

beauty

BEAUTY WOES & THEIR FIXES

Dry unmanageable hair, itchy scalp, dandruff, flaky skin, cracked heels – all these cold-weather issues can make you look worse throughout the season if neglected. We list some beauty woes and their solutions to make you look fresh-faced 24/7.

PREP YOUR SKIN

- Winter is the best time to pamper your skin with a relaxing aroma oil body massage (once in two weeks) and nourishing and hydrating French facials (once a month).
- Hot water can help you relax but does more damage to your skin than you know. Avoid taking longer baths. Use liquid soap as opposed to a soap bar. Slather on a moisturiser on damp skin immediately after taking a bath or use oil before you step in for a shower. Don't use scrub in cold weather.
- "Switch to creamy moisturisers and face creams with antioxidants, vitamins and rich butters to keep your skin soft and supple for hours. Use body butters that tend to stay for long and are enriched with products like squalene, hyaluronic acid, essential fatty acids etc," says cosmetic dermatologist Dr Apratim Goel.
- Since your skin works at night when you sleep, make sure you have a night-time skin routine to let it rejuvenate.
- Avoid direct sun exposure for more than 20-30 minutes a day, and don't forget to apply sunscreen (SPF 25 or more) with an inbuilt moisturiser on sun-exposed areas.

TAME YOUR MANE

- Low temperatures and humidity leave your hair static. Condition your hair every time you wash it by using a good quality conditioner depending on your hair type. To keep it lustrous, apply a serum on towel-dried hair.



MIRACLE SERUM

Got dry skin on your feet and hands? Apply argan oil all over them before bedtime and put on a pair of socks and mittens. When you wake up, even your roughest spots will be soft and moisturised

"You may be of the belief that oiling hair is a must. But the truth is that people with oily and acne-prone skin must totally avoid oiling the scalp during colder months. If you're really craving for a relaxing oil massage, wash off the oil within two hours," says Goel.

- Try not to blow dry and straighten your hair frequently. If you still need to do it, apply a hair protectant serum or spray before using any heating products.
- Healthy hair starts with your favourite

TRY SLEEPING WITH A HUMIDIFIER

Nighttime is the body's chance to restore and renew itself. A humidifier will add just enough moisture to the environment and prevent it from further dehydration.

The natural oils in avocado promote hair health. Consume this fruit and turn any leftovers into a hydrating hair mask.

- If your scalp is prone to dandruff, use an anti-dandruff shampoo containing ZPTO or ketoconazole at least once a week.

MODIFY YOUR MAKE-UP

- Winter is a very challenging time for skin care and make-up and the best bet is to moisturise prior to applying make-up. Else, use a primer before applying a base foundation.
- Opt for crème-based foundations; they are rich in texture and remain on your skin for longer in winter.
- Use powder or compact sparingly to avoid dry, patchy skin. However, for oily or combination skin, use powder only on oily areas.
- Chapped lips tops the list of winter

MASK YOUR HANDS

In a bowl, mix two tps olive oil and two egg yolks. Now, soak your hands in warm milk and then apply this mask all over your hands, especially the dried areas. To exfoliate the skin, try a natural scrub made out of olive oil and salt.

woes. If your lips are super dry, skip the lipstick and use a tinted lip balm, which is now available in many different colours. Make sure the balm has SPF and UVA/UVB protection. Exfoliate your lips regularly throughout winter by rubbing them with a wet towel. Avoid using a toothbrush for this purpose as it can be harsh on the lips. This will help your lips get rid of dry flakes. Also, avoid licking dry lips.

Inputs by dermatologist Dr Kiran Lohia and consultant dermatologist Dr Snehal Sriram

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style it up

TAAPSEE PANNU, actor

"Wear clothes that reflect your personality"

One word that describes me best | Unpredictable.

3 things I never leave home without | My wallet, sun glasses and lip balm.

Fashion to me is | A nice combination of how you can blend your personal style with the changing world outside.

I'd describe myself as | A restless multi-tasker, driven by self-confidence and comfort. Style turn-off in men | Men who wear super tight, fitted T-shirts that show bulging biceps!

5 essentials of a woman's wardrobe | Black leggings, a white jacket or pullover, a colourful summer dress, an LBD and different coloured ganjis or racerbacks.

My ideal outfit for—

- A fun party: A blingy skirt with a plain black crop top.
- A formal work setting: Fitted, high-waist trousers, a plain coloured shirt and jacket.
- A casual day out with friends: A colourful short dress or shorts and a tee.
- A hot date: An elegant maxi dress.

My shopping strategy | Value for money only!

A valuable beauty tip | Feel truly happy and confident from inside, the glow that it will give on your face is enough to make you look beautiful.

My favourite fashion trend | The broad shoulder jacket.

A style trick for an instant cool quotient | Wear a casual pullover or a zipped sweatshirt over a ganji and ripped denims.

My brand fixation | I am not a brand-conscious person; anything from the streets of Mumbai to fashion houses in Paris works for me as long as it suits my sense of style. But I do like brands like Kate Spade and Ted Baker.

Must-possess shoes for women | I am a huge fan of Steve Madden shoes. My style icon would be | I appreciate anyone who is at ease, no matter what he/she wears.

A perfume I swear by | Currently using Jimmy Choo but I keep changing it. I like floral fragrances.

A colour that dominates my wardrobe | Prints.

My ultimate fashion destination | I like the style of people in Sydney.

The most stylish person in showbiz |

Most personalities of the era gone by were more stylish because they never had the pressure to be fashion icons, so they always dressed according to their style and comfort.

If I had to spend my life wearing just one kind of outfit, it would be | A cotton, summer, maxi dress.

On fashion blunders | Anything that's way too tight for the body. Also, over-accessorising a look.

My style mantra | Wear something that reflects your personality with ease. When you try to imitate what looks good on someone else, it means you lack an identity of your own



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shopping

DOUBLE DUTY

Instead of bulking up your make-up bag with a separate foundation and compact powder, choose a multi-purpose product that not only saves you cash but also provides smart packaging and unarguable functionality.

5 BEST BUYS

Anti-Blemish Solution Powder, Clinique ₹2,800



Long wear Compact Foundation, Bobbi Brown, ₹3,220



WHY CHOOSE A COMPACT-CUM-FOUNDATION?

- It's a one-step application and not a process wherein you need to apply layers of products – foundation, concealer, compact...
- It stays for a longer duration, anywhere between eight and 16 hours.
- It hydrates your skin, making it smooth and even, thus eliminating patches.
- It's a great option when you are travelling, or when you need to attend a party straight from work. You do not need to carry multiple products. For a gorgeous base, you only need to apply a compact-cum-foundation and you're ready to go.
- It is available in different varieties (eg: for blemish-free skin) and for different skin types. You can choose the one that suits your skin the best.

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