

When stepping out this season, it's not just enough to wear your best outfit – accompany it with glowing skin and well-styled hair



GUYS! HERE'S YOUR GROOMING GUIDE FOR THE FESTIVE SEASON

Abhinav Verma

At family gatherings and house parties during the festive season, the onus of looking good isn't just on women but on men as well. So, if the men out there are wondering what they can do to ensure that their skin radiates a natural glow, you can follow these simple suggestions from dermatologists Dr Rohit Batra and Dr Geeta Mehra Fazalbhoy.

1 Cleansing routine: A cleansing routine to keep your face hydrated and clean is imperative. Avoid using soap on your face as it contains chemicals that are harsh for your face. Warm water opens up your pores and dries them out while cold water shrinks the pores and stops dirt from entering. Avoid washing your face more than twice a day; it will lead to dry skin. Before a party, opt for a scrub as per your skin type, or medicinals. Scrubbing will remove dead cells, improving your complexion. Medicinals are facials which involve the use of chemical

peels and laser machines. They're slightly expensive, but hydrate your skin, making it smooth and improving its tightness, besides preventing an acne breakout.

2 Moisturising routine: If you don't want your skin to look dead and tired when stepping out for an occasion, then remember to moisturise. Without it, your skin tends to develop cracks, ages faster and of course it loses its sheen. Ensure your skin is adequately moisturised 48 hours before the occasion. For dry skin, opt for an oil-based moisturiser that will replenish your skin. For oily skin, opt for an oil-free or mattifying moisturiser. For normal/combination skin, opt for a moisturiser that contains oil in medium quantity. For

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sensitive skin, opt for a moisturiser that is devoid of alcohol, fragrances, dyes, and preservatives (parabens).

3 Beard routine: A dry, unkempt beard is a turn off. If you want your beard to look majestic at a party, then here's what you need to do. First, trim your beard and shape it according to your face cut, shampoo it and then hydrate it with beard oil.

4 Hydration and diet routine: Alcohol makes you dehydrated, which in turn dehydrates your skin, too. Hence, if you don't want your face to lose that glow during a party, hydrate yourself. Also, a healthy stomach is imperative for healthy skin. You can't avoid eating out during the festive season but you can balance it out by eating fruits. Fibre

aids in digestions and maintains a healthy metabolism. And this helps to keep your skin healthy.

5 Hair care: Most of us don't have time to wash our hair before a party or an event. But with the option of a dry shampoo, this is no longer a problem. A dry shampoo is a good quick-fix for lifeless dull hair. It reduces the greasiness, gives volume and makes your hair look fresh.

6 Lip care: The most ignored aspect of a man's grooming is his lips. No one wants to look at dry cracked lips during a conversation with you. Keep a lip balm ready in your pocket and apply it frequently during the party.

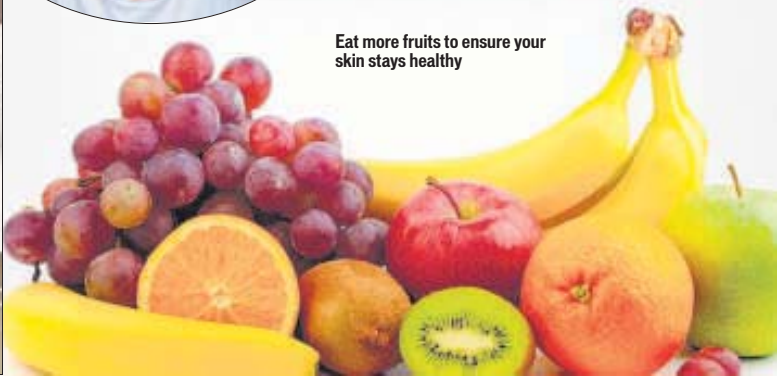
7 Perfume and cologne: If there is one thing that rain on your parade, it's bad smell. Choose a cologne/perfume as per the occasion. Opt for a subtle yet masculine smell, which should not be overpowering.



Moisturising the skin is essential



Keep your beard trimmed and well-oiled PHOTOS: ISTOCK



Eat more fruits to ensure your skin stays healthy

'Eat small meals throughout the day'

Anjali Shetty

He's known as much for his muscular body and his passion for fitness as much he's known for his acting chops. Here, Gautam Rode opens up his diet and exercise.

Which is the one breakfast food that you must have?
My day starts with skimmed milk, a scoop of whey protein, and oats.

One fattening food item that you just can't resist?
I can't resist three things—pastries, chocolate cakes and besan ke laddoo.

How do you get back in shape post a fattening indulgence?
For me, my workout is the most important part of my day. Be it a regular day or one post a fatty indulgence, I make it a point to integrate exercise in my daily routine. I work out daily for an hour-and-a-half depending on the time. I focus on different body parts on different days. I focus on my back, biceps, chest, shoulder, triceps and legs. Abs is also one thing that I work on, on a daily basis.

Do you prefer mini meals? What do they normally contain?
Mini meals always work best for me, as they are light on the stomach. My whole day consists of around seven mini meals, every two hours. Post breakfast, I have fruits and an assortment of dry fruits. Lunch is quinoa, dal or another pulse like chhole (chickpea), and a green vegetable. My evening snack consists of hummus with quinoa roti. My pre-workout meal consists of strong black coffee, sweet potato for good carbs and prunes. Dinner is light. It usually consists of a soup and

boiled or sauted veggies, quinoa and cottage cheese. A well-balanced diet always works for me. It always consists of more proteins and less carbs.

What are the benefits of the sport you play?
I have been playing table tennis of late. It is a great sport, to keep yourself active and burn calories as well.

A health tip that you rely on?
When working on staying fit and putting a proper fitness regime into place, always keep in mind that it is a 70% diet and 30% workout balance. So, sweat it out, but always follow a proper diet with small meals through the day and most importantly, eat the right food.

Actor Gautam Rode believes in balancing exercise with a proper diet



Bringing sexy back

Susan Jose

Navratni is that time of the year when we get a chance to flaunt the best of our traditional wear. Women bring out the lehengas and saris with backless cholis. It is also the time of the year when people want to indulge in treatments to look good for upcoming festivities.

Dr Shuba Dharmana, dermatologist, Lejeune Medspa, says, "Going for the party or super peels that do not have any downtime are popular at this time of the year. For a smoother back, a micro-dermabrasion or skin polishing is a good idea. This mechanical form of exfoliation is good to indulge in, once in a while, because it helps to remove the dead skin cells and dirt from the surface of the skin and helps to even out the skin tone."

There are more treatments that one can opt for depending on the skin type, the time at hand and budget. Dr Rinky Kapoor, cosmetic dermatologist and dermatologist, The Esthetic Clinic, lists a few of them.

BACK FACIAL

If you are blessed with naturally good skin and have no blemishes or problem areas on the back, you might just go in for the age-old humble facial, which would give a glow to the skin as well as relax your muscles, making you feel good.

PARTY PEELS

Papaya peel, lactic peel, etc are called party peels, as they give an instant glow to the skin. Those who have uneven pigmentation on the back or a

HOME REMEDIES

- Mix milk cream or malai with honey and turmeric and apply it on the back to give a shine to the skin.
- Mix coffee powder with honey. Apply for few minutes and wash off.
- Lemon juice with granular sugar can be applied on the skin and scrubbed for few minutes. It also acts as an exfoliator to remove dead and dull skin.
- Lemon juice is a natural bleaching agent so rub half a lemon on the back and then use a mild scrub.

few acne marks can opt for this stronger treatment. These are simple medicated solutions, which have to be applied in the doctor's office, which takes about 10 to 15 minutes. Thereafter, the skin exfoliates microscopically, so that the dead skin gets removed and cleaner underlying skin shows up. Though one of the quickest ways to get your skin glowing, it lasts only for a few days. It is advisable to undergo three to four sessions over a period of one month to get long-lasting results.

CHEMICAL PEELS

It's like the party peel treatment, with the only difference being a chemical solution is used, which may leave the skin reddish and dry for two to three days due to the peeling effect and the glow comes only after four to five days. So it is advisable, as the

healing takes a sufficient amount of time, to do this treatment a few days prior to the event.

Q-SWITCH LASER

For those who are ready to shell a little more money than usual, this is a quick way to improve your skin tone and dullness—the laser toning. This can be done a day or two prior to the event. A laser beam is used to target the pigments in dark areas and can brighten up the skin. Results last for a few days with no side effects. Experts advise to always use sunscreen if you plan to expose your back in the daytime.

PRICE TAG

The cheapest is the skin polishing and party peel, which will cost about ₹2,000-3,000 for a session. A session of the laser treatment can cost up to ₹5,000-6,000 per session.

DURING THE FESTIVE SEASON, THE DEMAND FOR PROCEDURES THAT REQUIRE MINIMAL DOWNTIME GOES UP



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