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the right type of shampoos and hair conditioners once you have identified the type of hair you have. If your hair is dry and rough, you must use oil. This type of hair needs regular oil massage and right type of your diet. You must have almonds, carrots etc. in larger quantity apart from applying oil externally to keep them healthy and glowing. In direct contradiction if you have oily hair you must not use oil, particularly more viscous type. At times your oily hair appear dry and broken at ends due to much of bleaching, perming, taking bath in the sea, long use of rollers etc. More details about hair care can be had from the last course given in this book.

## **Eyes**

Eyes are supposed to be those two lamps which illumine your entire face. They are the most sensitive and expressive part of your face. Some tried and tested methods for ensuring good eye-care have been listed below.

(i) If the skin around your eyes is quite dry, apply cream over it by gently 'patting' it over the area and wipe off the superfluous or extra cream by tissue paper.

(ii) Always go for natural eye-tonic and - like pieces of cucumber, potato etc.-such eye-care aids. Just cut round pieces of them, keep them in deep freezer and put them on your eye. This is an ideal tonic not only for enhancing the beauty of the eyes but also improving the eye-sight as well. Particularly in summers this treatment must be resorted to quite often.

(iii) Your eyes' beauty has a direct bearing upon your diet. Include such items in your food as have high vitamin 'A' content. Carrots, turnip, apricots etc. are a rich sources of Vitamin 'A'. Also have lot of fibrous vegetables like beans so that your system remains unconstipated.

(iv) Have as much water as you can. Water drives out toxins from your body and also helps in keeping eyes remain clean and glowing.

(v) While using beauty aids, use only herbal products or hypo-allergic beauty-aids. (Hypo allergic beauty aids are

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