

SKIN GRACE

SUMMER 2022

IMPORTANCE OF SUN PROTECTION
IN SUMMER

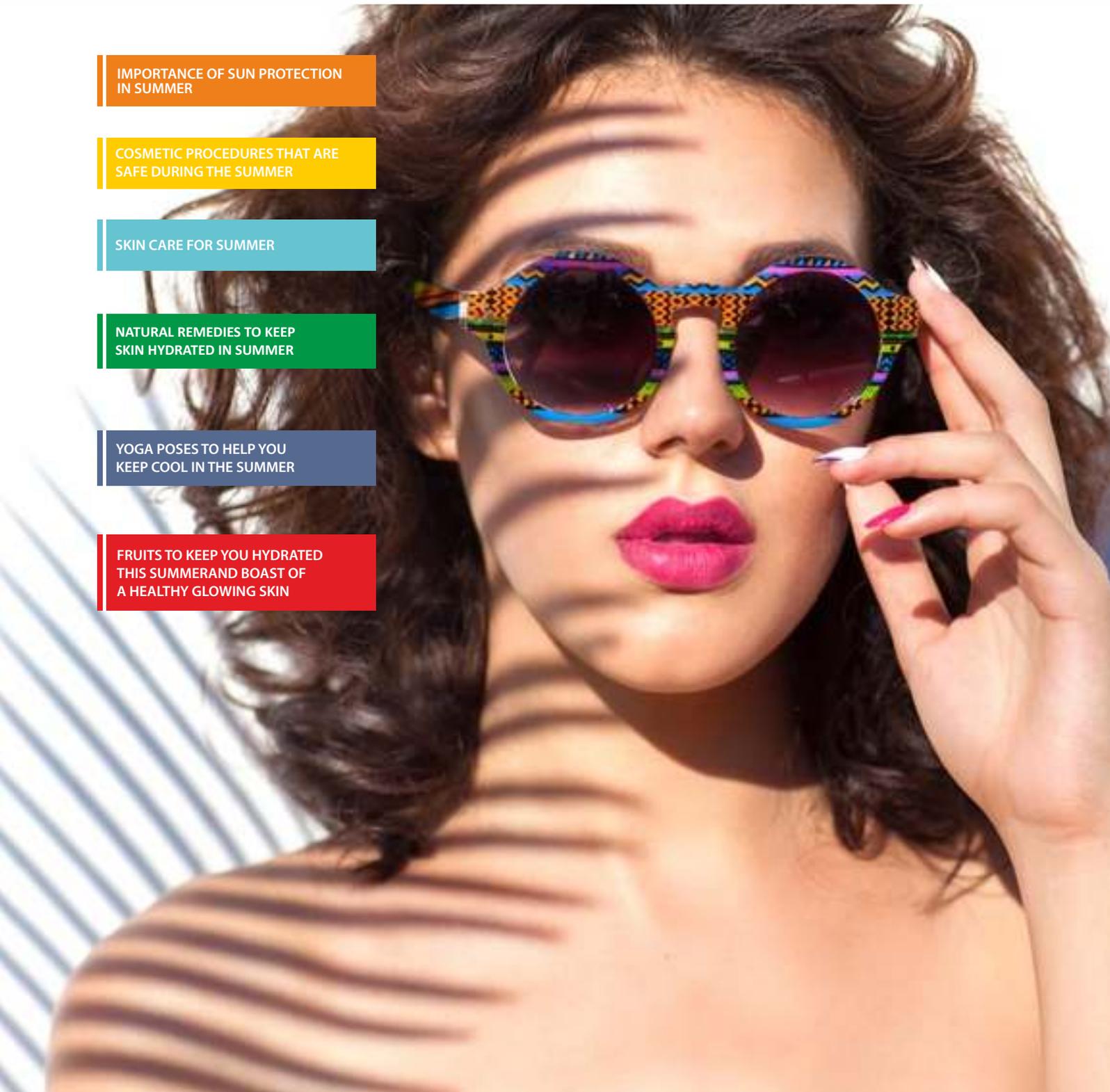
COSMETIC PROCEDURES THAT ARE
SAFE DURING THE SUMMER

SKIN CARE FOR SUMMER

NATURAL REMEDIES TO KEEP
SKIN HYDRATED IN SUMMER

YOGA POSES TO HELP YOU
KEEP COOL IN THE SUMMER

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





Dr Naziya Khatun

M.D.(Dermatology), Gold Medalist

Dr. Naziya is skilled and Experienced Dermatologist, Dermatosurgeon, Cosmetologist and Venereologist. She is having 6 years of post PG Experience in the field of Dermatology. She did her M.B.B.S. from Patna Medical college, Patna in 2008 with HONORS. Dr. Naziya did her M.D.(Doctor of Medicine) in Skin, V.D. and Leprosy at Patna Medical college, Patna from 2012 to 2015 and Awarded with

Dr. Amar Kant Jha "Gold Medal" for the best P.G. She joined King Saud Medical City, Riyadh, Saudi Arabia as Specialist Dermatology and had International Exposure from 2016 to 2017.

She is currently working as Consultant Dermatologist at Grace clinic .Dr. Naziya khatun is life member of Indian association of Dermatologist, Venereologist and Leprologist. She attended various national and international conferences of Dermatology, Cosmetology, Trichology, Nail Diseases, Laser and Pediatric Dermatology. She presented paper and posters at National Conference of IADVL at Mangalore in 2015.

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, carbonpeel 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

MBBS, M.D.(Pediatrics)

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.

From 2015-2017 worked As senior Resident at NDMC and HINDU RAO HOSPITAL,new Delhi .Currently working as Assistant Professor in the Department of Pediatrics at SGRRIMS & HS, SHRI MAHANT INDRESH HOSPITAL Dehradun from 2018 and Consultant pediatrician and Neonatologist at Grace Clinic. Dr Nitesh is life member of Indian Academy of Pediatrics and Pediatric Association of India (PIA).

He attended life saving skills like NALS, PALS, BLS. His clinical Acumen is precise

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, infectitious diseases treatment like typhoid, tuberculosis, mumps, measles, chickenpox, worm infestation. Inshort 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



Importance of Sun protection in Summer

Summer is nearly here and with more time spent outside, it is important to remember to protect your skin from the Sun damage. Applying sunscreen should be a part of your daily skincare routine, and while your typical high street brands will protect you against UVA and UVB, there are several medical grade sunscreens available which have added protection from harmful **HEV** (high-energy visible) light. **HEV** light can damage cells within healthy skin and is thought to be more harmful than **UVA** and **UVB** combined as it can penetrate deeper into the skin layers. By not protecting your skin from the sun this summer it can lead to

issues such as dryness, sensitivity, inflammation, redness, wrinkles, fine lines, sagging, loss of elasticity, uneven pigmentation, blotches and sun spots can occur. It is also important to remember that sunscreen is important regardless of your skin type as people with darker skin types can suffer pigmentation disorders such as **hyperpigmentation** and **melasma** which is caused by sun damage. Application of sunscreen is also important in acne as medicines used in acne causes skin sensitivity and increases the chances of hyperpigmentation in presence of sun. Moreover, post surgical procedures the skin becomes sensitive and many of

the guidelines recommend the use of sunscreen to avoid complications.

The most important thing anyone can do is to use sun protection all year round. A sunscreen should be worn in every season, even those who work indoors are exposed to ultraviolet (**UV**) radiation, especially if they work near windows, which filter out **UVB** but not **UVA** rays. It is also a myth to think that you do not need to wear sunscreen on a cloudy or cold day. Very high percentages of UV radiation can penetrate clouds so do not be fooled by overcast conditions.

A good sunscreen should protect,



restore and maintain skin health. As UVB is the main cause of sunburn and tanning (it only penetrates the uppermost skin layers), the Sun Protection Factor (SPF) of a product is a measure of a sunscreen's ability to prevent short UVB rays from damaging the skin. A minimum of **SPF 30** is advised, but more preference is for **SPF 50** which filters out 98% of incoming UVB. Even with a high SPF you can still tan. Please remember there is no way to tan safely.

By combining both a chemical and physical sunblock you will not only deflect more harmful rays with the physical blocker, but the chemical sunscreen uses chemical UV filters to absorb the sun's rays. Physical sunblocks usually contain titanium dioxide or zinc oxide as the active ingredient. Zinc oxide provides full UVA and UVB protection. Physical sunscreens are best for people with eczema or rosacea because they are less irritating.

It is also advisable to apply your sunscreen at least 15-30 minutes

before you go outdoors so that the ingredients can bind to the skin. Reapplication of sunscreen is important; you should reapply the same amount every two hours if you are out in the sun all day. Sunscreens should also be reapplied immediately after swimming, or sweating a great

deal. There are medical grade sunscreens available with a tint if coverage is a concern.

And don't forget to protect the areas that get the most sun exposure, such as the scalp, back of the neck, hands and feet. These parts of your body are most prone to sun damage.





Cosmetic Procedures That are Safe During the Summer

It's easy to take the sun for granted, but it has a profound effect on your skin. In addition to performing daily skin care, such as wearing sunscreen, you should also consider which cosmetic procedures are safe during the summer. After all, certain treatments could cause undesirable skin pigment changes when mixed with sun exposure, including laser procedures. Fortunately, there are many safe, effective cosmetic treatments to choose from during the summer.

Microdermabrasion

If you want to get rid of surface skin abnormalities, such as stretch marks, scars, uneven skin tone, and persistent blackheads, SilkPeel microdermabrasion could be the right option. This uses a mild yet abrasive solution to slough away dead skin cells and promote collagen production, leaving you with smoother, healthier-looking skin.

Microneedling

The increasingly popular cosmetic procedure called microneedling uses ultrafine needles to deliver platelet-rich plasma (PRP) to the

treatment area. PRP invigorates cellular turnover and stimulates collagen production without the use of fractional lasers. The procedure is minimally invasive, safe during the summer, and requires little to no downtime. Once the treated area heals, you can expect to see:

- Reduced wrinkles and fine lines
- Smoother, softer skin
- Less visible acne scars
- More even skin tone

Facials

Whether your goal is to soothe sun-damaged skin, get rid of wrinkles, or exfoliate and deep-



clean your skin, facials are the perfect summertime cosmetic procedure. Make these treatments a routine part of your skin care program, and you'll maintain glowing, radiant skin!

- Moisture infusion facial
- Purifying facial
- Anti-aging facial
- Healing touch facial

Each treatment lasts 60 minutes and includes an invigorating facial massage and foot massage.

Injectables

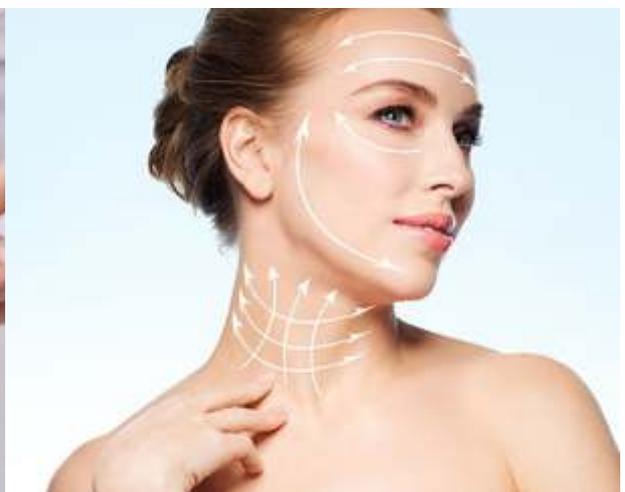
Cosmetic facial injections are popular for minimizing the appearance of fine lines and wrinkles. Different injectables treat different types of wrinkles:

Botox is an injectable that relaxes facial muscles to reduce dynamic wrinkles caused by smiling, frowning, and other facial expressions.

Ultherapy

Saggy skin is a normal part of aging, but you can combat it with

Ultherapy, which uses ultrasound technology to rejuvenate and tighten skin on the brow, neck, and below the chin. The non-surgical procedure delivers low levels of ultrasound energy to the deep layers of your skin. Your body responds to the resulting heat by contracting and producing more collagen, the key ingredient for tight, youthful-looking skin.





Skin Care for Summer

Every year, summers take a toll on the skin. The scorching heat, pollution, humidity, et al, wipes it off the natural glow, and sometimes, invites infections. To avoid all these hassles, and to keep your skin radiating like before, here are the eight easy-peasy tips you can follow this season.

Exfoliate your body

The ground rule of basic skincare is to exfoliate your skin. Your body sheds skin cells at an amazing rate every minute of every day. If you don't get rid of them, they'll just set in on your skin making you look dull and dry. No matter how much lotion you use, you're never going to have glowing skin if you don't exfoliate. Grab a body scrub



and hit the shower. Gently rub your exfoliator in circular movements on your entire body from the shoulders down (you'll want a facial exfoliator for your face and neck) and rinse clean.

Continue to do this 2-3 times a week for year-round beautiful skin.

Sunscreen is a must

Throw away last year's unused sunscreen for a new bottle.



Sunscreens aren't meant to last forever, and seeing most people don't use as much as they should. Buy a new sunscreen that has UVA and UVB products and comes in SPF 30 and SPF 70. You should be using a shot glass full for your body and a full teaspoon just on your face. Reapply it every 1-2 hours that you are in the sun to ensure a summer full of safe sun fun.

Go for minimal make-up

During summers less make-up is best. Under the intolerant sun, natural looks are best. If you intend to use foundation then also apply face powder with SPF to avoid patchy skin. To protect your lips always use a gloss or a lip balm

with an SPF of 15 to make your lips fresher. Eye make is something which should be very much avoided in summers.

Hydrate your body with a lotion

Find a summery lotion that you won't forget to put on. It's time to pack away your thick winter body butters for more light summery lotions. You don't have time to wait for your lotion to sink in, so look for something light fast absorbing. Gels and purees are perfect fast absorbers. Nothing spells summer more than a light refreshing fruity lotion. Make sure you apply right after you dry off from your shower. You need to seal in the moisture your body just soaked in.

Summer glow

You have so many choices when it comes to adding a little summer tint to your skin, and the tanning bed shouldn't be one of them. Using a sunless tanner will give your skin a beautiful start to summer. Even if you're not a fan of sunless tanners all over your body, you can happily use them on your face. If you alternate your facial moisturizer with one that builds a bit of colour, you'll have a healthy glow that will make it look as though you just spent the weekend on the beach. Most facial tanners build colour gradually, by alternating with your regular moisturiser; you'll never get too dark.





Natural remedies to keep skin hydrated in Summer

If it feels like you've been waiting all year for summer...well, you have! The sun is finally out, the grass is green, and you're ready to partake in all those outdoor picnics, beautiful hikes, and perfect pool afternoons that you dreamed about all winter. But as the mercury rises this summer, you'll need to pay close attention to one important aspect of your health: your hydration.

You see, our bodies are 60% water by weight, and proper hydration is absolutely essential for our overall health. After all, the water we consume optimizes blood pressure, regulates body temperature, lubricates joints, moves waste out of the body, and aids in digestion. And with increased summer temperatures and outdoor activities comes increased water loss—through sweating and

evaporation—as your body works to stay cool.

What If We Don't Get Enough Water?

Most of us associate dehydration—when more water is moving out of our body than we are taking in—with muscle cramps, fatigue, and extreme thirst. Indeed, these are just some of the consequences of subpar hydration. But, did you know that dehydration affects your brain as well?

Our brain is made up of around 73% water. If we don't keep up with our water intake, especially in hot weather or while exercising, our thinking and cognition can suffer. In one study, adolescents who exercised for 90 minutes to a state of dehydration experienced significant shrinking of brain tissue, much like a

sponge left out to dry.

In fact, a 2% reduction in body water weight (a mere 3 pounds on a 150-pound person) can lead to problems with short-term memory, attention, and visual-motor tracking. Other signs that you may be dehydrated include loss of appetite, dry mouth, mild constipation and temporary lightheadache. A good measurement of your level of hydration is the color of your urine. Pale urine (the color of straw) indicates adequate hydration while darker colored urine is a sign that your body needs more fluid.

Ideas for Happy Hydrating

We know how important hydration is to our health, but the question remains, how do we increase our water intake without feeling water-

logged or sprinting to the bathroom every five minutes?

Here are our **top 10 tips** for staying hydrated (and having fun doing it!) this summer:

1. Make sure you drink enough.

Recommendations vary depending on weight, age, and activity level but an easy one to remember is 8x8, or 8 glasses of 8 ounces of water each day. You can also divide your weight in pounds by 2 and drink that number in ounces. For example, a 130-pound female would need 65 ounces (135/2) of water per day. Many experts recommend drinking to thirst—if you are thirsty, drink!

2. Invest in a reusable water bottle.

Skip throwaway plastic water bottles that harm the environment 20% end up in landfills and buy a BPA-free refillable water bottle to help you track your water intake each day. If you're mindful of keeping the bottle nearby, you'll be much more likely to sip throughout the day.

3. Infuse with flavor

Whether you prefer limes, lemons, oranges, berries, or cucumbers, infusing your water with fresh fruit can make for a refreshing and spa-like beverage, without any added artificial sweeteners or preservatives.

4. Drink before you eat

We all can relate to that late-afternoon “must have a snack” hungry feeling. Before reaching for the nearest source of calories, drink some water! Sometimes our brains confuse thirst with hunger, so next time the feeling strikes, hydrate before eating and your hunger “pains” just might disappear.

5. Stick with water

Yes, juices, milk, and herbal teas can

all help hydrate your body—even caffeinated drinks (in moderation) can provide you with much-needed water. However, water is what your body is really craving, so you might as well go straight to the source. Sticking with water will help you skip the unnecessary sugars, additives, and caffeine found in other drinks.

6. Make a water schedule

If it feels impossible to guzzle down 64 ounces in a single day, you may want to come up with a hydrating schedule. As soon as you wake up, make it a point to drink 10 ounces of water—after a night of fasting, your body will appreciate a morning quencher. Drinking a predetermined number of ounces throughout the day (such as at meals, and before, during, and after a workout) can also keep you on track.

7. Eat your way to hydration

The good news is that only 70-80% of your daily hydration needs to come from water; 20-30% should actually come from food! All whole fruits and vegetables contain some amount of water, but munch on these top picks for maximum benefit:

97% water: Cucumbers

96% water: Celery

95% water: Tomatoes, radishes

93% water: Red, yellow, green bell peppers

92% water: Cauliflower, watermelon

91% water: Spinach, strawberries, broccoli

90% water: Grapefruit

8. Prehydrate with soaked chia seeds

An ancient superfood that sustained the Aztec and Mayan peoples for generations, chia seeds are hydrating nutrient powerhouses. These tiny seeds are hydrophilic,

meaning they absorb water (up to 12 times their weight!). When you consume water-logged chia seeds before exercise or a day in the sun, they will slowly release that water as your body digests them, keeping your system hydrated. Plus, they are a great source of Omega-3s and many other nutrients. Think of them as mini time-released water bottles!

9. Go for the coconut

Water that is. Coconut water is a mineral-rich liquid from the inside of young, green coconuts. Packed with potassium, magnesium, sodium, and calcium, coconut water can replenish lost fluids and electrolytes from exercise and hot summer temperatures. Try freezing coconut water ice cubes or pops for a refreshing, hydrating summer treat.

10. Take your probiotics

It's true—good gut health can keep you hydrated. Not only do beneficial bacteria help you absorb nutrients and electrolytes from food and drinks (which makes for more efficient hydration), but a strong microbiome can keep away any harmful microbes that can cause temporary intestinal issues, leading to dehydration. And, bonus—probiotics hydrate your skin, too! Over 100 volunteers with wrinkles and dry skin took a probiotic or placebo for 12 weeks. In addition to increased skin elasticity and wrinkle reduction, at the end of the trial the probiotic group had increased water content in both the face and the hands 3.

Water is truly the elixir of life. As you experience all the wonderful milestones of summer, remember to drink plenty of water and eat a diet rich in hydrating whole fruits and vegetables to keep you going strong all summer long.





Yoga poses to help you keep cool in the summer

Here are a few asanas that will help you breeze through the hot months, helping to activate the Manipura Chakra or the solar plexus, which is the powerhouse of our energy resource.

UTKATA KONASANA OR GODDESS POSE:

Awaken your inner Goddess with this simple yet powerful asana. Using deeper breaths, this pose helps strengthen the inside as well as the outside of the body, by powering the glutes and quads, while engaging the core.

MATSYASANA OR FISH POSE:

This stretches the abdominal muscles, and creates space in the intercostals (muscles between the ribs), hence alleviating respiratory issues and bringing calming oxygen into the system.

SINGLE-NOSTRIL BREATHING:

This is an effective breathing technique, because it activates the Ida Nadi (subtle channel) by focusing on breathing only through the left nostril. Located on the lunar side of the body, which is the body's cooling channel, it soothes and grounds, reconnecting your center to the earth.

UTTHITA PARSVAKONASANA OR EXTENDED SIDE ANGLE:

It helps strengthen legs, and activate the digestive system by working on the abdominal organs. It should be practiced with consciousness of breath, so as to cultivate a sense of awareness in the mind-body-spirit.

USTRASANA OR CAMEL POSE:

It is a great for opening up the solar plexus since it stretches the anterior muscles of the body, improving the flexibility of the spine and allowing for free movement of energy.



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.

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.

Eat Any of the Diverse Kinds of Berries to Enrich Your Skin

You get several kinds of berries in summer, like blackberries (Kala Jamun); strawberries; mulberries (shahtoot); cape berries (rasbhari); kanta berry, which is similar to Indian gooseberry (amla) in tartness, is also called falsa. Strawberries are a rich source of vitamin C, manganese, folate, potassium, and flavonoids. Their seeds on the exterior surface also have small amounts of omega-3 fatty acids to nourish your skin's collagen. Mulberries are a powerhouse of nutrients, and a great source of protein, iron, calcium, niacin, fiber, and vitamin A, C, E, and K. Their blood cleansing property makes the skin glow and prevents eruptions. The antioxidants found in blueberries are known to fight the various signs of aging, including fine lines and wrinkles on facial skin. Blueberries and blackberries are loaded with Vitamin C, which helps in reversing DNA damage.



Skin Treatments

ACNE

PIGMENTATION REMOVAL

LASER SCAR REMOVAL

COLLAGEN INDUCTION THERAPY (CIT)

TAG / MOLE REMOVAL



Dermatology Treatments

MELASMA

KERATOSIS PILARIS

SHINGLES

WART REMOVAL

PSORIASIS

