

## Nargis shares her Beauty Secrets this Monsoon

•Written by amit bachchan•

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Nargis Fakhri is getting rave reviews for her item song 'Yaar Naa Miley' from the movie Kick where she shares screen space with Salman Khan for the first time. Looking hot in the black dress in the song, we ask this Kashmiri beauty to share her beauty regime with us.

Below is Nargis monsoon checklist. Follow these and have a hassle free monsoon this season.

- Ditch those high heels and time to get those colourful flip flops
- Must haves in your bag to cope with the monsoons are an umbrella, a lip balm, coconut hair oil, waterproof eyeliner, few tissues and a moisturizer
- Cotton and synthetic clothes are the best options during monsoons as they dry out quickly, women can experiment with floral skirts, shorts and leggings as they are easy on comfort and are apt for the rains

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•Hair care becomes more important during monsoons as the rains make your hair frizzy and dull. I ensure to regularly indulge in coconut oil massages for my hair. The magical laurites that coconut has helps in giving my hair the conditioning it needs in monsoon. I am impressed with the multi beauty benefits that coconut as an ingredient has!

•Do not forget to keep your feet clean and go for those regular pedicures and manicures

•Drink lots of water as hydration is important even during monsoons