

PHOTOS: ISTOCK



HERE'S WHY YOU'RE GETTING WRINKLES TOO EARLY

Abhinav Verma

There is nothing wrong with having wrinkles on your face. As we age, our skin naturally gets drier and thinner, and loses its elasticity. However, if you are getting premature wrinkles, then it could be a cause for concern. To understand what causes premature wrinkles, we spoke with dermatologists Dr Geeta Mehra Fazalbhoy and Dr Rohit Batra. They explain how our lifestyle choices and the environment can wreak havoc.

formation, causing early appearance of wrinkles.

EXCESSIVE USE OF BEAUTY PRODUCTS

Cosmetic products can help your skin, but their excessive use can cause more harm than good. They can cause irritation, redness, clogged pores, and what not. All of this can slow down collagen and sebum production, leading to premature wrinkles.

abhinav.verma@htlive.com



SLEEPING ON YOUR STOMACH

When you sleep on your stomach or on your sides, you tend to put pressure on your face. This can lead to breakdown of collagen, resulting in wrinkles. It's preferable to sleep on your back, say experts. This position may not be easy to maintain in the beginning, but with time, it becomes easier.

SQUINTING

Squinting and highly animated facial expressions, such as raising your eyebrows and frowning, can also result in wrinkles. When you squint, your facial muscles contract. This squeezes your skin cells, resulting in loss of elasticity. Squinting is a habit for quite a lot of people. However, with conscious efforts, you can overcome this detrimental habit, thereby preventing the formation of wrinkles.

DRY SKIN

If your skin is dry, then chances are that you are more susceptible to wrinkles. People with dry skin produce less sebum (skin's natural moisturiser), which acts as a protection barrier for your skin from the vagaries of elements. Moisturise religiously, at least twice a day, to prevent wrinkles.

SUN EXPOSURE

The biggest culprit for wrinkles is the sun. UV rays in sunlight can penetrate the deepest of skin layers and can destroy collagen, resulting in a loss of elasticity. How to avoid it? Always use a sunblock according to your skin type—and we mean even when you are driving or sitting by the window. Indirect exposure to sunrays can also cause wrinkles.

DRINKING WITH A STRAW

One of the lesser known culprits for causing wrinkles is drinking with a straw. When you drink from a straw, the muscles around the jaw contract. If done repeatedly, this can lead to premature wrinkles.

LACK OF SLEEP

If you are sleep deprived, then your skin repair process slows down. The skin's pH level is affected and so is its ability to remain hydrated. All of this leads to poor collagen

How celebs brought home Lord Ganesha

Here is how some of the biggest celebrities from the world of Bollywood and sports marked the start of Ganesh Chaturthi – the 11-day festival began on September 13



Actor Shraddha Kapoor
PHOTO: INSTAGRAM/
SHRADDHAKAPOOR



Singer Shaan
PHOTO: INSTAGRAM/
SINGER SHAAN



Actor Sonu Sood
PHOTO: YOGESH SHAH



Actor Govinda and wife Sunita
PHOTO: YOGESH SHAH



Actor Nana Patekar
PHOTO: YOGESH SHAH



Cricketer Sachin Tendulkar
PHOTO: INSTAGRAM/
SACHINTENDULKAR

SUPR

www.suprdaily.com

DIRECT TO HOME MILK DELIVERY
NO MIDDLE MEN. NO ADULTERATION.

Use coupon **TAKESUPR**

3 DAYS FREE MILK

3 MONTHS FREE DELIVERY



FREE INSULATED BAG WORTH ₹500

Amul

MOTHER DAIRY

Gokul

DOWNLOAD 'SUPRDAILY' APP



WhatsApp/Call on
9699000035

Rajesh
since 1980
GOLD PALACE PVT. LTD.
Gold • Diamond • Silver
Biggest Jewellery Showroom
"1" FLOOR" NATRAJ MARKET
3rd ANNIVERSARY
Offer on Making Charges
0/- Diamond Jewellery 179/- Gold Jewellery
Offer Valid Till Dussehra 2018
Malad (W) | Tel: 2888 8807 / 08 / 09 | www.rajeshgoldpalace.com

Newly Opened at L.T. Road, Borivali (West)
2000/- Per KG
Making Charges on Silver Utensils
Gifts that makes relations more Memorable...
EKAANI LUXURY IN LIFESTYLE
10% - 20% OFF on Italian Silver Gift Articles
Silver Jewellery | Silver Gift Articles | Silver Utensils | Silver Pooja Articles
Silver Bars & Coins | Italian Silver Plated Gift Articles
FOREX • Full Fledge Money Changer • Foreign Currency Travel Card \$ £ € ¥
Offers Available at Both Stores
Mahendra Jain
आभूषण
SILVER • FOREX
Aabhushan Forex & Jewels Pvt. Ltd.
H.O. : Shop No.10, Shantinath Apt., Nr. Shimpoli Signal, Opp. ICICI Bank, S. V. Road, Borivali (W), Mumbai - 92. Tel.: 2899 0400 / 2899 0500
Branch : 1st Flr., Kahan Bhuvan, Next. Diamond Talkies, L.T. Road, Borivali (W), Mumbai - 92. Tel.: 2893 8000 / 2893 9000