

TIPS | Monsoon Skin and Hair Care

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SUMMARY

The video features Dr. Rush Machete discussing common skin and hair concerns during the monsoon season, particularly for mothers. It highlights the effects of humidity on hair and skin, offering advice on care routines to mitigate issues like hair fall and greasy skin.

- Hair fall during monsoons is common and can be exacerbated by hormonal changes post-childbirth, typically occurring 3-4 months later.*
- Humidity causes sticky scalps and frizzy hair; maintaining cleanliness is crucial to prevent fungal and bacterial infections.*
- Avoid over-the-counter medications for skin and hair issues, as they may contain steroids that can lead to resistance.*
- For skin care, wash your face more frequently, switch to lighter moisturizers, and consider using products with acids to reduce oiliness.*
- It's a myth that splashing water on the face is sufficient; proper cleansing is necessary, but limit washing to a maximum of three times a day if the skin is very oily.*

as a mom I experience a lot of hair fall especially during monsoons is that normal monsoon hair what happens to everyone not necessary to a mom yeah but as a mom you will experience that but immediately off the child whether it's never immediate it's always three to four months later guys welcome to KSP TV and today we are addressing all your skin and hair queries so stay tuned because we have with us dr. rush machete thank you so

much for joining us in KSP TV today you have a lot of questions coming your way [Music] what's the most most popular question during the monsoons that you get from moms and kids so usually it is the age so you're almost sticky scalp frizzy hair and each year in their escape yeah so the most important thing of causes event soon is the humidity that you need to be very

very careful about you can't avoid the humidity so then how do you take care of your skin is one make sure your body creases are trying most importantly so therefore then you stop skin secretions accumulating and then probably fungus going on to it and can those little infections bacterial or fungus that you do one those are the ones usually which causes the h so that's something that if you avoid that's good but if you already have one then it's best to meet your

doctor soon enough and please I'm telling you please do not do over-the-counter medicines because most over-the-counter medicines or anything that you might go Chomp eyes but it just fish out and give it to you you'll always have a steroid event and once for those itches and the body pieces you end up using a steroid

mixed green you are really really really in trouble for life because a lot of those microbes are those fungus and bacteria become

resistant to any other donor so please beware of that and make sure you vote your doctor and get the right treatment for that in its most important very little weight right now and well right as a mom I experienced a lot of hair fall especially during monsoons is that normal one soon half what happens to everyone not necessary to a mom yeah but as a mom you will experience that immediately after child whether it never immediate it's always three to four

months later okay now there's this old woman see yes yeah is that you is that's the months later is my activities happy right and that's how much time it takes for your hair to you know respond to the stress and the hormonal changes and then fall I mean that's why it's around three to four months and usually all of the hair comes right back so don't you that doesn't but anything that that you can do to address or address

the monsoon hey Paul or it's normal lots of hair fall is it can't happen but what you could do as I said is washing hair pretty often keep it well and don't use too many hair products in styling products I mean is a which which kind of opens up the cuticle further and mainly to have three enjoy then something's actually asked that you know for skin they see special things breaking I mean they see at the

skin breaking on a lot during during monsoons so any any reasons why then as well because of the humidity mm-hm and because of the moisture itself and the oil secretions becoming more so that could happen during the monsoons and that might lead to excessive acne that all right so that's an any any specific monsoon regime that they should follow for their skin what you do in monsoon is wash your face maybe one extra time if you're watching your face twice you and

a portion of this rice that's one thing and the other thing that you can end up doing is if you're using thick grease now you move to serums or light moisturizers so that's another thing so those are the few little things that you can do and start using a little more acidic like HSN VHS that you end up using in your night creams maybe you could put in a little bit of a retinoid in the night

cream something which kind of helps ease up the top dead layer of the skin instead of accumulating it and then lessen the oiliness of the skin itself but just increasing for sure but don't do it more than four times right it's something that can just help keep that stickiness away from your snooze then something's I was during the monsoons my skin feels very very greasy to at when I each time I splash water do I need to

wash it with a cleanser or should I just be splashing what you keep splashing water on her face that's that's really not that's a myth guys that can make some keep splashing what from the base if you splash your water which means you're washing your face and then you wash it with your cleanser or who pays most or whatever you are using and not more than three times maximum if this kid is really really oily for us okay

great thank you so much for being with us today and we look forward to having you again for more recipes conversation DIYs for kids don't forget to subscribe to our channel and hit the bell icon so you never miss a video from kids stop Rascoe