

WHY YOU SHOULD NEVER SHAKE YOUR NAIL POLISH

While painting our nails, most of us have the habit of shaking the bottle before application. According to nail art expert Simcha Whitehill, it could be completely ruining your nails. Shaking the bottle “traps the air inside, which creates those tiny pockets (of air),” she said in an interview with *Allure*. “Bubbles can also form when you shove the brush back into the bottle, so never pump the brush in and out the neck.” The air bubbles can sometimes transfer onto your nails, which means that the polish chips much more easily. Instead roll your bottle of nail varnish between your hands, rather than shaking it, to coat the brush.



Do moisturisers actually work?

Recently, Helen Mirren, who's the brand ambassador for a beauty brand, declared that face creams do f*** all. Experts weigh in...



Sanaya Chavda

Most of us have been taught the importance of moisturising our skin regularly from an early age. And a face cream or two, has always been a part of one's beauty arsenal. But recently, Oscar-winning actress Helen Mirren made headlines for her suggestion that they don't really work. The 72-year-old, who is a brand ambassador for a beauty brand said at a panel discussion, “I'm an eternal optimist — I know that when I put my moisturiser on it probably does f*** all, but it just makes me feel better. I've always said to L'Oreal as well that I will only do what makes me feel better.” Her comments naturally stir up a debate on how efficient moisturisers really are.

A feel good factor

Dr Geeta Fazalbhoy, Dermatolo-

gist and Founder of Skin N You clinic, feels this is a controversial subject. “Moisturisers provide a feel good factor, they temporarily plump the skin and reduce the fine lines and wrinkles and prepare a better skin canvas to work with. They do not cause any change in the skin unless active ingredients like retinol, vitamin C and E, stem cells or hyaluronic acid is added to them. Regular moisturisers just help to hydrate. Also, hydration is internal and external. If we drink enough water and avoid dehydrating agents like caffeine, the skin looks better. But yes, I do still advise a moisturiser according to one's skin type,” she adds.

Prevents skin from drying out

Dr Mohan Thomas, Senior cosmetic surgeon, Cosmetic Surgery institute, totally disagrees with Mirren. Rather he feels they are an essential, especially for those with dry skin. “Moisturisers sup-



ply a little bit of water to the skin and contain a greasy substance that holds it in. In fact, if greasiness weren't a problem, we might all go back to using what our grandparents used — 100 per cent white petroleum jelly. One reason for the proliferation of moisturisers is the continuing search for a mix of ingredients that holds in water like petroleum jelly but feels nicer on the skin. Hydration of the skin achieved from moisturiser only lasts for a short peri-

od. Regular use of such cosmetics at regular intervals improves the skin by keeping it healthy. The basic function of moisturisers is to help treat your skin when it's dry and prevent it from drying out again. It does this, by holding water in the stratum corneum, the outermost layer of the skin. Not moisturising the skin causes dryness which when continued can develop cracks in the skin. These changes also cause early signs of ageing in the skin,” he warns.

Look for key ingredients

Hydration is not just about aesthetics, it is an important part of skin care, anti-ageing and skin health, explains Dr Malavika Kohli, Dermatologist. “It improves the skin barrier and skin function. When it comes to moisturisers, one should look for hyaluronic acid, ceramides, phospholipids, squalene, shea butter, kokum butter, zinc, and vitamin E. Matrixyl and copper peptides act on collagen synthesis and reduce fine lines and wrinkles on face and under eyes. These help in specialised skin care,” she says.

sanaya.chavda@dnaindia.net

Buzzzz...

Vegan make-up brushes anyone?

Kat Von D is constantly releasing new products that are all cruelty-free. Now, she's stepping up her game once more. She took to Instagram recently to post about launching a new line of vegan and cruelty-free make-up brushes. Though Kat Von D already has a few make-up brushes available (made with synthetic hair rather than animal fur), it seems technology has advanced since. In her caption, she writes, “I've teamed up with my #KvDArtist Collective artists to create the most effective brush formations, using the highest grade synthetic fibres that mimic the same product distribution you would get from animal-based bristles. We are living in amazing times right now where technology is making it so easy to make compassionate choices in the products we purchase, without having to exploit animals.”



Would you try peel off foundation?

Adding to the list of bizarre beauty innovations is not4you's Real Skin Patch, a Korean product that is designed to act as a barrier between your skin and your make-up. When applied before make-up, Real Skin Patch creates a barrier, so your skin and make-up don't touch. It is said to be helpful for those suffering from breakouts. It can also be worn alone, without make-up, and is designed to protect skin against pollution and other external aggressors. It feels like a thin layer of a peel off mask when worn and can be used as a peel-off primer that you layer your foundation (and other make-up) on top of. Some bloggers who have tried it out say it doesn't help create a smooth base. But nonetheless, the removal process is fun.

Genitalia inspired nail art

The newest trend in the world of Instagram-worthy nail art is not for the fainthearted. People all over Insta have been sporting female genitalia on their hands. The ‘vagina nails’ are quickly on the rise. Some are going for more simple designs but you still need artistic skills and steady hands to master this. And then



there are the more suggestive designs. These artists use cheeky imagery such as flowers or diamond-like shapes. The unusual trend involves embossing some pretty realistic shapes to create a statement nail design. One of the unique designs was a manicure by nail artist Asa Bree, who works at Finger Bang nail salon in Portland, USA. Having had the idea to create a vagina-themed nail design, Asa tried it out on local designer T Ngu. She has been getting her nails done by Asa for years. She told *Buzzfeed*, “Asa and I had been talking about doing some vaginal or vulva-inspired nails for a while. It just felt appropriate to just kind of make a statement on my nails.”

Melania Trump inspires surgery trend

The First Lady of the United States seems to have inspired a growing trend in surgery as women want her youthful glow. According to Dr Nyla Raja, patients are flocking to get the look dubbed ‘The Melania’, inspired by the 47-year-old, who has always maintained that her flawless complexion is the result of good genes. Dr Raja, at Wilmslow Medispa, told *MailOnline*, “Less is the new more. Celebrities are embracing a more natural look and the most popular at the moment is Melania.” The first step is to tighten and rejuvenate the skin. Dr Raja uses Ultherapy — a non-invasive lift treatment — to stimulate collagen growth, which she says gives a ‘natural’ looking tightening of the skin on the face and neck. Step two involves tear trough filler to smooth out dark under eyes without concealer. Cheek fillers are step three. To give a youthful, plump look to the face, dermal fillers are injected in to the cheeks to restore and rejuvenate the skin. Skin care post injectables is essential.



BEAUTY QUERIES



I have thick eyebrow growth and it's not possible for me to visit the salon every week due to time constraints. Is it advisable to do laser treatment to reduce it? Please advise. — Rukshana
Laser hair reduction is done to reduce unwanted hair. But it is not advisable to do it for shaping eyebrows. The excess unwanted hair in the eyebrows can be reduced by laser.



DR ABHIJIT DESAI

Cosmetic dermatologist, answers your skin problems

Two-third of my arms are quite tanned and there's a section of untanned skin where I wear a watch. What cream/ointment should I apply so that my arms and wrist become a uniform colour? How soon can I see results? — Prisha

First and foremost, you need to apply a sunscreen regularly to prevent tanning. You can use Ban a tan cream at night to reduce the tan.

Is Minoxidil safe to use for stimulating hair follicles on the scalp? I read that it has many side-effects. Which brand is safe for women? — Minal

I would advise you to take proper consultation for your hair problem. Minoxidil should be used under the supervision and advise of your consulting doctor. The brand is not important. Minoxidil is advised only if the hair problem requires it.

Send in queries to beauty.afterhrs@gmail.com

On flight essentials

Your jet-setting lifestyle could be wrecking havoc with your skin and hair. Here are some items you should always have on hand

Moisturise more

One of the main issues with plane air, is that it dries up your skin. Hence, aside from sipping on water throughout, it helps to use a good serum and moisturiser as well. This will help protect your skin from those long journeys. Choose a face mask or a serum with vitamin C for your face.

Mane care

The hair also suffers from the in flight air. It's best to use a leave-in conditioner and/or a serum to keep your locks in order. It will help tame the frizzy ends.



Protect your peepers

The skin around the eye area tends to be thin. Also, lack of sleep which is common during late night or early morning flights can lead to puffiness. Keep an eye mask or cooling eye gel handy.



Spray it on

Keeping a face mist handy is a good idea. It's a quick way to top off your moisturiser and cool down the skin. Many face mists are available in small travel friendly sizes making them easy to carry along.

Get lippy

A lip balm is a must in your beauty kit. Dry, chapped lips are a common result of frequent travelling and applying balm can soothe them. Choose one with ingredients like vitamin E and shea butter.

