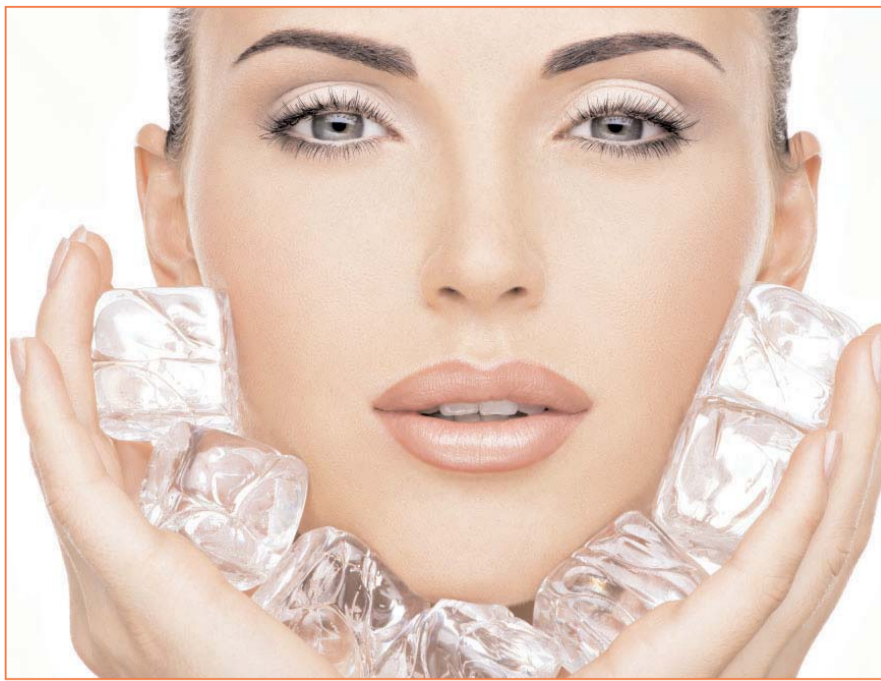
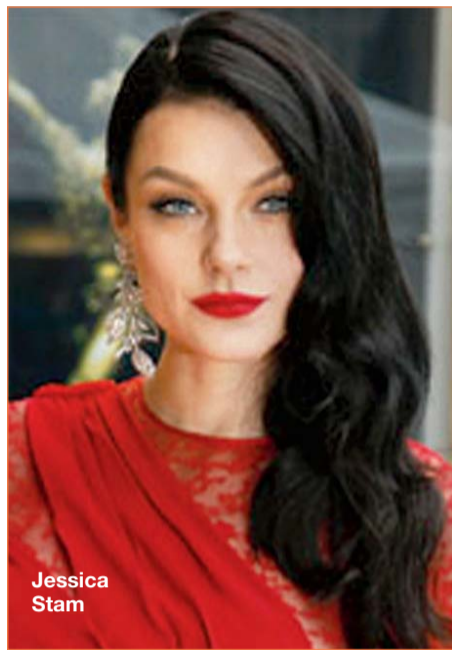


HOLLYWOOD CELEBRITIES USING EXTREME COLD TEMPERATURE TO REGAIN YOUNGER-LOOKING SKIN



Mandy Moore



Jessica Stam



Jessica Alba



Demi Moore

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A long-time Eastern European health trend, which was used by professional athletes, the cryotherapy craze has now spread to different parts of the world, including India. No wonder, many cryochambers, facials and weight loss treatments that incorporate this therapy are being added to spa menus. Popularised by Hollywood actress Demi Moore a while back, it has found a fan following in celebs like Jennifer Aniston, Jessica Alba and Canadian model Jessica Stam. A few weeks ago, singer Mandy Moore publicly announced her obsession with the therapy, when she posted photos on a social photo-sharing site, of her and actress-friend Minka Kelly hitting a cryotherapy salon in Los Angeles.

WHAT'S IT ABOUT?

Cryotherapy is traditionally a non-invasive health treatment done in extremely low temperatures — between -120 and -160 degrees Celsius. It involves the short term freezing of the skin's surface, which leads to the immediate release of enhanced levels of endorphins and adrenaline.

When the face or body freezes, the blood vessels widen, and this which allows more oxygen to reach the cells. This process kick-starts the body to begin its own healing process, and speeds up the removal of toxins. "We use any of the following in cryotherapy to create low temperatures — liquid nitrogen, carbon dioxide snow, DMEP or argon," says Dr Bharti Magoo, aesthetic and anti-ageing physician.

ICE-COLD BEAUTY REMEDY

Until now, this therapy was only used medically for the desiccation of viral warts, skin tumours or other unwanted growths on the skin. But now it is used to treat a host of beauty issues. "Dry ice reduces the oil secretion of the sebaceous or oil gland, which is responsible for the formation of acne. It kills the bacteria responsible for large pimples. It also stimulates the collagen and lightens scars caused due to acne. Since this therapy can cause mild peeling of the skin, it improves its texture and reduces pores too," says dermatologist Dr Jaishree Sharad. It is also being touted as a remedy against ageing of the skin. The cold weakens the nerves that make your muscles contract, thus instantly smooth-

ing forehead lines and crow's feet! And you have facials too. Says dermatologist Dr Aakriti Mehra, "In cosmetology, cryo facials/cryolift facials have caught the fancy of the public. This is a treatment in which a controlled beam of vapourised liquid nitrogen or a cryoprobe is used to freeze the skin of the face and neck."

FOR WEIGHT LOSS, CELLULITE REDUCTION AND MORE!

There's good news for those who are looking for unique ways to lose weight. Cryotherapy is also done for fat loss; this process is called cryolipolysis. "Cryolipolysis is a novel method used to destroy fat cells in the body leading to extreme fat loss and inch loss in the targeted area. This is an excellent non-invasive fat reduction and body contouring method," says surgeon Dr Apratim Goel. The extreme temperature speeds up blood circulation, increasing the metabolism and can help burn between 400 and 800 calories in a single session. Cryotherapy is also in reducing cellulite and prevents anxiety, insomnia, muscle strain, back pain, cardiovascular diseases, muscle inflammation and headaches. Are you ready to embrace the chill?

TRIVIA: THE ICE TUB CHALLENGE



There's a small town in Poland named Spala that is also known for being the "world capital of cryotherapy". Here, soccer and rugby players step into bathtubs that are filled with ice, having a temperature of anything between — 60 and — 120 degrees!

LISTINGS FOR MOVIES RELEASED BEFORE FEBRUARY 6		
ENGLISH	5.45, 10.15 pm	Carnival Cinemas Bhandup
BIRDMAN (A) ★★★	12 noon, 4.45 pm	CinemaStar Thane
CENTRAL SUBURBS Cinepolis Thane 2.45 pm	12.15 pm	Cinepolis Thane
JUPITER ASCENDING (3D) (4DX) (A) ★★★	12.25 pm	Joker Kalyan
MITWAA (U/A)★★★	12.30 pm	
CENTRAL SUBURBS Cinepolis Thane 10.30 am, 3.05, 9.10 pm		SOUTH MUMBAI Big Cinemas Metro 1:50 pm
THE IMITATION GAME (U/A) ★★★		PVR Phoenix, Lower Parel 1:45 pm
CENTRAL SUBURBS Cinepolis Thane 5.55 pm		Sterling Cineplex Fort 12:45 pm
HINDI		WESTERN SUBURBS 24 Karat Jageshwari 3, 6, 9 pm
BABY (U/A) ★★★		Carnival Cinemas Vasai (E) 11:45 am, 7.15 pm
SOUTH MUMBAI Sterling Cineplex 2 pm		Gold Digital Cinema Borivali (E) 1:00 pm
WESTERN SUBURBS Maxus Cinemas Borivali (W) 9.50 pm		Maxus Cinemas Bhayander 2.30 pm
SUN CITY Vile Parle 8 pm		Maxus Cinemas Borivali (W) 12.15, 5.20 pm
CENTRAL SUBURBS Carnival Cinemas Bhandup 6.15 pm		Maxus Cinemas Saki Naka 10 am
CinemaStar Thane 7 pm		SUN CITY Vile Parle 12.45, 5.30 pm
Cinepolis Bhandup (W) 7.15 pm		CENTRAL SUBURBS Big Cinemas Mulund 12.05, 07:35 pm
Cinepolis Thane 1.05, 7.10 pm		CinemaStar Majhiwada Thane, 09:15, 11:55 am, 2:35, 5:10, 7:50, 10:30 pm
RAHASYA (U/A) ★★1/2		CinemaxThane (Wonder Mall) Thane 1:15 10:15 pm
SOUTH MUMBAI Regal Cinema Colaba 1.45 pm		Cinepolis Thane 9:15, 10:30, 11:55 am, 12:25, 1:10, 2:35, 3:50, 5:15, 6:30 7:55, 9:10, 9:15, 10:35 pm
STERLING Cineplex 8.15 pm		Inox Raghuleela Mall, Vashi 12:00, 5:30 pm
CENTRAL SUBURBS Cinepolis Thane 5.45 pm		Inox Korum Mall, Eastern Express Highway, Thane 9:05 am, 2:45, 7:15 pm
SHAMITABH (U/A)★★★1/2		Gold Digital Cinema Thane (W) 7:00 pm
CENTRAL SUBURBS Carnival Cinemas Bhandup 12.30, 10.15 pm		CinemaxThane (Eternity Mall) 11:00 am, 4:15, 7:15 pm
CinemaStar Thane 1.05 pm		PVR Normal Lifestyle Mall, Mulund 1:15, 7:15 pm
Cinepolis Bhandup (W) 1.10 pm		Carnival Cinemas Bhandup 9:15 am, 2, 6:45, 9:30 pm
Cinepolis Thane 12.30, 9.50 pm		Cinepolis Bhandup(W) 9:45 am, 2:50, 5:55, 8:25 pm
MARATHI		Gopi Cinema Dombivali 1:00, 7:00 pm
CLASSMATES (U)★★★1/2		Tilak Cineplex Dombivali 9:45 am, 12:30, 3:30, 6:30, 9:45 pm
WESTERN SUBURBS 24 Karat Jageshwari 7.30 pm		Big Cinemas Kanjurmarg 10:55 am, 4:35, 10:15 pm
CENTRAL SUBURBS Carnival Cinemas Bhandup 11.45 am		PVR Kurla - Premiere 9:40 am, 7:45 pm
CHITRAFIT - 3.0 MEGAPIXEL (A)★		
SOUTH MUMBAI Central Plaza Girgaon 1 pm		
Sharada Cinemas Dadar (E) 9.30 pm		
WESTERN SUBURBS 24 Karat Jageshwari Bhayander 8 pm		
Maxus Cinemas Borivali 7.45 pm		
CENTRAL SUBURBS Big Cinemas Ambernath (W) 10.45 am, 1,		

★ Poor ★★ Average ★★★ Watchable ★★★★1/2 Good ★★★★★ Very Good ★★★★★1/2 Very Good + ★★★★★ Outstanding

EVENTS

- NALANDA**
- Nalanda@HELP (Health Education Library for People) is organizing a free talk on "Breathe Right to be in God's Light" by Carmine Ireneek, Help, Ashish, 5th Floor, Tardeo, Mumbai, 3.30 pm, 6595 2393/6595 2394
 - Self Defense workshop: Amit Lalwanis will conduct a kickboxing workshop for fitness and self defense, 31/ B, Elco Arcade HSG Society, Bandra (W), 98690 36872.

IF IT ISN'T HERE, IT ISN'T HAPPENING
All you have to do to get your event listed here is write to us two days in advance with the details, preferably with a photograph, to Events, Bombay Times, The Times of India Bldg, Dr DN Road, Mumbai 400 001.
Email: bombay.times@timesgroup.com

TELEVISION AND RADIO

DD NATIONAL

सत्यम सिक्म सुन्दरम्

DD BHARATI

सत्यम सिक्म सुन्दरम्

'Dard Ka Rishita' at 2130 Hrs

1200 Amrita
1230 Lakshmi Kismat Ki
1300 Chirupaan Kaisa Laga Churari Me Daag
1330 Aisa Prem Kahani
1400 Anudamani
1430 Ye Shaadi Hai Yaa Sauda
1500 Khamoshi Sa Afsana
1530 Zindagi... Ek Bhanwar
1600 Good Evening India
1700 Bazm
1730 Krishi Darshan
1800 Rural Development Prog.
1830 Rajdhani Samachar
1845 Special Reports
1900 Happy Homes
1930 Khwabon Ke Darmiyan
2000 Khamoshi Sa Afsana
2030 Pavitra Bandhan... Do Dilon Ka
2100 Zindagi... Ek Bhanwar
2130 Dard Ka Rishita
2200 Jab Jab Bahar Aye
2230 Paltan
2300 Best of Indian Cinema: "Aarany Kaandam" In Tamil

Life OK

सत्यम सिक्म सुन्दरम्

'Mahakumbh... Ek Rahasya, Ek Kahani' at 2000 Hrs

1200 Savdhaan India
1930 Mere Rang Mein Rangne Waali
2000 Mahakumbh... Ek Rahasya, Ek Kahani
2030 Laut Aao Trisha
2130 Aajeb Daastan Hai Ye
2200 Comedy Classes
2300 Savdhaan India
2330 Mahakumbh... Ek Rahasya, Ek Kahani

Zindagi
JOEY DILON KO

'Khwaishain' at 2030 Hrs

1200 Dil E Nadaan
1230 Mausam
1300 Khwaishain
1330 Aaj Rang Hai
1400 Dil E Nadaan
1430 Ijazat
1500 Mausam
1530 Khwaishain
1600 Aaj Rang Hai
1630 Ijazat
1700 Ye Galiyaan Ye Chaubaara
1730 Khwaishain
1800 Dil E Nadaan
1830 Ijazat
1900 Mausam
1930 Aaj Rang Hai
2000 Dil E Nadaan
2030 Khwaishain
2100 Mausam
2130 Ijazat
2200 Ye Galiyaan Ye Chaubaara
2230 Aaj Rang Hai
2300 Dil E Nadaan
2330 Khwaishain

SONY SAB

सत्यम सिक्म सुन्दरम्

'Get Out' at 2300 Hrs

2100 Fabulous Baker Brothers: A Bite of Britain
2200 #OTT
2300 Get Out

'Chidiyaghar' at 2100 Hrs

1230 Taarak Mehta Ka Ooltah Chashmah
1800 BaaVeer
1900 Yam Hain Hum
1930 Bad Door Se Aaye Hai
2000 Beaker
2030 Taarak Mehta Ka Ooltah Chashmah
2100 Chidiyaghar
2130 Bad Door Se Aaye Hai
2200 Yam Hain Hum
2230 Peterson Hill
2300 Taarak Mehta Ka Ooltah Chashmah
2330 Yam Hain Hum

'Go Food: UK' at 2100 Hrs

1100 Sugar Stars
1130 Eat Street
1200 Food Safari
1230 Getaway India
1300 David Rocco Dolce India
1330 Eat Street
1400 ToT: Coastal Curries India
1500 Italian Food Safari
1600 Kitchen Nightmares
1700 Eat Street
1730 Auction Kings
2000 Unwrapped
2030 Kings of Restoration
2100 Daredvils
2200 Pawn Stars
2230 Shipping Wars
2300 History of Sex

BAU music

सत्यम सिक्म सुन्दरम्

'Boom Box' at 1600 Hrs

0700 Morning Masala
1300 Bajao
1400 Bollywood Bang Bang
1600 Boom Box
2000 Solid Hits
2100 Awaaz De Kahaan Hai

'History of Sex' at 2300 Hrs

0930 Storage Wars
1000 Kings Of Restoration
1300 Pawn Stars
1400 Unwrapped
1430 Kings of Restoration
1500 101 Things That Changed The World
1600 Shipping Wars
1630 Don't Trust Andrew Mayne
1700 Pawn Stars
1730 Auction Kings
2000 Unwrapped
2030 Kings of Restoration
2100 Daredvils
2200 Pawn Stars
2230 Shipping Wars
2300 History of Sex

98.3 FM RADIO MIRCHI

सत्यम सिक्म सुन्दरम्

'Call Mumbai Ki Awaaz' at 1800 Hrs

0700 Hi Mumbai Saath Jeeturaj
1400 Meethi Mirchi Sang Sangeeta
1700 The Meera And Suren Show
2100 Purni Jeans With Sayema

ET NOW

सत्यम सिक्म सुन्दरम्

0900 First Trades
1030 Hot Stocks
1100 Traders20
1130 Buy Now Sell Now: The Stock Game
1200 Marketsense
1300 Markets @ Lunch
1400 Riding The Bull
1430 Closing Trades
1600 Business Day
1730 Hot Commodities
1800 Rush Hour
1830 The Interview-Hemant Contractor
1900 Business Express
1930 The Interview-Dr. Feridun Fesharaki
2000 Market Hour
2100 Business Tonight
2200 Top 10@10
2230 The Interview-Dr. Feridun Fesharaki
2300 Market Hour

MOVIES ON TV

Romey NOW

सत्यम सिक्म सुन्दरम्

1227 The Conjuring
1415 The Hunger Games: Catching Fire
1659 Once Upon A Time In Mexico
1840 The Twilight Saga - Eclipse
2100 Real Steel
2322 The Chronicles Of Narnia: Prince Caspian

'Letters To Juliet' at 2100 Hrs

0630 Breaking Up
0805 Series: Ally Mc Beal
0900 Series: Back In The Game
0925 Feeling Minnesota
1130 Series: Friends
1230 Series: Middle
1255 Someone Like You
1505 Little Manhattan
1700 Anna Karenina
1935 Series: Jake In Progress
2000 Series: Friends
2030 Series: Middle
2100 Letters To Juliet
2305 The Best Exotic Marigold Hotel

'Dard Ka Rishita' at 2130 Hrs

1330 EMI...Liya Hai To Chukana Padega
1700 Main Hoon Angraakshak
2100 Daku Aur Mahatma

'Beta' at 1455 Hrs

0825 Kala Bazaar
1145 Golaam
1455 Beta
1750 Narfat Ki Jung
2000 Sahaag

'Tiranga' at 2000 Hrs

0921 Zahreela
1054 Aarzo
1400 Ganag Jamuna Saraswati
1723 Raavan Raaj
2000 Tiranga

'The Hurt Locker' at 2100 Hrs

0720 Behind Enemy Lines II: Axis Of Evil
0920 The Marine
1110 Death Race 3
1315 Battleship
1530 After The Sunset
1725 Shelter
1905 Rush Hour 2
2100 The Hurt Locker
2250 14 Blades

'Aaj Ka Gundaraaj' at 2100 Hrs

0902 Police Police
1224 Chandramukhi Ki Pratigya
1535 Shera
1758 Krantivir
2100 Aaj Ka Gundaraaj

'No Entry' at 1648 Hrs

0724 Prem
1019 Bewafaa
1327 Baazigar
1648 No Entry
2000 Journey Bombay To Goa
2300 Joker

'A Few Good Men' at 2100 Hrs

0600 Lake Placid 3
0815 Salt
1015 Wall-E
1230 The Calling
1430 Kung Fu Hustle
1645 Piranha
1830 Iron Man 2
2100 A Few Good Men
2330 White House Down

'Real Steel' at 2100 Hrs

0600 Class Act
0735 Dumb And Dumber: When Harry Met Lloyd
0903 The Lord Of The Rings: The Two Towers

'Chirutha' at 2100 Hrs

1000 Start Little 2
1300 Veerana
1700 King No.1
2100 Chirutha

DD URDU

सत्यम सिक्म सुन्दरम्

'Aangan' at 1400 Hrs

1200 Masnavi Sahrul Bayan
1230 Apni Baat
1300 Khabrain
1305 Karwan-E-Azadi
1330 Bazm-E-Sukhan
1400 Aangan
1500 Khabrain
1505 Yeh Zindagi Hai Gulshan
1630 Kuchhi Tukke Kuchhi Teer
1700 Khabrain
1730 Andaz-E-Shairana
1800 Mubashira
1830 Dastan-E-Urdu
1900 Bahut Yaad Aayenge Hum Yaad Rakhna
1930 Khabrain
1935 Mumtaz Mahal
2000 Shikast
2030 Bawan Patte
2100 Innoo
2130 Mubashira
2200 Bahut Yaad Aayenge Hum Yaad Rakhna
2230 Mumtaz Mahal
2300 Shikast
2330 Bawan Patte

'Masterchef India' at 2230 Hrs

1230 Yeh Rishita Kya Kehlata Hai
1300 Ye Hai Mohabbatein
1330 Tu Mera Hero
1400 Diya Aur Bati Hum
1430 MasterChef India
1500 Yeh Rishita Kya Kehlata Hai
1530 Suhaani Si Ek Ladki
1600 Saath Nibhaana Saathiya
1630 Nisha Aur Uske Cousins
1700 Ek Veer Ki Ardaas - Veera
1730 Iss Pyar Ko Kya Naam Doon
1800 MasterChef India
1830 Suhaani Si Ek Ladki
1900 Saath Nibhaana Saathiya
1930 Ye Hai Mohabbatein
2000 Tu Mera Hero
2030 Nisha Aur Uske Cousins
2100 Diya Aur Bati Hum
2130 Yeh Rishita Kya Kehlata Hai
2200 MasterChef India
2230 MasterChef India
2300 Ye Hai Mohabbatein

StarPlus

सत्यम सिक्म सुन्दरम्

'Jhansi Ki Rani' at 2000 Hrs

0730 Masala Mix
0830 Film: Robbery At Bangkok
1230 Film: Sindoor Daan
1630 Sasural Simar Ka
1700 Hai Jai Jai Bajrangbali
1800 Jhansi Ki Rani
1830 Masala Mix
1930 Bajrangbali
2000 Jhansi Ki Rani
2030 Sasural Simar Ka
2130 Film: Sau Core

'Who The Bleep Did I Marry' at 2300 Hrs

1100 Tehkikaat
1200 A Crime To Remember

Investigation Discovery
NAYA HINDI CHANNEL

DANGAL

सत्यम सिक्म सुन्दरम्

'Uff Yeh Naadaniyan' at 2000 Hrs

1130 Akbar Birbal
1230 Hindi Feature Film
1530 Akbar Birbal
1600 Baal Gopal
1630 Akbar Birbal
1900 Raazi Aur Magic Mobile
1930 Mahisagar
2000 Uff Yeh Naadaniyan
2100 Akbar Birbal
2130 Hindi Feature Film
2200 Uff Yeh Naadaniyan
2300 Akbar Birbal

'Yudh Abhyas: Gurkhas And Arctic Wolves' at 2100 Hrs

1100 India Revealed
1200 You Have Been Warned
1300 Dual Survival
1400 How Do They Do It
1500 Gold Rush
1600 How Do They Do It
1700 Running Wild With Bear Grylls
1800 Nature's Great Events
1900 What Happened Next
1930 Destroyed In Seconds
2000 How Do They Do It
2100 Yudh Abhyas: Gurkhas And Arctic Wolves
2200 Gold Rush
2300 Destroyed In Seconds

'The Tonight Show Starring Jimmy Fallon' at 2300 Hrs

1100 ISAJGS
1200 Psych
1300 AFVH
1400 ISAJGS
1500 Billy On The Street
1600 Whose Line Is It Anyway?
1700 AFVH
1800 ISAJGS
1830 TOWTW

HOME SHOP 18

सत्यम सिक्म सुन्दरम्

'Bedsheet Pack of 7' at 1200 Hrs

0915 Appliances Special
1200 Bedsheet Pack of 7
1300 Home & Kitchen Special
1400 Apparel Special
1500 Health & Beauty Special
1600 Home & Kitchen Special
1645 Appliances Special
1745 Apparel Special
1945 Mobiles Special

zoom

INDIA'S NO.1 BOLLYWOOD CHANNEL

0630 Red Carpet
0645 zoMitt Playlist
1100 Your Likes
1200 Planet Bollywood News
1230 zoMitt Playlist
1500 Telespot
1600 zoMitt Playlist
1900 Planet Bollywood News
1930 zoMitt Playlist
2100 Tweektrends Top 10

TIMES NOW

ACTION BEGINS HERE

0900 Morning Primetime
1000 News Now
1200 News Now At 12
1300 Afternoon Primetime
1500 News Now
1700 Times Now Newsroom
1730 Times Now Wide Angle
1800 Times Now Live Report
1830 The Game
1900 NewsWatch
1930 Times Now Livewire
2000 Times Now Blueprint
2300 Prime Pulse
2100 The Newshour
2300 News Now At 11

BAU MOVIES

सत्यम सिक्म सुन्दरम्

'Special 26' at 2100 Hrs

0730 Swarg Yahaan Narak Yahaan
1200 Meethi
1500 Maahir
1800 Charan Ki Saugandh
2100 Special 26

ENTER 10

सत्यम सिक्म सुन्दरम्

0630 Plan
0930 Naina Tere Kajrare