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bodylicious

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Fair weather FRIENDS!

Have you ever envied someone fairer? To get that light skin tone, this glow jab might just be the answer

DR CHYTRA V ANAND

✓ That actor, that model looks fairer, she must be on glutathione ...

Glutathione is a master antioxidant whose presence is essential to the health of the body. It prevents aging, heart disease, cancer, dementia and more.

Celebrities like Rihaana, Lupita Nyong'o, and Beyonce have had their skin lightened.

It is essentially a substance found in every cell in the body, where it acts as an antioxidant to neutralise free radicals and prevent cellular damage. It fights the dangers of our stressful lives, lack of sleep, poor diet and pollution. It protects against the effects of natural aging such as joint pain and arthritis. It assists other antioxidants too. This is the reason glutathione is known as the mother of all antioxidants.

Your body produces its own glutathione. But the toxins from poor diet, pollution, stress, trauma, medications, aging and radiation all deplete your glutathione.

When glutathione is in excess, the body makes a lighter pigment, instead of brown it makes a red pigment which makes the skin look lighter.

Through the Glow Jab

procedure, glutathione is usually delivered as infusions with vitamins or as oral supplement. But the tablets do not get absorbed well and hence, the infusions are preferred for results.

The side effect of glutathione is skin lightening. It can take around three to four months to start seeing skin brightening results from glutathione. Lighter-skinned people will see results the fastest – within three months, but it can take as long as six months for darker skin types. As long as glutathione is in excess the skin will look brighter.

Glow Jab helps in brightening the skin, rejuvenating it and keeping away the signs of ageing. As it's a natural anti-oxidant, the adverse events are limited as compared to the harsher bleaching agents and steroid abuse that we see.

The procedure is medical and must be done under medical supervision only.

Today, it is the most popular skin maintenance and health infusion programme available across the world and there are drip bars in Asia that people can walk into have it done and walk out in under 45 minutes, feeling refreshed and rejuvenated. Hence it's a hit with celebrities, high achieving corporate honchos as once a week therapy for maintaining their internal and external health.

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

Picture of Miranda Kerr used for representational purposes only



Dr Chytra V Anand