

When even sunscreen does not help, how do you prevent getting sun burnt?

“The best protection is achieved by applying sunscreen 15 to 30 minutes before exposure, followed by one re-application 15 to 30 minutes after exposure,” suggests Dr Anand. “Make sure you cover yourself with proper clothes, a hat and sunglasses.” Ironic as it sounds, increasing your Vitamin D intake may prevent sunburn. Rubbing coconut oil onto your skin is another effective remedy. Avoid stepping out between 11 am and 4 pm when the sun’s rays are harsh and direct.



What are some ways to make your make-up last through the day?

Long hours, when put together with heat and humidity, can melt away your make-up in no time. If you want your make-up to last longer, good skincare is a must. Use a cleanser before you start applying make-up. Another product you should not skip on is primer. This locks in your skincare and helps your make-up last longer. Choose the right foundation, and as far as possible, apply it with a brush instead of your fingers. And of course, if you use a setting spray or a powder, there is nothing like it. **NW**



Is there a safe way to pop pimples?

Yes. It is possible to pop your pimples safely without the fear of scarring and infection! This, however, is not recommended. “I have tried popping pimples with the back of a safety pin before,” Marathe says. “Make sure that it is sterilized, without that the process is unsafe and harmful.” Also, make sure that your hands are clean. To avoid skin irritation and scarring, use a gentle cleanser after you have finished. It is always a better option to visit your dermatologist if you want to get rid of your pimples. They know best how to get them down without the risk of scarring and inflammation.

