

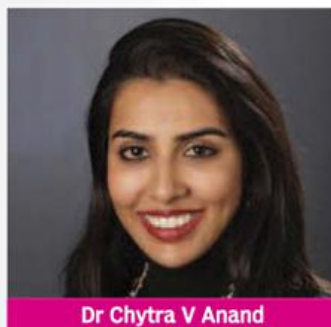
The new chip on the block in terms of beauty is the Bee-Sting Therapy which has been termed as Nature's very own Botox!

'BEE' PICTURE PERFECT!

DR CHYTRA V ANAND

✓ Bee Sting Facial is a natural face lift which transforms the skin, works on all the signs of tiredness and ageing (including lines, pigmentation, puffy eyes and loose tissue around the chin) making you look younger after just one treatment. The natural antibiotics within the Bee Venom itself helps the skin to heal and also prevent allergies, making this treatment ideal for sensitive skin.

Believe it or not, bee's venom can be nice, soothing and have calming effect on the skin. Bee Sting Facial is a natural alternative to botulinum toxin and an instant anti-ageing effect to the mind and skin. This unique



Dr Chytra V Anand

treatment has been created using natural and organic ingredients for an instant anti-ageing effect, leaving you looking and feeling instantly younger. This therapy is a favourite of celebrities like the Duchess of Cambridge, Kate Middleton and Victoria Beckham.

The only stinging you feel with this facial is from the products that contain the bee venom. The venom is harvested, dried and purified and then incorporated into the facial products such as massage creams, masks or serums. The facial is very relaxing and you may feel a little tingling, but overall its relaxing and you come out with a skin that is smoother and taut.

The interesting fact about bee venom facial is

that, it deceives the brain to think that your skin has been stung by the bee. Because of this, the skin tries to recover and repair. Your skin turns evenly pink because blood targets certain areas to stimulate the production of collagen. Bee Venom gets into the muscle layers too, and gently starts to relax the muscles. That's why the bee venom is also touted as 'Nature's Botox'.

If you are allergic to bees, this treatment is not for you.

The advanced version is where a bee is left to sit on your skin and sting the skin. This causes relaxation of the fine muscles leading to a skin that looks smoother. Celebrities like Gwyneth Paltrow are said to be fans of this. But the effects are transient and it is a painful process. The bee-venom products are available in the India but the facial is yet to be introduced.

– The writer is a cosmetic dermatologist
Disclaimer: Always check with a cosmetic surgeon before going ahead with this procedure.

A picture of Victoria Beckham used for representational purposes only