaminess.
- Apply mask to face and neck.
- Leave the mask on for 15-20 minutes.
- Using a warm, wet wash cloth that you don't mind staining (turmeric will stain), rinse off the mask.

Ms. Shika Chowdhary  
Wellness expert

#### WELLNESS WORKSHOP OF THE MONTH-- ALP NISHIKAWA AT LALRU (PUNJAB)

A workshop on "Work Life Balance & Stress Management" was conducted at ALP Nishikwa (Lalru, Punjab). All the participants were assessed for their wellness status (Lung capacity, spinal flexibility, strength, stamina, joint movement, etc) along with their random blood sugar measurement, Blood pressure, pulse rate, height, weight etc.



The results of the wellness assessment during the session were an eye opener for the participants regarding their risk for lifestyle diseases. By the end of the day with sessions the participants had serious commitment to change their lifestyle and prepared individual wellness action goals for next three months. Some of the participants with high level of commitment pledged to change their attitude towards diet and nutrition right from the lunch break and tea break on the day of workshop.



Our efforts in promoting health and wellbeing at your organization for your new employees, helps to ensure and retain them – encouraging us to stay committed to provide a service to all our customers.

Dr. Nipun Choudhry  
M.D, M.Phil- Lifestyle Specialist

#### QUICK TIPS FOR HEALTHY AND BRIGHT COMPLEXION

- 1) Flip your pillow case: When you sleep, you drool, perspire and sometimes sweat. This goes directly onto your pillow case and sheets, so it's a must to keep your pillow clean.
- 2) Steam up your shower: It opens your pores, and the gentle heat brings blood to the surface of your skin, which helps it naturally repair itself.
- 3) Wash your face for longer: When you wash your face, do it for at least two minutes. This allows the cleanser to really do its job, and get into your pores.
- 4) Don't touch your face: if you get bacteria on your hands and then touch your face... the bacteria is now on your face. And bacteria cause imperfections.
- 5) Keep your hair clean, and out of your face: use products on your hair that will be better for your skin, especially like organic, natural products, as these tend to be gentler on your skin.

Dr. Nipun Choudhry  
M.D, M.Phil- Lifestyle Specialist

#### HOW TO MAKE YOUR HAIR GROW FASTER IF YOU HAVE DRY HAIR?

##### Ingredients:

- 1 Table spoon of plain thick cream
- 2 Table spoons of olive oil
- 1 Tea spoon of mustard powder



Mix mustard powder with lukewarm water and then, add all other ingredients. Apply this mask on the roots of your hair and keep it on for about 20-30 minutes. Shampoo and condition. This mask will not only stimulate circulation in your scalp, making your hair grow faster, but also it will nourish and hydrate your hair, making it shinier, glossier and healthier. A perfect therapy for dry hairs. Apply this mask 2 times a week for at least two months.

#### HOW TO MAKE YOUR HAIR GROW FASTER IF YOUR HAIR TYPE IS NORMAL?

##### Ingredients:

- 1 Egg
- 2 Table spoons of thick plain cream
- 1 Table spoon of mustard powder

Mix mustard powder with a little bit of lukewarm water to obtain the paste, then add the rest of ingredients and mix it all up. Massage the mask into your scalp, without affecting the tips, put on a shower cap and then, towel. Keep this mask on your hair for about 30 minutes, then shampoo and condition. This mask help accelerate hair growth, improving hair thickness and nourishing the scalp. Apply this mask 2 times a week for 1-2 months.

Dr. Archana Aravindan  
Wellness coach

#### NEWS

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