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# How to reduce head heat

First thing in the morning, my rings slide on easily. Come night time, they can barely be pried off my swollen, sausage-like fingers. Of course, this is because they heat up during the day, and with this happening more and more frequently given the warmer months, I thought I'd ask why do my fingers swell in the heat — and how to beat it. The first thing to note is heat-related swelling affects women more than men, according to the NHS. Excellent news for us. Urgh. It happens, the NHS says, because in hot weather, our bodies send more blood to the skin. The blood vessels expand, in an attempt to let the body cool down by allowing heat to escape through the skin's surface. As the vessels do so, some of their fluid flows into the tissue, which is what causes the appearance of swelling, Tammy Olsen Utset MD, MPH explains to Prevention. Basically, it's our genius bodies at work, doing its very best to cool us down, and the condition should go away on it's own, when you find yourself in a colder environment. It's generally not serious, so first of all, don't worry. Most remedies offered up for swollen fingers are for when there's a more serious underlying condition. But if you want to try to speed the de-swelling process up, either for aesthetic reasons or because it's uncomfortable, there are a few things you can do. Cactus Blai Baules/StocksyThe Mayo Clinic suggests stretching out your fingers and then balling them into fists, and repeating this motion a few times. This suggestion is specifically for when you're exercising in the heat, but the same theory applies when your hands swell up all on their own in the heat. That said, you should also try to stay active. It may not be what you want to do when it's sunny (prosecco and snacks all day, anyone?) but it will keep blood flowing and circulating around the body, which will help the swelling come down. You can also try and elevate the hands, reports LiveStrong, rather than have them dangling by your sides. Again, this will help circulation and blood flow, and keeping hands elevated at night, maybe on a pillow, could generally help with this, the site says. Byrdie suggests icing your hands: this will help the blood vessels shrink back down, and in so doing, they will stop leaking fluid into the fingers. DIY Remedies recommends varied solutions such as massaging your fingers and dunking them in cold water, similar to the suggestion in the Byrdie article. These may help, but ultimately, so long as it's not debilitating, and you're eating well, and aren't injured, in all honesty this isn't something I would bother doing. If you disagree, DIY Remedies also suggests putting a teabag on your fingers and dunking them in water mixed with epsom salts, which admittedly are known to generally help with inflammation. Ultimately, if it's getting uncomfortable, the best cure is prevention: stay inside! And remember to stay hydrated, as puffy fingers are a sure sign your body is reacting to temperature conditions. The NHS notes that general heat swelling in feet and hands (medical name: oedema) shouldn't be treated with diuretics, as these can dehydrate the body. If it doesn't go down on it's own when you're somewhere cooler, the swelling may be caused by other things, such as imbalanced sodium levels, and you should seek help. But in summer, swollen fingers is an unfortunate, but pretty normal, side effect of enjoying sunny days. Got to take the bad with the good, I guess. At Gabriela Hearst's spring 2020 show, models walked the runway with slicked-back rope braids. The low-maintenance hairstyle was intentional; the designer banned electricity and hot tools in an effort to reduce the show's carbon footprint. A hair dryer, on average, emits roughly 57 lbs of carbon dioxide a year (!!!), according to estimates.  Hearst banned heat styling at her show in an effort to raise awareness about beauty-related carbon emissions, which will hopefully help to recreate some industry standards. "If we can do it, other people can do it," she said. Including you, as a matter of fact. That said, you don't have to be backstage at a fashion show to easy to create cool, no-electricity styles. You just need to work with your hair's natural texture, whether that's fine, straight, curly, or coily. Here are some ideas for how to pull off no-heat looks on the reg. Alberto E. Rodriguez / Getty Images  Slicked buns and ponies have been a fixture on the runway as of late; this involves "slick, stiff roots, and natural texture throughout the ends," according to Dani Hauflaire, a stylist at Maxine Salon in Chicago. "Douse your roots in hairspray" to start, like IGK's No-Crunch Flexible Hold Hairspray ($27), "and then use your fingers or a fine or a wide-tooth comb to rake hair either straight back, slightly angled, or parted and combed straight down," she says. Depending on your hair's density, you might need to repeat this process to create that sharp, sleek look. "For a matte finish, apply a dry shampoo once settled," says Hauflaire. "For exaggerated shine, add a high-gloss gel." Ouai Hair Oil $28 Shop Dia Dipasupil / Getty Images For those with texture or curl, let your hair evolve over three days as it dries and settles. "On day one, shampoo and condition your hair, while misting in a leave-in treatment," says Amber Han, master colorist and owner of Park Avenue Salon in Dexter, Michigan. Odele's Air Dry Styler ($12) will shape your natural texture. "Rake the treatment through with a fine-tooth comb, and let dry, polishing afterward with a texture spray." Try IGK's Beach Club Volumizing Texture Spray ($29). On day two, Han says you can use a drop of oil to keep everything hydrated and flyaway-free—we like R+Co's Two-Way Mirror Smoothing Oil ($32)—before splitting at temples for a half-up, half-down look. "Twist the hair back on each side of your head, and secure with a barrette." On day three, you can easily do a half-up, half-down style, gathering the upper half into a top knot. "Use dry shampoo at the roots to get rid of oil, and a little air-dry cream for the bottom to soften the ends," says Han. Try Oribe's Gold Lust Dry Shampoo and AirStyle Flexible Finish Cream ($42). "Try tying up a hair scarf as a headband, too," she says. Oribe Gold Lust Dry Shampoo $48 Shop Danny Martindale / Contributor / Getty Images Start by using a paddle brush, like Olivia Garden's. "Next, slowly part your hair in the middle, separating your hair into two sections on the left and the right," says Kendall Dorsey, a celebrity hairstylist at Factory Downtown in NYC and DC. "Use a spray conditioner to keep hair tangle-free and healthy looking." He likes Voloom's Shine On Dry Conditioner ($20) and Briogeo's Rosarco Milk Reparative Leave-In Conditioning Spray for those with straight or fine hair. "Once prepped with the spray, assemble two French braids on each side of your head," says Dorsey. You can secure with bobby pins at the nape of the neck, or with elastics. Sleep in your brands, and transition to second-day waves. If you have naturally curly hair, Dorsey suggests braiding wet, using a leave-in conditioner like Ouidad's Moisture Lock Leave-In Conditioner ($26) to soften your curls, and, if you're frizz-prone, try a serum or oil like Sachajuan's Intensive Hair Oil ($53). Braiding when wet can help "offer a softer wave when you decide to remove the braids," Dorsey explains.  Briogeo Rosarco Milk Reparative Leave-In Conditioning Spray $20 Shop Daniele Venturelli / Getty Images "You can shape your curls naturally with the right set of products," says Anna Jackson, a hairstylist at Boss Hair Group in Chicago. "Curl creams and gels are great for no-heat styling," she explains. "I love Oway's Curly Potion ($38), which offers a light hold, all while keeping the curls moisturized, but not sticky or crunchy. A light, no-weight leave-in conditioner is great for fine hair, especially Evo's Happy Campers ($23)." Jackson says "the sky's the limit" for shorter styles. Pomades like Sally Hershberger's 24K Vanity Hair Shaping Balm have a more moldable workability, according to Jackson, while gels have a lot of hold for all-day wear. Dorsey recommends flexi rods (which come in an array of sizes) and a styling gel. Apply the rods while your hair is slightly damp but make sure not to touch your hair until after it's completely dry. "You want to keep your hands out of your hair during the drying process," Dorsey says. "You want the air to lock in the style, so you don't want to alter it too much during the process, as this can mess with the curl pattern." Sally Hershberger 24K Vanity Hair Shaping Balm $32 Shop Pascal Le Segretain / Staff / Getty Images If you have pin-straight hair, you can still change up the style without heat tools, but a little goes a long way in terms of product. "For straight hair, avoid heavy products, as it can make your roots look greasy" Eliut Rivera, a celebrity hair stylist and owner of Eliut Salon. "Instead, use some dry shampoo at the roots to lift and add volume." Try Klorane's Dry Shampoo with Nettle Oil Control ($20) or Moroccanoil's Dry Texture Spray ($28). R + Co. Mood Swing Straightening Spray $29 Shop Frazer Harrison / Staff / Getty Images Use bobby pins on both sides of your hair to update a half-up style. Try a curl-enhancing cream, like Ouai's Leave-in Conditioner ($26), as your hair dries and sets. When the water is out, use a texture cream like R+Co's Sand Castle Dry Texture Creme ($29) to play. "Emulsify the cream in your hands and work that in at the root. Throw your head upside down if you need to," says Han. Place the bobby pins in along each side of the hair, crisscrossing some if you like. "The top should be smooth," she says. "You can then shape certain pieces of hair to get added texture, but I like to make the bottom really big. Slicked-back top, then a ton of volume on the bottom."  Jennifer Behr Velvet Hair Bow $128 Shop Losing most of your heat through your head is a popular myth. Head heat loss is not the majority of body heat lost. Not even close.Years of my career in research have been to study how the human body performs in extremes – exercise, injury states and how to prevent them, working and exercising in heat and cold, changes in air and pressure on mountain tops, and the related but different problems in space and underwater. I have lived in laboratories underwater and done experiments aboard aircraft. I have studied combat swimmers and done extreme swims with them for fun. For military research, I put men in vats of freezing water to see how we can keep pilots alive after bail-outs and how to get covert swimmers to their objective and, I found out, an entire separate topic to get them back again. Strong brave men got hazardous duty pay just to have a day with me. My life is scientific research and finding out why things are the way they are and how to make us better at surviving them. After finding out all these interesting things, I found out another thing – people still like myths more than fact. Here are some interesting facts (cool facts on cold):Head heat loss is usually less than one-third to one-fifth of total heat loss. That means it is not the majority, which would be more than 50%. Head heat loss is usually less than 20-30 percent or so of total heat loss.Head heat loss changes with how cold it is. The lower the temperature, the higher percentage head heat loss. Head heat loss is linear with temperature. At 0 degrees Centigrade, up to about 30 to 35% of heat could be lost through your head at rest.Head heat loss changes with how much you exercise. When exercising at about a work rate of 50% of aerobic capacity, head heat loss falls to less than half of heat loss at rest.Head heat loss changes if you are in water compared to air.The heat you lose from your head is small compared to the rest of your body. Some people have bigger heads than others in proportion to their stature, so maybe they can lose a percentage more heat. To reduce heat loss, wear a hat. Peter DazeleyGetty Images Keeping warm at home is a top priority in freezing temperatures, but saving money and energy is just as important too. There are some simple ways to reduce heat loss in the home during the winter months. Here, Claire Osborne, energy expert at uSwitch.com, shares 10 essential tips.1. InsulationInsulating your home is one of the best ways to reduce your energy bills and make your house warmer and more comfortable. Warm air can escape from your home in all directions – including the roof, walls, floor, windows and doors – meaning lots of the energy you pay for can go to waste. There are grants available from some energy suppliers under a scheme called the Energy Company Obligation (ECO). You must meet certain criteria to qualify and more information is available from suppliers' websites. 2. ChimneysUnused chimneys are another common way for heat to escape. If you still use your chimney, then a removable chimney balloon can be used to prevent excess heat being lost at times you don't have the fire on. If you don't use your chimney at all, consider having it capped by a professional.BUY NOW Chimney Balloon Kit, £20, Amazon3. Windows Evita Shrestha / EyeEmGetty Images Draught-proofing strips work well around windows. Draughts can also emerge from cracks between the window frames and the surrounding walls. If this is the case, try using either sealant or putty to close up the gaps.BUY NOW Self-Adhesive Draught Seal, £4.79, B&Q4. DoorsDraught-proofing strips are also useful between doors and their frames, both internally as well as externally. For gaps between the bottom of the door and the floor, you can buy a special 'brush' or hinged flap draught excluder. BUY NOW Letterbox Draught Excluder, £13.65, B&Q 5. Timed extractor fanIf you have an extractor fan in your bathroom or kitchen without a timer, you run the risk of leaving it on unnecessarily, which can chill your whole house. A timed extractor fan will shut off automatically and remove this risk.BUY NOW HiB Extraction Fan with Timer And Humidity Sensor6. Bleed your radiators Dominik PabisGetty Images Trapped air in radiators stops them working efficiently. If there are cold spots on your radiators, particularly at the top, it's a sign they need bleeding. This releases the air and ensures your heating system is working to its full potential.7. A radiator shelfA shelf positioned just above a radiator helps to throw heat forward into the room, rather than letting it rise to the ceiling. Most hardware and DIY shops will stock purpose-made shelves which clip easily onto most radiators.BUY NOW Medium Radiator Shelf, £14.99, Argos8. Disused ventsIf you upgrade your boiler, it's likely to have a balanced flue, meaning you no longer need an air-brick in an external wall with the boiler. If you seal up any disused vents you can stop valuable heat from escaping. 9. Gaps between floorboards Hanneke Van Elten / EyeEmGetty Images Gaps between floorboards can also let heat escape, but filling medium-sized gaps with papier-mâché can be an effective and inexpensive solution – assuming you're not intending to expose the floorboards as a feature! To do this, just mix wallpaper paste with torn newspaper and press it into the gaps.10. CurtainsCurtains are great at preventing heat loss. You can buy heavy-duty curtains, or thermal lining for your existing ones, for extra insulation. But try not to let your curtains hang over any radiators, as this can stop the heat from warming the room.BUY NOW Blackout Thermal Pencil Pleat Curtain, £39.50, Marks and Spencer This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io


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