

hot tip

1 Oiling up a massage treat:

Generously apply a fine layer of coconut or mustard oil on your body and hair, especially legs, face and hands before playing Holi. The greasy surface of your skin won't absorb the colours and will help in preventing dryness too. It will also make it easy to wash off the colours later

2 Layer up the protection: You can also protect your skin from colours by wearing clothes that cover your arms and legs. Full sleeved tops and pants will ensure that only the exposed body parts will come in contact with the colours. Though people usually prefer wearing white garments as a traditional norm but try and avoid wearing light coloured clothes as they absorb more water and colours

3 Washing away the hues gently:

Use a gentle face wash, baby oil or Multani Mithi (fuller's earth) instead of soap to clean yourself up after playing Holi. Make sure that you are gentle while getting the colours off. Do not rub your skin aggressively as this can damage your skin, making it appear red and inflamed