

शारीरिक और बालों की देखभाल: शरीर और बालों का हाइड्रेशन

शरीर और बालों के लिए एक छोटा रूटीन: कब लगाएं, कौन सी बनावट चुनें और नमी कैसे बनाए रखें।

Body: apply on damp skin

The first three minutes after a shower are the best for applying body cream or oil: the skin retains much more water.

Hair: scalp and mid-lengths

Shampoo cleanses the scalp; masks or conditioners go from the mid-lengths to the ends. Avoid applying treatments at the roots if you have an oily tendency.

Hands and dry areas

Elbows, knees, and hands call for a richer texture and several applications a day, especially in winter.