

« PROBLEM SOLVER: ASK OUR BEAUTY EXPERT



**BARBARA, OUR
BEAUTY EXPERT,
WILL HELP FIX
YOUR PROBLEMS**

Dear Barbara,

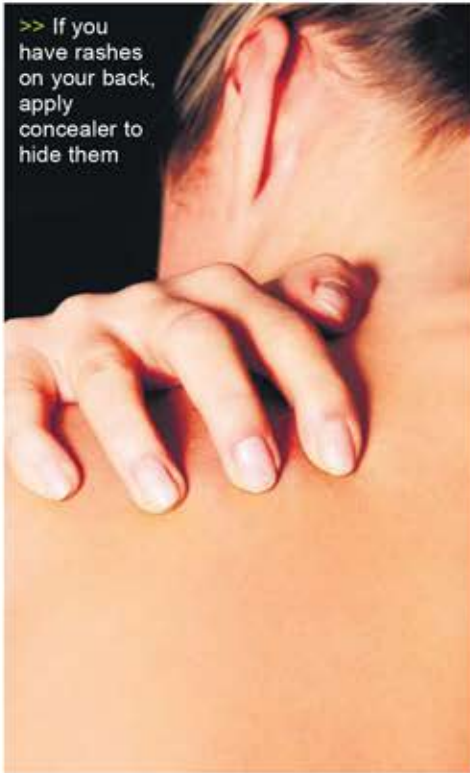
I have had clear, glowing skin since I was young, but after moving to Mumbai, my skin has become really dull and I have developed blackheads. I have tried various creams, but they don't seem to be helping at all. I also get facials regularly, but they are not improving the quality of my skin either. I want my glowing skin back!

— Anuja Mathur, Khar (w)

Dear Anuja,

In a city like Mumbai, pollution is the cause of most beauty problems. In your case, it seems like the climate and water does not suit your skin, so no amount of creams and facials are going to work. Try to cover your face when you step out, especially in the sun and improve your diet by increasing your intake of vitamin C and lowering your intake of fats and carbohydrates. Start eating foods that are rich in antioxidants, such as fish, fruits, and vegetables, in order to help heal your skin. Consult your doctor if you suffer from a severe breakout.

>> If you have rashes on your back, apply concealer to hide them



Dear Barbara,

Due to the humidity, I have started getting rashes on my back that itch and look extremely ugly. I want to wear a backless dress at an upcoming event, but I can't because of the hideous marks on my back. I am extremely upset. What should I do? Please help!

— Deepti Sen, Churchgate

Dear Deepti,

This is a very common problem, but don't worry as these marks will fade once the monsoon ends. For a quicker solution, try using a concealer on your back. If a concealer doesn't work, your only option, unfortunately is to choose another dress. For a more permanent solution, you can use powders that cool down your skin temperature. If the problem persists, consult a dermatologist.

GO GREEN!

No, we're not talking about organic beauty treatments. The next time you're picking fruits, make sure you add a few extra green apples to your basket. **Rhea Dhanbhora** tells you why



>> The juice and pulp of a green apple is loaded with nutrients that benefit your skin and hair

Green apples are tart, crunchy and juicy, but their delicious flavour is not the only reason we are recommending them. They're loaded with fibres, minerals, vitamins and nutrients, making them an extremely good fruit for your skin and hair. Cosmetic companies the world over have started adding green apples to skin and hair products because they've been found to contain numerous beauty benefits. We spoke to Dr. Apratim Goel, a cosmetic dermatologist and laser surgeon from Cutis Skin Studio, who explained the benefits of the fruit, and also gave us tips about how to use it.

USING GREEN APPLES FOR YOUR SKIN

Dr. Apratim tells us, "As a dermatologist, the word green apples rings a bell — it clearly says stem cells. Stem cells have the capacity to grow into several different types of cells and when they are injected or applied on your skin and hair, they regenerate ageing and dying cells." But, why just green apples, why not red ones? That's a good question and Apratim has the answer. She explains, "A special variety of Swiss green apples were found to yield the highest amount of stem cells, with the longest life. So, phyto stem cells that are derived from green apples are incorporated into certain skin serums and creams, or are injected directly into a person's skin for maximum anti-

ageing benefits." Here are a few ways that she suggests you use green apples to improve the quality of your skin and hair:

- Green apples are loaded with vitamins A, B, C and E; malic acid as well as several minerals. So, the pulp can be applied directly onto your skin, to prevent peeling and to rejuvenate your skin.
- You can also use green apples in a face mask. Simply mix the pulp with honey and glycerine and apply the mixture on your face. Leave it on for 30 minutes and wash it off with cool water.
- Do you have acne scars and blemishes? Green apples can help here too! Apply the juice of one green apple directly on to the scars and blemishes, in order to keep your face clear.
- Dip a cotton swab in some green apple juice if you want to get rid of dark circles and sallowness under your eyes.
- Green apple is also a great exfoliator. Use the pulp of one green apple, and mix it with an equal amount of papaya pulp. Add a pinch of salt to the mixture and use it once a week.
- Smokers are not the only people who can develop dull and discoloured lips. You can also suffer from this if you have an allergy to certain types of lipstick. If this is a problem that you suffer from, green apples can come to your rescue. Simply rub a piece of green apple directly on your lips to lighten the pigmentation. Do this every day for best results.