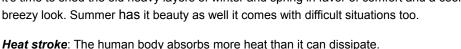
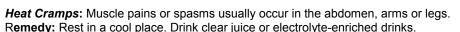


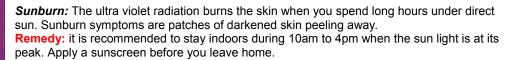


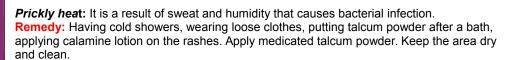
Summer is the warmest of the three temperate seasons, falling between winter and monsoon. the days are longest and the nights are shortest, As the hot summer sun intensifies, it's time to shed the old heavy layers of winter and spring in favor of comfort and a cool, breezy look. Summer has it beauty as well it comes with difficult situations too.



Remedy: It is important to lower the temperature of the body, hence take a cold shower.



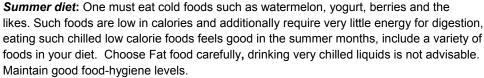






Foot Infection: Sweating and humidity can increase the chances of infection. **Remedy:** Sprinkle anti-bacterial powders and scrub thoroughly to wash off the bacteria.

Dandruff: Is aggravated during summer heat and sweat causing hair loss. **Remedy**: Keep hair clean by washing it 2 - 3 times a week and keep it dry.





Clothes: Cotton, silk and other natural fabrics are best for summer. Tight-fitting clothes that cling to the body and don't allow your skin to breath can make you miserable in intense summer heat. A looser fit allows air to circulate between the fabric and your body. Sleeveless and short sleeves are the best options for summer. Lighter colors reflect light and heat,

Footwear: Strappy sandals with fabric or leather soles are great. Darker socks breed bacteria, so white cotton socks are ideal for working out because they wick moisture and prevent heat-related rashes. A change of shoes can give the feet a much-needed break when the temperature drops or rises.

On the head: A great way to protect your hair and skin is by wearing wide-brimmed hats or carrying an umbrella.









The views expressed in this newsletter are suggestions and opinions and are not binding.

