

« PROBLEM SOLVER
ASK OUR BEAUTY EXPERT



BARBARA, OUR BEAUTY EXPERT, WILL HELP FIX YOUR PROBLEMS

Dear Barbara,

Off late, my eyelashes have started shedding more than usual. I never had this problem, but I've suddenly noticed that my lashes look very thin and every day I come across as many as 10-12 fallen lashes on my cheek! I am at a complete loss about what's causing the problem and I am quite worried about it. What can I do?

— Sujata Khurana, Bandra

Dear Sujata,

Just like the hair on your head, eyelashes too shed naturally. However, what you've described is an unnaturally large amount of shedding. Your best course of action would be to visit a dermatologist. The reason we can't give you a specific plan of action is because eyelash shedding can be caused by a variety of factors. These can range from ageing and allergic reactions to infections or a poor diet. Before you visit a dermatologist, think about whether you've been applying a new type or brand of eye makeup — if you have, then it may be causing an allergic reaction, making your eyelashes fall. If not, visiting your dermatologist is your best bet.



>> Leftover wax can irritate your skin. So, make sure to clean it up

Dear Barbara,

I have strangely sensitive skin. And I say that it is strange, because it is only my upper lip! Every time I wax or thread my upper lip it becomes red and starts itching incessantly. The rest of my skin is absolutely normal, which is why I don't understand why this happens. The most annoying part is that it remains red all day long and I don't know what to do about it. Please help!

— Roohi Mistry, Colaba

Dear Roohi,

This is not as strange as you think it is. In fact, redness and irritation after waxing your upper lip is quite common. First of all, you need to ensure that all the wax has been removed completely. Leftover wax is one of the primary reasons for irritated skin. Remember to avoid applying makeup immediately after waxing, because it can irritate your skin. You can also apply aloe vera or tea tree-based lotions, both of which will soothe your skin and reduce the redness.



>> Snail slime is said to be an effective moisturizer for your skin!

glow to your skin. Dr. Goel does accept some of the benefits for this one. "Such treatments are effective for people who are looking to rejuvenate as they stimulate collagen synthesis and are a good anti-ageing treatment. Also, the treatment contains botanical stem cells, which promote hair growth," she explains. However, we suggest you proceed with caution, because it isn't exactly pain-free.

EYELID GLUE

Eyelid glue is meant for those who want eyelids without a crease. The glue is painted on the upper eyelid, and then your skin is pushed upward with a plastic prong and held in place by the adhesive. "These are usually water soluble and contain herbal extracts as well as moisturising factors that hydrate your skin and glue it together. However there have been several cases of irritant contact dermatitis because of the glue, especially among those who are atopic and allergy prone," warns Dr. Goel.

VAGINAL DOUCHES

If it isn't the look of your vagina, it's the smell! Vaginal douching involves washing or soaking your vagina in a mixture of water and vinegar. But, now you can also purchase cosmetic douching solutions, which contain antiseptics and fragrances and are sprayed into your vagina with a tube. From what we've heard, they sound quite harmful. "Since the vagina has a certain pH level, it should not be disturbed by excessive washing. Douching can lead to pelvic inflammatory disease and various other infections," says Dr. Goel, confirming our scepticism.

BREAST SEPARATORS

Skin wrinkling is a natural process that occurs as you grow older. But, the beauty industry is more than adamant about slowing this process down. You can now buy breast separators, which, when placed between your breasts while you sleep, prevent cleavage wrinkles. Dr Goel is a bit unsure, telling us, "Since they haven't been introduced in the Indian market yet, it is hard to comment on their effectiveness. However, they will definitely play a role in wrinkle prevention, since they are designed to reduce gravitational stress."

SNAIL SLIME PRODUCTS

Disgusting as it may sound, these products have been flying off the shelves and their makers claim it's for good reason. Snail goop is known to contain natural acids and elastin that will impart a glow on to your skin. To our surprise, Dr. Goel confirms their effectiveness, telling us "Snail goop contains active moisturising ingredients such as hyaluronic acid, glycolic acid and elastin, all of which hydrate your skin." Well, if she's given us the green signal, who are we to stop you?

QUIRKY BEAUTY

Beauty may be subjective, but Sara Shah suggests you learn more about some of these beauty products, which we think aren't worth trying!

People will now leave no stone unturned to achieve what they define as beauty. This has led to the birth of several strange trends and products that are plaguing the beauty front, taking quirkiness to a whole new level. The list of beauty fads is endless, so take a look at some of these weird, outrageous beauty products, which are anything but normal. We also got Dr. Apratim Goel, a cosmetic dermatologist and laser surgeon at Cutis Skin Studio, to give us an expert view on the efficacy of these beauty products.

3g of collagen peptides. Made to smoothen out your wrinkles and plump fine lines, these marshmallows consist mainly of sugar. Dr. Goel suggests keeping these at arm's-length because of their unhealthy composition of sugar and gelatin. She says, "These were created by the Japanese, who believe that a reduction in our body's sugar levels is the reason for wrinkles and ageing skin. Since marshmallows are full of carbohydrates and sugars, they're supposed to stimulate collagen synthesis. However, its effects are yet to be proven."

VAGINA DYE

As if menstruation and child birth weren't enough, we now have to worry about how pretty our vaginas look! The market is saturated with dyes that are specially formulated for pubic area and are available in two different forms. While one variant is available in multiple hues and is dedicated to changing the colour of your pubic hair, the other changes the shade of the skin around your genitals to a youthful pink. Dr. Goel considers its efficiency debatable. She tells us, "Such dyes are temporary, and their effects fade away after a few washes. Since the skin around your vagina is delicate, they can cause irritation, especially for post-menopausal women and those who have dry skin issues." If your vagina is healthy and hasn't suddenly changed colour, we think it can do without this!

VAMPIRE FACIALS

This is quite a gory procedure, which requires your own blood to be injected into your face with a syringe. Touted by several celebrities as a miracle solution, vampire facials are believed to impart a youthful



>> Several of the strange beauty products available today cause more harm than good