

NOT JUST SKIN-DEEP

The festive season is just around the corner and we show you how to flaunt your best accessory - super glowing skin



Aloe vera should be key ingredient in a toner for dry skin

Susan Jose

We all look forward to festive times — reunion with families and friends, decking up in our best and gorging on the most delicious foods. But, just the fact that our skin is looking dull or pale may make us want to excuse ourselves from all the invitations. Stress not, for with a few simple tips it is possible to repair the sun-

Raw and organic honey is excellent for combination to oily skin as it is naturally antibacterial and effectively tackles acne and helps unclog pores

damaged skin, and have a smooth and blemish-free complexion right in time for

the festive season.

“There is nothing like having fantastic skin that is glowing from within. A spotless, fresh and radiant skin grabs attention. And for that, you must follow a good

skincare routine every day,” says Dr Chytra V Anand, cosmetologist and founder, Kosmoderma.

During festivities, many also tend to let go of restrictions in food and as an exception to routine, overlook skin concerns. Rashi Bahel Mehra, beauty expert and founder, Alanna, says, “Of course, diet as a concept goes out of the window, and our skin has to put up with all the oily, sugary food items that we indulge in. So, it is truly essential to have a healthy skincare regimen and prep your skin to survive the season.”

Therefore, it is important to first, be sure of one’s skin type — oily, dry, sensitive or combination — and then proceed to follow the suitable

skincare regimen.

Rajni Ohri, beauty expert and founder, Ohria Ayurveda, suggests the following tips for cleansing:

- **Combination skin:** Cleanse with ubtan mixed with water. While applying on T-zone, rub it with thumb in upward direction.
- **Dry skin:** Cleanse with a moisturising agent and never wash your face with hot water. Curd is highly recommended in Ayurveda. Apply curd (home-made) on face, let it dry, and wash off.
- **Oily skin:** For oily skin, it is highly recommended to cleanse couple of times during the day. At all costs, avoid alcohol-based cleansers as in the long run they sensitise the skin to breakouts. Use natural ubtan mixed with rose water or water, and either wash off

while wet or let it dry and then rinse well.

- **Sensitive skin:** This type of skin is thin, delicate and gets irritated easily. So cleanse with raw milk or with cold pressed jojoba oil. This oil will not only clean but also hydrate and moisturise, without causing any reactions that disturb sensitive skin. When it comes to toners, look out for few key ingredients that will benefit the skin type you have, says Sana Dhanani, skincare expert and founder, The White Door. This is the checklist she gives:
 - **Combination skin:** Aloe vera and witch hazel
 - **Dry skin:** Aloe vera, cucumber, rose water and vitamin E
 - **Oily skin:** Apple cider vinegar and rose water in equal proportions

A slice of avocado, mashed and applied on the neck and face reduces inflammation

- **Sensitive skin:** Aloe vera and cucumber
- Cleansing and toning help make the most of the final part of skincare regimen, moisturising. It helps the moisturiser seep well into the skin to keep it supple and healthy.

- **Combination and oily skin:** Raw and organic honey is excellent for combination to oily skin as it is naturally anti-bacterial and effectively tackles acne and helps unclog pores.
- **Sensitive and dry skin:** A

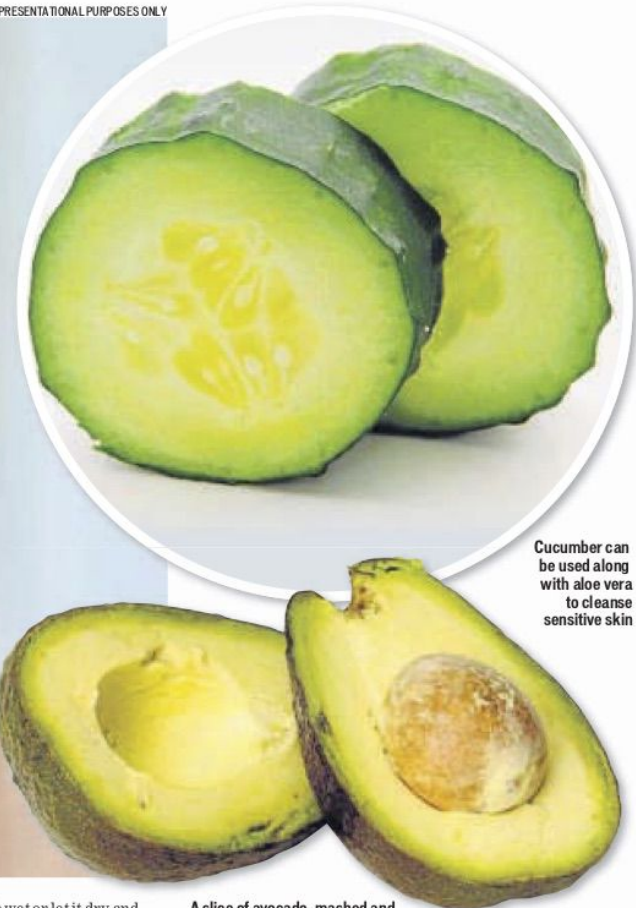
slice of avocado, mashed and applied on the neck and face reduces inflammation. It is hydrating, promotes softness and prevents wrinkles.

As a final touch, experts advise never to skip sunscreen. Even if one is not venturing outdoors, it is advisable to use sunscreen that is photoprotective and prevents damage from blue light given out by cell phones, tablets, etc.

With inputs from Dr Saurabh Shah, dermatologist, Bhatia Hospital, Dr Mohan Thomas, senior cosmetic surgeon, Cosmetic Surgery Institute, Dr Sangeeta Velaskar, vice president and head - medical services and R&D, Kaya, and Sonia Mathur, skincare expert, Divine Organics.

■ susan.jose@htlive.com

PHOTO: GETTY IMAGES; FOR REPRESENTATIONAL PURPOSES ONLY



Cucumber can be used along with aloe vera to cleanse sensitive skin