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WOULD YOU TRY A FACIAL POPSICLE?



Make popsicles using fresh fruits and vegetables

A 'COOL' WAY TO SOOTHE A PUFFY, TIRED FACE, THESE COME PACKED WITH SKIN-ENHANCING INGREDIENTS

Sanaya Chavda

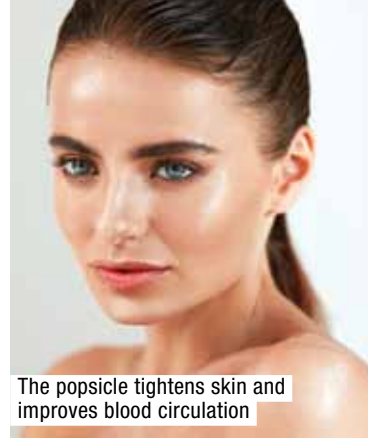
Whether you're looking to revive dull skin or simply get a radiance boost, the solution could be lying in your freezer. That's right, facial popsicles are now a thing. Votre Vu's Les Sorbet serum which is said to be full of "anti-ageing marine superstars and blended with muscle relaxing vegetable peptides," comes in a push up applicator that's meant to be kept frozen. The 'popsicle' should be rubbed onto the face, neck and chest area which instantly boosts circulation and soothes the skin. Not to mention all the anti-ageing benefits. Blush Med Skincare has also created facial popsicles with more naturally found ingredients such as coconut water, cucumber, mint, yoghurt, rose water and even turmeric for great skin results. All of these can be used once and then stored back in the freezer for the next application.

Cooling effect

It may be a good idea to cool down your skin in the summer with facial popsicles you can make at home. Dr Shuba Dharmana, Dermatologist and Medical Director, Lejeune Medspa says post skin care procedures like laser, ice packs are used to cool down inflammation and reduce redness. "You can do the same by mixing cucumber and turmeric and freezing the solution and applying it on inflamed sunburnt skin. These can help hydrate the skin, and close the open pores making the face look tight and glowing. Freezing the ingredients and rubbing the popsicle on the face also stimulates blood circulation," she adds.

Better absorption of skin

A cold treatment in combination with nutrients good for the skin like cucumber extract, honey, rose water, charcoal and hyaluronic acid can be used for application on the skin. Dr Mohan Thomas, Cosmetic Surgeon, Cosmetic Surgery and Skin Institute explains popsicles can affect the skin in the following ways. "A popsicle having cucumber extract and turmeric can soothe the inflammation caused by active acne. Take the popsicle in a clean towel and gently press against the pimple. One made with cucumber extract and rose water can help reduce the swelling caused by water retention and lack of sleep. Done regularly it can also reduce eye bags," he says. It is important that the popsicle should not be applied at



The popsicle tightens skin and improves blood circulation

one point for more than three minutes, else it may leave a frost bite. Frozen serums like Vitamin C serum, collagen and hyaluronic acid can be used as a popsicle during the night time. The cooling effect of the ice tightens and reduces the swelling whereas the high concentration of a combination of active ingredients are absorbed into the skin.

DIY at home

One can make various types of popsicles at home. Blush recommends mixing together active charcoal and greek yoghurt. Freeze the formula and use on the face for a deep cleanse. Rose water, fresh mint and coconut water works well for a radiance boost and as a toner. Dr Geeta Fazalbhoy, Dermatologist and Founder Skin N You says one can see the skin calming benefits almost instantly. "If you use it as a detanning treatment, it will take some time to see visible results," she adds.

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There are anti-ageing benefits too



Farrah Abraham

Bidding goodbye to fillers...

Recently reality TV star Farrah Abraham shared a video on Instagram of the process. Experts tell *After Hrs* what is entails

Sanaya Chavda

The *au naturel* movement is going strong among celebrities. Farrah Abraham posted a video showing her dermatologist injecting her lip with a fluid to help deflate her pout. She was trying to fix a job gone wrong. Kylie Jenner too tried to revert to her original lip as have other celebrities like Courteney Cox in the past. Dermatologists give us the lowdown.

Dr Shefali Trasi Nerurkar, MD Skin, Consultant Dermatologist, Dr Trasi's Clinic & La Piel

There are patients who come to our clinic for removal of fillers. Whenever the desired outcome is not met or when there have been a few side effects, removal of fillers can easily be done. Temporary fillers done in all areas can be resolved. Lips, tear trough and nose are the common areas. This is done due to side effects like overfilling or dissatisfying results, excessive or prolonged swelling, infection etc.

Dr Madhuri Agarwal, Founder and medical director of Yavana Aesthetics Clinic

The type of filler used decides the procedure for removal. For hyaluronic acid fillers, an enzyme called

hyaluronidase is used to dissolve the filler. The physician will inject the hyaluronidase in a prescribed, standard manner in the hyaluronic filler area to remove it.

Dr Shuba Dharmana, Dermatologist & Medical Director, Lejeune Medspa

The doctors that do fillers not only need to know their injection anatomy right and have proper training and lots of experience but also need to have that artistic eye for beauty. When the doctor does not have this skill they cannot give good natural-looking results. The client sometimes too does not know when to stop and keeps getting more fillers. Using one to two ml can look very natural, but not more than that for the lips.

Dr Viral Desai, Celebrity cosmetic surgeon, DHI India and CPLSS

The technique of hyaluronidase treatment is very quick. A small injection is given in the area of the previous filler. Most patients don't even require pre-treatment numbing. Results of a hyaluronidase injection are generally apparent within the first 24 hours, but in some cases it can be seen in less than an hour.

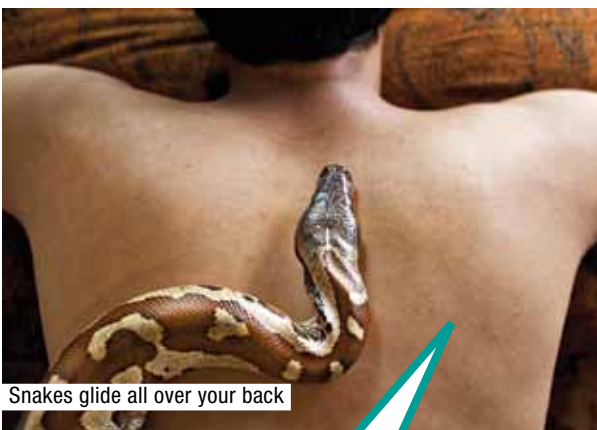


A woman getting lip fillers

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BUZZ

UNWIND WITH A SNAKE MASSAGE



Snakes glide all over your back

One of the strangest treatments yet, you can now get a full-body massage done with actual snakes. *WLN* spoke with a woman who provides the service. "They tone and stimulate the vagus nerve in our body and that releases endorphins and oxytocin," said Serpentessa. She tells her clients to "just enjoy them and feel them" — three boa constrictors are placed on

the people brave enough to lie on their backs on her massage table. Although Serpentessa, who says she has been an interspecies facilitator for 25 years, guides the snakes, their path on a client's body can't be controlled. But is this service a safe one? Lisa Lippman, a veterinarian based in New York City, thinks people should be cautious for several reasons. "Large boa constrictors

kill their prey via constricting the animal," Lippman tells *Allure*, explaining that they are capable of suffocating a human. "Additionally, they can strike when startled. Their bite isn't venomous, but the snake mouth has a large number of bacteria that could pose a risk to the human after a bite, for infection and even sepsis." She says normal movements by a human can be interpreted

by snakes as an aggressive gesture, and there's no way to know what action will startle them. Interestingly, Serpentessa says, "There are no guarantees with a wild animal." Adding, "You are the one who's going to choose whether if it's safe for you or not. So far no one has ever been hurt by one of my boa constrictors." Some of these snakes are more than six feet long.

Six-month-old girl garners 94K followers due to her full head of hair



Baby Chanco

A six-month-old baby is already proving to be a hit on social media, boasting about 94,000 followers on Instagram. Baby Chanco, who lives in Japan, was born with a full head of hair in December 2017 and it has continued to sprout as she has grown. Chanco now has a miraculous bouffant which her mother

shares pictures of on her Instagram account. Thanks to her luscious locks Chanco's mother is able to adorn her daughter's hair with an array of hair accessories including bobbles, clips and ribbons. Every photo shared receives up to 10,000 likes from her adoring fans. Whether a baby will be born with hair is influ-

enced by genetics and ethnicity, according to Dr Bud Zukow, a paediatrician speaking to *Hairfinder.com*. However, a baby's hair as an infant bears little resemblance of what he or she will look like as they grow older. Some babies emerge from the womb with a thick head of hair, but they also might lose it in a matter of weeks.

MAKE-UP ARTISTS ARE RECREATING ARIANA GRANDE'S GOD IS A WOMAN BEAUTY LOOK



Ariana Grande in the video

Ariana Grande's *God Is A Woman* video is so visually stunning that people are creating beauty looks based off of it. If you haven't seen the music video yet, the singer is shown in the video wearing nothing but a blend of purple, blue, and peach body paint. It's so stunning that people have taken to Instagram to recreate the look with make-up that they already have in their collection. The original artwork was done by Alexa Meade, who painted onto Grande's body and braid with actual paint. According to the Instagram account, the artist paints on bodies and on canvases as well. "@arianagrande thank you for being such an incredible, inspiring woman to paint and have as the greatest muse! You're unbelievably talented and you bring so much light into the



Vlogger Mcdrew recreates the look

world! It's been a huge honour," the caption reads. Instead of using body paint, people have been using liquid lipsticks and eyeshadow to recreate the look. Many of the artists who recreated the look have put exactly which items they used in their captions as well.



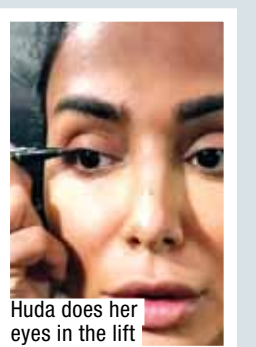
Huda Kattan

Huda Kattan's elevator make-up challenge

Huda Kattan has posed a challenge for all her beauty-loving fans, and it involves an elevator. It's called the #ElevatorMakeupChallenge. Recently, Kattan announced the challenge by posting an Instagram video of herself applying a full-face of make-up inside a dim-lit elevator and dared her millions of followers to do the same. We're still unsure as to how the idea of this challenge came to be, but

we're assuming the make-up maven is sometimes too busy to get her face done in the morning and occasionally gets picture perfect on the elevator ride to work. The winner will receive \$5,000 towards a make-up scholarship or a make-up kit. To qualify, challengers must ride an elevator from the bottom to the top floor while applying a full face of make-up within that time frame, and upload

the video to Instagram. Once all entries are in, Kattan will personally select three finalists. Already, fans are reacting to #ElevatorMakeupChallenge and are coming up with genius hacks to beat the system. "If I press the emergency stop (button) will it still count?," asked one commenter on Instagram. And in one video, we noticed a fan pressed all the buttons in the elevator to buy her some extra glam time.



Huda does her eyes in the lift