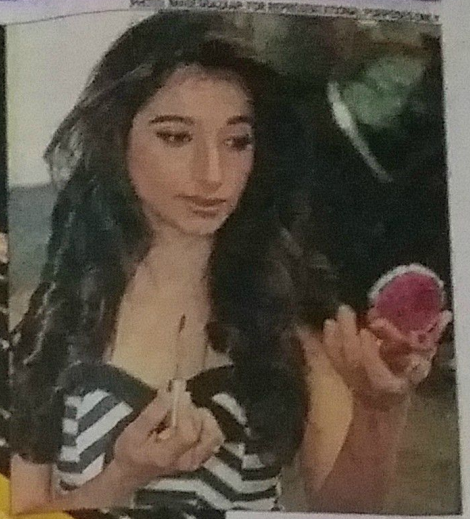


BALANCING BEAUTY WITH HEALTHY

Styling your hair and applying makeup on your skin everyday can take a toll on them. City doctors give the low-down on how to maintain their glow



FEW HAIR CARE TIPS FROM EXPERTS:

- Try to use heat protector serum before styling
- After the event, open the hair and comb your hair with a wide-toothed comb to remove the tangles
- Do not brush your hair from the roots down to the ends in order to prevent the ends from splitting. Instead, start from the middle of the hair to the end, and gradually work your way up to the roots
- Oiling should be avoided on these days, as it can attract a lot of dust. Try to cover your head or tie it in a braid to minimise damage
- Instead, apply a hair tonic daily at night, massage it off the scalp and wash it off next day
- For dry curly hair, use a natural mask such as an avocado and honey mask 45 minutes prior to washing. This deeply conditions the hair
- For straight hair, apply fresh aloe vera mask half hour before washing to hydrate the hair without making it too oily
- Those with thin or very straight hair may avoid conditioning the hair; instead use a leave-in serum for shine
- Most importantly, always get treatment in advance for hair loss, dandruff or itching concerns on scalp from a dermatologist for healthy hair.

Swagata Jena

While festivals are the time one has opportunity to flaunt various styles, it is also when one's hair and skin go through a lot. It is important to make sure that even the festivities are over, hair remains healthy and the skin still retains its glow. Experts tell us how, just by taking some extra effort before and after the everyday styling, one can minimise the damage caused to skin and hair.

PREPPING THE SKIN

"For all skin types, the golden rule is to follow the cleansing-toning-moisturising routine, without fail," says Dr Sonu Sarkar, medical director and dermatologist, Skin Inn, Bandra (W).

She further adds, "Prior to the makeup, one must gently exfoliate the skin. Post this, one should use a vitamin C serum followed by a good vitamin E cream and finally apply the sunscreen. A primer needs to be used after this. This helps blur fine lines and wrinkles, and reduce the pore size. The primer also helps the makeup to stay on for an extended period and allows it

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to spread evenly." According to Dr Vandana Punjabi, cosmetologist and trichologist, Manavati Super Specialty Hospital, Vile Parle (W), it is advisable to make sure that all acne, eczema, or dry, uneven and dull skin tone is treated by a dermatologist, much in advance. This makes the skin smooth, supple and ready to handle makeup.

Sarkar suggests the following tips for different types of skin:

- **Oily skin:** Always try and use mineral-based makeup. You can also use a serum that contains hyaluronic acid. It will help to repair the skin overnight, and next day the makeup can be used safely
- **Dry skin:** Use makeup products that are creamy in consistency
- **Sensitive skin:** Use lightweight, lotion-based

- **makeup**
- For both dry and sensitive skin, apply a toner and then follow it up with midnight recovery oil. This helps calm the irritation caused to skin by the makeup
- Use thermal spring water to fix the makeup. It boosts hydration and it also gives a dewy effect.

SCRUBBING CLEAN

The effort one puts into getting ready should be repeated while de-glamming at the end of the day as well. The universal expert opinion is that by no means should one go to bed with their makeup on.

"Makeup removal is very important. There's this amazing product called micellar water for cleansing the face. It gently removes all traces of even the most stubborn of makeup products. It is water with oil particles in



daily cleansing. It is important to use a mild shampoo," says Sarkar.

No matter what kind of hair, according to experts, one must always "make sure to use an SLS- and paraben-free gentle cleansing shampoo". "Shampooing can be followed by a nourishing mask to protect the hair strands before the styling," says Dr Batul Patel, dermatologist, The Bombay Skin Clinic, Girgaon.

Also, in an earlier interview with HT, Cherag Bamboost, veteran makeup artist, Magical Makeovers, Charni Road, recommended one to "style on one day and let the hair be more natural the next day". "Give it a messy look or leave it open. Scrunching your hair with mousse or diffuser to give it texture is also okay as long as you don't use heated tools or blow-dry it," he said.

It is also important to remember not to make any drastic changes very close to the functions. "If you are used to applying products regularly on the hair, stick to the same regime," says Karkhanis.

PRIMPING THE HAIR

"During festivities, especially Navratri, people sweat because they dance unfettered outdoors. Also, since it's an outdoor event, the hair is exposed to dust and grime. The first rule for all hair types is

With inputs from Dr Rinky Kapoor, dermatologist, The Esthetic Clinic, Kandhali (E).
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