



BEAUTY BITES



Have any query about skincare and the latest beauty trends that would best suit you? We'll get an expert to answer them for you. This month's expert is Dr Apratim Goel, Dermatologist at Goel's Cutis Skin Studio. Send in all your queries to letters@weddingvows.co.in.

I am a 30-year-old woman. I want to start using anti-ageing products. There are so many brands in the market and it gets very confusing. What ingredients should I look for? My skin is on the normal side but occasionally it gets little oily. Please advice. - Anita Banerjee, Mumbai

Anita, you should start using a face wash and sunscreen in the morning. At night apply a skin lightening serum followed by a moisturiser. Look for 1-2% salicylic acid or glycolic acid in the face wash you use. Sunscreen should have an SPF more than 25. However, the BB cream with inbuilt sunscreen would be a better idea. Use vitamin C serum 10% and then apply a moisturiser containing hyaluronic acid during the night.

I have done everything from scrubs to monthly facials but these blackheads and pimples never go away. I've blackheads all over my face that lead to pimples. Please suggest a home remedy. - Anupa Swara, Bihar

Anupa, probably your skin type is oily and so blackheads will not go completely with scrubs and facials. Oral vitamin A under medical prescription helps reduce oil gland activity. Meanwhile, apply 0.025-0.05% retinoic acid cream on face at night. Home remedies are less effective. However, pulp of papaya mixed with radish juice works for blackheads. Don't use steam to remove blackheads. Get it done professionally.

I am unmarried. My problem is the stretch marks on my stomach and back. What's the cause of this and can any cream or treatment help? - Divya, Bangalore

Stretch marks are narrow streaks or lines that develop on the surface of the skin. These usually appear when a person gains or loses weight rapidly. Since stretch marks appear due to tear in elastic fibres under skin, they don't disappear totally. Retinoic acid cream followed by kojic acid gel can help reduce the appearance of the marks. However, microdermabrasion, dermaroller and fractional carbon dioxide lasers are treatments that can help you. Consult your dermatologist for the same.

I am a 28-year-old woman. I am very concerned about my grey hair. I also have serious dandruff. Please suggest a good shampoo to clear my scalp and also suggest a home remedy to get rid of grey hair. Does amla help? - Akriitha Shri, Chennai

I'd advise you to use a shampoo containing coal tar and zinc pyrithone once a week. However, in case the dandruff is thick, patchy and resistant, it could be psoriasis and you must consult a dermatologist for that. Amla doesn't help reducing grey hair; it can only make your hair soft and shining. There are ways to prevent greying but unfortunately, nothing works on already grey hair except hair colour.