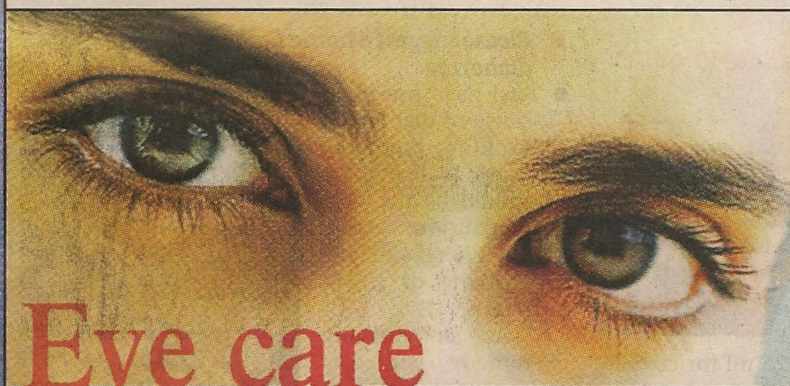


of bacteria which corrode the teeth and lead to serious problems. Bacterial activity between

lems at bay. An annual scaling, which is cleaning of the teeth should be done by the dentist. ■

Our eyes are one of the most sensitive parts of our body. We use them all day long exposing them to a multitude of pollutants in the environment. Yet, these are probably the most neglected of all sense organs. "Eyes are in constant contact with air pollutants, bacteria, dry air, wind, cosmetics and many other factors. Eyelashes, eyelids and natural

To help prevent this, gently massage the outside of the eyelids with your with a hand towel (or cotton) soaked in warm water or a mild baby shampoo, once a day" he adds. This helps control bacterial growth and clear the blocked lipids out of the glands. Equally important is the removal of all makeup and the cleansing of the eyes at the end



Eye care

tears give a certain amount of protection but it is often not sufficient for sensitive areas of the eye," says ophthalmologist Dr Arun Samprathi.

Washing the eyes frequently with cold water is sufficient to keep it clean. Those with contact lenses have to be more careful while handling the lens. "If you have oily skin, dandruff and lid crusting it is recommended that you also carry out extensive lid hygiene on a daily basis to prevent infections of the lid" advises Dr Samprathi. "The glands on the eyelid, can sometimes become blocked. This can cause unpleasant infections.

of each day. Particles of makeup can otherwise get into your eyes during the night and cause irritation.

Use of protective glasses is important to prevent dust and harmful chemicals from entering the eyes. When you go out in the Sun, use glasses with UV filters which helps block harmful rays from damaging the eyes. ■

JET black hair is an asset that often makes others envious. The attitude speaks volumes about its importance. So what's the secret to having lustrous and clean hair? For starters, don't wash it too much. This makes it dry and brittle. "Washing it twice a week with a mild