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PEOPLE

ACTORS SHILPA SHETTY KUNDRA AND PALAK TIWARI TALK ABOUT THEIR HAIR FALL WOES, FITNESS AND MORE



that you swear by?

Coconut oil is something that we swear by and that has been a staple in my house. We actually put a lot of coconut oil in our hair.

What is the first thing you do when you notice hairfall?

To be honest, with my new hair care routine that includes oiling and messaging coconut oil and using Kesh King shampoo, I am not noticing any hairfall. However, what I have done in the past is whenever I would notice hairfall, I would opt for products that have onion in it. That seems to have worked during that time.

What is your fitness regimen like?

I try not to be very strict with my fitness schedule and I earnestly try to listen to my body as much as possible because I feel your best teacher is your own body. Sometimes when you learn to be in tune with it and not force it then that's the best you can do for yourself. Ideally, I would like to work out six days a week with a combination of pilates and strength training but if some days my body wants to take a break, say for three days straight, then I listen to it. I don't question my body too much; I respect it.

You recently made headlines in a confetti dress. What is your style and who is your fashion inspiration?

Everything that I wear depends on the day's mood. For the confetti dress I wanted to sport a very girly pop look that day. My style inspiration comes a lot from my mom when she was younger. Now, I like to channel different themes and characters from a series that has left a mark on me. So it's a combination of many things.

You were the face of Peta India. Tell us about a recent activity you did to create awareness about animal cruelty.

I was associated with Peta for three months as a goodwill ambassador. I am a vegetarian, hence this association. We did create awareness about animal cruelty during that period. And I was very happy to be a part of this honestly.

Talking about your projects, we saw you last sharing space with Salman Khan in *Kisi Ka Bhai Kisi Ki Jaan*. Which project are we going to see you next in?

My next project is *The Virgin Tree* and I am super excited about it. I hope everybody loves it.

Farah Khatoon
Pictures: Emami

I am a Mangalorean, so I put coconut oil in everything — in my make-up cleanser oil, on my heels, in my navel, in my food (laughs).

Moving beyond haircare, we saw you last in *Indian Police Force*. Where can we expect to see you next, and what kind of roles are you looking forward to?

My next outing is *KD*. Anything that excites me to explore a new facet, I go for it. I'm so grateful to be part of cinema that has so much to offer. But while I say that, I have become tougher on myself now as I'm constantly seeking newer challenges and diverse roles.

Any content on the web that you have watched and loved?

12th Fail is something I watched recently, and I've loved the honesty with which the film was made. It only goes to prove that films are made with heart and not money. I'm so happy for Vikrant; his talent has stood the test of time and brought him these well-deserved accolades.

PALAK TIWARI

Actor Palak Tiwari, who made her debut with *Rosie: The Saffron Chapter* in 2021, talks about her haircare regimen, understanding her body and having a versatile style.

This is your first association with Emami. How does it feel and how important is it for your career?

Yes, this is my first association with Emami and I feel honoured to be a part of such an illustrious brand. I feel like a lucky girl. We have had Emami products in my house since childhood and hence it's great to be a part of the brand that my family and I believe in strongly and has such a legacy.

You are blessed with good hair. Are there any homemade hacks passed on from your mom Shweta Tiwari

needs am I open to attaching my name to it and endorsing it.

You are blessed with gorgeous and naturally wavy hair. What is your haircare regimen like given that you are always exposed to harsh styling products and how has it changed over the years?

Keeping the scalp clean externally and internally is key. I make sure I have the right nutrition and essential add-ons like Vitamin E, Biotin, and Omega 3 help in boosting hair growth. Additionally, it's important to have the right kind of diet, have plenty of water intake as it's all interconnected to leading

a healthy, disciplined life.

We all dread hairfall. What is it that you do to control it?

The major cause of hairfall is stress, along with other environmental factors. So, in such times, I take the help of yoga to keep me relaxed. Yoga postures like Shirshasana and the downward dog position improve your blood circulation and help in controlling hair fall. Additionally, it's important to use the right kind of products that will suit your body and give you the much-needed boost.

Any kitchen hack or grandma's recipe you swear by?



Yoga enthusiast Shilpa Shetty Kundra who has been the face of Emami since 2019, championing Kesh King Ayurveda Oil, is back once more endorsing Kesh King Anti-Hairfall Shampoo. Joining her is the effervescent Palak Tiwari who is steadily making her way up the Bollywood alley and was last seen in the Salman Khan starrer *Kisi Ka Bhai Kisi Ki Jaan* that was released last year. A 12 chat.

SHILPA SHETTY KUNDRA

Shilpa Shetty Kundra is a strong believer in Ayurveda and knows her body and its requirements in and out. And when the yoga queen is faced with the most common problem — hair fall, she has a few asanas and some tried-and-tested remedies and products that always rescue her. As she is back with Emami's latest promotional video of Kesh King Anti Hairfall Shampoo, we engage with her in a tete-a-tete.

You have been part of the Emami group for five years, and now you are part of the new commercial. What is it about the brand that makes you pledge your loyalty? Emami is a brand I have seen since childhood, and it has constantly improved over time. I'm a huge believer in Ayurveda, and I'm happy that Kesh King's new hairfall shampoo is keeping this tradition alive.

What are the red flags in any brand that refrain you from getting on board?

Anything that does not add value to your mental, emotional, and physical health or overall sense of well-being is a definite red flag. And, of course, excess sugar in a product is a red flag for me. It should be a product that I can consume and give to my family without worrying. Only when I am sure that it caters to the above