

SUCHARITA DAS

DECCAN CHRONICLE

Dr. Chytra V Anand, the internationally recognised celebrity cosmetic dermatologist and founder of MediSpa 'Kosmoderma Skin & Hair Clinics' shares her expert tips with DC.

Q GIVE US SOME SPECIAL TIPS, THE WOMEN SHOULD FOLLOW AFTER THE AGE OF 50 TO AVOID WRINKLES IN SKIN.

Loss of tone, hollow eyes and sagging will be your biggest issues in '50s. Moisturising should be a key part of your skin care regime. Prescription retinoids will keep that collagen and elastin production churning. Light facial oils will seal in that moisture and vitamin C will protect the skin.

Other procedures include dermal fillers, Medifacials and chemical peels. If you're looking for more dramatic results, in addition to using powerful products that contain peptides, retinoids, or alpha hydroxy, consider talking to your doctor about laser treatments and other non-invasive or invasive skin rejuvenation options like: Fractional Skin Rejuvenation, Revlite Laser, Tissue Tightening, Injectable Fillers, Anti-wrinkle with Botulinum Toxin, MesoBotox®, Skin Hydration, PRP Skin Regeneration, Non Surgical Eye Lift, Mesoglow, DermaRoller, Instant Brow Lift, Thread Lifting, Thicker eyelashes and more.

Q HOW DOES THE SUNSCREEN LOTION WORK ON THE SKIN? WHAT KIND OF SUNSCREEN DO YOU PRESCRIBE?

Sunscreen contains ingredients that actually protect the skin from harmful ultraviolet rays. Too much exposure to the sun can lead to health problems and skin irritations. Although dark-skinned people won't get sunburned as quickly, they will still burn and are still susceptible to sun-induced damages — such as sun spots, wrinkles and cancer.

Depending on your skin type, whether its oily, dry or normal, use gel, lotion or spray sunscreen respectively. Make sure your sunscreen has broad-spectrum protection that blocks both UVA and UVB rays. Buy SPF 30 and above for longer protection and reapply it every two hours.

Q IS THERE ANY SUBSTITUTE OR HERBAL REPLACEMENT FOR COSMETICS THAT WOMEN GENERALLY USE DURING SUMMER IN HOT, HUMID WEATHER? MENTION THE SUBSTITUTE FOR HOT AND DRY CLIMATES TOO.

Try to do away with heavy makeup in the summer as sweating and makeup together can lead to clogged pores. Use a powder based foundation infused with SPF to give you added protection from harmful UV rays. Always make sure to remove your makeup before going to bed. To avoid the makeup from smudging because of sweaty humid weather

SUMMER IS HERE AND SO LEARN

HOW BEST TO COPE WITH THE HEAT

er try and used water proof makeup.

Q WHAT IS THE PERFECT WAY OF TREATING THE LIPS IN SUMMER, ESPECIALLY IN DRY AND HOT WEATHER?

Lips do not contain oil glands, like other parts of the skin. For this reason, the lips are more susceptible to drying out and becoming chapped (cracked). Lack of moisture can make the problem worse, whether it is weather-induced or related to a lack of self-care.

Treatment and prevention:

Chapped & dark lips can usually be treated at home. The first step is to make sure that your lips have ample amounts of moisture. This can be accomplished by:

- Applying lip balm that contains a minimum SPF of 15
- Drinking more water
- Using a humidifier in the home in dry weather
- Avoiding the habit of licking or biting lips

Q IN SUMMER, IT IS NOTICED THAT MOST WORKING WOMEN SUFFER FROM PIMPLES ON FACE. WHAT ARE THE NATURAL REMEDIES?

You may try the following home remedies:

- Aloe Vera: Directly break open aloe vera plant leaf and remove the gel inside it. Massage all over

the pimples in circular motion. Do not press the gel or pop your pimples. The key is to use firm yet gentle pressure to treat the acne and scars. Wash off after 20 minutes.

Aloe Vera gel is also ideal for massaging on the acne scars as it can considerably lighten them.

● Grapefruit seed extract oil mixed together with water forms an excellent massage base. Do not use this remedy if you have open zits or blisters as the acid in the fruit can cause a burning sensation.

● And finally, last but not the least, do combine a healthy diet, adequate water intake as well as exercise, apart from depending on acne treatment alone. And don't be afraid to get a massage as long as as you are getting it under professional supervision.

Q MENTION A FEW SUMMER GUIDELINES TO PROTECT THE ARMS AND FEET FROM A GOOD TAN.

Although summers are believed to be the chance to flaunt your skin, doing that in the sun is not recommended. Wear protective clothing that covers as much skin as possible. Wear full cotton clothes. You might also want to wear a cap or hat with a broad brim and sunglasses to protect your face from the sun. Use plenty of sunscreen and opt for

immunity boosters/sun protect capsules that will help minimise the sunburn and tan. In case of a sunburn, wash with cool water and apply a skin calming balm to soothe the skin. There are a lot of procedures one can opt for to remove the tan — homemade/ready to use scrubs, exfoliation lotions/creams, in-clinic procedures like chemical peels etc.

Q WHAT ARE THE SECRETS OF DIET YOU PRESCRIBE FOR INDIANS, BOTH VEGETARIANS AND NON-VEGETARIANS?

Drink plenty of water 2 - 3litres/day. Consume green tea as it is a fantastic anti-oxidant. Ensure your diet especially in the summer has a lot of greens, vegetables and fruits. Eat a lot of water-based fruits and vegetables like cucumber, watermelon etc. which will help to keep the body hydrated.

Q WHAT IS THE PERFECT DOSE OF WATER IN SUMMER TO AVOID DAILY DEHYDRATION?

In summer, due to the scorching heat, it's important to stay hydrated. Don't wait until you feel thirsty to take a drink. By the time you're thirsty, you may already be dehydrated.

The amount of water needed by an individual varies, depending on body weight and level of daily



Dr Chytra V Anand

physical activity. Also illness, pregnancy, and breastfeeding are special situations that demand greater fluid consumption. Drinking too much water may lead to a rare condition called 'hyponatremia'. Check with your physician for recommendations.

At Kosmoderma, we follow an easy formula to help you determine how much water is needed every day for maximum physical health:

- Take your body weight in kilograms
- Divide this number by 8
- The resulting number approximates how many 8-ounce glasses of water you should drink every day.

For example, if your weight is 50 kg, you should drink 6 glasses of water every day. If you are involved in intense physical activity, add two extra glasses of water to the final number.

Q IS THERE ANY SPECIAL SKIN TIPS FOR THE CHILDREN TO PROTECT THEIR SKIN IN HOT WEATHER?

Initiate early sun-protection behaviours, including:

- The regular use of a broad-spectrum sunscreen that offers a Sun Protection Factor (SPF) of 30 or higher.
- If a child is prone to skin irritation or allergic reactions, select a physical or chemical-free sunscreen with the ingredients zinc oxide or titanium dioxide.
- Reapply sunscreen approximately every two hours, even on cloudy days, and after swimming or sweating.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- Seek shade when appropriate, and remember that the sun's rays are strongest between 10 a.m. and 2 p.m.
- Drink plenty of water and stay hydrated.

Q WHAT MESSAGE DO YOU WANT TO CONVEY FOR OUR READERS?

It is important to start taking care of your skin and hair at an early stage in life. Don't wait until the last minute. Always have a skin care routine and follow it religiously. If you are confused about your skin type or have any concerns, seek medical help and have your issues addressed by an expert.

DOCTOR'S FAVOURITES : A FEW SUMMER TIPS



Pic used for representative purpose only

5 MUST DO in the summer for your skin:

- Sun protection with sunscreen
- Cover yourself
- Do not stop using your moisturiser
- Less caffeine & more intake of water
- Take antioxidant supplements and sun protection capsules

5 MUST DO in the summer for your hair:

- Cover up! UV rays are bad news for our hair too!
- Prep your hair before swimming. Rinse with plain water and wear a swimming cap
- Air-dry your hair. Don't blow dry
- Try a hot oil massage to keep your scalp cooler
- Add Moisture like leave-in conditioner and reduce frizz