

# BRING ON THE RAIN

Is it raining on your beauty parade? Tweak your skincare routine and breeze through the cool showers



## HOME REMEDIES

**Dry skin:** The crunchy seeds of pomegranate are loaded with anti-ageing compounds such as antioxidants and vitamin C, and provide great nourishment for dry skin. In a food processor, combine two tablespoons of pomegranate seeds and a cup of uncooked oatmeal. Pour this in a bowl, stir in two tablespoons of honey and buttermilk each. Apply on the face for a few minutes, then rinse. This will help remove dead skin cells

**Oily skin:** Take two tablespoons of papaya pulp, a tablespoon curd, 30gm of aloe vera gel and mix it. Now

add a few drops of lavender oil to this mixture. Papaya works as a great de-tanner, curd clears blemishes, aloe vera soothes the skin and lavender boosts rejuvenation

**Normal skin:** To rejuvenate your tired skin after a stressful day, make a paste of one custard apple and blend it well. Now, add a tablespoon of sugar and ½ cup milk, and a few drops of chamomile oil to the mixture and apply on the face. It hydrates as well as deeply nourishes the skin, helping it regain its lost sheen and radiance.

**Dr Saumya Shetty Hegde, dermatologist, Roots Skin Clinic**



Susan Jose

All of us thank the arrival of rains, which bring the much needed respite from heat. But this also means that we need to buck up for a different set of skin problems, which begin just as the weather starts to change.

“Once the monsoon begins, it gets humid and hot. So, the skin needs extra attention. The skin fluctuates between oily and dry, depending on the humidity index. With higher humidity comes sweating and increased oiliness of the skin,” says Dr Rinky Kapoor, dermatologist, SL Raheja Fortis Hospital.

Dr Mohan Thomas, cosmetic surgeon, Cosmetic Surgery Institute, says, “Running around in the rain for the first few showers feels good, but if done repeatedly, it

can raise concerns.”

Kapoor lists the problematic changes that the skin undergoes during the monsoon:

**Combination skin:** The T-zone gets oilier, shinier and attracts dirt. This can increase breakouts in the T-zone. Also, since the dry zone can get drier, in case of dehydration due to excessive sweating and not drinking enough water, the skin barrier can get damaged and cause breakouts in that area as well.

**Dry skin:** If an individual does not drink enough water and is prone to more sweating, the skin can get dehydrated and flake, causing itching, rashes, etc.

**Oily skin:** The skin gets oilier, more prone to attracting dirt, pollution, and gets prone to acne.

It goes without saying that

all of us need to change our skincare routine to safeguard it from the harmful effects of weather. A common myth is that we do not need to use sunscreen during the rainy season as the sun hardly comes out of the clouds. However, the UVI is higher in monsoon. Hence, using a water-resistant sunscreen is a must.



Dr Banani Choudhary, dermatologist, Jaslok Hospital and Dr Amit Karkhanis, cosmetologist, Dr Tvacha Clinic, suggest these tips:

## Combination skin

- Wash your face at least twice a day with a face wash that cleanses and moisturises
- Use a lightweight sunscreen with at least SPF 30

## Dry skin

- Take shorter showers and baths, no more than once daily
- Use mild, gentle soaps or cleansers. Avoid deodorants and soaps
- Don't scrub while bathing

- Apply a rich moisturiser right after bathing. Creams and ointments may work better than lotions for dry skin but are often messier. Reapply as needed throughout the day.

## Oily skin:

- Wash it no more than twice a day and after you sweat a lot
- Use a gentle cleanser and don't scrub
- Don't pick, pop, or squeeze pimples. They'll take longer to heal
- Look for the word “non-comedogenic” on skin care products and cosmetics. This means it won't clog pores. “Also avoid any steroid creams on fungal infections that can make things worse, check nails and in between finger web spaces. Wear dry, lightweight clothes that do not stick to your skin and increase

sweating, and use an antifungal powder if you experience itching in any area as a precaution,” says Dr Geeta Fazalbhoy, dermatologist, Skin N You Clinic.

## PREVENTIVE MEASURES

Dr Girish Shah, dermatologist, Skinzone Cosmetic Laser Clinic, suggests that refraining from doing the following things during monsoon is a great investment:

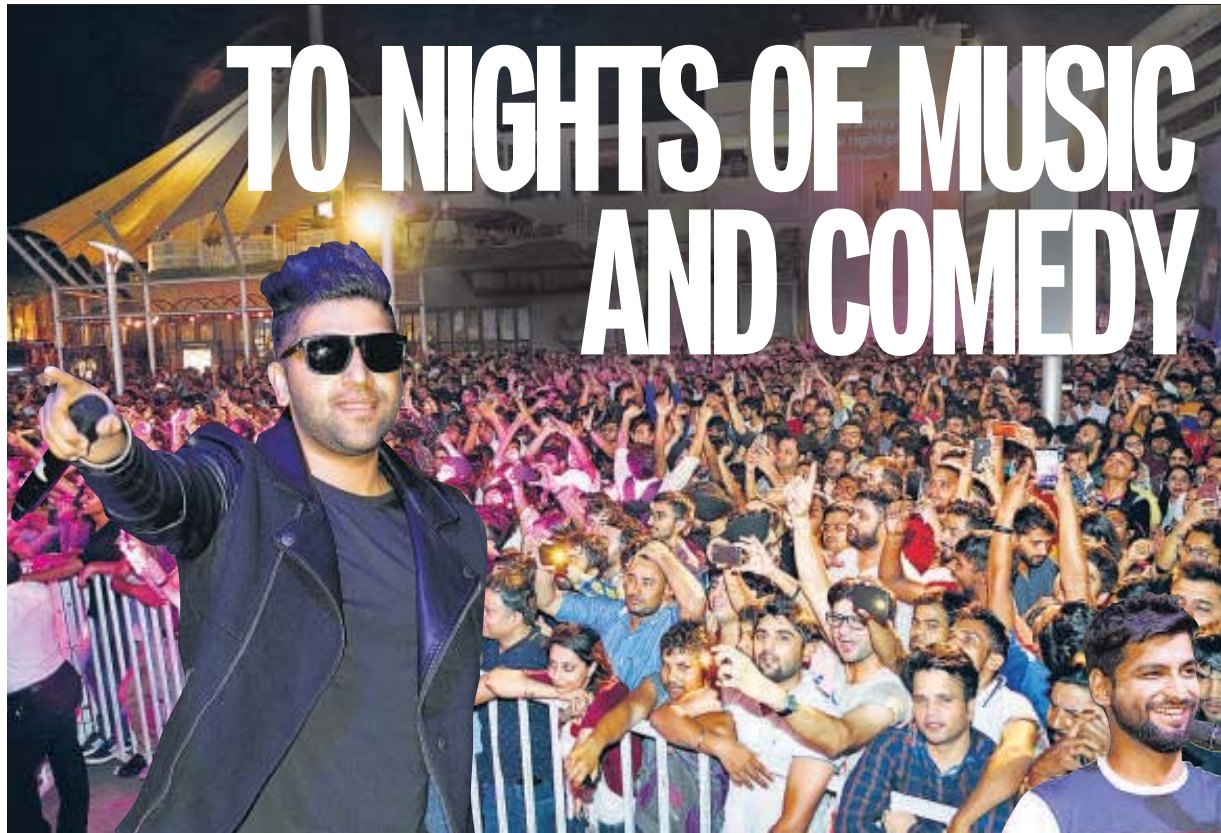
- Avoid deep-fried oily food, these may cause acne breakouts
- Avoid taking long hot water bath as it can make skin more dry
- Avoid wearing heavy makeup in monsoons. Maintain your natural glow and go for waterproof makeup products. Also,

make sure that you are storing your makeup products hygienically in a cool and dry place

- Avoid getting drenched in the rain as it makes you prone to fungal and bacterial infections such as dhoti itch and boils respectively
- Avoid self-treating your itching or infections, or avoid buying creams from chemists without your doctor's recommendations.

With inputs from dermatologists Dr Shital Poojari, KJ Somaiya Hospital, Dr Saurabh Shah, Bhatia Hospital, Dr Shuba Dharmana, Lejeune Medspa and Dr Mahesh Patil, Global Hospitals, skincare experts Rashi Bahel Mehra, Alanna and Shankar Prasad, Plum, and aroma therapist Asenla Jamir, Ananda In The Himalayas

# TO NIGHTS OF MUSIC AND COMEDY



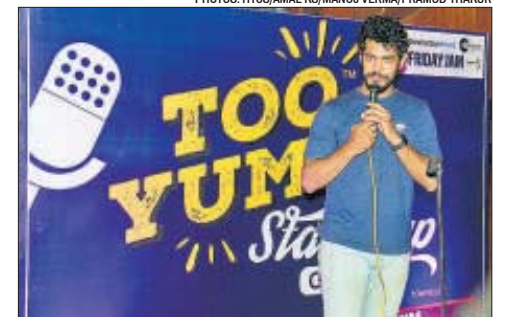
Sanchita Kalra

Laughter is the best medicine, goes a popular saying, and recently, despite the scorching heat in Delhi and Mumbai, the city people got a reason to laugh out loud and rejoice.

As a part of its association with the Hindustan Times Friday Jam, Too Yumm organised the Too Yumm Stand Up Comedy Challenge in the month of May, across Delhi-NCR at Raasta, CyberHub, in Gurugram, and at Tote on the Turf, Mumbai.

The participants, curated by Canvas Laugh Club, showcased some power-packed acts full of wit and humour. Chinmay Mhatre, who participated in the contest held in Mumbai, said, “The show was really nice, and I loved the energy of the room. Tote on the Turf is a great venue, and I actually tried Too Yumm for the first time today, and it tastes great.”

One of the winners of the challenge in Delhi, Harsh Gujral, who was given a stage to perform at the Friday Jam, said, “I wasn't expecting it to be



PHOTOS: HTCS/AMAL KS/MANOJ VERMA/PRAMOD THAKUR

Chinmay Mhatre, who participated in the challenge held in Mumbai

so full of fun, and would like to thank Hindustan Times and Too Yumm. The snacks from the brand are a great choice for health freaks like me.”

“Being a brand that caters to today's youth, we are extremely excited to be associated with the 5th edition of the HT Friday Jam. Too Yumm's core message is ‘Fikar Not’, and what better way to de-stress, than live music and stand-up comedy?” says Anupam Bokey, VP marketing (CMO), RP-Sanjiv Goenka Group FMCG. The group's new FMCG

brand, Too Yumm of Guiltfree Industries, who has brought on board the fitness icon and cricketer Virat Kohli, as its brand ambassador, provides healthy snack options that are baked and not fried, in various options and flavours such as Veggie Stix, Fox Nuts, Multigrain Chips, Wheat Thins and Quinoa Puffs.

Friday Jam evenings have seen high-octane performances by bands such as Indian Ocean and Tarkash, and singers such as Neha Kakkar and Guru Randhawa. (Inputs by Sreyashi Ghosh)

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Akash Pandey, another winner of the contest held in Delhi-NCR

Singer Guru Randhawa enthralled the audience with his stellar performance

We are extremely excited to be associated with the 5th edition of HT Friday Jam.

ANUPAM BOKEY, VP MARKETING (CMO), RP-SANJIV GOENKA GROUP FMCG



Harsh Gujral, one of the winners of the challenge held in Delhi-NCR



**TOO YUMM!**

BAKED, NOT FRIED | PROTEIN GOODNESS  
**EAT LOT FIKAR NOT**

**VEGGIE STIX  
FOXNUTS  
MULTIGRAIN CHIPS  
QUINOA PUFFS**

