

# Special skin care schedule for summer

Humidity, pollution and the scorching sun during summers can take its toll on your natural glow. Read on for some quick remedies

SHAMEEM KHAN

GET ready to face the sun with these skin care tips. A little bit of pampering will help your visage get the needed glow.

## Exfoliate

It is essential to exfoliate our skin as the dead skin cells can make our skin look dull and drab. By using lotions after lotions, you are only doing more harm to your skin as they don't reach the skin deep owing to the dead skin cells which can only disappear after a good exfoliation. So, get that body scrub and gently rub it in circular movements on your entire body from the shoulders down and rinse clean.

## Apply sunscreen generously

A sunscreen that has UVA and UVB products and comes in SPF 30 and SPF 70 should be your ideal sunscreen lotion. We tend to get easily tanned in this scorching sunlight and what better way to prevent tan and a dry skin than going generous with your sunscreen lotion, not just on your face but your other exposed body parts.

## Don't do minimal make-up

Less is more during summers. You wouldn't want your foundation or mascara dripping with your sweat, would you? If you intend to use foundation then also apply face powder with SPF to avoid patchy skin. Try to avoid eye makeup as much as possible.



## Drink enough water

A minimum of 8 glasses of water is needed for our body daily. The need for water may increase during the summers as we lose a lot of water in perspiration. It is therefore advisable to keep yourself hydrated with water constantly. When outdoors, carry a water bottle with you and remember to drink at least once every 30 min. Water not only helps you feel fresh, but it also prevents dehydration and will help wash out a lot of toxins, the results of which will show on your complexion.

## Hydrate your body

There are lotions meant for the summer time. Skip the thick winter body butters and reach out for light summery lotions. These should be fast absorbing.

## Don't forget your feet

Boots and closed pairs are a big no-no for summers. Your feet need to breathe too. So opt for stylish sandals or comfortable flip-flops. Summer is also the time to go for pedicures to scrub off the dead dry

skin which can make your feet look dull and dry. Keep a foot scrub and file in your shower and scrub your feet a few times a week to give some much-needed softness to your feet.

## Super solutions

A few quick tips to avoid dry skin during summers:

- Avoid harsh cleaners, instead use a mild cleanser to wash your skin. Most soaps and body washes which are labeled "antibacterial"

## Undoing the damage

Sometimes, we may forget the sunscreen or may get exposed to the scorching sun. The damage is done but there are remedies for it. Like super-soothing botanicals and cooling gels will help prevent peeling and reduce redness and inflammation. Apply cooling balms generously over-exposed skin.

UV light could give you brown spots, coarse skin and wrinkles, whether you have burned your skin or not. This is a tan which indicates damage. Use age-fighting ingredients to help undo any damage that may occur, and to further protect it from the aging effects of UV.

or "deodorant" can dry your skin.

- Take showers and baths in warm rather than hot water.

- Use a fragrance-free moisturizer after every shower and bath as it helps to trap moisturizer water in your skin.

- Carry moisturizer with you, so you can apply it after washing your hands and when your skin feels dry.

- To avoid prickly heat, wear light-weight, loose-fitting clothes made of cotton and try to keep your skin cool by using fans, cool showers, and air-conditioning when possible.

Protect your skin from the sun by wearing shades to protect the skin around your eyes.



# Are you too shy to ask?

Dear Readers, this Question and Answer is from the expert section on the 'Too Shy to Ask' App, India's only app on Adolescent and Reproductive Sexual Health.

## Why only girls have periods?

When young girls reach puberty, their reproductive hormones such as Estrogen, Progesterone and Androgens get released in the blood from the Ovaries. These hormones are responsible for height, pubic and underarm hair and for breasts and body to mature into the adult form by 18 years of age. Together with this, the uterus starts growing bigger and starts responding to the hormones secreted by the Ovaries.

Estrogen has 2 functions, one is pubertal changes, and the other is to promote fertility. It helps an egg to grow within the ovary, mature, break out of the surface of the ovary (ovulation) and enter the Fallopian Tube. Estrogen also helps to prepare the lining of the uterus (endometrium) to receive the embryo and implant it.



Dr Duru Shah

Once Ovulation has occurred, large amount of Progesterone is secreted by the ovary that makes the endometrium thicker, more vascular, and provides nutrition to the embryo and helps it grow and develop into a fetus.

If an embryo does not form, the endometrium is shed off as a 'period'. Hence the period is not something dirty released from the uterus via the vagina, but is actually the endometrium or lining of the uterus. After the bleeding stops, usually within 4-5 days, a new Menstrual Cycle begins within the uterus ready to accept another embryo if it arrives.

Menstrual cycles start at puberty and end with menopause. ie. she has completely utilized all the eggs from her ovaries. Thus reproduction in a woman is possible from puberty to menopause.

Boys and men do not have a uterus, hence there is no period and no baby!

## Answered by

**Dr. Duru Shah, one of India's leading Gynecologists born, educated, and based in Mumbai, with a professional practice spanning 35 years.**

This initiative is brought to you by Metropolis Healthcare Ltd and Women's Empowerment Foundation.



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# Lemon for hair health



SHAMEEM KHAN

BESIDES its nutritional value, lemons are also known to improve the condition of your hair.

## Dandruff

Lemon is a great natural remedy for dandruff. Application of lemon juice on the scalp can help fight dandruff and also prevent its recurrence.

## Oily Scalp

Lemon is known to reduce excess sebum secretion, which often makes the scalp oily and causes the hair follicles to get clogged.

## Natural Hair Lightener

Freshly squeezed lemon juice is known to be a great bleaching agent. It offers a natural way to lighten your hair without any side effects.

## Split Ends

Applying a mixture of lemon juice and olive oil on the hair can help in treating split ends.

## Hair Loss

Lemon when mixed with coconut oil is beneficial in treating hair loss. Massaging your scalp with a mixture of egg and lemon juice is known to strengthen hair roots.