



DR CHYTRA V ANAND

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"Though I have normal skin, it tends to get dry sometimes. And for me, the most important thing is to keep my skin well-hydrated, so that it stays balanced. I use only Kosmoderma products. My nightly routine starts with cleansing my face and neck with the pH balanced soap-free Facial Cleanser. I then apply the SkinBrite Serum, which is enriched with hyaluronic acid that helps retain moisture and keep skin plump. I apply the Ultra Moist Cream next—it's formulated with oats, Vitamin E, lactic acid, and other emollients, which keep skin soft and supple. I alternate it with the Multi Vitamin Moisturiser on three nights. It contains retinol, niacinamide, and Co Q10, a great mix of ingredients that helps refine skin's texture by amping up the cell turnover rate, smoothing wrinkles, and treating open pores. Lastly, I take one capsule of Kosmoglow, a DHA capsule, and a calcium tablet."

(Clockwise from L-R) Kosmoderma Ultra Moisture Blast, ₹950; Kosmoderma Facial Cleanser, ₹400; Kosmoderma SkinBrite Serum, ₹1,200