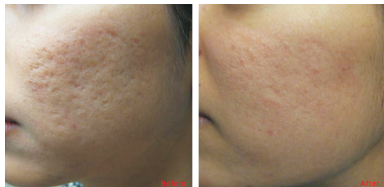


*I am in my early 20s and I have oily tanned skin with pimples and some acne scars, can you suggest a skincare routine for me?*

Dear X, with summer approaching, the skin can get very oily. Thus, it is advised that you use a face wash containing salicylic acid like Saslic twice a day; do not scrub your face or touch the pimples. You could also use a cream containing retinol like Yugard which heals pimples and scars. To lighten the skin, you could use a cream containing Kojic acid like Kojic cream. A matt sunscreen like Neutrogena Ultra Sheer can also be used twice a day. Add a zinc vitamin like Zincovit to your diet. If the pimples don't improve, you may need antibiotics, but these should be taken after consulting a dermatologist. Also certain procedures like RF pixel can be done for the scars and gel solutions can be used to remove the marks and tan.



BEFORE

AFTER

*I am married with 2 children. I have lost some weight after my kids but still have a double chin and excess weight on my stomach and thighs. Please suggest a solution?*

I would suggest the treatment Accent Ultra. This innovative treatment can slim and tone your body without crash diets or exercise. It is a safe, effective and non-invasive treatment that delivers consistent results without surgery or side effects. It can flatten the stomach, slim hips and thighs, reduce arms and improve cellulite. It is a combination of time-tested proven technology including ultrasound and radio-frequency. The treatment feels like a warm massage and takes 4-6 sessions of 90 minutes each. Now, here's a comfortable way to slim and reshape your body.



BEFORE

AFTER

*I am in my late 40s and suffer from dark circles and eye bags. Do I need to use a separate cream for my eyes?*

Yes, you definitely need to use a separate cream for the eyes as the skin in that part of the face is thinner and show signs of ageing quicker. Skin under the eyes can be prone to puffiness due to disorders like thyroid, recurrent colds or sinusitis. I would advise you to use creams containing caffeine, Vitamin K or Retinol. A cream called EGA is also effective but should be used under medical guidance. Dermal fillers give good results in decreasing the volume loss around eyes. Also, there has been a good response to the accent treatment that works on the basis of radiofrequency by reducing the puffiness around the eyes to a great extent. Filling the eyes with dermal fillers corrects dark circles too.



BEFORE

AFTER



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