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Wedding is the best time to pamper yourself with beauty treatments. Considering that brides and grooms-to-be spend most of their time under the scorching heat, shopping, visiting relatives and other guests to hand over invites, it is likely that the busy schedule takes a toll on the skin. Also, keeping the rising pollution level of the city in view, maintaining a good and flawless skin has become very difficult today, and with the hike in the price of facial treatments at local beauty parlours and spas, it becomes even more difficult to indulge in such treatments on weekly basis. Hence, here are some

easy DIY facial treatments that you can easily do it at home, and will not cost you much. Make sure that you start with these treatments months before the wedding, and do it on a regular basis for better results.

“It is very important to exfoliate your skin at home weekly or bi-weekly, depending on your skin type. One of the easy facial treatments is the mixture of papaya pulp and coffee powder; rub it all over the body. Alternatively for dry skin, oat meal, papaya and fresh cream work as an excellent scrub as well as moisturiser. Furthermore, daily exercise and a balanced lifestyle goes a long way in maintaining good skin,” advises Dr Apratim Goel,

Pamper yourself silly!

Read through some make-at-home face masks that will work wonders on your skin and help you to be a glowing bride

dermatologist.

PAPAYA FACIAL MASK

It is a known fact that the fruit papaya is very good for digestion. Besides this, it is also good for all the skin treatments. The fruit has enzyme that repairs the pigmentation caused by sun rays and smoothens the skin. According to experts, the regular use of papaya will reduce the signs of ageing.

DIY facial mask: For papaya face mask, all one has to do is cut a delicate slice of ripe papaya. Then rub the peel gently on your cleansed face. You will feel the moisture while you do it; let it dry for 15-20mins and then rinse it with warm water. In order to have better results, do it twice a week.

MILK FACIAL MASK

The several nutrients in milk help to make the skin look fresh and healthy. The lactic acid in milk will make your skin look soft whereas the amino acid will help to moisturise it.

DIY facial mask: In order to make a milk mask, take half cup of powdered milk, which you will find in any supermarket, and add a little water. Make a paste and apply this mixture to your face and keep it for 15 minutes. Let it dry completely and then rinse with warm water. This treatment will make your skin feel fresh and clean.

HONEY FACIAL MASK

Honey is good for dry skin as it has anti-biotic element that heals and moisturises one's skin. It is a natural cleanser and daily use of honey on skin will make your skin look its best.

DIY facial mask: Make a mixture of two table-spoon of honey with one table-spoon of lemon juice. Apply it on the face and leave it for 20 minutes; then clean the face with warm water. To see better results, apply this mask thrice a week. “Honey indeed works as wonder for any type of skin, and I got the first-hand experience of this fact when few days were remaining for my marriage. There was a lot of pigmentation on my face and since I didn't have enough time to visit spa for treatment, my friend suggested a home remedy using honey. Everyday use of honey reduced the pigmentation considerably and I was happy to see the end result. Also, the use of almond oil is very good for rough skin,” suggests Pallavi Jayaraman, who tied the knot last year.

If you are suffering from dry and rough skin, massage your body with a little drop of almond oil everyday before you go to sleep. Massage it till the oil absorbs in the skin and you will notice the smoothness within a month. Almond oil helps to make the skin

smooth and soft.

Whether it is papaya, milk, honey or any other facial mask, it is important that you clean your face with a face wash and dry it of completely, and also make sure that you apply the mixture to the entire face, especially around the eyes, mouth, temple area and neck. It is evident that all the eyes and camera will be on you on your D-day; hence make sure that your skin doesn't become a cause for embarrassment.

SHORT POINTS

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