

## SKIN CARE



# For beautiful, glowing skin!

### Cleansing

Washing the impurities away from your skin allows it to breathe. To protect the skin's natural oils, avoid anti-fungal and perfumed soaps. Instead use a non-soapy cleanser that ensures deep pore cleansing.

### Toning

This helps to tighten the pores and prevent pimples. A non-alcoholic toner incorporated into your basic cleansing regime every morning and before going to bed will prevent skin infections and eruptions.

### Moisturising

People who spend a lot of their time in an air-conditioned environment need to keep their skin moisturized. However, those with oily skin should do so only twice every day. Their skin's natural oils will keep it hydrated.

### Don't rub your face dry

The facial skin is very delicate, so rubbing it with a towel can cause hyper-pigmentation. Gently pat it dry, avoid any kind of friction.

### Don't step out without sunscreen protection

As long as there is daylight, our skin needs protection from UVA and UVB rays. Apply sunscreen 20 minutes before you step out and re-apply every three to four hours.

It is possible to enjoy healthy, glowing skin without a high-maintenance routine. Here are some rules that one can try and adhere to

### Regular Maintenance

For glowing blemish free skin, adhere to your skin treatments like facials, cleanups, skin polishing, peels, and so on, as suggested by your dermatologist. In fact the monsoon season is a very good time to do peels and lasers, as post care is much less due to the absence of direct sun rays.

**Tips are given by  
Dr Sangeeta Amladi,  
head medical services,  
Kaya Skin Clinic**