

# What's Your Beauty Worry?

PROPER SKIN AND HAIR CARE CAN BE TRICKY—ESPECIALLY WITH ALL THE MYTHS, COMPLICATED SOUNDING REMEDIES AND OVERPRICED BEAUTY PRODUCTS. BUT IF YOU HAVE GOT YOUR BASICS IN PLACE, EVERYTHING BECOMES EASIER. **NEEHARIKA NENE** LISTS THE 10 BEAUTY QUESTIONS WE HAVE ALL FOUND OURSELVES FRANTICALLY GOOGLING FOR AT SOME POINT OR THE OTHER. WHAT'S MORE, SHE HAS GOT EXPERTS TO ANSWER THEM FOR YOU AS WELL!



## How to keep your skin from drying out?

“There is a difference between dry skin and dehydrated skin.

Dry skin is caused due to lack of oil, whereas dehydration is lack of water,”

says Dr Chytra V Anand, Celebrity Cosmetic Dermatologist & Founder of Kosmoderma Skin & Hair Clinic. “Don’t take very hot showers; it will strip off natural oils from your body.” Use a moisturiser a few minutes after you’re done showering or washing your face—this is the time when it’ll work best. If you have oily skin, you will find a variety of oil-free moisturisers; pick the one that suits you best! Dr Anand recommends using an oil-based night cream for very dry skin.