

Is your skin festive ready?



As the festive season approaches, you tend to doll up with a variety of cosmetics and make-up products, and more often than not, the skin breaks out. On top of that, if you do not follow a proper regime for the skin, it becomes even more vulnerable and takes a long time to heal. Here are some basic quick skincare tips for the festive season.

SEVEN BEST WAYS TO MAKE YOUR SKIN FESTIVE-READY

- 1. Don't skip removing make-up:** How much ever fatigued you feel after the party, don't forget to remove your make-up before you sleep. Use the best quality make-up remover and once removed, follow a good cleansing regime before retiring to bed.
- 2. Select make-up brand wisely:** What you wear on skin for hours is extremely important. Don't let the brands with flashy ads take you over. Instead select the one with lead-free, non-carcinogenic ingredients and organic pigments.
- 3. Increase the frequency of herbal facials:** All it takes to be party or festive ready is a well-groomed skin. You can increase the usual regime of skin facials, as long as you make sure that you're using the best herbal products.
- 4. Hydration is the key:** Let not the upcoming winters make you forget to drink enough water. Set your water target for a day and go on to achieve it every day. Inter-

Omkar Kulkarni (MD Ayurveda) Head R&D Department, Netsurf Network, shares a few skincare tips for you to look extra gorgeous

nal body hydration solves most of the skin problems during winters and it will also solve the dryness issue as well.

- 5. Exfoliate despite having dry flaky skin:** Most people make a mistake of not exfoliating their skin regularly during winters as their skin becomes dry and flaky. You need to understand that the dry or flaky skin is body's response to the climate and regular exfoliation will help your skin to get rid of the dead cells and dirt, which in turn re-balance the oil levels on skin.
- 6. Moisturise skin twice a day:** Considering the extreme consequences of the climate, you need to apply moisturiser minimum twice a day, once after bath, and secondly before bedtime. It will be best if the skin is well cleansed and little moist while applying the moisturiser. Choose the best



- moisturiser for your skin type.**
- 7. Sun protection:** Dry skin tans real fast. Hence do not forget to apply a good sun-screen lotion. SPF value 30++ is enough to protect your skin from harmful UV rays.