

# LAVISH YOUR DECOLLETÉ WITH SOME TLC



Planning on taking the plunge in your party dress but worrying about your cleavage? Take your boobs back in time with these tips



**D**o you want to show off your bust but hate your wrinkly cleavage? Breast tissue DNA ages about three years faster than other body parts and your decolleté is particularly disposed to wrinkles too.

"This area is one of the first places women show their age," says celebrity skincare specialist Malvina Fraser, whose clients include Yasmin Le Bon. "The area doesn't have as many oil glands and has thinner tissue than our faces. So it's prone to dehydration and attacks by UVA and UVB rays."

Here's how you can tackle an ageing cleavage...

### DO A DECOLLETE 'FACIAL'

We exfoliate, cleanse, tone and moisturise our faces but experts say our daily skincare shouldn't end there — we should keep going to the chest.

"First cleanse your decollete using the same cleanser as you do on your face," says Malvina. And exfoliate the area once or twice a week to get rid of dead cells and

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encourage cell renewal to keep skin looking younger.

"Peels can be too harsh for this area so look for formulas for sensitive skin," says Malvina. Use a skin smoothing facial scrub. Next, apply oil or a moisturiser. "Start at the breastbone and sweep over the chest, under the neck, under the jaw and move out to the hairline," says Malvina.

"Pay attention between your breasts as this area shows the tell-tale signs of ageing. Massage a little underneath the neck to stimulate the circulation under the jawline and help firm the skin."

### PLUMP OUT FINE LINES

The decolleté has less sebaceous glands than your face so keeping it hydrated and moisturised reduces the appearance of "clinkles" (cleavage wrinkles). Use a regular face cream or try a hydrating product. There are neck and decollete creams with a blend of omega-3, 6 and 9 oils to soften. Or you can try neck and decolleté creams, with enriched cocoa butter and frankincense.

For a night in town, highlight assets with a hydrator to diffuse clinkles. Use body butters and body shimmer creams. And if stretch marks on your cleavage are causing you concern, try a stretch-mark cream. Use paraben free, silicone scar creams.

### BOOB LIFT

The skin on our breasts works hard to support two weights so there's no wonder it can suffer from sagging. "The effect of gravity as well as the normal loss of subcutaneous tissue as we age can have an obvious effect on bust skin," says Dr Maria Gonzalez, a dermatologist. Press-ups and chest presses may help tone pectoral muscles and 'lift' them. Wearing a correctly fitting bra and a supportive sports bra for exercise is a must.

Some potions (with mangosteen and quince extracts that have firming properties) say they can help lift and tone boobs.

### PIGMENTATION PROBLEMS

"Avoid excessive sun exposure in this area as it results in photodamage such as pigmentation, wrinkles and elasticity loss," says Dr Gonzalez. Products containing retinol or matrixyl may be helpful to tackle photodamage, she adds. Use replenishing neck and decolletage creams containing retinol and neck treatment essences contain matrixyl.

"Also look for vitamin C to diminish sunspots," says Malvina. There are neck, jaw and chest creams having vitamin C and plant extracts. These blends in clinical trials, reduced age spots in three weeks.

"A dab of lemon or lime juice two to four times a week can also help," says Malvina. "Do a patch test and if you're sensitive, dilute the juice with water."

Daily Mirror

# Weight loss tips for busy people

Running around practically all the time, trying to juggle work responsibilities, a family and several other things? You're not alone...

Pics: Thinkstock

**A**s millions of people deal with the stress of daily life, they have little choice but to put their fitness on the backburner. And losing all those extra pounds simply becomes a distant dream. Don't lose hope though. Here are a few ways that you can help you lose weight the right way.

- Take 20 to 30 minutes out every weekend and plan your meals for the week. Keep a copy of the schedule stuck on your refrigerator so that everyone in the house knows what to expect. Shop for all ingredients and stock up your fridge with essentials so that you don't run out of anything and have to resort to eating out or, worse, eat junk food. Planning ahead will ensure that you don't waste time and also eat healthy.
- If you're trying to lose weight but can't stop eating until you're about to burst, use this technique — have a salad or soup half an hour before your meal. This will ensure that you eat lesser at dinner time.
- Remove all junk food from the house. When you aren't surrounded by all those unhealthy food items, you're less likely to binge.
- Look up healthy food recipes. There are tons of tasty treats that can be made even with the most seemingly boring vegetables. Be innovative when it comes to snacking.
- Encourage your children



Try to use all the time you can to stay fit. Exercise even when you are at work

to participate in the kitchen. Chances are that they will give you the much needed boost that you require when it comes to sticking to your goals of eating healthy.

- Once you've got your kitchen under control, it's time to focus on the exercise

bit. If you haven't really worked out in ages, don't suddenly plunge headlong into it. Start slowly — you need to build up your stamina — and take it day by day.

- Take the staircase instead of the elevator. While this might seem daunting the first couple of days, after a couple of weeks you will get used to it.
- If you have to run a couple of errands near your house, walk or use a bicycle.
- Try and squeeze a 10 or 15 minute walk during your lunch break.
- Wake up 10 minutes earlier than your regular time to simply stretch yourself — it makes a big difference.
- Unwind after a long day by watching some TV? March in the same place while in front of the television.
- Go for a 10 minute walk after dinner around your neighbourhood.



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# DITCH HABITS THAT CAUSE ACNE



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**A**cne is a problem that is there with you throughout the year. And the problem increases during the party season because you want a zit-free face. We spoke to senior dermatologist Dr Sushil Tahiliani, cosmetic dermatologist Dr Abhijit Desai who specialises in makeovers and cosmetologist Dr Rashmi Shetty, to find out about some simple habits that could lead to acne and how to deal with it...

### Opting for the wrong products

There are products that may claim to be great for your skin, yet they may block the pores. This leads to acne. Many products are very oily and they clog pores leading to comedones (blackheads) and subsequent

ly acne. Hence it is important to use makeup or sunscreen with the label non-comedogenic.

### Not cleansing your skin thoroughly before bedtime

It is very important to clear the make up immediately after it's used to prevent acne formation. Use a makeup remover first, then follow it up with a cleanser. Wash off thoroughly and then use a toner. Now slather on some rich moisturiser.

### Over-drying your face

Removing all the oil and moisture out of your face using harsh cleansers, alcohol based toners etc can result in acne. Drying out your skin will actually cause it to produce more oil. This phenomenon of rebound oiliness leads to acne. So it is important to use the right med-

ical cleansers that take away excess oil but never make the face too dry or stretched.

### Using makeup with ingredients that can cause irritation

There are certain ingredients in makeup and sunscreens you're slathering on that are causing you to break out. Ingredients present in artificial colours, fragrance etc., can cause irritation and result in acne. **Dirty laundry**

It is said that dirty pillow covers or unclean towel might be a reason for the acne on your face, your face lies on your pillow case for hours at a time and if it's not clean you are basically rolling around in a bunch of dead skin cells and bacteria. If your towel is not clean, you could be wiping germs all over your just-

cleansed skin. Cosmetologists don't believe this theory much.

### Hair products you use

Many people don't think about how their hair products can cause acne, but then think about how often your hair touches your face. Hair products with oil, silicones, and plasticizers will clog your pores if they get onto your skin.

### Your diet

Not only chocolates and French fries gives you zits, its really the overall unhealthy diet that effects your skin. Some people have allergies to certain kind of food which causes them to break out. However, most doctors say that there is no scientific evidence to prove that chocolates or French fries give you acne.

# Don't let allergies get you down

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**W**hile 36-year-old housewife Sakshi Shah suddenly developed a rash for no particular reason, she thought it would go away after using an over-the-counter cream. It was only when the rash got persistent and spread across her body that Sakshi visited a doctor, who prescribed tests. The results, which came back, showed that Sakshi was suffering from an allergy caused by a new bathroom mat that she had recently started using. What was surprising was that Sakshi had no history of being allergic to anything in her life. Experts say that anything can trigger an allergy — even if a person has no previous history. And as the season changes, there will be an increase in the occurrence of allergies — both skin and food types.

### SKIN ALLERGIES

Consultant dermatologist and laser surgeon Dr Apratim Goel says that allergies are even more common this time of the year. "As the weather gets cooler, certain types of mold tend to disperse in the air from trees more often resulting in allergies such as sneezing and skin rashes. These molds have spores, which are released in dry cold weather that we inhale or expose our

skins to. These allergies don't affect everyone — only people who tend to react to these spores."

Experts say that unfortunately, it is difficult to avoid allergies. They can be caused by food, air-borne agents or contact. "Food and contact allergies can be averted by avoiding agents causing them once a person knows about it. Air borne allergies cannot be avoided completely though a change of place is recommended. The use of safe non-sedating anti-allergy medicines can prevent allergy outbreaks in any form. These medicines should be prescribed by doctors only. Certain immunologists and allergy specialists also immunise you to air-borne allergens. The most

common bedroom allergen is dustmites, which form easily in pillows and bed foam. These form over years and multiply within these things. Rugs, carpets and curtains can have them too. At times, even pets can cause an allergy," says Dr Goel.

### FOOD ALLERGIES

Consultant lifestyle nutritionist Tripti Gupta says that food allergies are very common conditions and in many cases, are not even discovered. "Not many people are aware of a food allergy test, which most labs conduct today. Acidity, flatulence, constipation, skin rashes, burping, sore throat, common cold and sinus are common symptoms of food allergies. The most common allergen foods are dairy products (lactose intolerant), wheat

(gluten intolerant), eggs and red meats, some spices, nuts and seeds, sour foods etc."

"To avoid food allergies, one needs to first identify the allergens, then correct deficiencies if any, improve the immune system with a good diet and lifestyle changes, and, of course, avoid items that may cause an allergy."

"Allergies stem from either a weak immune system, nutrient deficiencies or may even be hereditary. People who may not maintain hygiene also get prone to allergies over a period of time. I have observed that people who avoid a certain group of foods for a prolonged period of time also tend to develop intolerance to those foods later in life, eg fruits, raw vegetables etc," says Tripti.

## DID YOU KNOW

People who are atopic (those who have suffered from skin rashes in their childhood, from asthma during adolescence and hay fever/sneezing as adults) are more prone to allergies. This often runs in families where people tend to suffer from common allergies.



## ASK THE EXPERT

**Pooja Makhija**  
Consulting nutritionist and  
Clinical dietitian

**Dear Pooja,**  
Is it ok for me to shun allopathic medicines and treat myself with natural cures for small illnesses such as cold, flu and sore throat?

— Sunmeet Saluja

Yes! Why not? Natural home remedies and simple naturopathy and homeopathy can definitely be the first line of treatment for minor illnesses like cold, cough and sore throat. In any case with all the advances medical science has made we still haven't found a cure to the common cold. Medication prescribed is just to provide symptomatic relief not cure the cold. The cold or flu will take its due course of seven to ten days but treating the symptoms of it is a multi million dollar industry in the over the counter medications, yet none of them are actually anti-viral to the treat it from the root. It is also important to keep the focus on enhanced internal immunity with a good, balanced nutritious daily diet. Give due weightage to carbohydrate intake along with protein, vitamins and minerals. When the body is nourished well from the inside its defense mechanism can address these simple bacterial and viral infections without any need for you to even know there was a viral attack on the body such the beauty of this miraculous human body. However, when compromise on our nutrition (most often because we trying to lose weight) and ignore one food group (most often carbs and vitamins) and over do other groups (like proteins) the body loses its balance and this weakens internal defense mechanism, gut flora, resistance and then comes in these minor health problems. So eat well, exercise often and reduces the occurrences of these silly, annoying, contagious cold and flu. Always remember that minor illnesses are signs that the body is giving us that something inside is not right.

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