

10 Ways to:

GET THE COLOUR OFF!

Can't go to work with your fingernails pink and your skin blue? Glynda Alves tells you how to get rid of stubborn Holi colours

Images Shutterstock

* With inputs from Dr. Apratim Goel, dermatologist, Goel's Cutis Skin Studio



1

LEMON JUICE

This is one of the most powerful cleansing agents and it is particularly effective for your fingers and nails. Lemon juice should be applied for 15 to 20 minutes before washing it off with warm water. Follow up by using a rich moisturiser.

2

SOYA SO GOOD!

After playing Holi, it is important to remove the colour and replenish the skin with a paste of soybean flour or besan mixed with milk. You can also use a moisturising soap while scrubbing off the colours, but never rub your skin vigorously.

3

OLIVE OIL

For exceptionally tough colour stains, use olive oil. Gently rub the skin with a soft cloth soaked in olive oil. Apart from getting the colour to fade, the oil also nourishes your skin which will have taken a beating during the festivities.



4

SALTY SOLUTION

A mixture of sea salt, glycerine and few drops of aroma oil that has anti-bacterial and anti-fungal effects can mend the harm caused by chemical colours to some extent. Liberal use of a cold cream or a moisturiser is a must after this scrub.

5

COCONUT OIL

After you rinse off the colour in the shower, but before you lather up with soap, liberally apply coconut oil all over your body. This helps loosen the colour from your skin, making it easy to wash off.



6

MILD MATTERS

Your hair should be washed with a mild shampoo as soon as possible and rinsed with either lemon juice or beer to bring back the shine.



HAIR SCARE

Shampoo your hair immediately after playing with colour and don't forget to condition your hair. If hair is too dry then warm oil accompanied with hot towel treatment should be given the next day.

7

8

THE LITTLE THINGS

Avoid bleaching, waxing or facial for a week after Holi (even before Holi). Your skin is put through a lot of stress during the festivities and these treatments will cause already sensitive skin to act up.

9

TEMPERATURE CONTROL

You might feel cold after the partying, but do not have a hot bath after playing Holi. It's best to use lukewarm water.



10

EARLIER THE BETTER

Even though you may not feel like it after all the partying, get into the shower immediately after your Holi party. The faster you get the colour rinsed off, the less stubborn it will be. Don't worry if it all doesn't come off in one shower though. Each time you bathe the colour will reduce.