



The peeling action of these face masks can actually cause more harm than good

PHOTOS: ISTOCK

DO CHARCOAL PEEL-OFF MASKS WORK? HERE'S WHAT EXPERTS SAY

These masks are an Internet rage. But skin experts are skeptical about how good they actually are

Abhinav Verma

The charcoal face mask is the latest beauty trend to take over social media. Over the past three to four months, YouTube has been flooded by videos of self-proclaimed beauty bloggers and gurus who can be seen applying black goop on their faces and then peeling it off. According to these beauty pundits, charcoal face masks are the answer to all your skin problems. However, dermatologists don't share

this optimistic view. We got in touch with skin care experts Dr Rohit Batra and Dr Geeta Mehra Fazalbhoy, who give us a lowdown on what the real deal is with these face masks.

ALL ABOUT CHARCOAL

The charcoal used in these masks is activated charcoal. Activated charcoal has a unique ability to bind toxins, oxidised impurities and blackheads and sucks them out of our face. Once applied on the face, the mask strips away pore-clogging particles,

removes excess oil and bacteria. The scrub also has an abrasive action, which leaves the skin looking brighter after using the mask.

BUT IT COMES WITH A PRICE

The activated charcoal literally removes everything from your face, which means it strips your skin off all the natural oils present on the outer surface. These natural oils are the one responsible for protecting the skin against dust, oil and pollution in the first place.

Experts argue that these masks can make your skin vulnerable and exposed. They also warn that while activated charcoal may not be harmful to you but the glue used in some of the DIY charcoal



If you have active acne breakouts, using these peels could result in further damage to the skin

masks can be harmful. Rather, opt for ready-made masks from credible suppliers, which are suggested by the dermatologist.

Also, keep in mind that each mask's application period is different, meaning some masks can be peeled off in five

minutes whereas others can be kept for 30 minutes. After the mask has been used, it's preferable to not use your regular products immediately, stick to a mild cleanser and a moisturiser as the skin is sensitive after the use.

■ abhinav.verma@htlive.com

THE ACTIVATED CHARCOAL REMOVES EVERYTHING FROM YOUR FACE, WHICH MEANS, ALONG WITH IMPURITIES, IT STRIPS ALL THE NATURAL OILS, TOO

Delhiites, you up for sambar cappuccino?

Perna Gauba

Would you prefer a chocolate dosai over a cheese burst dosai? Or, how about having a hot plate of an idli sponge and uttappam waffle with coconut chutney mousse? Well, you can have them with tomato chutney ice-cream, sambar cappuccino and idli on fire... Hey, hey... wait... we are not creating imaginative dishes, folks!

Our talented city chefs are in the mood to play with the ever-changing palate of Delhiites by experimenting with South Indian delicacies and creating interesting, unimaginable fusion dishes while still keeping the essence and ethos of the real flavours alive. "It is important to maintain the basic flavours of the particular dish, though, it doesn't matter how you present the dish, but the basic spices and flavour has to be there."

PIYUSH JAIN CHEF

It is important to maintain the basic flavours of the particular dish right, though, it doesn't matter how you present the dish, but the basic spices and flavour has to be there.

PIYUSH JAIN CHEF

And that is how our guest connects strongly with us," says chef Harangad Singh of Pra Pra Prank.

In the quest to preserve the real essence and create a whole new dish, chefs themselves try out the dishes many times. "It is a long process. One should try the dish at least 100 times before finalising it because you need to be hit in the market, and also every dish should have right accompaniments," says chef Aman Puri of Imly Chatpata Stopover.

About the most important thing to keep in mind while developing fusion dishes, chef Vaibhav Bhargava Of Molecule, says, "Keeping the basics right is the key to successfully developing a mouth-watering dish."

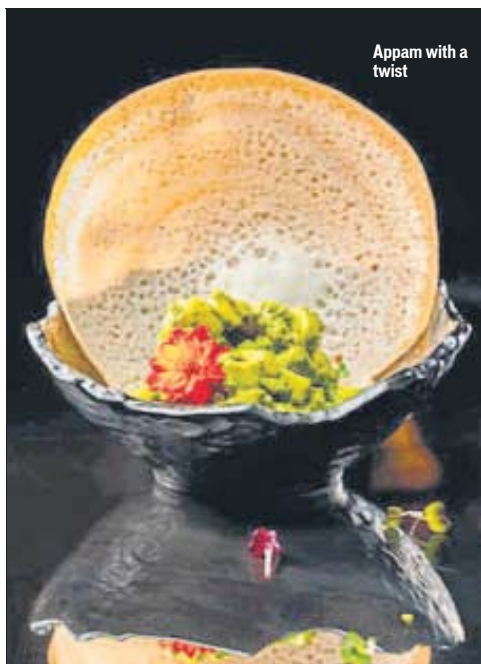
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Idli on fire



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