

SKIN GRACE

Skin Magazine

SUMMER 2021

Summer Skin Care Tips

Home Remedies For
Flawless Skin

Use sunscreen thrice a
day: 20 skin tips for summer

How exercise can
benefit your skin

Photoaging

Fruit's to Keep You Hydrated





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Facilities available at GRACE CLINIC are Scar revision peel, acne and pore reduction peel, rejuvenation peel ,brightening peel, party peel, Microneedling, microdermabrasion , laser hair removal , laser for drug resistant acne, skin rejuvenation with Q switched laser, carbon peel with Q switched laser, Specialized medifacial/ Hydrafacial for skin brightened and skin rejuvenation , removal of warts skin tags, moles melanocytic Nevi, freckles, Nail surgery, PRP therapy, Skin biopsy and lots more.



Dr Nitesh

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Dr. Nitesh is Experienced , Skilled Pediatrician , Neonatologist with total Experience of about 9yrs ,He did his MBBS from Patna Medical College in 2008.He did MD(Doctor of Medicine) Pediatrics from Patna Medical College from 2010-2013. Dr Nitesh did his Senior Residency from one of the most Prestigious Medical Institute PGIMER , Dr. Ram Manohar Lohia Hospital Delhi in 2014.

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Grace Clinic is dedicated to provide standard and precise treatment for child health, newborn care including all types of vaccination facilities. Growth and development assessment and counselling, Nutritional & behavioral counselling, pediatric respiratory diseases like bronchial asthma ,allergic rhinitis, pneumonia, tonsillopharyngitis etc, pediatric cardiology, pediatric nephrology including UTI, nephrotic syndrome, hematuria, AGN, pediatric neurology including childhood epilepsy, seizure disorder, headaches, meningitis, neuromuscular disorder,etc pediatric gastro including diarrhea, dysentery, hepatitis, jaundice, peptic ulcer disease, pediatric endocrine, infectious diseases treatment like typhoid, tuberculosis, mumps, measles, chickenpox, worm infestation. In short it will be more than correct to say that it is one-stop place for you for any childhood or neonatal issue, or for any type vaccination

Sneak **PEAK**

SUMMER SKIN CARE TIPS



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SUMMER SKIN CARE: HOME REMEDIES FOR FLAWLESS SKIN



It's time to raid the kitchen and follow some grandma's tips.

USE SUNSCREEN THRICE A DAY: 20 SKIN TIPS FOR SUMMER



Summer season require different tactics to maintain a healthy skin.

HOW EXERCISE CAN BENEFIT YOUR SKIN



In summer stay active by different ways work out for healthy skin.

PHOTOAGING



Know more about skin changes that occurs in summer

FRUIT'S TO KEEP YOU HYDRATED



Beat the heat to stay well and remain properly hydrated with seasonal

SUMMER SKIN CARE TIPS

Summer is a trying time for your skin. The blazing sun and the scorching heat can be unforgiving, especially to your skin. Pollution and other environmental contaminants take away your skin's natural radiance, leaving it oily, dull, and blemished. Read on to understand how summer changes the quality of your skin and what you can do to hold on to that radiant and healthy skin.

How Does Summer Affect Your Skin?

Increase in temperatures during the summer months, combined with humidity and heat, can increase the activity of the sebaceous glands. This makes oily skin appear oilier and dry skin appear rough and patchy. The intensity of the sun's rays also causes tanning by producing more melanin pigments. While everyone is aware that more melanin means darker skin, few relate sunburned skin with ageing and cancer. The heat can also cause more pores to open, which can get clogged with dirt and oil, trapping bacteria, causing acne, pimples, and blemishes on the face

How to Take Care of Your Skin in the Summer Season

This is what you can do to take care of your skin this summer

How to Take Care of Your Skin in the Summer Season

As you move from winter to summer, you should remember that your facewash has to change. While in winters, a nourishing facewash does the trick, in summers, you would require a face wash that can draw out the excess oil from your skin. If you have dry skin, consider using a non-foaming cleanser. This would be ideal for combination skin as well. Wash your face plenty of times during the day to keep your skin clean and refreshed.

Include Antioxidants in Your Facial Skin Care Routine

Invest in a good antioxidant serum during the summer. Not only does an antioxidant serum hydrate your skin, but it can also protect your skin from environmental damage. It helps to boost collagen production, and will scavenge harmful free radicals to prevent skin damage. It is a great tip on how to take care of combination skin as well as normal to oily skin during summer. Remember that you can include antioxidants in your skin care regimen by adding them to your diet as well. Stock up on citrus fruits, green and leafy vegetables, green tea, nuts, and whole grains to have younger looking skin.

Keep Your Skin Hydrated

Remember that summer is the time when your skin requires moisture as well as hydration. Invest in a good hydrating mask which you use a couple of times a week. Wash your face first and apply the mask as directed at night to repair, rehydrate, and

soothe your skin. A mask can treat specific skin conditions like dryness, acne, oil, etc. Pick the appropriate mask and spend those 10 extra minutes on wiping away the stress, fatigue, and blemishes from your skin.

Exfoliate Regularly for Smoother Skin

Exfoliation is the key to brighter and smoother skin. It removed dulling skin debris and piled up dead cells. This debris prevents the skin from breathing and can congest the skin. Exfoliate with a natural home remedy, like coffee grounds mixed with oil and sea salt. Remember that exfoliation is required for your entire body and not just your face. You should, however, make sure to be gentle while exfoliating your skin. Do not over-exfoliate because your skin will get bruised and you may end up getting rashes. People with sensitive skin should opt for mild exfoliators that are tender on the skin.

Wear Sunscreen

Sunscreen should be your best friend during summers. Choose one that has a broad ultraviolet spectrum (between 30-50 SPF and covers UVA and UVB rays). Reapply every three hours if you are spending all day in the sun. Make sure to cover your hands, feet, shoulders, and neck as well.

Cut Down on Makeup

Summer means that you should ease up on the makeup. Wear minimal facial makeup to allow the skin to breathe better. Humidity and heat suppress the skin's ability to breathe and stress it out. Avoid anything heavy on the face. Use a tinted moisturiser, tinted lip balm, and organic kajal in summer to give your skin some rest.



Use a Refreshing Toner

Using a good toner can help you close open pores. This is essential in summer to prevent oil accumulation in the open pores. The t-zone of the face has the largest concentration of sebaceous glands and will tend to look the slickest in the summer months. Pay attention to this zone while toning your face. Use a cucumber or aloe vera based toner which is light and refreshing.

Change Your Moisturizer

Come summer, you have to ditch those heavy cold creams and shea butter laden moisturisers for a lighter moisturiser. Do not be under the misunderstanding that your skin requires no moisture in the summer. Skin care in summer calls for a lighter and non-greasy product that suits the weather.

Drink Plenty of Water

Water is the most important ingredient in healthy skin tissue. It keeps your skin supple, soft, and radiant. Remember to carry water anywhere you go and drink a minimum of 2-3 litres in a day. Water is also very crucial to flush the toxins out from the skin through sweat and urine.

Remember to Take Care of Your Feet

Most of our focus is on taking care of our face because it is what everyone sees first. But do not forget that your feet carry you around all day and they need care too. Exfoliate the skin on your feet regularly. Use a moisturiser and sunscreen on your feet if you plan on wearing open footwear.

Take Special Care of the Eye Region

While you choose moisturisers and toners for your face, remember that the skin around your eyes is much thinner and more delicate as compared to the rest of your face. Pick a good undereye gel that has hyaluronic acid, cucumber, or even honey. These ingredients keep the skin around the eyes hydrated and prevent wrinkle formation.

Remember the Value of Natural Remedies



Exclusive skin care products in the market work well for a lot of people. But it is good to remember that your own kitchen might be a storehouse for the best facial cleansers, toners, and moisturisers. Common kitchen ingredients make for the best home remedies in summer. You will find that oatmeal, coffee grounds, grated cucumber, plain yoghurt, and sea salt can be used as skin care products in the summer.

In summer, always carry a cooling mist with you. Spray it on every few hours to keep your skin cool and hydrated. You can make one at home by extracting cucumber juice and mixing it with rose water and mint. Spritzing it on your face in the scorching heat will give you and your skin major relief. Also, remember to have cold-water showers during summer. This will prevent excessive drying and itching of the skin.



SUMMER SKIN CARE: HOME REMEDIES FOR FLAWLESS SKIN

Summers in India are getting hotter year-by-year, meaning every beauty conscious person's nightmare. But, hold on! Before you loosen your purse strings for those oh-so expensive products, it's time to raid the kitchen and follow some grandma's tips

"Shall I compare thee to a summer's day," said Shakespeare in his sonnet. Clearly, when he said this, he didn't have the Indian summers in mind. Summers in India are getting hotter year-by-year, meaning every beauty conscious person's nightmare. The sun tans the skin severely, pollution, hot winds and toxins cause skin damage and the dust and grime clog the pores. Beauty products abound in the market, each claiming to be the best for you. But, hold on! Before you



loosen your purse strings for those oh-so expensive products, it's time to raid the kitchen and follow some grandma's tips. Bring kitchen ingredients to your rescue and ensure a flawless skin. These treasures shouldn't be missed out on. Make sure you follow them religiously to help make your skin healthy and glowing. Before getting your hands on the commercial products, make sure you use these handy home remedies that will come to your rescue, especially during summers. Here are amazing home remedies for a flawless skin:

1. Wash your face frequently with cold water to remove the sweat and dust that tends to accumulate on the face. Using cold milk on a cotton ball is also an option. It is important to protect our skin from the harmful UV

rays of the sun. Keeping our skin safe in the sun is quite important. So, don't forget to apply sunscreen, at least 30 SPF, before you step out in the sun.

2. The skin needs to be exfoliated, at least twice a week, particularly in this season to keep the glow intact. A paste of besan and milk or malai/cream with some oatmeal or turmeric and lemon will do wonders. Just rub this paste on your face and neck gently in a circular fashion and see the difference yourself. Better still, use a paste of multani mitti, or Fuller's earth, rose water and sandalwood powder for acne prone skin; whereas take sandalwood powder, curd and add a pinch of turmeric powder for mature skin for the same purpose.

3. Cleansing your skin is equally important. There are many home remedies that are known to give good results like yogurt and honey, if applied on the face for 10 minutes will give you a nice and clean skin. Also, don't forget to moisturise your skin regularly. Take a good moisturiser and apply it daily to keep your skin healthy and hydrated. Use a gel-based moisturiser for oily skin and water-based moisturiser for normal skin.



4. Tanning is another big problem in summers that takes a lot of our effort and time to be treated. But, not anymore! To remove tan, reach out for tomato juice. Tomato and lemon juices are good for all skin type. Mix a little sandalwood powder with these juices if your skin is too dry; multani mitti if it is oily and prone to acne; and curd and sandalwood powder if it is mature. Leave the paste on for about ten minutes and then wash it off with cold water. You could also use a mixture of honey and lime to remove tan. Apply it on your face for 15-20 minutes and then wash it off.



5. Another remedy to treat tanning is quite easy and quick. Make a paste of raw milk and gram flour. Add a few drops of lemon juice and apply on the face in a circular motion. Wait till it dries off somewhat, then wash it off. Lemon juice alone acts as a natural bleacher, which may also help even your tone. But, it dries the skin. Therefore, make sure you apply a lot moisturiser after that to get a flawless skin.

6. Aloe vera is also a great remedy for summers. Freeze aloe vera juice into small cubes. You can use these frozen aloe vera juice cubes to rub on your face when you come in from the sun, or before you apply make-up and even at night. It will leave your face fresh and glowing. Aloe vera contains two hormones, namely auxin and gibberellins. These two hormones are responsible for providing anti-inflammatory properties that reduce skin inflammation. It has known to cure chronic skin problems like eczema.



aids in removing oil and dirt from the skin.

7. Banana is another very skin friendly fruit. Mash a banana to pulp and add some milk or egg white to it. Apply it evenly on your face and keep it for about 20 minutes. Then wash it off with cold water. Get ready to have a smooth skin. Banana contains moisture, potassium and vitamins E and C that are responsible for promoting clear glowing skin. Make sure you use this pack regularly to ensure a perfectly flawless skin.



8. Rose water is a good friend of our skin during summers. You can dab it on the face using a cotton ball in order clean and cool the face. Alternatively, you could spray rose water on your face for an instant fresh look. Rose water has anti-inflammatory properties that can help reduce the redness of irritated skin, get rid of acne and eczema. It is known to be a great cleanser and

9. Papaya is another wonderful option for your skin. Mash papaya to make a paste and add some lemon juice to it. Apply the paste on your face and leave it on for 20 minutes. You could also add egg white and honey to the papaya paste and apply it for 20 minutes. And, that's it. Get ready for a soft and glowing skin. Papaya helps nourish the skin; thanks to the presence of vitamin A and papain enzyme, it may help remove dead skin cells and inactive proteins, thus replenishing your skin.



10. Watermelon juice, coconut juice and cucumber juice are known for their cooling properties. Apply these juices regularly on your face to calm your skin from the outside heat. Watermelons contain vitamin A, B6 and C along with being packed with lycopene and amino acids, all combining to contribute towards healthy skin. Do not just apply, but also drink these juices regularly to ensure a flawless skin.

USE SUNSCREEN THRICE A DAY: 20 SKIN TIPS FOR SUMMERS

One should use a mild scrub twice a week, says dermatologist along with several other skin care tips during summer

Different seasons require different tactics to maintain a healthy skin, especially in a tropical country like India. The rainy season with high moisture and sticky heat can leave your skin prone to bacteria. Therefore, it is a must to know the right kind of care for your skin type.

Today, we have skin care products not just for hand, but nails as well; not just for the face, but for eyes, nose, lip and eyebrow as well. In such a fast-growing industry, it can be excruciating to keep track of what's new, what's old and what to even trust.

1. Which SPF sunscreen to use during summer? And why is using an SPF so important?

During summers, one should use sunscreens that are SPF 30 and above. Using an SPF is important to protect the skin from the harmful ultraviolet (UV) radiation, which is not just limited to sun exposure.

Smartphone screen, computer screen, LED lights also emit UV radiations, therefore, we should protect our skin by using a good dermatologically tested SPF.

2. How many time should one clean his/her face?

Twice a day at least, one in the morning and another before going to bed. It should be more frequent if you are out in dust/pollution or if you are working out/sweating more on the face.

3. How to keep skin hydrated during the summer?

Drink at least three to four litres of water, and add fresh juices, coconut water and citrus fruits to your everyday diet. Also, use an oil-free moisturiser.

4. What are the most important parts of skin care routine?

Cleansing nicely with a water-based cleanser (not on oil based one).

One can seek a dermatologist's opinion to check for the treatments of sun damage. Generally, photo-rejuvenation like aqua infusion and collagen boosting treatments like clearlift should be done.

6. How to choose the right products for different skin type?

Consult your dermatologist as the first and foremost thing is to understand your skin type. Secondly, you should understand the weather because sometimes one has to switch products in accordance with that also.

7. How to prevent dryness and retain natural skin moisture?

Hydrate yourself! Avoid alcohol and smoking as much as possible. Also, avoid harsh/drying cleansers.

8. Should one use scrubs on the skin? If so, how many times a week?

Exfoliation is very important for our skin. One should use a mild scrub



twice a week.

9. How to prevent hyperpigmentation?

Use SPF minimum three times a day. Make sure you apply it in good quantity (minimum 5 ml) It can be 8 am ,12 noon and 4 pm.

10. What should one do if he/she is dealing with the hyperpigmentation? (Please specify above treatment)

One should avoid sun exposure, use sunscreen thrice a day, use good quality brightening cream (not bleaching)

The treatment that should be done for hyperpigmentation includes laser toning, clearlift, mesotherapy (mesodeep and mesolite). Few sessions done two weeks apart can give a remarkable result.

11. What's the biggest mistake people make with their skin in the summer?

Not drinking enough water. Moreover, people tend to think that applying sunscreen once a day is enough. It should be applied 3 times and 5 ml every single time.



12. Is it possible to get rid of stretch marks or scars naturally?

Not naturally. There are fractional lasers that help to reduce stretch/scar marks. These lasers are done in ablative and no ablative forms depending upon intensity and comfort of the patients.

13. What is the difference between acne and pimple? How can one day deal with it?

Acne is the medical term for pimples. There are various grades for acne starting from whiteheads formation to nodular acne. There are medical treatments available for acne that includes hormonal investigations, whiteheads removal, oral and topical medicines and chemical peels.

14. How to get rid of blackheads and whiteheads?

Blackheads and whiteheads should be removed and extracted in a proper clinical way (not in salons). To prevent further blackheads and whiteheads formation, one should use a good face wash that cleans the oil on the skin adequately. Also, there are topical medicines which help in containing the problem.

15. What are the best home remedies for a healthy skin?

Mix and apply 1 tsp or two pinches turmeric with water/milk on the face for 15 min and wash off. Eat more red and yellow coloured fruits and vegetables.

16. How to get rid of dark circles?



Improve your sleep pattern.

Take iron-rich foods like pomegranates, beetroots, spinach, broccoli etc.

Massage vitamin E oil around eyes for 5 min every night.

Use vitamin C based under eye cream in the morning and retinol-based under eye cream at night.

17. How to get an even skin tone and get rid of discolouration?

Use sunscreen. Ask your dermatologist to prescribe good quality brightening cream that can be used on a long-term basis.

Opt for treatment like aqua infusion, oxygen, mesotherapy, clear lift, carbon peel, laser toning and chemical peels.

18. Is it safe to opt for chemical peeling of skin?

Yes, but it should be done under the supervision of a dermatologist. Concentration of the peel is important along with post care that includes avoiding sun exposure and sweating for 48-72 hours.

19. What are the best ways to prevent ageing of skin?

Eating healthy is very important along with taking a healthy night sleep of 7-8 hours.

Using the right products and doing preventive anti-ageing treatments like exilis elite, infrared therapy and clear lift helps prevent ageing.

20. Besides dryness, how does our skin change with changing weather conditions?

Weather can affect our skin in many ways. Skin may get dull, rough, pigmented and acne prone during certain weather changes. Using the right product will resolve the issues.



HOW EXERCISE CAN BENEFIT YOUR SKIN?

Ever notice how healthy your skin looks after a tough workout? You may be sweaty and tired, but your skin is glowing! Exercise doesn't just improve your overall health- it can greatly benefit your skin as well. Always stay active and here are a few of ways working out can lead to healthy skin. Read about the benefits that exercise has on the skin below.

Bring on the Sweat

Sweat is great for clearing skin! It purges your body of toxins that can clog pores and lead to blemishes. Exercise allows your sweat glands to increase their functions and get rid of those toxins. But don't forget to wash after sweating! Leaving those toxins sitting on your skin is something you want to avoid.



Make sure to always shower after a workout to prevent dirt clogging up your pores.

Wrinkle Reduction

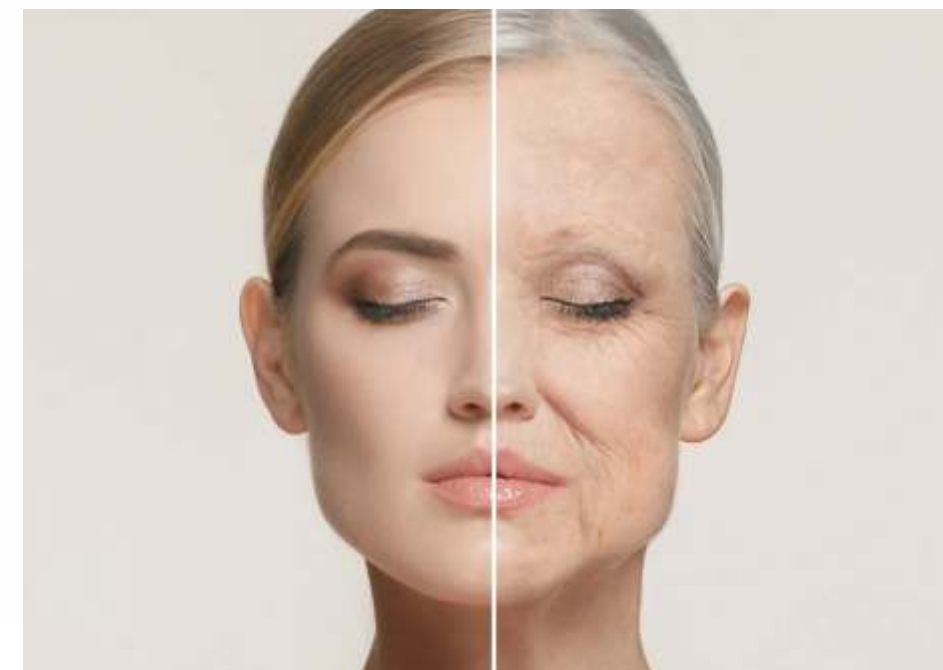
Exercise helps maintain healthy levels of the stress-related hormone cortisol. A high cortisol level could lead to acne breakouts or cause the collagen in your skin to break down, which can increase wrinkles and sagging. A good workout will actually help your body in the production of collagen and this keeps your skin firm and supple.

Muscle Tone

The more muscle tone you have, the healthier your skin will look and feel. Your skin has better support from strong, firm muscles, and increased muscle tone will lead to firmer appearing skin. Toning your muscles may also help to minimize the appearance of cellulite.

Instant Glow

Wonder where that post-workout glow comes from? When you get your heart pumping from aerobic exercise, your skin receives a good dose of oxygenated blood. Your skin also starts producing more of its natural oils, helping skin look healthy and naturally moisturized.



Skin Repair

Research suggests that exercise may even help skin to repair itself more quickly, which can help protect against the development of skin cancer. Be sure to always wear sunscreen when working out outdoors. Sun damage can occur quickly; use an SPF of at least 30 with broadband protection, both UVA and UVB, preferably waterproof so that it stays put even while you sweat. Just remember to wash it all off after your workout so you can enjoy that glow!





PHOTOAGING

Photoaging refers to skin damage caused by prolonged sun exposure, specifically UVA and UVB rays, and can lead to skin cancers. Most of the skin changes that occur as we age are accelerated by sun exposure.

Skin is composed of three layers: the epidermis, the dermis, and subcutaneous tissue. The dermis contains proteins including collagen, elastin and other important fibers that affect the skin's strength and elasticity, and are responsible for skin's smooth, youthful appearance. UV radiation (UVR) damages these important proteins, leading to photoaging.

Signs and Symptoms

You probably have a pretty good idea what photoaging looks like. You may have looked at magazine photos, seen an acquaintance, and commented that the person had obviously had too much sun exposure (and perhaps smoked as well which causes yet further damage to the skin.)

Signs of Photoaging can include:

- Wrinkles
- Drooping skin (inelasticity)
- Dark spots ("age spots")
- Broken blood vessels (telangiectasias)

- A yellowish tint to the skin
- Leathery texture to the skin
- Mottled pigmentation
- Easy bruising

Causes

UVR is made up of UVA and UVB rays. In general, UVB rays burn, while UVA rays age the skin, but there is considerable overlap in the damage these rays cause.

UVA rays have longer wavelengths and can deeply penetrate the dermis. The rays damage existing collagen, which causes increased elastin production. Such abnormal amounts



of elastin lead to the production of enzymes known as metalloproteinases that repair damaged collagen. However, these enzymes usually end up causing more harm to the collagen than good by incorrectly restoring the skin. As the skin is exposed to UVA rays on a daily basis, this process keeps repeating, resulting in wrinkles and leathery skin.

UVA exposure also causes fine lines and wrinkles around the eyes, mouth, and forehead, as well as age spots, or liver spots. An age spot is a spot of pigmentation caused by sun exposure. They appear not only on



the face but on the rest of the body, including the hands, the arms, the chest, and the back.

Prevention

While many elements of photoaging are unavoidable, visible signs of aging can be prevented. Apply sunscreen of at least SPF 30 every day (using only products which protect against UVA as well) to areas that are exposed to the sun: the face, neck, chest, hands, arms, legs, etc. In addition to preventing photoaging, daily application of sunscreen can also reduce current signs of photoaging, as well as the risk of developing skin cancer. Due to widespread vitamin D deficiency in developed countries, and the consequences of deficiency, some dermatology organizations are recommending a small amount of sun exposure without sunscreen (and you will be hearing more about this.) The key word here, however, is small. Often 10 to 15 minutes in the sun is plenty of time to absorb a good, healthy dose of vitamin D before you apply your sunscreen.

Perhaps the most important thing you can do to reduce the photoaging of your skin (other than reducing your sun exposure) is to choose a sunscreen which protects you against UVA rays. That said, it's not that easy. In fact, you are more likely to find a product which advertises itself as broad coverage but does not protect you from UVA rays at all. In order to find a sunscreen which protects against UVA rays, it's

important to not just look at the title on a package but to read the list of ingredients. Learn about the sunscreen ingredients which protect against UVA rays, including the pros and cons of different products, plus how long the sunscreen will last between applications.

With the advent of sunscreen, we often forget that there are simple ways to reduce skin damage due to sun exposure. Since there isn't a perfect sunscreen which can protect you from all damaging rays, remember to:

- Avoid sun exposure when the sun is strongest - usually between 10 am and 2 pm
- Use umbrellas and shade
- Wear a wide brim hat to protect your face
- Wear protective clothing, for example, loose-fitting clothes with an SPF factor

Finally, don't forget your eyes. Being out in the sun without sunglasses may accelerate macular degeneration, the leading cause of blindness with age.

Treatments

The gold standard for treating photoaging, especially mild to moderate photoaging, has been vitamin A products such as retinol and Retin Atreatment. Over-the-counter products may be effective, but prescription medications (Retin A and Differin) are much more concentrated. These medications were first used for acne and then found to reduce wrinkling, especially fine lines, and facial wrinkles. Retinoids work by increasing cell turnover and can take a few months before you will notice a change. Some people develop redness and a rash when a higher concentration product is used, but a slow increase in dose can often eliminate this reaction. There are also many dermatological advancements that treat photoaging, namely light-based technologies


including photodynamic therapy, intense pulsed light, and laser therapy:

- **Photodynamic therapy** is a technique that involves applying a light-sensitizing medicine to the skin. Once the medication has penetrated the skin, the affected area is exposed to a light that activates the medication, promoting collagen growth that gives skin a more youthful, supple appearance.
- **Intense pulsed light** is a light therapy technique that is effective in diminishing the appearance of uneven pigmentation and broken blood vessels over a series of sessions.
- **Laser therapy** can treat a variety of skin issues depending on the wavelength of light applied to the skin. Different wavelengths are used for minimizing blood vessels, treating age spots, reducing wrinkles, removing hair, etc.



The Bottom Line

Keeping your skin young and healthy appearing means practicing caution in the sun. Yet for those who had excess sun exposure in years past, there are some treatments that do not cure but can reduce age-related skin damage. Remember that what causes wrinkling, also causes skin cancer.



FRUITS TO KEEP YOU HYDRATED THIS SUMMER, AND BOAST OF A HEALTHY, GLOWING SKIN

The worst part of the summer months is the impact it has on your skin. You need to beat the heat to stay well and remain properly hydrated. The easiest way to do so would be to dig into seasonal fruits which have a higher water content to hydrate and cool the body. Our skin does not simply protect our body and internal organs, it reflects our overall health status. A glowing skin indicates the kind of health you enjoy. It means that your body is probably well hydrated, and all toxins are eliminated from your body naturally. Your diet makes all the difference as poor lifestyle choices, dust, and pollution ruin your skin. Read on to learn how your choice of fruit could make you glow even under the most challenging circumstances.

Hydrate For A Cooling Effect On The Body

Watermelons and cucumbers are two of the most hydrating fruits you can eat at any given time to cool your body. Both are high in water content, apart from being high in nutrients. Say goodbye to tanned skin, parched lips, pimples, and blemishes which come from exposure to the sun. While regularly washing one's face with cool water serves to cleanse the facial skin of grit and sweat is necessary; it is vital to keep your skin supple and smooth with natural collagen, antioxidants, and minerals. Whenever you have a fruit which has a higher water content; know that it will be easier to digest, and will cool you more.



Multiple benefits of watermelon:

Watermelons are rich in dietary fiber (0.4%), water (92%), carbs (7.55%), sugar (0.4%), vitamins C, A, B1, and B6, carotenoids, flavonoids, and lycopene. Whether you eat them, juice them to drink an utterly refreshing sharbat, or simply mash them to make a face mask; watermelons should be a part of your fruit basket throughout summer. They are cholesterol free. The lycopene helps in scavenging the free oxygen radicals, and prevents skin damage; while the fiber and water content ensures good bowel movement.

Remain As Cool As a Cucumber in the Summer Months

Since they are rich in Vitamin K, folic acid, Vitamin C, and dietary fiber; cucumbers cleanse your system, and have antioxidant properties. The sulfur in cucumbers strengthens the skin, while the silica aids in collagen production adding to your skin's elasticity. Add them to salads, raita, smoothies, and sandwiches to make sure you are getting the right quantities to hydrate and nourish your skin. You can grate a cucumber, mix it with one tablespoon of gram flour, and one teaspoon of rose water to reduce inflammation in acne prone skin. You can also get rid of those nasty dark circles under the eyes by placing chilled slices of cucumber on your eyes and sitting back for a while. The same goes for puffy eyes too. Use

a blend of lemon juice, grated cucumber, and half a teaspoon of sugar to scrub and cleanse the skin of your hand and feet, soften them, and make them radiant.

Keep Your Skin Healthy, Supple, Smooth, and Youthful with Mangoes

Mangoes are not simply one of the most delicious fruits to be found in summer. They are rich in vitamins A, E, C, and K, flavonoids, polyphenolics, beta carotene, and xanthophylls. Xanthophylls contain oxygen, unlike beta carotene; thereby helping the skin to rejuvenate. They are the most abundant carotenoid found in yellow fruits and vegetables. So dig into the luscious fruit to protect your skin from inflammation and DNA damage. The flavonoids reduce the roughness of the skin, and protect the skin from sun damage; thereby improving the texture and look of your skin. Your friends and family will pester you to divulge the secret of your clear skin.

Delve Into the Orangish Pink Papayas to Make Heads Turn

There's nothing to beat papayas to make you healthy and cause your skin to make the latest beauty queen green with envy. This is because it is



loaded with vitamins A, C, B, pantothenic acid, folate, and minerals such as copper, potassium, and magnesium. Not only do its enzymes like papain and chymopapain help fight free radicals; these enzymes have antiviral, antibacterial, and antifungal properties. If you live in a hot and humid climate, you simply mustn't pass up on papayas. Further, it is useful in healing wounds and curing skin ulcers. And, if you suffer from constipation, papayas are a must for you, as being unable to move bowels clearly does serious damage to your skin, which might present as acne, pimples, pigmentation, and cutaneous tubercles. Apart from eating papayas, you can use its paste to make a scrub to exfoliate and cleanse the outer skin. You can make a mask with mashed papaya by adding lemon juice and turmeric to reduce pigmentation.



Skin Treatments

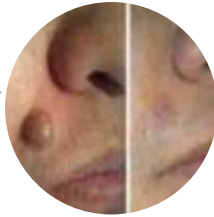
ACNE

PIGMENTATION REMOVAL

LASER SCAR REMOVAL

COLLAGEN INDUCTION THERAPY (CIT)

TAG / MOLE REMOVAL



Dermatology Treatments

MELASMA

KERATOSIS PILARIS

SHINGLES

WART REMOVAL

PSORIASIS

