

TRUE TO YOUR SKIN

Your daily skincare beauty routine not helping much? The latest skin-type diet may just solve your derma issues

Susan Jose

Avoiding oily foods to keep that pimple at bay? For all you know, it is exactly what you should be having! The latest trend of skin type diet, has interesting suggestions such as olive oil for dry skin and wholemeal pasta for oily skin.

But does this really work? "Skin type specific diet can be immensely beneficial to balance the skin and keep it healthy," says Trishita Mishra Adlakha, skin specialist, Omorfee. "Ayurveda believes that our skin reflects and mirrors what we eat. The nourishment that lacks in our skin should be replenished by the food we are eating. The key to ayurvedic skincare is balance. So, if your skin is dry, you should supply moisture through food," says Rajni Ohri, skin expert and founder, Ohria Ayurveda.

It is when external factors such as moisturisers and toners offer no remedy to skin troubles that an internal approach was thought of. "It was only in the early 1900s that the dry, oily, sensitive and combination skin-type classifications were identified. With umpteen cosmetic products being designed, be it natural extracts or chemical concoctions for the perfect skin, it was seen that these were not enough. The concept to 'eat your way to beauty' has been emphasised on, paving its way to the skin-type diets," says Ishita Biswas, nutritionist, Pristine Organics.

Dr Chytra V Anand,

cosmetic dermatologist and founder, Kosmoderma Skin And Hair Clinic, suggests a diet regimen suitable for each skin type.



Sensitive: Fruits and vegetables are high in fibres, and are recommended for your diet, as they help to get

rid of toxins in the body. Carrots, different kind of berries and green teas, are also recommended, as they are anti-inflammatory and contain antioxidants. Yoghurt helps, as it contains probiotic that decreases the acidity in the stomach.

Dry: Consume healthy fats and oils that may bring back the shine and suppleness of the skin. Nuts are highly recommended and fruits like avocado help in regaining the lost shine. Using olive oil in your diet may also help retain moisture. Vegetables such as carrots, tomatoes, spinach may also help combat dryness.



Combination: This skin type is tricky when it comes to selecting the right kind of food. A well balanced and targeted diet is advised, keeping in mind different aspects of the skin. Lean protein, lots of vegetables, fresh greens and antioxidant-rich fruits should make up 95% of one's diet. Carbohydrates should be limited and food with a low-glycaemic index such as whole grain, brown rice, millets is good for combination skin.



Oily: Food with a low-glycaemic index such as whole grains, wholemeal pastas, sweet potatoes, oatmeal, beans and fruits are recommended. These foods keep your blood sugar level in control and help reduce inflammation.

The common rule is that a diet, which is rich in natural colours is skin friendly, as it covers a range of antioxidants, vitamins and minerals. Dr Saurabh Shah, dermatologist, Ehatia Hospital, says, "In general, for any skin type, our diet should contain multiple colours. In fact, it is advised to have at least a four-colour diet comprising white (Curd, yoghurt, milk), yellow (dals, pulses, mango), red or orange (beetroot, carrot, tomato, pumpkin) and green (leafy veggies, amla, cucumber)."

Neemee Shah, nutritionist and founder, Neemee Shah's Forever Wellness, tells us what to avoid on the basis of skin types:

Sensitive: Milk and milk products, citrus fruits, gluten

and other foods that tend to cause skin nutrients imbalance.

Dry: Foods that are high in salt and fried including fast food, chips, and sugary drinks.

Oily: Spicy food that causes inflammatory reaction and increased oil production should be avoided whenever possible.

Combination: Refined carbohydrates like all-purpose flour, high sugary drinks and foods, high salt foods, tea and coffee.

With inputs from Dr Nina Madhani, dermatologist, PD Hinduja Hospital, Dr Rinky Kapoor, cosmetic dermatologist and dermatologist, The Esthetic Clinics, Nilesh Kantak, director of spa, The Westin Mumbai Garden City, Hetal Chheda, holistic nutritionist and founder, Your Health Nutrition Clinic, Kejal Sheth, nutritionist and founder of Nutriology, Dr Monica Jacob, cosmetologist, Bodyz Wellness

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