

Summer beauty SOS

You will no longer hate the warm weather for the setbacks it can bring. We give you a list of the most common seasonal skin woes – and the solutions to prevent or fix them, to stay gorgeous all season

1 SUNBURNS

Reason: Exposure to UV rays during the day.
Prevent it: For the face, use skincare products that contain SPF 30 or more. For the body, use garments such as scarves to guard against UV rays.

Quick fix: When skin is sun burnt, it is inflamed. So, you first need to cool it; a cold shower is quite effective for this purpose. You can also soak a towel in cold water and place it on affected areas. Go for whitening/brightening skincare products and moisturise well.

the skin instead of using a dry towel. Moisturising lotions are mildly acidic and do not irritate the skin.

3 ACNE

Reason: Acne is the direct result of dehydration due to sweating and excessive re-production of bacteria. For adults, stress and lifestyle factors can disrupt the pH balance making the skin acne prone.

Prevent it: Change the way you cleanse. The key is to lather up the foam and cleanse gently, so that excess sebum is removed, but essential moisture is retained in the skin.

Solution: Gently wash the face with a cleanser, then apply a toner and a moisturiser (cream or emulsion) with a light texture. Sleep well, eat healthy, and avoid foods that are high in fats. Since your skin is very sensitive, apply products that can increase the 'barrier function' of the skin.

SUMMERY TIP
In summer, the effects of the sun increase. So try to avoid sun-exposure as much as possible, especially from noon till 3 pm



DOLGACHOV/THINKSTOCK

COOLING MASKS FOR THE SKIN

- Mix cucumber juice (or pulp) with two tsp powdered milk and one egg white. Put the ingredients in a blender to make a smooth paste. Apply on face and neck and rinse off with water after 30 min. For oily skin, omit milk powder.
- Take one tbsp lemon juice and one tbsp rose water. Add crushed mint leaves and let it stand for one hour. Strain the leaves and apply the liquid on the face. Wash off after 20 min. This mask reduces grease and refreshes and cools the skin.



4 DRY SKIN

Reason: Scrubbing can cause dryness as it damages the stratum corneum (uppermost layer of the skin). Differences in humidity between indoors and outdoors and exposure to air conditioning are among other causes.
Prevent it: Maintaining an optimal moisture balance for your skin (balance between water, oil and moisturising elements in the skin) is important for healthy, beautiful skin. Most people with dry skin only

use a cream. However, in order to restore the optimal moisture balance, apply a toner and an emulsion before applying a cream. This will create protective layers on your skin, thus increasing its barrier function.
Solution: Religiously moisturise your skin every morning and before you go to bed. The right way to apply the cream is to use the palm of your hand and apply it in a slow motion.

5 UNEVEN SKIN TONE

Reason: The reason is different for different areas. Decrease in blood circulation and haemoglobin in the blood affects the area around the eyes, making them appear darker. Exposure to UV rays causes melanin to build up which changes the colour of your cheeks. And if you notice uneven skin tone on your entire face, it may be due to lack of translucence because of ageing.
Prevent it: Moisturisation, sun protection, and facial massage are keys to avoiding uneven skin tone.
Solution: When massaging the face, pay attention to using the correct amount of cream. For the area around the eyes, take a towel, soak it in warm water, squeeze it and place on your eyes for a few minutes. This will increase the blood circulation and refresh your eyes.

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JENNIFER'S SECRET TO A GLOWING COMPLEXION

Hollywood star Jennifer Aniston says that summer is the time when you must let your skin breathe. Just like you don't feel comfortable wearing many layers of clothes in summer, your skin too wants to feel light. Depending on your skin type, choose products that aren't too heavy and won't block skin pores

MIRANDA'S 3-STEP GUIDE

Exfoliate, tint and moisturise – these are supermodel Miranda Kerr's tricks to looking beautiful this summer. She further reveals that a good tinted moisturiser with SPF, a little mascara and lip balm are enough for a beach-ready look.



SUMMER BEAUTY TIPS TO KEEP IN MIND

- Lather the cleansing foam until it is thick and creamy, and then use it to gently cleanse the face. Do not scrub, as it will damage the skin. The foam will act as a cushion and collect dust and impurities from the skin.
- Do not apply heavy moisturisers on oily skin as the pores can get clogged with oil and lead to blackheads and pimples.



PIC'S: THINKSTOCK

- Be beautiful from the "inside" by paying special attention to food. Opt for healthy, natural and light options like salads and take vitamin and mineral supplements.
- After cleansing, use a toner. This will replenish the moisture in your skin and make it supple and soft. A smart way of using the toner is to take several cotton pads and soak them in the toner. Place the



cotton pads on dry areas like a mask for 10 minutes.

- Apply sandalwood paste on pimples, acne, rash and heat boils. If there is a rash, mix sandalwood paste with a little rose water and apply on the affected area. Wash it off with plain water after 20 minutes. You can also use talcum powder containing sandalwood for conditions like prickly heat or body rash.



HOW I START MY DAY

The secret to changing your life is to think about your mortality. Think of the regrets you will have. Once that clarity comes, begin your morning with gratitude and positivity. If you think you are going to have a bad day, you will have a bad day. Try to change your habits with motivation and focus to create everyday magic.

When we wake up in the morning, there is a short period of time called the hypnotic state, anything you say to yourself will be heard by both parts of the mind. Use this time to set an affirmation and manifest magic into your life by an action, as simple as this. Try it.

I feel morning is a time to raise your self-confidence that comes by changing your fixed attitude to life. Go with the life flow. Be easy. There are some habits which you must adopt to be happy: Wake up with a positive affirmation, be kind to yourself and others; don't be judgmental; self love is important; laugh a lot; tell someone you love them; appreciate every moment. Allow good things to happen to you.

Ursula James
author, therapist

As told to Nona Walia