



WHO: Rahul Kale, Iraya

WHAT: Rich Kale Hair Mask

"Kale increases elasticity, thus making your hair

stronger and thicker," says Rahul Kale. The coincidence between his last name and the current topic of discussion is only incidental.

WHAT YOU NEED: 1 cup coconut oil; 1 tbsp almond oil; 1 tbsp jojoba oil; 1 tsp vitamin E oil; 1 tsp carrot juice; 4 kale leaves

METHOD: Mix the ingredients in a blender and blitz till smooth. Apply the pack from your root to tip leaving it on for a minimum of 20 minutes. Wash off with lukewarm water and say hello to shiny, thicker and healthier hair.



WHO: Dr Jamuna Pai, Blush Clinics

WHAT: DIY Kale Face Mask

"The vitamin C in kale is essential for collagen building. And that's the secret to young, taut and wrinkle-free skin," says Dr Jamuna Pai. While she is a strong advocate of consuming kale smoothies, the good doctor also loves a good kale mask.

WHAT YOU NEED: 1 cup kale leaves; 2 tbsps honey; 3 tbsps water

METHOD: Roughly chop kale leaves and chuck them into a blender. Add honey and water, and give it a quick whizz. Apply the pack all over your face and neck, leaving it on for a few minutes. Once it dries, rinse it off with cold water. Though this is suitable for all skin types, do a patch test before applying it on your face.



WHO: Shaheen Peerbhai, PurpleFoodie.com

WHAT: Kale and Couscous Salad

Her popular blog is a testimony to her

love for gastronomical experiments. She experiments with kale to come up with a rather light and indulgent recipe. Did you know 'if you massage the kale leaves for a few minutes before shredding, the tough leaves turn silky' shares the food blogger.

WHAT YOU NEED: 1 cup couscous; 1 lemon; 1/3 cup barberries (available at indianfoodSCO.com) salt and pepper to taste; 4 tbsps extra virgin olive oil; 2 cups kale, shredded; 4 cloves minced garlic; a big handful of chopped parsley; 1 bunch chopped spring onions; 1 avocado, sliced; 1/4 cup walnuts, toasted and chopped; 1/4 cup pumpkin seeds, toasted.

METHOD: In a large bowl, add couscous, lemon zest and juice, barberries, salt and pepper. Pour over boiling water until it reaches half a centimeter above the level of the couscous. Cover and let it sit for 10 minutes before passing a fork through it to fluff it up. Drizzle with three tablespoons of olive oil to coat the couscous. Next, heat a tablespoon of olive oil, and add the minced garlic. Add the kale and sauté for two minutes. Finally, mix the kale and the rest of the ingredients into the bowl of couscous and serve.

Your kale-kissed shopping guide



Clean Greens Powder, Pukka

This potent powder isn't just packed with kale, but they have nettle, sprouts and wheat grass juice also included in the healthy mix. Ideal for digestion and detox.

Bruton Mews, Nailsinc

Nailsinc released a kale-based polish with culture vulture Alexa Chung as their face. Dubbed as NailKale the new line of nail colours are formulated with kale with a mission to grant you healthy and shinier nails.

Citrus and Kale Potent C+E Serum, Eminence

This Hungarian beauty brand is well known for transforming your favourite cocktails and salads into beauty products. They have dabbled in mimosa scrubs and mango wraps and now they have gone and bottled kale.

All products available on Amazon.com

Kale is available at: go4fresh.in, foodesto.com, trikaya.net