



Steal the thunder from the tropics

It is extremely important to take care of your hair and skin so that you can make the most of the outdoors. **DR APRATIM GOEL** offers you some tips

Summer evenings are all about a warm, tropical feel, flowing loose dresses and barbeques by the pool. However, the outdoors expose your skin to a lot of pollens, pollutants and damage. Not only are you more prone to heat stroke and sunburn, without caution,

you could even manifest signs of premature ageing. So regardless of your skin colour and type, you need to follow a drill religiously.

- Always use a sunscreen with an SPF of at least 30+. Apply 20 minutes before you go into the sun to allow your skin time to absorb it. Re-apply as needed throughout the day, particularly after a swim. If not able to tolerate due to oiliness, mix it in a little calamine lotion or dab it with a talc.
- When in the sun, wear broad-rimmed hats, light coloured clothes and UV protective sunglasses. Make the umbrella your new fashion accessory.
- Whenever possible, stay out of the sun between 10 am and 2 pm to avoid exposure to the most intensive rays.



Schedule your outdoor activities outside these hours.

- Drink plenty of water to avoid dehydration and heat stroke. Remember that water is your best saviour and the cheapest beauty aide.

- Nowadays a variety of fruits like peach, strawberry, apricot, and kiwi is available in our neighbourhood markets. Kiwi fruit comes exceptionally recommended for moisturising purposes. If staying in a humid zone, mix a juice of half a lime and a spoon of glycerine in a cup of boiled milk. Rub the mixture all over your body and keep for half-an-hour. Rinse with water for a cleansed and supple skin. Alternatively, apply a mixture of apricot and honey for a petal-soft and bright skin.

- In case of sunburn, apply cool compresses to reduce the temperature in the affected patch. Never exfoliate or use a mask on sunburnt skin until it has healed. If you are severely sunburnt, consult a dermatologist.

- Use tomato juice twice a day to get rid of tanning. Don't forget to include raw tomatoes and vitamin C in your everyday diet. Tomatoes are rich in lycopene and help in reducing fine lines of the skin.

Oranges serve the same purpose.

- For controlling excessive oiliness of the skin as well as pimples (acne) for a fast, relatively cheap fix, smooth on a clay mask (*multani mitti*) or swipe skin with an astringent made for oily skin; both will draw out excess oil and give you about four hours of shine-free skin. Face wash containing salicylic acid is excellent for reducing oiliness in the heat.

- You could also try out a pack of



grated potato, Fuller's earth and drops of lime. As the pack dries up, rinse it off thoroughly with water. Dead cells will get removed to give you a fresh look. Bathe as many times as possible. Use rose petals and basil leaves in lukewarm water for bathing. This is the wonder formula for a glowing skin. Remove dead cells and dirt with a home-made scrubber of rose water and refined flour. If you have no time to spare in the morning, add a few

drops of menthol, chamomile or lavender essential to the last mug of water and bathe. If the problem still persists, it's time for you to see a dermatologist for the right treatment and advice.

- Take care of your feet. A dry, tanned, unpedicured, peeling feet with cracked heel is a beauty disaster. Blistering heat makes feet swell and sweat, and sexy summer footwear means they are for all to see. So, keeping both hands and feet clean with a liberal use of soap and water (followed by a moisturiser) is a

grooming must. Water is your only escape route out of unkempt hands and legs. Soaking feet and hands helps you get rid of fatigue, more so if you add a pinch of salt, shampoo and one lemon juice to the water you use. This softens the dry, dead skin around your soles, easing its removal. Soak feet for 15-20 minutes. Hot and

cold contrast soaks for the feet also help boost circulation. Soak your feet first in hot water and then in cold water for two minutes each. Do this for about 15 minutes, once a week. Sprinkle your feet with foot powder before wearing sandals to avoid any blisters.

- A liberal wash of armpits and other body folds with vinegar and water helps reduce body odour. Also scrub with soap and water a few times while bathing. Add a few drops of cologne or aroma oils to the bathing water or in the spray bottle. Earlier in the day, use a spray deodorant immediately after a bath on semi-damp skin.

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