www.beautyindia.in

Rs.50

# BEAUTY

JANUARY 2010

## BEAUTY INNOVATIONS

Novel products straight from R&D Labs

## POSTWAX PRETTY SKIN

- Expert advice on how to fight red rashes and bumps

## DEEPIKA PADUKONE

On why great skin and hair can't be taken for granted

## INSIDER'S Guide

- Keep your legs looking lovely
- Find the right bra for your dress
- Hot treatments in Bangalore, Delhi, and Mumbai
- Vandana Luthra shares her views on grooming

## HAIR Help

*Mane colour and cut trend in 2010*
*Care for stressed out tresses*
*Beating bad hair days*

Amrit is wearing an ensemble by Savio Ion, styled by Little Shilpa. Exclusively for Lakmé Studio.

Services available at select Lakmé Studios / Salons as per the price list. Lakmé Studios: Bangalore - Cunningham Road: 080-22342020/21 • Chennai - Shafee Churchgate: 022-22042104/ 22821255 • New Delhi - GK II: 011-40595160, Vasant Vihar: 011-26140584/26143298 | Lakmé Salons: Bangalore - Richmond

DISCOVER

# *Hair Caresse*

Indulgent hair treatments that combine
exotic natural extracts with
active agents to give you luxurious hair.

---

BLUE LOTUS CARESSE
*For dry hair*

JAPANESE CHERRY CARESSE
*For coloured hair*

CASHMERE CARESSE
*For stressed hair*

WHITE PEARL CARESSE
*For delicate and mature hair*

WILD ROSE CARESSE
*For frizzy hair*

---

*Explore possibilities in hair*

LAKMÉ STUDIO

Mohamed Road: 044-28293050/5080 • Hyderabad - Jubilee Hills: 040-66442217/ 218 • Mumbai - Bandra: 022-26430418/26430417,
Road: 080-22211909/22294521 • Mumbai - Khar 20th Road: 022-26489814/15 • Pune - Kalyani Nagar: 020-26651027 / 26651028

# Contents

JANUARY 2010


**16** Beauty Solutions

Dr Rekha Sheth gives solutions to skin and hair worries

**18** BEAUTY's Face

Deepika Padukone and her thoughts on looking good

**21** The Big Beauty Breakthroughs

Innovative products that make sense now

## SKIN


**29** Smokey Goes Neutral

Subtle eye makeup in chocolate and taupe

**30** Banish Bumps

Post wax soft skin strategies from a dermatologist


## HAIR


**35** Braid Roll

Peasant hairdo turns into hip style for the party season.

**36** Cut, Color and Style

Latest hair hue trends that range from ultra femininity to stark modernism

**40** Luxe Locks Strategy

Give your hair a new lease and enhance your natural texture.


## WELLNESS

**43** Open Sesame

One of the oldest condiments that comes with health benefits

**44** Manage Weight With Homeopathy

Dr Mukesh Batra shares his tips on how this holistic medicine can fight fat

**46** Mussel Power

Dr John Croft, marine scientist on mussels that help cure joint pains and arthritis.

## INSIDER'S GUIDE


**49** Skin Revival

Dabur's foray into skincare with ayurvedic benefits that brings back glow from within

**50** How to . . . Avoid Bad Hair Days

Easy to do tricks to make your worst hair work best for you

**51** How to . . . Keep Your Gams Looking Glam

Tips to keep your limbs in better shape, and improve overall posture

**52** How to . . . Find the Right Bra

Some helpful tips to pick the perfect bra for your dress

**53** Mezza Maza

Get the taste of Italian food in Azzurro Kitchen & Bar, Delhi

**54** Simply Punjab

Get the taste of Punjabi food in Pratap's The Dhaba, Mumbai

**55** Skin and Hair Revival

Facial and hair therapy at YLG Salon & Spa, Bangalore

**56** Healthy Hair Therapy

Cut and care at Jawed Hair & Beauty, Delhi

**57** The Fish Healer

Fish spa exfoliation treatment at The Thai Spa, Mumbai

**58** My Beauty Moment

VLCC's Vandana Luthra talks about the importance of looking after oneself

## BEAUTY ETC


**59** Bag Lady

The hand bags this season are sophisticated, chic and highly versatile

**60** A Regal Affair

The new meaning of luxury as showcased recently in the Chivas Studio by Chivas Regal

**62** The Great White Shirt

A wardrobe must have, this season the white shirt goes from girly to guy, and very chic to own

## IN EVERY ISSUE


**66** On My Mind

**10** Beauty Scoop

**12** Beauty Do's and Don'ts

**15** Beauty Lessons

**20** Beauty Fave 5

**64** Shop For Your Man

**65** What To Buy Now

The Gili Casual Collection.
Beautifully Laidback.

Gili
Beautifully you.

Available at: GRI World, The Great India Plaza - Noida. (0120 4255505), Quest Mall, Bangalore. (080 65841190), The Westmead Mall, Ludhiana (0161-4656887), Fun Republic Mall, Lucknow (0522 301 5948), Coimbatore. (0422 2540925), Inorbit Mall, Vashi (022-27817382); Mirror Lifestyle Mulund, Mumbai (022-67411781). Also available at all outlets of Shoppers Stop, Lifestyle, Westside, Pantaloons, Titan Joyalukkas, Just In Vogue, Alexandra's, Ashish, Landmark, Reliance Trends.
Shop online at www.gili.com. For corporate enquiry: 022-28178989/ 5124027101/ 9824715491. For franchise enquiry: 9561026865. Helpline: 022-28178888 / hello@gili.com

VOL III ISSUE 4 **BEAUTY** RNI NO. DELENG/2007/20530


| | |
|---|---|
| Managing Editor | KALPANA SINGHAL |
| Editor | PRIYANKA BHATTACHARYA |
| Sr Correspondent | GAYATRI T RAO gayatri@beautyindia.in (Mumbai) |
| REPORTER | NABANITA DAS nabanita@beautyindia.in |
| Contributing Writers | SAKSHI TOLANI |
| | RUBY CHAKRABORTY |
| Art Director | AASHISH KHANNA |
| Production | AJI KUMAR |
| Website | ARVIND SWAMY |
| | RAJESH ROY |
| Head Marketing | SANDHYA PATADE marketing@beautyindia.in |
| Asst Marketing | ANAND SHARMA |
| Ad Sales Executive | GEETA PATADE |
| | PRATAP JANA |
| Finance | SARIKA BHARDWAJ |
| Stategic Allaince | DEEPALI SHARMA deepali@beautyindia.in |
| Subscription | SUNITA KAMAT |
| Circulation Incharge | SMITA NAIR |
| Circulation Executives | SURESH KUMAR |
| | JAI SINGH |
| | ARJUN B REMJE |
| Brand Promotion | SHERIN PETER |



---------- Head Office ----------

TECHPLUS MEDIA PVT LTD

Techplus Media House
370A, Sant Nagar, East of Kailash New Delhi – 65
Ph: 41325819, 26237405, 41625763,
41690270, 41690338, 24521529
Email – info@beautyindia.com
Website – www.beautyindia.in

Editorial Office
399, Sant Nagar, East of Kailash New Delhi – 65
Ph – 41690338, 41690270, 26237405, 41625763, 24521529
Email – editor@beautyindia.in

Mumbai - Geeta Patade 9323672220
(geeta.techpus@gmail.com)
Kolkata - Pratap Janaji-9331072026
(kolkata@beautyindia.in)
Banglore -Deepali Sharma- 9590118289
(banglore@beautyindia.in)

Owned printed and published by
Anuj Singhal Printed Modest Offset, A-18, Naraina Industrial Area, Phase-I, New Delhi-28 Place of Publication – 222, Sant Nagar, East of Kailash, New Delhi –110065 Editor – Priyanka Bhattacharya



Beauty is distributed solely by Outlook Publication Pvt. Ltd. Beauty does not claim any responsibility to return adequate postage. All rights reserved. No part of this publication may be reproduced in any form without prior written permission from the Editor.
Note: While every possible care is taken prior to accepting advertising material, it is not possible to verify its contents. Beauty will not be held responsible for such contents, or for any loss or damages incurred as a result of transactions advertising in this publication. We recommend that the readers make necessary inquires and verification before remitting monies or entering into any agreements with advertisers, or otherwise acting on an advertisement in any manner whatsoever.

Colour Bhi, Care Bhi

Bold tints, rich shades and subtle highlights from Streax. Let its safe and gentle touch with Keravit keep your tresses soft and silken. Streax. Time to colour your dreams!

*Also available in Natural Black 1, Soft Black 2, Darkest Brown 3, Burgundy 3.16, Brown 4, Reddish Brown 4.6, Light Brown 5, Intense Red 5.66, Copper Brown 5.4, Fierce Red 6.66*

Hygienic Research Institute Pvt. Ltd. - ISO 9001 : 2000 Certified

For free literature write to: Hygienic Research Institute Pvt. Ltd., P.O. Box No. 12018, Azad Nagar Post Office, Andheri (W), Mumbai - 53. E-mail: info@hrindia.com
Website: www.hrindia.com

Situations/HRI-ST/23/2009

# MAIL BOX

*I have been following BEAUTY for sometime now, and must congratulate you on the way you have evolved. The December 09 issue had a very different layout, and good informative stories. Keep up the good job.*

Avni Amlani, Dermalogica

*I am a beauty practitioner with a special focus on nail art. Today in the country very few women opt for nail art, though nail colours are very popular. So you as a specialised publication should focus more on trends that will be popular, and science behind a look, or a trend. In fact your stoyr on nail art in the December 09 issue was good, and the images lovely. Do give us more such stories to read.*

Rohini Prabhu, Beautician, Chennai

*Awesome cover – great going guys – the December 09 issue was stunning. I liked the cover as well as the stories it carried. You have done a very attractive issue.*

Rekha Roy, Housewife, Guwahati.

*In the story How to…Turn Limp Hair into Lovely in the December 09 issue, you have mentioned some good points. But I have a doubt regarding sprinkling baby powder into the hair roots. I feel that it might leave a grey tinge to the hair, and will be tough to wash off. Please give us more doable solutions.*

Sehar Sinha, Student, Kolkata

*I am a regular reader of your magazine, I like almost all the articles you write, you have also progressed a lot in the last two issues. Keep it up.*

Jennifer, Student, Assam

*You are one magazine that gives us regular women some very useful beauty articles to read. I like the way your articles offer really doable tips, unlike some hi-fashion magazines. In fact BEAUTY is now my ready reckoner for many makeup and hair looks. Do give us tips from experts like dermatologists as well.*

Reva Singh, Marketing Manager, Chandigarh.

*Since you are a specialised grooming magazine you should focus on doing more in depth features about products and ingredients. Also give us real life tips on doing makeup, hair, and even skin care. I liked the story on December 09 issue Hot Hair for Cold Months. It was very informative, and the styles I found suitable for a older woman like me. Do give beauty tips keeping older women in mind.*

Sangita Prabhakar, Lawyer, Mumbai

Zydus Wellness

# Let your skin breathe.

Everyday a layer of dead cells develops which doesn't let it breathe. Simply clea moisturising is not enough. Your skin nee EverYuth Naturals Scrub helps remove t lets your skin breathe afresh!

Removes the layer of dead skin cells

Unclogs pores & removes impurities

Clea smo

EverYuth™ NATURALS

www.everyuth.com

# COLOURFUL COTERIE

A blend of floral, fruity and woody essences makes a sensual combination that will define the modern woman who flaunts her femininity that hints at the male power in her.

As the season celebrates intense colours like blue, red, purple and pink, the intensity and the hues are mimicked in the fragrances that go right now. The scents talk about a woman who is natural, yet sophisticated, ultra feminine yet with a hint of masculinity in her, and extrovert with a deep seated intuition. The bottles carrying these perfumes are no longer simple gold toned, but are adorned in intense blue, bright pink or deep red hues.

If you like the expressions of naturalness yet have an affinity towards modernity of things, then try the latest version of **BLV Eau de Parfum II by Bulgari, Rs 4,600.** It is an amalgamation of intense accords and glowing lightness, brought out by the transparent blue of the flacon. The fragrance unfolds with the vibrant head notes of violet delicately blended with subtle, airy hints of star anise and liquorice and brightened by fresh mandarin. At the heart are spicy floral scents with Iris absolute, Patchouli flower and Haitian vetiver, which then ends on the rich amber notes of ambergris, cistus flower, and velvety musk. To bring out your warm feminine side try the **Parisienne by YSL, Rs 5,700,** a rich floral with a woody base – as if a womanhood ensconced by male warmth. The pretty vivid pink of the flacon shows that sense. The top note starts with the synthetic vinyl and tarty cranberry softened by fruity blackberry. At the heart are floral notes that define absolute feminity with Damas rose, violet, and fresh peony. The base note brings tumult and intensity in its woody wake with patchouli, vetiver, musk and sandalwood.

For the extrovert, party animal in you – spontaneous, trendy yet intuitive – **QS by s.Oliver Female EDT, Rs 1,299** is the one fragrance. It signifies celebration of life and music, and its bright red bottle brings that about. The perfume opens with a fresh, sparkling blast of blackcurrant, pink pepper and mandarin, followed by a feminine bouquet of lily of the valley, rose and violet and a seductive base note of sandalwood, vanilla and tonka bean rounds out the composition. It is a scent that lingers on through the wild night of music.

*Exclusive Dealers of Luxury Products*

VIKING
USA
www.vikingrange.com

MARVEL
USA
www.lifeluxurymarvel.com

Bernar
UK
www.bernar.co.uk

TRANSTHERM
FRANCE
www.transtherm.com

EuroCave
FRANCE
www.eurocave.com

jura
SWITZERLAND
www.jura.com

Victor
UK
www.victorentra.co.uk

Coffee Machine
& Wine Cellar
Available On Rent

**ELITE SHOPS LIMITED** Elite House, Bharat Nagar, Opp. IL & FS Bldg. B.K.C., Bandra (E), Mumbai - 400 51. INDIA T : 91 - 22 - 2654 2222 / 1717 / 2727 F : 91 - 22 - 2654 1515 E : ask@eliteshops.in www.eliteshops.in

# DO'S & DON'TS

## Do

Stash a pretty gloss and a neutral eye shadow palette in your purse for instant pick-me up especially if you have to rush to a party from your office. We liked the latest loot from **FACES**, the Canadian cosmetics and skincare company. Try the **Lipgloss Maximum Lips, Rs 249** – a lightweight non-sticky gloss with vitamin E. It not only makes your pout look luscious but had added advantage of reducing fine lines around the lips, and sun protection. The **I Shine Eye Shadow Quad, Rs 499** – a lovely palette of gold, brown, charcoal grey and pearly white – gives your lid a smooth, shimmering finish. The silky textured shadow with ultramicronised powder gives a seamless finish and doesn't settle on the crease.

## Don't

Filch your man's favourite deodorant in your quest for all-day freshness. Instead wear a female variant that has longer staying power and a hint of masculine musky notes. Pick up **Spinz Black Magic, Rs 150** – a musky floral blend fragrance. Research shows that more than 30 percent women love to wear their man's perfume because of the stronger scent and longer staying power. People at Spinz confirm that this new deodorant in a stylish black bottle will keep you smelling good and fresh throughout the day.

## Do

Keep a set of makeup brushes to make sure a pro result every time you do up your face. **MAC** makes it easier with its **Graphic Garden Brush Bag with five brushes, Rs 3,500.** The pretty pouch in black and white patent twill finish with poppy pattern has zip-up brush holder that has five brushes for contouring, shading, blending, and defining. They are so perfectly matched that you can shape and perfect your look in a sweep.

## Don't

Suffocate your nails with nail varnish that add colour but a leave film of residue harms the top layer of the cuticle. Bright nail paints often leave your tips yellowed and weakened. Now rescue is at hand, even as you dress up your fingertips. **Inglot O2M Breathable Nail Enamel, Rs 229,** has a new polymer that functions as an oxygenation for the nail. This also means that there is no film left behind on the nails, which ensures healthier tips. The new polymer in the polish based on k502 technology was first used in contact lenses.

## Do

Give your feet some extra dose of tender loving care at home in between professional pedicures to keep them in top condition. It also lets you extend your visit to your pedicurist, and save some moolah. Invest in pedicure products like those from **Pedicure By OPI** to keep your feet soft. Try the **Pedicure Green Tea Soak, Rs 2,526** with botanical extracts that start softening the hard skin; use the **Pedicure Green Tea Scrub, Rs 1,458** with AHA, and green tea to slough off calluses and rough skin. Then massage in the **Pedicure White Tea Massage, Rs 2,916** with white tea, and Shea butter for extra hydration. Finally tone up your legs and feet with the **Pedicure White Tea Mask, Rs 3,402**.

## Do

Give your body a sense of luxury with a body scrub, and matching shower gel in an exotic scent. The added benefit is smooth skin that smells heavenly. Try **Mary Kay EDT Body Scrub in Simply Cotton, Rs 395** – a sugar based exfoliator that sloughs off dead skin cells, and improves body tone. Then wash off the grime with **Mary Kay EDT Shower Gel in Simply Cotton, Rs 395** – a rich lathering wash that leaves you feeling fresh, and utterly sensual.

## Don't

Let the fear of ultra dry scalp, and hair keep you from cleansing them every day; especially if you tend to sweat at the gym, or lead a very active life. Shampooing everyday or every alternate day becomes necessary to wash off the sweat, and grime since accumulation of both on your scalp can lead to infections. But you will need a shampoo gentle enough so that it does not strip your scalp of its natural sebum. **Try Himalaya Gentle Daily Care Shampoo, Rs 180**. It's a soothing shampoo rich in hair strengthening protein from natural sources like Chickpea, Amla, Black Myrobalan, Eclipta, Liquorice, Henna and Beach Almond. Even the foaming agent is a natural ingredient.

## Don't

Go off to bed at night before giving your skin some sustenance so that it can repair itself while you sleep. Research shows that skin repairs itself the fastest when your muscles are relaxed at night. It becomes even more important once you cross your 30's. So any little help in the form extra dose of skin repairing ingredients from intensive night creams is a good thing. Start your night care regime by washing your face with **L'Oreal Paris Derma Genesis Wash, Rs 399** - enriched with Pro Exfoliatine and Vitamin E to cleanse, and smoothen your facial skin, and refine its texture. Then slather on **Derma Genesis Intensive Night Cream, Rs 999** with Pro-Xylane, Hyaluronic Acid, and Algea extract to boost skin renewal, and tauten skin. The results - in the morning your skin will look perfectly rested.

## Don't

Let your lovely locks get fried every time you blow dry them or tong them for curling or iron them for straightening. You need to protect the strands even as you heat style them. The best option is to apply a heat protection serum that can be left in without worrying about product build up. **Kérastase**, the French hair care brand has introduced three variants to meet every hair type's need. If you have dry, breakage prone hair then apply the **Kérastase Nutritive Nectar Thermique, Rs 1,195** – with royal jelly, gluco sleek and heat protectant active Xylose. They leave your strands strong, and shiny. For those with sensitive, coloured hair **Kérastase Reflection Chroma Thermique, Rs 1,300,** with thermo radiance reconstructing milk, MEA 18, and UV filters it protects and repairs your hair, and fights free radicals that can dull natural shine. If you have thin, weak hair, but love styling, then apply the **Kérastase Resistance Ciment, Rs 1,250**, its heat activated reconstructive milk,

vita-topseal, and vita-ciment protects the strands and replicates the natural layer of the hair fibre making it stronger. To apply these leave-in hair protectors wash and towel dry your hair, then take walnut size of the serum and start at the top going till the end. Massage gently into hair, and use a wide toothed comb. Then style as usual.

## Do

Arm yourself with a good anti aging cream all the time to fight fine lines and age spots. Stash away a neat carry pack with you to keep skin hydrated and protected. Try the new easy to carry **Pond's Age Miracle Pump Pack, Rs 599.** The sleek and slender looking mobile pump contains light textured and easy–to-absorb age miracle cream that looks pretty in your beauty bag. You can keep fine lines at bay any time of the day. Since it is light in texture, it can even be used under makeup. The cream has been formulated using CLA technology and is clinically proven to visibly reduce age spots, fine lines and wrinkles.

## Don't

Ignore the beauty needs of your body, and do treat it regularly with the goodness of natural extracts, and feel skin soften, especially during these dehydrating cooler months. For a touch of exotica during your bath ritual try the **Freshline Phaedra Soap Ball, Rs 570,** a handcrafted soap ball, made with milk, flour, essential oils, glitter and pearls. Not only does the skin feel and smell fabulous, but it leaves it subtly shimmering too. Then hydrate your skin with the **Freshline Phaedra Body Milk, Rs 1,500**, an intensive, creamy moisturising body lotion with essential oils of violet, mimosa, iris, and neroli.

## Do

Pay special attention to your undereye area to fight fine lines from setting in. Besides a good night eye cream, you need to apply a tightening gel during the day time to fight eye fatigue and puffiness. Check out **Lotus Herbals NutraEye Rejuvenating & Correcting Eye Gel, Rs 325**. It has hydrolyzed wheat proteins, soy bio peptides and rice bran extracts that help in eliminating dark circles, under eye lines and crow's feet in no time. It also contains vitamin A and E which hydrates and rejuvenates tired skin around the eyes, making it look younger and feel smoother.

# AT HOME **PACKS** MADE EASY

Skin care experts at Nivea have come up with some innovative way to keep your skin shining smooth throughout these dry months when even most oily of skins can suffer from dehydration and dull patchy skin tone. But you don't need to rush to beauty counter every time you need a complexion fix. The experts at Nivea have created three skin rejuvenating packs that will not only restore your skin's oil and water balance but will also give it the much needed goodness of natural AHA, and vitamins.

All you need to start your skin restoration process are some fruits and cereals from your kitchen and a pack of Nivea Soft cream. Take a 10 min break twice /thrice each week and do your skin a big favour. These will work best on dry, dehydrated to normal skin types.

### Cleansing Pack

Ingredient:

- Nivea Soft -2tsp
- Tomato Pulp – 2 tsp

Application:

- Mix and apply on face and neck for 10 min.
- Wipe away and then wash off, preferably with lukewarm water
- Pat dry.

Benefit:

- The Jojoba oil and Vitamin E in the cream refreshes and smoothens and adds extra nourishment.
- The lycopene in tomato is a natural antioxidant that fights free radicals and exfoliates the top layer to help in skin renewal.

### Exfoliating Pack

Ingredient:

- Nivea Soft -2tsp
- Oatmeal 1 tsp soaked in water for 30 min and then made into a paste
- Carrot – ½ boiled and mashed

Application:

- Mix and apply on face and neck for 10 min. You can also apply on arms and legs.
- Rub it gently on your face and arm in circular motion.
- Wash off with lukewarm water.
- Great for sensitive skin.

Benefit:

- Oats gently exfoliates and soothes dehydrated skin
- Vitamin A in the carrot is an antioxidant that prevents cell degeneration, and promotes cell renewal.

### Glow Pack

Ingredients:

- Nivea Soft -2tsp
- Almonds 5-6
- Black gram - ¼ cup soaked 3 hours and ground into a paste.

Application:

- Mix and apply on face and neck for 10 min.
- Gently scrub in circular motion.
- Wipe then rinse with lukewarm water

Benefit:

- Almonds are rich in vitamin E which has anti aging properties.
- The black gram husk exfoliates the skin, and tightens pores, and adds hydration.

Note: `

- For best results use twice/thrice a week
- Recipes are for 3 applications
- Refrigerate to store/preserve (as all ingredients are natural )
- Follow with toner and light moisturiser.

Beauty Solution

*Five women find the answer to their long standing beauty woes as Dr Rekha Sheth, Cosmetic Dermatologist gives solution to each problem.*

by **Gayatri T Rao**

### Pushpa Chauhan, PR Consultant,

I have a very oily skin, so I always gets pimples on my face, which come just before my periods and white head problems on my nose. As I am suffering from asthma, their medicines are also making me bulky. I apply haldi-besan mixture every weekend.

### Solution

Oily skin, black heads and white heads are all indication of mild hormonal ups and downs. This hormonal imbalance increases with stress, tension, unhealthy life style, lack of exercise, irregular eating and drinking habits, family history of hormonal problems or rarely some genetic disorder. Thus due to imbalance in hormones, the male to female ratio of hormones gets disturbed , due to which they stimulate oil glands to secrete more sebum and thus the blockage of the oil glands and the infection sets in, leading to acne (pimples, zits, etc.).

At home, you can improve on your diet by eating at least 2 bowls of vegetables, 2-3 fruits, 2-3 glasses of milk or milk products in a day, avoiding fatty foods. Exercise for 30 to 40 minutes is essential for at least 4-5 times in a week. If you don't have time to exercise do small bits like climbing the stairs, walk while you talk, etc. For cleansing your face do not use products meant for oily skin or even soaps they dry the skin and in turn there is rebound oiliness. My advice is to use products for normal skin. You can use face washes from Ponds, Nivea, Garnier or L'Oreal for normal skin. As a precautionary measure do not scrub your skin too much, as this might dry your skin. If need be, a scrub can be used once in 10 -15 days. Use sunscreens every day, as many pimples tend to leave post pimple marks, which can be prevented by using sunscreens daily. Use sunscreens with SPF 30 or more like Neutrogena dry touch, Coppertone, Banana Boat, L'Oreal, Vichy Sebamed, etc. Use them even if you are indoors. It has to be used at least 2 -3 times a day. Get clean ups done once or twice in a month. U can even apply face packs or masks available in the market like – Neutrogena, Everyuth or Dr Rekha Sheth's Radiant mask twice a week. If all these don't work you might need dermatological advice.

As acne is related to the hormonal imbalance, an unhealthy life style and all the above mentioned solutions will keep a check on it. If they keep on recurring, then you might have to consult a dermatologist, as you might be suffering from a condition called polycystic ovarian syndrome.

The dermatological treatments that can be taken include creams containing antibiotics like clindamycin or nadifloxacin available as clindac A or nadoxin for the infected acne. Creams containing benzoyl peroxide available as benzac or persol 2.5 % can be applied for all types of acne. Sometimes creams containing adapelene like apalene or adaferin is also applied. You can also use Dr Rekha Sheth's acne gel or acne lotion on top of your pimples to dry them out. If you don't get any response with these, then you might need to start antibiotics like doxycycline or erythromycin. All these have to be done under the supervision of a dermatologist.

### Heera Jaythirth, Teacher, 46

I have been getting these little discolouration patches for the last few months. These are white and cream colour dots that appeared between my wrist and elbow. I went to a dermatologist. He has prescribed multi-vitamin with Vit. E cream - the moisturizing lotion – Venusia and Tenovate ointment.

### Solution

The plausible cause here seems to be sun induced sensitivity. If the patches are not red or irritating, it could be a mild fungal infection. At home, you may want to use mild shower gels and cold creams. The recommended dermatological treatments include sunscreens to be used on all exposed areas. Emollient creams can be used at bed time. Topical steroids can be used initially under the supervision of a dermatologist. As a long term solution if it is a sun allergy, sunscreen usage is a must.

## Rinku Gala, PR, Perfect Relations, 23

I have had dandruff problems since school. It would be about 7-8 years now. My skin is dry and dryness increases in winters. I do not believe in cosmetic shampoos so I use medicated shampoo Ketoconazole 2% scalp solution Arcelane once a week. It has helped control it but nothing seems to eradicate it. Prior to this I have used Nizoral. For dry skin I use a moisturizing lotion or coco butter at night.

### Solution

Dry skin and consistent dandruff suggests that you have a sensitive and dry skin in general. So any harsh products can aggravate your problems. You should stop continuous use of medicated anti dandruff shampoos as they tend to dry the scalp skin and hair.

For regular use always take a bath with a shampoo meant for dry hair and similar conditioner. Stop oiling your hair if you are using any. For the body use a rich moisturizer immediately after bathing to lock in the moisture. The reason I recommend these treatments is that dry skin tends to be thinner and more susceptible to rashes especially from harsh cleansers. So avoid soaps and instead use body washes. One more precaution is to avoid loofahs.

If all these measures are not helping, you need to see a dermatologist to rule out any underlying medical condition like hormonal problems. You may be put on appropriate vitamins.

At the same time, use mild face washes, Sunscreen with SPF (sun protection factor) more than 30 daily on face, lips, neck and arms immediately after bath, Moisturize skin immediately after bath and at night. Use shampoos meant for dry hair and the similar conditioner.

## Vidhyalakshmi Rao, House wife and writer, 67

I have dark skin. I get redness and burning sensation on my cheeks, forehead and chin. I also have dark spots on my cheeks. And I do not know what to do about it.

### Solution

The plausible causes could be excessive sun exposure and sensitive skin (could be a reason) – The dark spots could be due to pigmentations. At home, you can splash cold water every time the skin feels irritable. You should start using a sunscreen even if indoors with an SPF of 30 or more and reapply especially if going out. You need to use face wash meant for sensitive skin. She should use night creams with antioxidants. Sunscreens and the topical products will prevent the further damage of the skin. The best long term solution would be proper skin care routine with the right products in consultation with the dermatologist.

## Dr. Devyani Parikh, Retired Medical Director, Railway Hospital and Painter, 67

My hair goes limp or lifeless, if I do not wash for 2 days. This has been going on for 8-9 years. My hair goes flat on the top. I used to wash my hair daily to add volume. But it did not much help me. Now, I go to the parlour. I get head massages done and get my hair blow dried. When they finally apply the hair serum the hair gets some shine.

### Solution

These problems could be related to hormonal changes (generally menopause). At home, warm olive oil can be applied half an hour before you shampoo. Use very mild shampoo and conditioner that is meant for dry hair available in the market by reputed companies like Schwartzkopf, L'Oreal, Dove, etc. Internally, you should start with multivitamins with antioxidants and essential vitamins. Also start using hair serums or leave on hair conditioners. All these could be good long term solutions.

# DEEPIKA
## Padukone

Deepika Padukone, one of the hottest stars around, muses on what it means to be blessed with such perfect features.

When you talk about being beautiful, it means more than physical beauty to me. I think beauty is really the kind of person you are from within. Also I feel that it is the mental attitude of the person and how she deals with situations in life, which defines her personality.

When people compliment me for being beautiful, my first reaction is always a humbling sensation – it seems unreal to be thought good looking. Then I don't know how they mean that I am beautiful. Is it as a person or do they mean my physical beauty? I do realize that it could be either one or both.

## Keep the skin healthy

I cannot take physical beauty for granted; you need to work at it to maintain it. That's where all these nice beauty potions come handy. Yes, I do indulge myself with beauty products, too. But at the same time I prefer investing in products like Neutrogena since they are a combination of beauty and science. They are dermatologically recommended. I used to buy them earlier. Now it is complimentary because I am their brand ambassador – which is a good thing. However, I am careful about my skin. I prefer to fidget as little as possible with my skin. Besides using good skin care products, I follow a healthy diet, regular workout and drink lots of water.

Being in this profession we have to follow a strict beauty regime despite stylists waiting on us. Apart from what I said before, having adequate amount of sleep is important for me to keep skin in good shape. I also make it mandatory to take off makeup before going to sleep. I use less makeup and reliable products.

## Going with what's there

People around me say that my very expressive eyes are my best feature. In my profession, expressive eyes are a big advantage. And I think my worst features are my big feet. To enhance my best features, I do not believe in plastic surgery or botox. I do not believe in messing with what God has given me. At the same time we see ourselves so often in this profession. We get to know our disadvantages. But then I don't think I have to camouflage any of my features that may look bad. Make-up can enhance your features. Simultaneously, lesser done the better. If you see my films, you will see me wearing the least make-up unless required. I have the clean look in films I have done recently.

I don't give beauty much importance. Early in the morning, I don't look at the mirror to find out if I look beautiful. Though I am in such a profession, it's not me. I don't keep checking how beautiful I am. For me, how I perform in a shot or a scene is more important. So the point never arises of my looking bad on certain days. I don't take much care about it, anyways. At the same time, we have to go for events often, however we look. For us it is an everyday thing. Some days definitely are bad days. It is people who notice the fact and not us. Externally things do not change that much. You just have to wear something comfortable, since it reflects on how you carry yourself.

## Being oneself

People think we are under constant pressure for looking gorgeous all the time and it is a trend. Let me clarify. We are not under constant pressure to look good. Not at all, because I think, though due to my profession I have to be presentable, when I go out as an ordinary person unlike for shoots, I dress up in a casual and comfortable manner. But personally, I don't believe in following trends. Everyone has their individual style. Everyone is different. My advice to people is 'don't follow trends'. Only follow it if it suits your personality. Though we are celebrities, we are not vulnerable to following beauty fads. We end up trend-setters rather than trend followers.

As told to
**GAYATRI T RAO**

# VOLUPTUOUS LIPS!

*Bright, full lips are a feminine asset. Lipsticks with soft, creamy texture are the best way to get the perfect pout. We found the five newest versions of lipsticks which will give you the softest, creamiest, plump pout ever*

By **Priyanka Bhattacharya**

## YSL Gloss Volupté
**Rs 1,570**

A gloss formula with hyaluronic acid microspheres that melt into the lips, and trap moisture giving your lips a smooth plump appearance. A special resin, and colorshine complex in the lip gloss enhances the colour. Pomegranate and mango extracts give it a fruity flavour. Also has SPF 9 for UV protection.

## Lancome L'Absolu Rouge Lipstick,
**Rs 1,450**

Perfect if you are looking for rich vibrant colour that leaves your lips with a satiny sheen. It has the patented Pro-Xylane, which improves skin texture and replenishes moisture making your lips appear fuller. It also diminishes fine lines around the lips, giving your pout more definition. SPF 12 protects from UV rays

## Deborah Volume & Colour Lip Plumper,
**Rs 575**

An answer to very thin lips. This volumising liquid lipstick has Hyaluronic filling spheres that fill up lip contours to make it plumper. Your lips can appear 25 percent fuller, and the effect lasts for about four hours. The smooth colour glides on smoothly to give a glossy look.

## Chambor Flowing Lipstick Stay-on Colour,
**Rs 445**

This is a lipper that goes on like a gloss but stays on like a long-staying lipstick. Though has a liquid texture, but the colour is transfer proof. The jojoba oil, Shea butter, and vitamins condition and moisturise the lips, fighting excessive dryness and fine lines. Avoid bleeding as well, and provides UV protection.

## Chanel Rouge Allure Lipstick,
**Rs 1,500**

A must have just for the casing itself – sleek black dressed in gold; utterly seductive. The satiny texture of the lipstick gives your lips a luminous effect. It is lightweight and ultra-fine so that you hardly feel like anything's on your lips. But colour impact is soft, but long lasting.

Innovation is about putting two ingredients – technically used for other purposes – together and making a solution for a totally new thing. Innovation what the new skin, hair, makeup products that will hit the counters now have. So we find that an ingredient traditionally being used for improving skin has actually gone up to the lashes to fatten them up. Or a medical grade cellular extract used for treating genetic disorders has been put into creams to stop cell degeneration. Then fruit extracts have entered into foundation to improve skin tone, fight free radicals while giving you seamless complexion. Here are the products that have made the innovation list for 2010.

*The New Year's inventive products that will make quest for looking good so much more easy. By Priyanka Bhattacharya*

# The Big Beauty Breakthroughs

*L'Oreal Paris Extra Volume Collagene Mascara,* **Rs 525**

**The Breakthrough:** The mascara available in rich black provides 12 times more volume to sparse lashes without clumping. It is a water proof version, which glides on smooth. It has a rounded brush patented by the company which is ultra flexible to allow easy coating of each lash. The long, thick, well-spaced bristles soak up just the right amount so more goes on in single application, without clump.

**The Innovation:** The new mascara contains Hydro-Collagen which expands the lashes. Hydro collagen is used in creams to attract and hold moisture to the skin to plump up its appearance. In this mascara the collagen has a combination of structuring waxes to give definition to each lash.

---

*Estee Lauder Nutritious Vita-Mineral Makeup,*
**Rs 1,950**

**The Breakthrough:** more skincare than makeup - mineral foundation that has antioxidants and vitamins to care for your skin. This range of powder and liquid foundation fights free radicals and adds brightness to skin, even as it hides flaws. It also erases signs of fatigue from the skin. Formulated with nutrient dense pomegranate, it acts as an antioxidant for the skin that neutralises free radicals. Iron, potassium, vitamins C and E add a glow to the skin.

**The Innovation:** It is gentle for even sensitive skin because of its unique adhering technique – the positively charged minerals complement the negative ionic charges of our skin. It also has UV ray blocker titanium dioxide and silica to absorb extra oil. The makeup gives a soft focus finish because of the light as air microsphere powders.

---

*YSL Touche Eclat,*
**Rs 2,100**

**The Breakthrough:** 8 hours of sleep in a pen. Not a new product really, but a beauty must have whose result can never be copied. It is an instant complexion enhancer that banishes shadows, erases signs of fatigue and leaves your skin looking radiant. A moisturising ultra-light fluid that feels weightless on skin. The brush application makes it easy to apply like a professional. The pigments in the highlighter actually reflect light to hide all the shadows.

**The Innovation:** It has volatile silicones and light oils that ensure smooth application, and lightweight texture. The pigments have a prismatic effect as in a crystal to reflect light, illuminating the dark areas of the face.

## *Neutrogena Fine Fairness Range*

**The Breakthrough:** For the first time a regime for skin brightening that talks of dealing with 8 dimensions of skin darkening – protect, shield, restore, prevent, block, renew, calm and lighten. It works on the inner layer of skin. Besides the UV protection, and melanin blocker, which all creams have, this range also has actives that promote cell renewal, and calm skin irritation from within for a softer appearance.

**The Innovation:** Instead of the usual skin bleaching system, it is based on the HealthyWhite Complex, which is made up of key natural ingredients and actives. Soy soothes skin, and blocks UV rays; stabilized vitamin C prevents melanin formation, and restores natural glow; vitamin B3 helps in skin renewal; Melazyme an active enzyme that removes melanin build up and brightens skin; helioplex offers UV defence; and portuluca, a floral extract soothes sun irritation on the upper layers of the skin.

## *The Body Shop Nutriganics Range*

**The Breakthrough:** Going green in skin care is going to be important this year. Especially as your skin gets older putting back some true-to-earth ingredients into it ensures better skin health. "What makes this skincare unique is that it has been certified by ECO CERT, a world – respected organization that certifies organic products. Nutriganics has 15 different organic ingredients and is clinically proven to be effective in delivering smooth and revitalized-looking skin," says Smita Sahoo, Product Trainer – The Body Shop India. This range is aimed at women above 30, and want anti-aging skin care without the fear of putting back chemicals into the skin. The packaging used is completely recyclable and uses material created from Forest Stewardship Council forests to ensure the protection of wildlife habitats and local communities

**Innovation:** 95 percent of the ingredients are of natural origin, and have organic source. This range uses organic olive oil, organic sugar, organic babassu nut oil, and organic aloe vera . According to research done the cleanser and toner in this range is non-drying, and the serum and the creams work to tone up the skin within 4 weeks.

## *Ainhoa Specific Extreme range*

**Breakthrough:** An anti aging skincare regime that acts upon the synthesis of essential proteins of the skin. It helps the skin to recover firmness but instigating cell regeneration, and cell renewal activities. It helps your skin in adapting to physiological changes more easily without showing apparent signs. The key ingredients actually mimic skin's natural structure - from just one stem cell hundreds of new skin cells can be obtained - and thus revitalise your skin.

**Innovation:** Instead of human stem cells, this range has been evolved using stem cell complex originating from algae, proteins and marine DNA, which possesses regenerative capacity. This complex instigates vital cell functions, permitting these to work to their optimum performance and resulting in the skin looking re-energized and full of vitality.

# BanishWRINKLES

There's a new potion in town that mimics skin's natural mechanism to fight skin's aging process and leaving it supple.

Try **BOXTLAK-BL Cream**

Want to reverse ageing, beat the wrinkles and sport a youthful complexion? Do you want a solution that gives you results without resorting to needles? Rejoice, as a perfect solution is at hand. Check out Boxtlak-BL Cream - a special anti-ageing liquid crystal cream with peptide that mimics skins own defence mechanism.

Perfect for facial lines, wrinkles, age related neck degeneration, crow's feet and laughing lines, BOXTLAK-BL Cream is a effective cosmetic cream that helps lines and wrinkles appear less noticeable, smoothing out furrows and expression lines and optimizes skin's elasticity and hydration.The bonus of course is that it is painless, cost effective, non invasive, effective and has no side effects.

It has specially formulated ingredients – BoNT-L peptide, a concentrated formula with Palmitoyl Hexapeptide, a potent peptide known for it's anti-ageing effects. It prevents the fusion of the acetylcholine filled vesicle with the plasmatic membrane; Olive Leaf Extract, has antioxidant properties which help protect the body from the continuous onslaught of free redicals; Centella asiatica (Gotu Kola), an Indian Herb which improves the synthesis of collagen; Allantoin is healing, soothing, anti-irritating and has Keratolytic action that benefits the skin texture; and Alpha Lipoic Acid, a powerful anti-oxidant that protects against free radicals, which are the primary causes of premature ageing. So go get this cream to smooth your skin worries away.

For more details contact
**SHALAKS PHARMACEUTICALS PVT. LTD.**
Regd. Offi.: C-3, Puja House, Milan Complex, New Delhi-110015.
Phone : 011-43170000 (30 Lines)
Email: shalaks@airtelmail.in / shalaks@del2.vsnl.net.in

Shalaks Introduces

For close to
Botulinum Toxin-A Like Effect

# BOXTLAK-BL
cream

A unique *ANTI-WRINKLE CREAM,* one of its kind containing peptide with other skin caring ingredients, that regenerate the skin & make it look young.

*Special Anti Ageing Liquid Crystal Structure Cream with Peptide*
- *That Mimics Skin's Own Defense Mechanism*
- *Helps Skin Appear Firmer*
- *Helps Reduce Wrinkles & Age Related Degeneration*

Economical
Effective
No side effects
Convenient
No injections / Non invasive

# Shalaks

SHALAKS

Regd. Off. : C-3, Puja House, Milan Complex, New Delhi - 15
Ph. : 43170000(30 lines), 25920021/22/23/24, Fax : 25920025
E-mail : shalaks@del2.vsnl.net.in / shalaks@airtelmail.in

Shalaks Products are Available at Leading Pharmacies

## *Dermalogica Age Smart MAP 15 Regenerator,* **Rs 5,950**

**The Breakthrough:** Though not new in the market, it is one product that has one of highest percentages of vitamin C in its most stable form. "We put Magnesium Ascorbyl Phosphate (MAP), one of the most stable forms in high concentration. This product has 10 percent of it. Since it is highly stabilised, this product stays in your skin for three days after application so working from inside to improve skin clarity constantly," says Avni Amlani, Director-Education, Dermalogica India. It gets into the cell membrane and inhibits melanin production, which means that prolonged use will also slow down signs of aging.

**Innovation:** It is has an interesting texture – a powder to emulsion treatment that turns smooth upon application to skin. Besides 10 percent of MAP, it also has blend of white tea, Hyaluronic acid, Glucosamine, phospholipids, algae and yeast extracts to help stimulate collagen production, brighten skin tone, and neutralize free radicals.

---

## *L'Oreal Professionnel HairMix Range*

**The Breakthrough:** The first ever hair styling range made specifically for Indian hair. It has a range of taming products to manage Indian hair type which is mostly thick, dry, frizzy and often rebellious. Since high shine hair is now a coveted thing, the products work to add shine and hydration to our hair types.

**The Innovation:** The texture is rich without weighing down the strands. It has special nutri-oil, ceramides and natural actives that add moisture to the strands and shine. The product for taming curls uses coconut oil, and wheat protein to give structure to the curls – ours tend to be very spirally – and improve texture without being sticky or heavy.

---

## *Clarins Skin Spa, Delhi, Mumbai, Bangalore, Hyderabad*

**The Breakthrough:** It was created some 50 years ago, but seems to have more relevance than ever in today's stressed out lifestyle, and a need to fight environmental damage to our skin and body. Pure botanical extracts, essential oils, Clarins Touch massage create a wonderful spa experience with real skin results. Both the facial and body treatments use very high concentration of plant extracts that are massaged into the skin using lymphatic drainage system, and stimulating the five senses.

**Innovation:** Unlike in other spa therapies, the carrier oil for all the massages used is hazelnut oil. Another 'pro' speciality at the spa is the fruit powder made of pineapple and lemon to revive skin. All these natural skin healers are pushed into the skin using the special massage technique that uses five hand movements. Since pollution and charged particles in the environment are major skin killers, all the products both for at home care and for spa use have started coming with the special anti-pollution complex – E3P, which also fights the electromagnetic waves.

## *MyWaxer at YLG Spa & Salon, Bangalore*

**The Breakthrough:** Imagine removing your body hair without ooh, aah, ouch! That's what MyWaxer service offers you. A painless, hygienic hair removal service using a wax that is made from special oils, and aroma essences; and not with sugar and lemon. The wax comes in cartridges which are rolled over your skin to pull out hair from the roots. The cartridges cannot be reused, so no fear of infection. It also prevent ingrowns

**Innovation:** The service helps you in reducing hair. Since a pre wax spray and growth retard solution are used on your arms and legs the regrowth is always lighter, and hair becomes smoother. It also helps in prolonging the in-between-wax time. The Growth Retard solution can also be used at home to prevent ingrown. Results show that after about three months of stead use, the solution actually slows down hair growth, and even making the density sparse.

## *Hair Tissue Mineral Analysis at RichFeel Trichology Centre*

Hair is your body's barometer, indicating good health or lack of it. Very often, hair problems are the first signs that something is wrong with you internally. Hair problems could be early indications of various disorders of the body like tooth problems, ovarian cyst, anemia, thyroid problems, hormonal imbalance, dietary and mineral deficiency, to name a few. Lack of certain minerals can play havoc with the health of our hair. Among other functions, minerals help to build tissues such as bones and molecules like haemoglobin. They also help in the make-up of hormones, the neutralization of toxins and gene regulation. Moreover, minerals make up 4 % of our body weight and most of the people having hair loss problems suffer from mineral deficiency.

Dr. David Watts, Director of Research, Trace Elements, "Minerals are the spark plugs of light. Without them there would be no existence. The biopsy material, i.e. the heavy metals and the growth nutritional minerals are all stored in the hair. So it becomes easy to detect many deficiencies and diseases before their onset. These tests tell us facts you normally don't find. A blood test could be normal, but the HTMA may indicate a thyroid disorder, accumulation of heavy metals or mineral deficiency."

**The Breakthrough:** Hair Tissue Mineral Analysis (HTMA) started 100 years ago as routine testing for trace elements in the hair. For over 50 years experts have checked for heavy metals in hair and this has been a part of forensic examination for quite some time. Today, HTMA is a sophisticated screening test used in preventive medicine for assessing mineral imbalances and toxicities in the human body. Providing a blueprint of one's biochemistry, a HTMA can indicate the nutritional content of the body's tissue, toxic heavy metals, the ratio of nutrients to heavy metal toxins and the metabolism type. HTMA is considered a standard screening test used globally for the biological monitoring of trace elements and toxic metals in humans and animal species. HTMA is one of the very few ways to obtain a permanent reproducible graphic record of deep changes in body chemistry.

Dr. Apoorva Shah, Trichologist-cum-Founder of Richfeel affirmed, "It is a great diagnostic tool for pinpointing disorders in the hair and the body. It can be used by the trichologists, the medical fraternity, the holistic practitioners and the nutritionists to find out what is wrong with your system."

RichFeel, as the collection centre in India, takes one gram of your scalp hair for analysis and sends it to Trace Elements (TE) in USA for testing. TE performs these tests in a federally approved licensed laboratory.

**The Innovation:** Hair is the most easily obtainable sample available for the biopsy tests and easily transportable. There is so much information available from hair. Over the years, there are so many things being deposited in the hair shafts. It has the highest rate of metabolic activity. The changes can be seen faster in hair.

Dr. Sonal Shah, Trichologist and Co-Founder of Richfeel explains, "Hair also requires protein, minerals and iron for its support. As trichologists we found that after 2-3 months of treatment some patients developed thyroid or diabetes. That's how we started more research. And we found that hair is the tissue where all the toxic metals and the beneficial minerals were stored. If you find out the imbalance and you correct them in time, you could prevent a lot of disorders."

For an accurate test result, the hair sample has to be collected properly and it should be clean and free from external contaminants. The ideal hair sample should be collected before treatments like bleaching or dying or application of hair sprays, hair creams, gels and oils. Additionally, the hair should be washed within 24 hours of sampling and must dry for at least 4 hours after shampooing.

## Causes of Mineral Imbalance

**Diet:** Improper diet through high intake of refined and processed foods, alcohol and fad diets can all lead to a chemical imbalance. Even the soil condition in which the food was grown or the method in which it was prepared can affect a 'healthy diet'.

**Stress:** Physical or emotional stress can cause mineral depletion and also reduce the capacity to absorb and utilize many nutrients.

**Medications:** Both prescription and over-the-counter medications can deplete the body stores of nutrient minerals and/or increase the levels of toxic metals. These medications include diuretics, antacids, aspirin and oral contraceptives.

**Pollution:** Exposure to a variety of toxic metal sources such as cigarette smoke (cadmium), hair dyes (lead), hydrogenated oils (nickel), anti-perspirants (aluminum), dental amalgams (mercury and cadmium), copper and aluminum cookware and lead-based cosmetics can lead to mineral imbalance. Dr. Sonal explained, "For example, the lead applied as dyes can enter the body and gradually affect your health also. These are just a few polluting sources which can contribute to nutrient imbalances and adverse metabolic effects."

**Nutritional Supplements:** Taking incorrect supplements or improper amounts of supplements can produce many vitamin and mineral excesses and/or deficiencies, contributing to an overall biochemical imbalance.

**Inherited Patterns:** A predisposition toward certain mineral imbalances, deficiencies and excesses can be inherited from parents.

## Treating with HTMA

Patients suffering from any long term illness without explanation need HTMA for timely detection of the underlying cause of their condition. HTMA is complimentary to the other tests. The blood tests will reveal certain facts. HTMA will reveal certain facts. What HTMA can do, a blood test cannot. HTMA is not here to compete with the other tests. It is here to help them achieve accurate diagnosis. Dr. Watts informs, "All diseases cannot be diagnosed by this system. It is not an absolute system. But, the patterns show up in the hair 3-4 years before a person becomes, for example, a diabetic. This way a timely diagnosis can reduce the chances of occurrence of diabetes." HTMA should become a part of the medical check up. It is more on the preventive side. Instead of just popping medicines, you can make changes in your diet and avoid getting the diseases based on the reports.

. Gayatri T Rao

# SMOKEY GOES NEUTRAL

Take a break from sultry dark eyes with a new interpretation by shading the lids in chocolate brown.

Smokey eyes are de rigueur during the party season, but too much of a good thing can simply become too much. So give your usual eye look a break and blend a copper and taupe shadow over your upper lid and lower lash line for a toned down, subtle chic.

# BANISH BUMPS

Waxing gives you smooth skin, till the time hair starts to grow back. That's when real worry starts with red bumps, and ingrown hair. We got some expert advice on how to deal with this little hazard.

By **Nabanita Das.**

The monthly session of yanking your body hair from its roots does have its benefits – smooth, clean skin. Waxing also has the added benefit of removing the dead skin cells leaving skin glowing. But the problem starts when the hair starts to grow back after about two weeks. Many feel a tautening of the skin, many feel itchy, and many develop bumps that can look quite unsightly. We spoke to Dr Vidula Patel, Dermatologist at Mumbai's Dr. L. H. Hiranandani Hospital to give us some tips about how to remove the unwanted body hair, and to handle the red bumps when they appear.

## Wax Hot or Cold

Waxing is the most popular method of hair removal amongst Indian women. There are several options available in the market to get rid of the unwanted hair, however, I personally go for waxing most of the times since it not only removes the hair right from the roots, it also removes the dead skin leaving behind a healthy radiant skin. There are mainly two kinds of waxes, hot and cold. The cold wax does not need to be heated and can be applied directly on to the skin and then removed with the help of a piece of cotton cloth or disposable paper. Hot wax is generally used by parlours and salons to get rid of unwanted hair. Cold wax is commercially available for home use. The temperature of the wax determines the efficacy of waxing. Warmer the wax, more effective the procedure. But the temperature of the wax should always be checked before use; else it might lead to skin burns and subsequent pigmentation of the skin.

## The method

When getting waxing done wash the area that needs to be waxed so that all the dirt and oil is washed away from the surface of the skin. Ask your therapist to ensure that the wax isn't very hot since it can lead to serious injuries. Always request for a disposable wax strip to avoid chances of infection, and ensure that she applies a thin layer of wax in the same direction as the hair growth. She should stretch the the skin before pulling to ensure best possible result and no breakage. Apply a toner on the skin after it has been waxed to close the pores.

## Bumps appear

The goal of waxing is to remove the entire hair from the follicle, but often it breaks either above or below the skin's surface. So instead of new hair forming and growing back having a beveled edge, it's now blunt and sharp. The process of waxing involves pulling out of the hair against the direction of the hair growth. This produces irritation of the hair opening leading to appearance of red, itchy or sometimes painful bumps. Sometimes, due to unhygienic conditions or broken skin, bacteria may enter the hair roots. This leads to bacterial infection of the hair roots or "folliculitis". This eruption is pus filled and more painful than the eruption caused by irritation of the skin. The third cause for post wax eruption is the presence of ingrown hair. People who have thick coarse and curly hair tend to get ingrown hair. That's why it is also commonly seen in the beard or pubic area. As the hair grows out, it curls upon itself and gets embedded in the skin producing irritation.

The red rash, seen immediately after waxing is due to irritation of the hair roots. If it appears few days later, it could be folliculitis or ingrown hair. In growth of hair is noticed only after the hair has started to grow back. For many women, red bumps and waxing goes hand in hand. These irritated bumps on waxed skin may show up immediately after a waxing or further on in the hair growth cycle as the result of ingrown hairs. In most cases, the red bumps which occur directly after waxing disappear after a few days, however lingering redness or redness that appears close to your next waxing cycle may be indicative of a skin condition. Some women face the problem of ingrown hair during the hair growth stage. You can honestly find these annoying strands of hair almost anywhere, worst, sometimes they are not the easiest to get rid of. Just a word of precaution, ingrown hair is more of a problem for those who have curly hair. It is not uncommon for their hair to curl the wrong way, and end up piercing into the skin. However, ingrown hair is not hard to get rid of. A pair of tweezers should do the trick.

## Ridding the rashes

Some individuals are unfortunate enough to suffer from a skin condition known as folliculitis. Folliculitis is an inflammation of the hair follicles frequently caused and aggravated by bacteria. This condition is sometimes onset for hair removal procedures such as shaving and waxing. It may look like small acne pimples that can even grow into large inflamed cysts. Anywhere a hair follicle exists this condition can occur. Many people are forced to seek antibiotic treatments, but a few sufferers do not respond to antibiotics. In most cases, the red rash subsides with basic skin care like application of moisturizers and soothing lotions like calamine and aloe vera. If the rash persists, one would have to meet a dermatologist to rule out skin infection like folliculitis. In that case, antibiotic cream application or oral antibiotics may be prescribed. If the rash leads to in growth or irritation of hair follicle, topical steroid – antibiotic combinations or exfoliating creams will be prescribed. One can also opt for laser hair reduction as it helps reduce the density and coarseness of hair growth, thus minimizing the chances of developing ingrown hair. Also, with laser therapy, the need for waxing is minimized.

## Post wax precautions

Immediately after waxing, apply a soothing lotion like rose water or a moisturizer containing aloe vera or glycerin. Cold compresses also soothe irritation of the skin, if any. Do not wax your hair if you are taking anti-acne medicine like isotretinoin without the doctor's approval. Isotretinoin makes the skin fragile and more prone to irritation. Also, do not wax if skin is broken, infected or sun burnt. Always use a sunscreen after waxing on the exposed areas of the body. Apply an antiseptic cream if you are prone to skin infections. Avoid hot water for 24 hours. The sun also must be avoided as much as possible and it's better to wear loose clothing post wax. Avoid using perfumed products immediately after waxing in case of irritation. Also try not to touch the affected area as this can introduce bacteria which in turn can cause infection and irritation in the follicles. All these should be adhered to in the first 24 hours. Rub coconut oil into the waxed area, it is great for soothing sore skin and a brilliant moisturizer for legs, feet and elbows, or anywhere really. Aloe vera gel, can also be used, it cools the area down that has been waxed an along with it also prevents ingrown hair.

# AFFORDABLE MAKEUP

*With Gala of London pushing its colour cosmetics in the market is about making makeup not just an aspiration but a reality for every woman*

by **Gayatri T Rao**

There was a time, before the international brands with their pricey price tags (meaning high aspirations) hit the market, Gala of London was a makeup tool that was with many women across the country; especially its eye liners, and nail polishes. That had changed over the years, and the brand had been pushed at the back drawers of the dressers.

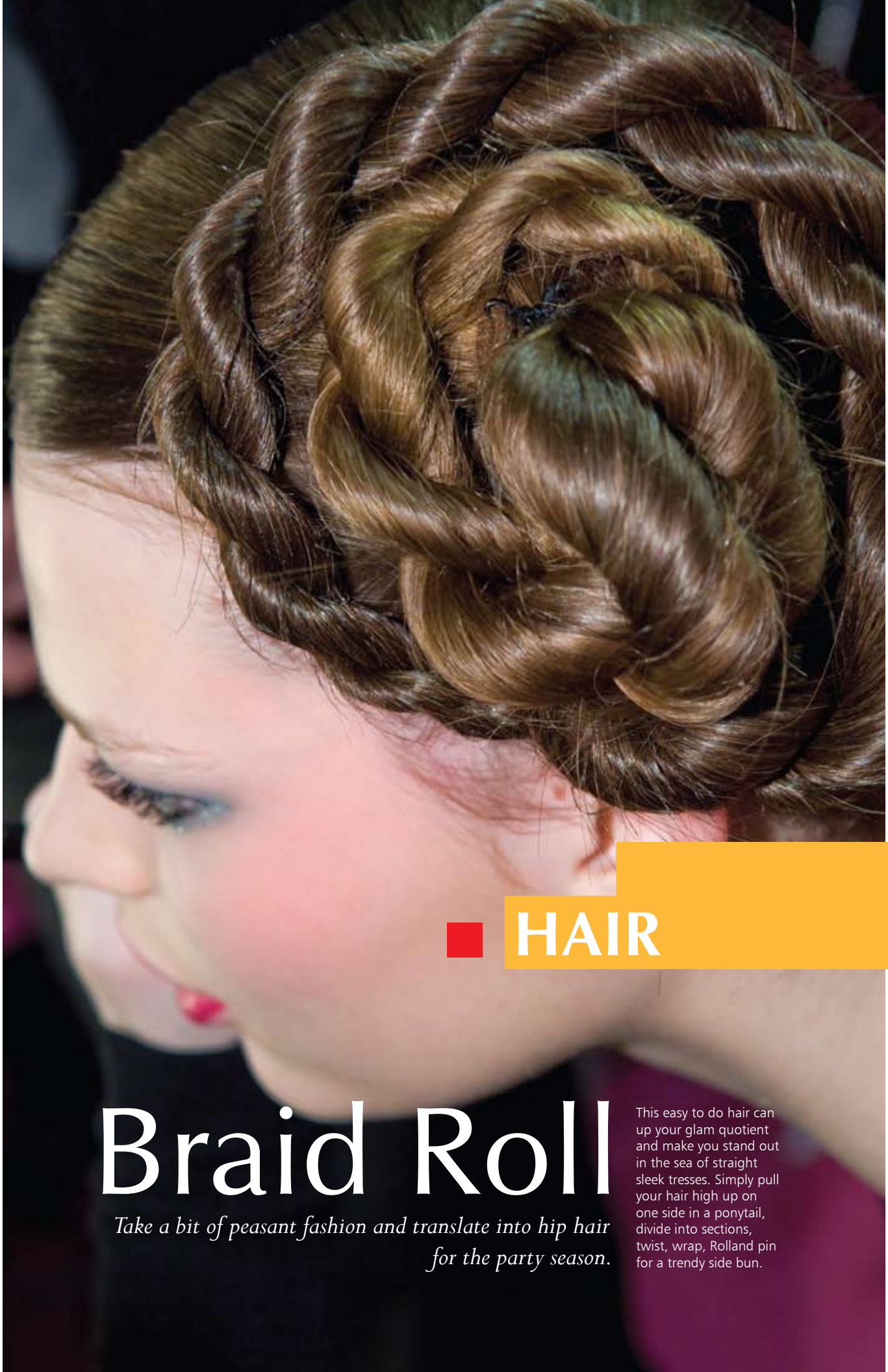
But now the brand is ready again to take the leap, and make itself more prominent, as women now are more than eager to try new colours. The aim of the company is to bring in the aspirational value of being beautiful at an affordable price. "This is about enhancing beauty with makeup inexpensively," says Gautam Sarkar, CEO of the company.

It all started in 1947, when KMCPL (the mother company of Gala of London) began manufacturing toiletries, cosmetics and perfumeries. Then, in 1968, Gala of London then a UK brand, took a major stake in the company and transferred all its brands for India to the company.

2009 saw a progressive change when the company was taken over by Dinesh Advani. At the same time a new management team was set up under the leadership of Gautam Sarkar. Theirs has been a new vision "To Provide Affordable Cosmetics to Consumers". Keeping this vision in mind, they have started with the course of restructuring and reengineering. In a short time span, the company has set up retail markets throughout the country, with an intricate network of distributors and stockists.

Mr Sarkar informs, "In 1965, the brand was brought to India by Proctor and Gamble. It is the world's largest selling brand. It is the brand that taught Indian consumers what colour and make-up are all about." But then women started getting more choices. Now Gala of London is back with a comprehensive range of products that is easy on the pocket. Talking about the benefits of the brand, Mr Sarkar says, "We want to give international quality make-up products at affordable prices. All other brands are costly."

The products that are available under the brand umbrella Gala of London are Eye-liners (different colours), nail polish remover, foundation, glimmer, pancakes, lipstick (51 shades), kajal, thinner and cuticle softener. The nail polish, itself, comes in 70 shades, which no other company has. Let's take another example - the lipstick. Only Gala gives your lips a choice that is unique. GALA says: there's no such thing as the perfect lipstick. You may like your lipstick matt or creamy; light or lush; soft and sheer or sharp and clear. And no single lipstick can be everything to all women. Out of these the best selling products include Lipstick, eyeliner, nail polish and nail polish remover. Mr Sarkar insists, "We are brand leaders in eyeliners." Having recently launched a new lipstick range, future has a lot to expect from Gala of London. "Quite a few cosmetics are about to follow," Sarkar promised.



HAIR

# Braid Roll

*Take a bit of peasant fashion and translate into hip hair for the party season.*

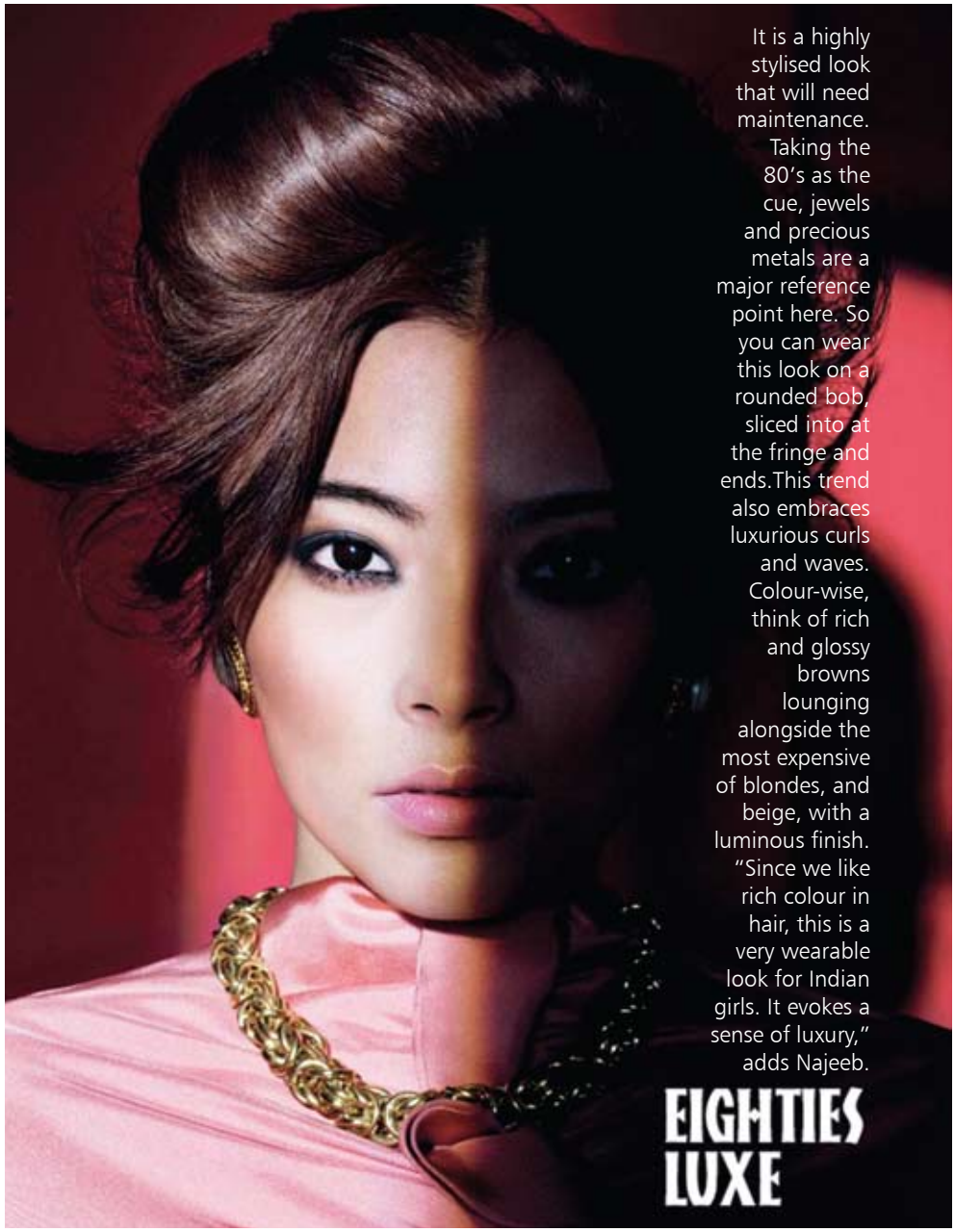
This easy to do hair can up your glam quotient and make you stand out in the sea of straight sleek tresses. Simply pull your hair high up on one side in a ponytail, divide into sections, twist, wrap, Rolland pin for a trendy side bun.

# CUT, COLOUR AND STYLE

*There's a new hair interpretation every season when tressperts work to give a new style definition to match the changing world of fashion. This time it's all about ultra femininity and stark modernism.*

by Nabanita Das

Every major hair care and colour brand worth its dyes creates looks to match the changing taste in fashion. So keeping up with this, Schwarzkopf Professional has announced its Essential Looks - a compilation of brand new hairstyles and colours for the coming season. We got hair colour and styling expert, and National Technical Head, Schwarzkopf Najeeb Ur Rehman to interpret the looks for us regular women, and how best we can wear it. "The major inspiration is from the catwalk couture from London, Paris, Milan and New York. Based on that we have defined four looks, which can be transformed very easily to match Indian skin tones, and popular hair styles," he says. Since the inspiration is from the fashionable eras of 80's and 40's there's lot of movement in the hair, and play with colours like rich, warm brown, beige, gold and copper. "Also most of the looks can work wonderfully on short and medium hair. We have coloured the hair in circular and rectangular sections and have used graphic shapes interests like Reverse Triangle to create the cut," explains Najeeb.



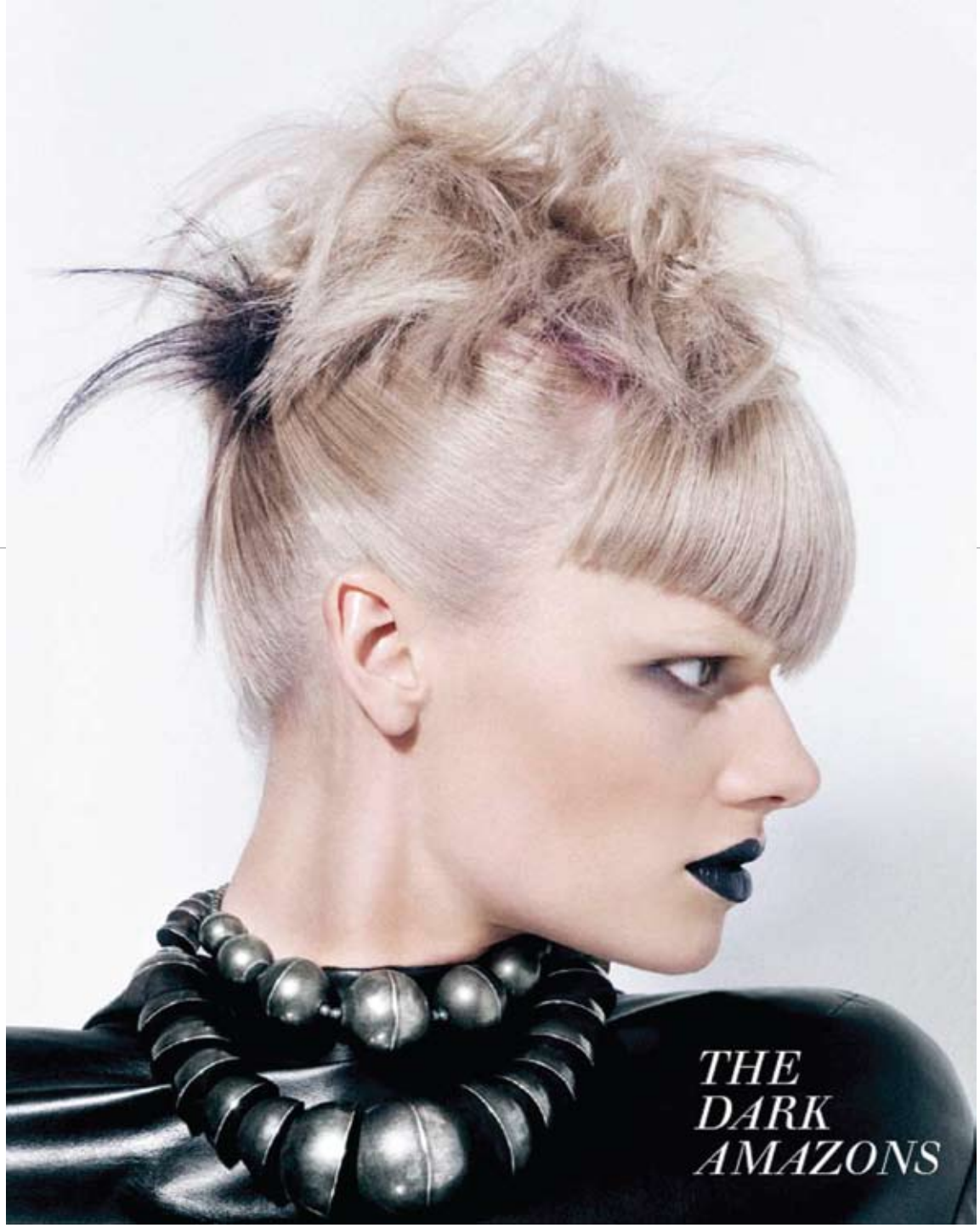
It is a highly stylised look that will need maintenance. Taking the 80's as the cue, jewels and precious metals are a major reference point here. So you can wear this look on a rounded bob, sliced into at the fringe and ends.This trend also embraces luxurious curls and waves. Colour-wise, think of rich and glossy browns lounging alongside the most expensive of blondes, and beige, with a luminous finish. "Since we like rich colour in hair, this is a very wearable look for Indian girls. It evokes a sense of luxury," adds Najeeb.

**EIGHTIES LUXE**

**40s ROMANCE:** take a nostalgic trip to a decade when femininity, mystery and romance reigned. Glamour is the order of 40s romance, featuring shapes inspired by this elegant decade. Always beginning with side partings, we play with wartime waves, tight pin curls, victory rolls, chignons, romantically collapsed spirals, and blown out curls that give the head an asymmetric shape. Veiled fringes sweeping across the eyes add a sense of drama. Colours are soft-focus and romantically tinged -think of soft copper tones and medium blond blended into the hair. "It adds style to longer length hair and also it is very much wearable. It has a normal texture which is suitable to Indian women. This hairstyle can be tied up in a pony tail and can be done into a bun as well," suggests Najeeb.

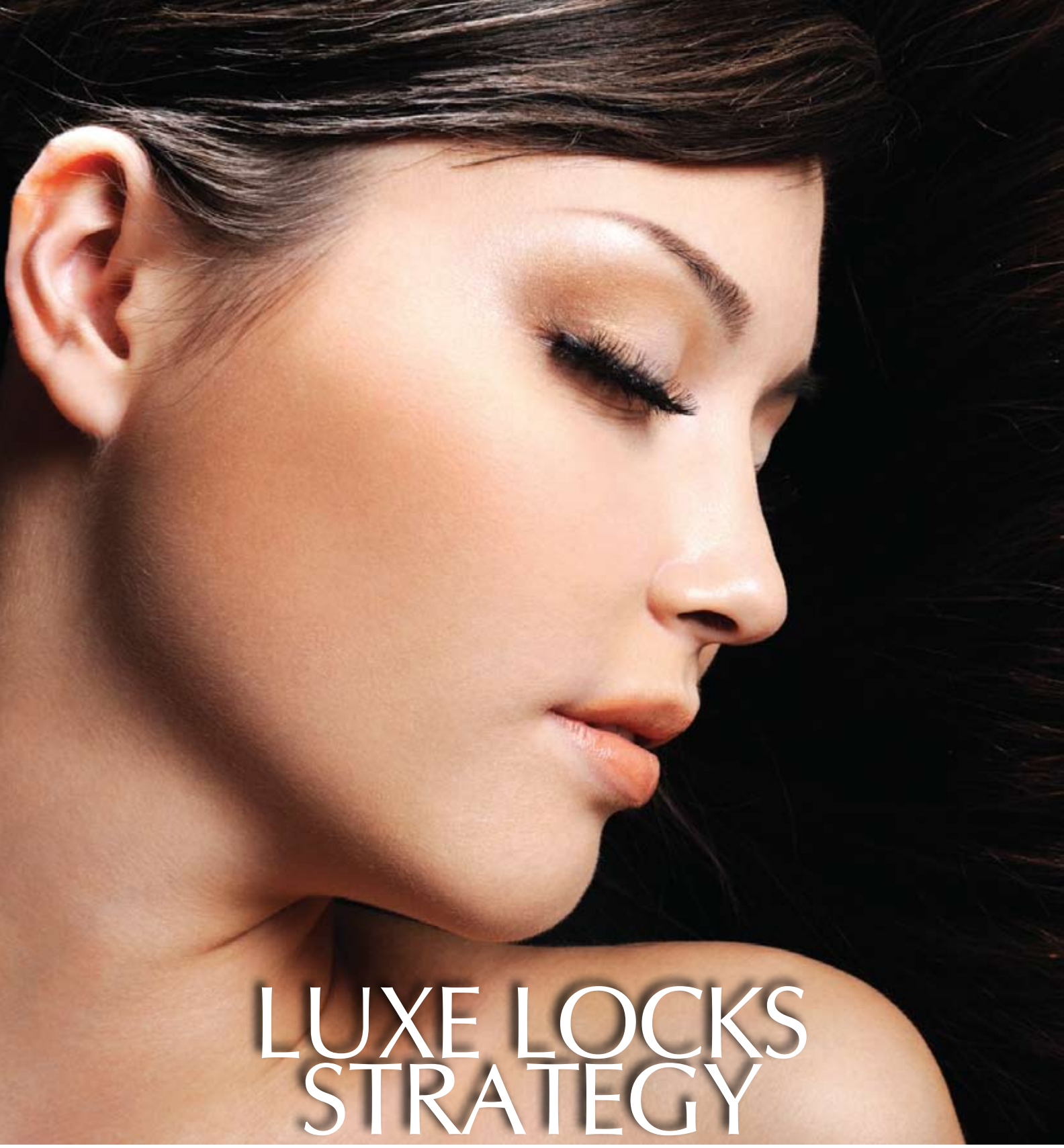
## OUT OF SHAPE:

This season sees a stylistic streamlining that matches intellectualized shapes with non-conformist cuts. Genre-bending short styles take on avante–garde forms, with multi -layered shaping creating depth and dimension. The clarity of simplified lines and lengths contrasts nicely with the anarchy of elongated wedges, fins, quiffs and almost mohawks. Colours tend towards the synthetic and experimental two–tone blondes, ultra – whites, and anti –establishment reds. Says Najeeb, "It is an asymmetrical look that goes very well with round shaped faces. Pastel colours are used here; also colours that are not very intense are used in this like brown and violet."




## THE DARK AMAZONS:

This is a beautifully brutal look. This season The Dark Amazons are taking control, with colours, cuts and clothing that are strong, sexy and stylistically dominant. Hair is definitively straight, yet far from prissy. Precise cuts with razored edges or sharply sliced fringes give a powerful accent. While the fashion palette is largely black, but there is sensation through colour conflict, splicing negating shades such as inky tones with stark blondes. Updos like headdresses reference Post-apocalyptic warriors which is overtly sexy. "It is a style for women who are confident, and young at heart. It works beautifully with long hair, and stark contrasts like blonde-black and red-black mark this fashion style," says Najeeb.



# LUXE LOCKS STRATEGY

*Give your hair a new lease of life, and enhance your natural texture with these techniques that leave them shinier, smoother, and bouncier.*

by **Ruby Chakraborty.**

All that partying hard, smoke, dry air, and overuse of styling products can really take its toll on your hair - dull lifeless strands which no amount of shine spray can revive. This calls for some rescue routine, which will ensure your gets back to its shining glory. One thing to remember when going about helping your hair is to use products and treatments that will work for your natural texture and not force it to be something else. For example if you have curly or wavy hair then try shampoos and conditioners that add extra moisture and help define the curls and the layers. Avoid going for chemical treatments right now, as strands will be in their weakest phase and need some revival before being able to handle the onslaught. In fact you first move will be to sign up for at least four sessions at a hair spa – where you will get deep conditioning and strengthening treatments to help your hair repair from inside.

## SHINING GLORY

Sleek and shiny hair is what you want all the time; especially if you have thick to medium straight hair. To get some admiring glances thrown your way, pick up the right shampoo, brush, serum, and flatiron and follow these steps.

**A clean sheet:** Start with clean hair, but don't make it squeaky clean. Wash your hair at night and style it in the morning. This way your hair's natural oils get time to travel down the strands making them look healthier. Natural oils smoothen the cuticles, so the hair reflects light better. Avoid rigorous lathering of hair. This will strip your stands of natural sebum making them look coarse, dry and dull. For extra shine pick up a conditioning shampoo or a smoothening hair cleanser. Look for products that have ceramides and panthenol in them that put back oil that gets washed off during shampooing. To know a conditioning shampoo, look for a pearly or metallic finish formulation. The colour should be white or off-white.

**Soft and smooth:** Use a lightweight conditioner that doesn't weigh down your locks. Keep the conditioner on for about five minutes in your hair before rinsing it off. Use a little hot water to rinse off the conditioner.
As the last rinse blast your strands with cold water. That will seal moisture into the cuticles and lay them flat. This will add shine to your hair. Always put your hair back and not forward when applying conditioner and washing it off.
If you have fine straight hair then pick a leave-in conditioners that are light and add extra shine. For added gloss you can make your own conditioning spray by mixing one part conditioner and one part water. Spritz on hair as you blow dry. This tames frizz as well. Finish off by using a serum on towel dried hair from mid length to the tips to smoothen and moisturize.

**Lay them flat:** When styling your hair avoid using too much styling product as that can dull the shine. Use a light heat protecting spray and then blow dry hair flat. Direct the nozzle of the dryer down the hair going from top to tip so that hair dries in that direction. Pull up hair as you dry it. For best result use a flat paddle brush. Tame any remaining flyaways by misting some spray on your fingers and gently smoothing over the strands. For final finish use a one-inch flat iron over smaller section of hair. Count to five as you pull it gently through the length

## SWINGING BODY

If you have fine flyaway hair which has been looking bit haywire lately, then get your swish and bounce back with some volume boosting tricks.

**Plump Up:** Start off with a volumising shampoo. If you have fine hair, apply some volume-enhancing mask to your hair. To give a lift to your roots, don't get conditioner anywhere near them. To condition hold your wet hair high up as if in a ponytail. Apply conditioner only to the tail. Wash off with tepid water.

**Extra Volume:** Apply a volumising mousse to partially dried hair and start blow drying hair with a vent brush. Lift your hair up as you dry from the roots to the tip. The vent brush allows air to go to the roots and add extra lift.

**Layer It:** If your hair is long and one length then you may not get the body you want. Consider getting layers cut into them. Face framing layers add extra volume for girls with thin hair. For girls with thick hair get long layers put. That will naturally add movement.

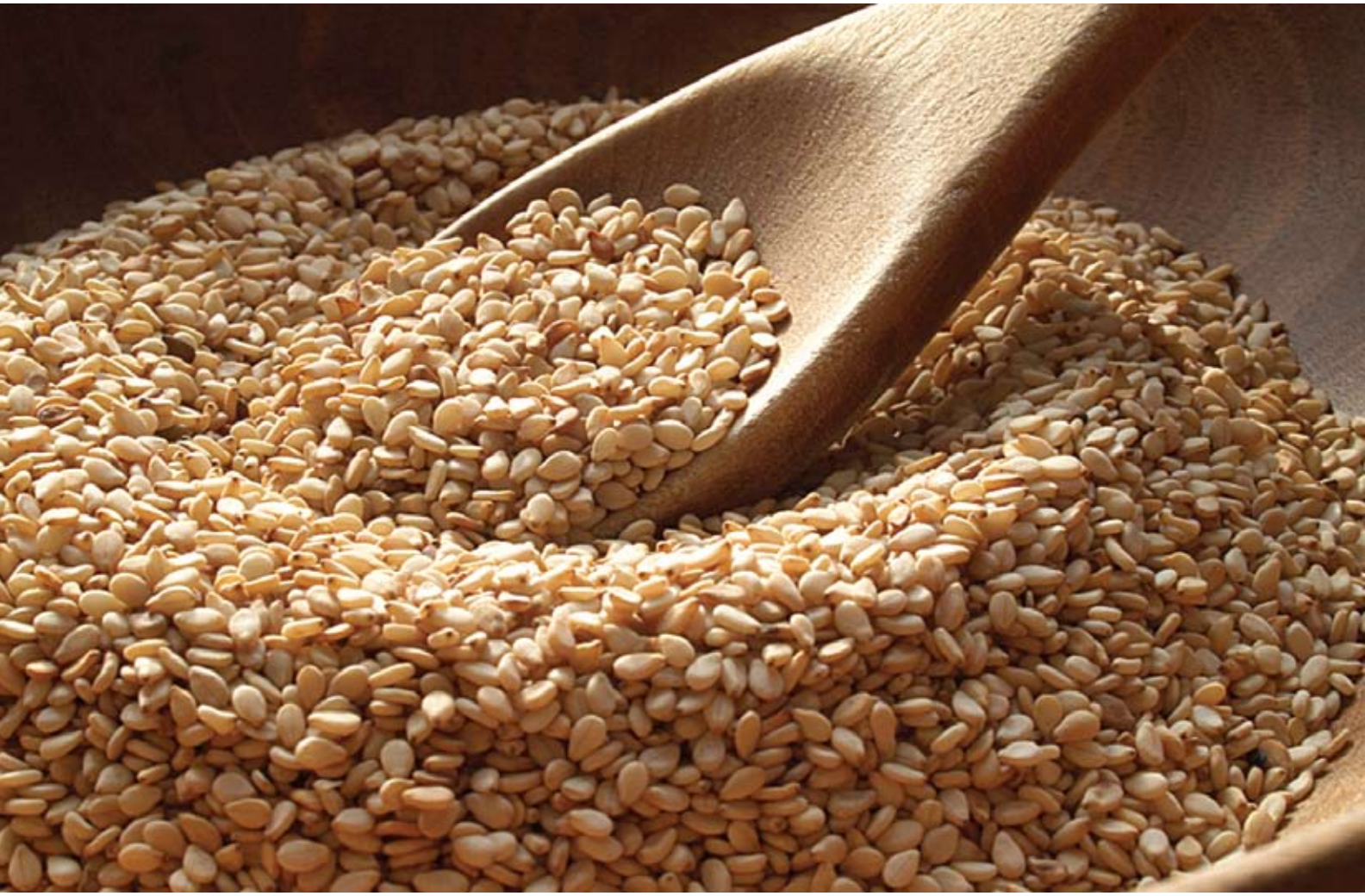
## BOUNCING CURLS

Girls with curls or naturally wavy hair now can show their hair off in all its natural glory by playing up the waves rather than trying to tame them down.

**Smooth Operator:** To make most of your curls, get them shaped in layers as one length curly hair can give your head a conical shape. Start by smoothing the curls with a hair smoothing shampoo and curl enhancing conditioner. After squeezing the water out of your curls spray in some frizz control serum or a light leave-in conditioner. You need to weigh down to your curls to give them definition. Avoid towel drying your hair. It can rough up the cuticles and disarray the curls.

**Diffuse Dry:** While you may like air drying, but that does not give bounce to your curls. Use a diffuser in medium or cold setting, and lightly dry it. Avoid scrunching too much, which can spoil the natural shape. Instead roll the curls around your fingers to give them shape. If you have wavy hair, roll the semi dried hair into a bun, and blow dry in medium setting. Let it loose afterwards for head of tumbling waves.

**Add Texture:** Use a curl enhancing spray on your hair after you dry it to add some texture to them. It also helps weighing the hair down that allows them to spring up as your walk.\



# Open Sesame

*It is one of oldest condiments known to man that comes with an interesting taste and many health benefits.*

Sesame seeds add a nutty taste and a delicate, almost invisible, crunch to dishes. Not only are sesame seeds a very good source of manganese and copper, but they are also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc and dietary fibre. Sesame seed oil lowers cholesterol and increases vitamin E supplies in the body.

# Manage Weight with Homeopathy

*Weight gain, weight loss is more about dealing with emotional ups and downs than simply eating haphazardly. Homeopathy expert* ***Dr Mukesh Batra*** *gives reasons and solutions to deal with this major lifestyle issue.*

It is all in our mind and body — what we eat determines what, or who, we are. Put simply your eating "habits" can make or break your health and happiness. Fluctuating weight actually shows your emotional status – people tend to overeat when stressed out or emotionally disturbed to make up for the lack for emotional satiety. Similarly if a person has a low self esteem or warped self image he or she tends to eat less, and suffer hunger.

That is when eating disorders begin. It arises primarily in relation to your attitude to food, weight, and body size. It also projects your emotional status - whether or not you have an inflexible approach to eating and/or exercise. In fact it is a serious threat to health – you might either be too thin or too fat. However it is a clearly manageable illness where certain patterns of eating take on a course of their own.

Eating disorders affect more women than men - 90 per cent of women. The exact nature, or cause, for this statistical upsurge is not known. Interestingly, eating disorders know no socio-economic, ethnic and cultural barriers — no one is, perhaps, exempt.

## Obesity a disease

Fat people are always thought of as jolly, good folks. That's the good news. The bad news is fat people are gloomily identified as candidates for early heart attack. Agreed that this remark may be a sweeping statement of facts, but the hazards of overweight and obesity are serious business in an increasingly health conscious world.

Obesity is defined as "abnormal high body weight due to excessive accumulation of body fat." There are sure ethnic differences in the distribution of subcutaneous fat, yet the general cause of obesity is plain overeating. Besides, obesity may also result from abnormal retention of water, bizarre muscular development, some tumors, including a few endocrinal/hormonal disorders.

Obesity is a global epidemic, a disease, a sign of illness — a complex syndrome. Thanks to its growing incidence, it is being studied as closely as any other serious disease. New research implicates genetic, emotional, metabolic, sociological and environmental factors as causative mechanisms for obesity. While increased body weight places a greater load on the circulatory system, regulation of body temperature is as much affected due to reduced heat insulating effect. This, in turn, brings on profuse sweating.

Life expectancy of obese persons after the age of 35 is often associated with a death rate much higher than that of people with normal weight.

Dr Mukesh Batra

## Busting fat

Homeopathy offers a safe, natural, and non-invasive solution in weight management and obesity. It is a holistic form of treatment where we take into account body mind and body status. So it becomes highly customized. We not only treat the symptoms, but also take into consideration the constitution of the person. In fact international clinical trials have shown that homeopathic remedies are very effective fat burners; they stimulate and hasten the body's metabolic rate, without any side-effects. With homeopathic medicine we correct the underlying problem — the cause of "obesity" from the root. Not just its mere manifestation. It takes into account the fact that not two obese individuals will present with identical problems. Each of us is unique. Homeopathy looks at the person in to - including the origin, the root, of illness. We believe that every person's stomach is as distinctive as his or her fingerprint, so we create very individualized solutions including a diet plan. For instance an emotional, overweight lady, who loves cookies and is moody, may need Pulsatilla, whereas a fat male, who craves eggs, has thyroid problems, and is stubborn by temperament, may require Calcarea Carb. Both of which target their basic problem and burn fat. We believe that the best approach is to lose weight – not one's health – naturally, gently, and gradually, while keeping a watch on the body mass composition, including optimal nutrition, at regular intervals. We offer treatments in micro doses – energy medicine that increases the metabolic rate. This also prevents the person from going not crash diet mode, which is very bad for health in the long run. You will have to go through the treatments for at least 6 months to get effective results. We ensure that once you have stopped the medication you retain your good health through effective diet and lifestyle plan, since we cure and not just suppress the cause.

### FAT BUSTERS

**POST DELIVERY WEIGHT GAIN:** Phytollaca berry mother tincture, 10 drops in ½ cup of water twice daily.
**WEIGHT GAIN DUE TO THYROID:** Fucus Vesiculosis 6c, 5 pills twice daily.
**FAT DUE TO NO EXERCISE:** Calcarea Carb 30, 5 pills daily once.
**WEIGHT GAIN DUE TO DEPRESSION:** Nat M 200.
**MENOPAUSAL OBESITY:** Graphites 30, 5pills daily.
**OVERWEIGHT DUE TO LIVER DISORDER:** Natrum Sulph 6X

# Mussel Power

*A simple basic creature from the sea, the green lipped mussel, helps humans fight joint pains and arthritis.* ***Dr John Croft,*** *Marine Scientist talks about how the extracts can heal us.*

It was in 1972 when the marine scientists were researching on the health benefits of shellfish extracts that they chanced upon the green lipped mussel. The extracts from the same showed that it could find bone degeneration, and had anti-inflammatory properties that can help people with arthritis or joint pains.

Green lipped mussels are found in abundance in New Zealand. They are also natural source of food for the natives there. We found that Polynesian people ate them raw and has lesser incidence of bone and joint related issues. That's what pushed the idea, and research on these little sea creatures started. In the last thirty years of more we have found that a specific extract from the green lipped mussels have special healing benefits. The special extract called Biolane which has multifunctional capabilities.

Based on this the neutraceutical Seatone was developed. The product is completely natural with practically no side effects. The best thing about this supplement is that it can be taken along with other prescription drug. We have found that with regular use people can actually reduce their dependency on prescription drugs for joint pains and arthritis.

Today it is not just the older people who suffer from rheumatoid or osteo arthritis; even young people with active lifestyle also suffer from joint and bone degeneration especially after the age of 30. So adding this extract from green lipped mussels to their daily diet can help them retain good bone health longer.

## Benefits of Biolane

Seatone which is based on biolane provides relief from joint inflammations, and aids in joint lubrication. The extract has naturally assimilated micronutrients from its sea environment. Thus it is high in protein, carbohydrate, sodium and energy while low on cholesterol – which is beneficial for overall health as well.

Its major property is its anti-inflammatory capability. It performs two distinct anti-inflammatory activities – inhibits the inflammation by fighting immune system that has gone out of control; and inhibits inflammatory enzymes, promoting the production of growth enzymes which help in cell regeneration.

Another valuable feature of this extract is that it has been found to have natural gastro-protective properties. This means that, not only does it not damage the delicate stomach lining; it actually provides a protective function for it. Thus it is able to relieve the inflammatory symptoms associated with arthritic diseases whilst protecting the stomach from the damaging effect of some pain-killers should a person need to be taking these at the same time.

Seatone also has antihistamine properties which provide relief from any allergic reactions. Since it inhibits the degenerative process, some research scientists are also looking at it as a possible ingredient for anti-aging solutions.

## Mussel and you

You don't necessarily have to suffer from arthritis to take Seatone. Since it is like a food supplement, so it is good for even young people. In fact even children can take this as it will help in their overall health. But I recommend that women who are post 35 should start taking Seatone. You don't really have to wait for the symptoms.

In case you start noticing symptoms like joint ache, cricking knee then you can start taking at least two capsules a day with your meals. While results can vary from person to person, but you will start to feel better with four weeks if taking this. Since it has no allergic reactions, so long term usage is not harmful. However if you have allergy to seafood, or are on a no salt diet then avoid this, since Seatone has Sodium content. Also if you suffer from gout, or are pregnant, or breastfeeding avoid it.

# 1 YEAR* Subscription

## 5 ISSUE PACE FREE

# 2 YEAR* Subscription

## GIFT HAMPER *(Term & condition apply)

Indulge in the world of Beauty with BEAUTY the magazine for beauty seekers & beauty thought leaders

First Name.....Last Name..... ☐ Married ☐ Single

Date of Birth: ☐☐ DD ☐☐ MM ☐☐ YY Profession: .....

Address:.....

.....Pin Code ☐☐☐☐☐☐

City.....Country.....Tel (Resi) .....Mobile .....

**MEANS OF THE PAYMENT**

***please mail your cheque in fovour of "Techplus Media Pvt. Ltd."***

I am enclosing cheque / DD No.....for ☐ Rs.500.00 ☐ Rs.840.00

***(please add Rs.10 for non-Delhi Cheques)***

Drawn on (Specify Bank).....

Dated..... I agree for the Issue

| TICK | TERM | NO. OF ISSUES | COVER PRICE | YOU PAY |
|---|---|---|---|---|
| ☐ | 1 years | 12 issues | Rs. 600 | Rs. 500 |
| ☐ | 2 years | 24 issues | Rs.1200 | Rs. 840 |

Name

Signature

**For any Queries type BeautyMag and Send it on 54242**

**TECHPLUS Media Pvt. Ltd.**

**TechPlus Media Group Publications** 370A, 2nd Floor, Sant Nagar, East of Kailash, New Delhi - 110065 Ph: 41690338, 26237405, 41625763, 41690270, 41325819web: www.beautyindia.in E-mail : beauty.subscribtion@gmail.com, beauty.mkt@gmail.com,

# SKIN REVIVAL

INSIDER'S GUIDE

*Moving on from being just an Ayurveda-based health and personal care brand, Dabur India has forayed into focused skin care with products seeped in natural ingredients that promise to bring back your glow from within. By* ***Nabanita Das***

Think of rose water, the first name that comes to mind is Gulabari. Think of Gulabari, and it is Dabur you think of. Taking that brand recall, and its Ayurvedic heritage further the company has launched a brand new skincare range 'Uveda'. "Even today when you think of natural skin toner, people don't say rose water, they say Gulabari. That's our best recall, and that shows the trust women have in our product, and our popularity across homes," says Vikas Mittal, Executive Vice President, Personal Care, Dabur India Ltd. Taking that forward is the new skin products that include Complete Fairness Cream, 2 in 1 Moisturizer, Moisturizing Face Wash, Clarifying Face Wash. "Building on our heritage and commitment as a Group, we are now launching a new brand in skincare 'Dabur Uveda' skincare range with a array of products that have the wisdom of ayurveda, backed by strong research and development to improve the skin texture and are highly relevant for today's modern women," he further remarks.

**Get your glow back**

Dabur Uveda's core philosophy brings out "Beauty that glows from within". "It has critical herbal extracts derived from a blend of authentic Ayurvedic ingredients that are documented in sacred Ayurvedic scriptures of Bhavprakash Nighantu and proven activities. These ingredients are well researched and are known to enhance skin tone and texture," adds Mr Mittal. In fact to get the natural beauty message across, the brand has roped in Vidya Balan – the actress

known for her clean, fresh looks, and signature naturalness. To ensure that the products have a certain level of quality, all formulations have been tested in German laboratories for their efficacy. Uveda uses ingredients like kesar, jasthimadhu, ghritkumari (Indian Aloe Vera), neem, sandalwood that have roots in traditional Indian beauty recipes and are proven to be highly effective on skin. "We have launched two creams and a face wash; they are good for all skin types. The main reason for the launch of these products is that they are Ayurveda based, as we wanted to give the feel of Ayurveda in our cosmetic products. We have tested them on Indian skin, and they have shown visible results," says Minoo Phakey, Deputy General Manager of the brand.

**Using Uveda**

Albeit there are skin care products galore in the market today, but Ms Phakey stresses that the pricing at which Uveda is available and the quality it offers is its USP. The range is priced between Rs 50 to Rs 118. Second thing is that you will notice progressive betterment of your skin as you continue to use them. "It is known fact that life is on fast track, long working hours and constant stress take a drastic toll on the skin. But we assure you that Uveda not only works from within to give you an inner glow but also nourishes your skin with every use to give a fresh lease of life," claims Mr Mittal. For Dabur Uveda signifies skincare that is expert, effective, enduring, dynamic, stylish, mature and Indian.

# Avoid Bad HAIR Days

*It happens to everyone once in a while, when you wake up in the morning and notice those ungainly kinks in your hair that refuse to be tamed, or your hair feels super greasy, or simply looks frizzy and blah. Don't give into depression on a bad hair day. Simply follow these tricks to make your worst hair work best for you.*

1. Hair looks limp with styling residue? Take some baking soda and mix it with your regular shampoo and lather up the scalp nicely. Rinse thoroughly to cleanse the scalp, and use a light conditioner. Your hair will feel softer and more manageable. Avoid using styling product that day except a drop of shine serum.
2. No time to shampoo your hair in the morning? Just wash and rinse the front part of your hair as you soap up your body. Then smooth the hair on top or comb your bangs nicely to give fresh look to your style. Pull the hair back into a ponytail and tease it slightly to give a purposefully messed up look.
3. Bored of your regular style? Simply switch your part to the other side or go right down the middle to make a world of a difference to your looks.
4. Greasy scalp? Sprinkle some baby powder or corn starch into your palms and rub on the scalps, and comb out hair thoroughly for a fresh feel.
5. Hair too wild to tame? Then play up the texture. Turn your head upside down and spray some sea salt spray at the roots. Then scrunch hair with fingers for natural volume. Part and pin on one side for a trendy do.
6. No time for blow drying hair? Pull back into a tight bun at the middle of the head. Smooth some serum to tame flyaways and you are set to go. In the evening let the bun loose for some sexy waves.
7. Blah second day after shampoo? Tuck your hair into a shower cap and take your shower. The moisture inside the cap and the heat from the shower will make it more malleable for styling. Use some volumising mousse at the roots and let it air dry for a set do.

# Keep your GAMS looking glam

*By nature our feet are designed to walk on soft natural surfaces like, sand, soil, and grass; but with modernisation has meant concrete and granite surfaces, which force our feet and legs to roll over and change the alignment of our knees, and drop the arches in our feet. Add to that long hours on high heels, and walking without resting. The result is back pain, shoulder ache, and in severe cases migraine. Dr Philip Vasyli, Podiatrist & founder of Orthaheel orthotic footwear shares some key tips to keep your limbs in better shape, and improve overall posture.*

1. Due to high heels women tend to suffer from ball of foot pain. They should avoid wearing very high heels throughout the day.
2. For everyday wear pick shoes that have about an inch or so of heel. That helps in supporting your foot's natural arch. Giving you better posture.
3. When choosing a high heel look for shoes that are flat over the heel, and support your arch. Slanted heels are not healthy option.
4. Also avoid very flat shoes as well, as they can have a reverse effect on your ankles and heels making them fall inwards, and hurting the arch and your spine.
5. To avoid calf muscles from getting contracted, do regular leg exercises, and calf and heel stretches. Curl your toes every once in a while to stimulate your arches.
6. Try picking up little marbles with your toes, and feet – great mobility exercise for the 28 bones in your foot.
7. Flex your toes, and stretch your muscles every one hour to keep the blood flow regular.
8. If possible walk on sand or grass everyday for 20 minutes to bring your legs and knees into shape.
9. Wear orthotic footwear to relieve stress on your back and ankles. Wear it on a regular basis when you go out on daily chores, and at home to improve posture, and prevent future problems.
10. Avoid prolonged hours of either sitting or standing. Ensure to elevate your feet 6 to 12 inches above your heart at night for a while to get the blood circulation going steady to your legs.
11. Avoid shoes that are too tight or pointy at the toes. Look for a comfortable fit to avoid ingrown toenails, and bunions.
12. Get a professional pedicure and foot reflexology every 15 days to keep your feet and heels soft.

# Find The Right BRA

*Sometimes the wrong foundation can ruin how a dress looks on you. A peek-a-boo strap here, a sag there, or overflowing breasts can mar the style of even the most gorgeous outfit. A beautiful dress can look even better when worn with the right lingerie. With the perfect bust support, and fit your posture also improves which helps you in holding your dress better. You definitely get a better silhouette. Read on for some helpful tips to pick the right bra for your dress.*

1. Choosing a one-shoulder style this season is a no brainer. But finding the right bra to wear underneath this design can be bit tricky. Rescue your look with the convertible bra. You can wear the strap diagonally, so it's hidden under the covered shoulder, and the backband of the bra dips low and wraps around the waist. In fact you can wear this with a backless style as well.
2. If you choose a dress that highlights the décolletage, or pick a strapless or a spaghetti strap outfit, then you'll want your bust line to look its best. Naturally, strapless bras go best with strapless styles, but finding the perfect one isn't easy. To get the best fit, go down a band size for better support. So if you are a 34B, get a 32B instead.
3. A halter neck is a tried and true party style, but still, it requires a little creativity in the bra department. Convertible bras are the perfect choice—clear straps can be inconspicuously wrapped around the neck, halter-style, too. Give a boost to your bust by picking one that is padded under the bust line.
4. Sometimes, a classic black sheath is the perfect party choice, especially when it's sparkly. Pair fancy dresses like this with smooth, contoured bras for a seamless look.
5. If you pick a plunging neckline then pick a V bra or a balconette bra. You can also select a plunging bra that support where it counts, but missing any parts that might peek through.
6. With its wider neckline, a boatneck dress calls for a bra with wider set straps. Enter the demi or half-cup bra. If you are bustier or have bigger cup size then choose a strapless version or wear one with a clear straps for comfort and ease of wear.
7. Even if the mercury drops a sexy top can be too alluring to give up. But with thinner or see through versions it is better to wear a nude coloured bra or pick a colour that matches your skin tone as much as possible, and it should be seamless to avoid the visible bra line disaster.

# Mezze Maza

**What:** Mediterranean cusine

**Where:** Azzurro Kitchen & Bar, Saket PVR Complex, New Delhi.

**Ambience:** When the pursuits of the pragmatic aspects of life become tiresome beyond the level of tolerance, you have to plan something to spice the things up. Azzurro Kitchen and Bar is a place to go, spend some quality time with friends and simply unwind as you sit across in dimly lit room with soft live music playing. The feel of the place is contemporary yet fresh with off white floor and white stucco walls with hints of peach muted neutrals evoke the sensations of the region.

**On The Menu:** Azzurro Kitchen and Bar's sparkling new menu is extremely creative with the right balance for both non-vegetarians and vegetarians. Begin your meal with starters by digging into the delicious Green Harissa chicken; Lamb Souvlaki; Goat's Cheese Tart or Seafood Broth. The veggies can opt for sweet Italian Potato and Vegetable Skewer or Cream of Mushroom. For the main course familiarize your taste buds with Chicken Brochettes; Herb-Crusted Lamb Chops or order a mouth watering Prawn Thermidore. For desserts, you have a choice between a light and creamy, Alphonso Mango Cheesecake with pieces of Alphonso mango or a Dark Chocolate and Almond Tart served with crème anglaise.

"The menu focuses on the myriad flavors of the Mediterranean while keeping certain ingredients – olive oil, garlic and onion – as central elements that tie the whole region together into what we call the Olive Oil Belt. Furthermore, it borrows on the flavors and essences of the region, rather than on individual recipes, a philosophy that allows for creativity in the kitchen as well as a well integrated menu," says Chef and Owner Shrivanat Rajgharia.

**We Loved:** We dug into delicacies like Prawn Thermidore, which is prawns in a creamy white wine, mustard and thyme sauce and served with white rice. And Lamb Souvlaki which is char-grilled tender leg of lamb flavoured with honey and cinnamon and served with yoghurt.

**We Recommend:** We liked Azzurro's simply because the food tastes totally different here. In each and every dish you will find the Mediterranean touch and flavour that transports you to a sunny, breezy day by the sea. So if you are looking for something new and interesting for your taste buds, Azzurro's is a must try

The Bill: **Rs 2000 + taxes.**

Who tried: **Nabanita Das**

# Simply Punjab

**What:** Punjabi cuisine.

**Where:** Pratap's The Dhaba, Andheri (W), Mumbai.

**Ambience:** Pratap's The Dhaba has a typical Punjabi village look. The front yard is shaded in with the typical Punjabi style roofing. The moment you enter the main gate, you can see 3 life size statues (of a woman and 2 men) in a Bhangra pose. Winner of Burper's choice award 2008, the dhaba also has a separate private area near the main gate with divans for casual lounging. Inside the main room of the dhaba is the actual dining area. Typically Punjabi musical instruments like the dholak are hung from the roof which slopes down as in huts in the state. The dinner service used is typically large copper plated utensils including the famous lassi glass and thalis. When you ask for the menu you are given a hand fan on which the dishes are written.

**On the menu:** You will find here the typical dishes that are popular across the state of Punjab, and get to taste in many of the highway dhabas as you go across the state. But in Mumbai it is a place that's one of its kinds. So you will get the signature Tandoori chicken dishes, the mutton gravy dishes, paneer delicacies and the staple sarson ka saag, and various paranthas. The menu is quite exhaustive and the dishes are made with authentic Punjabi tadka.

**We Loved:** Amarnath Adhikari, the owner of the place suggested we start our journey into the typically Punjabi cuisine with starters like Garlic Fry, Pahadi Mukka Onion and Paneer Tikka. Then we moved the main dishes – the unusual Paneer Dhania Adraki, Pahadi Papad, and black Dal – both specialities at the dhaba. This we wiped off with, which we had with Special Makki Di Roti and Ajwain Di Roti. The feast ended with the digestive Chach and tempting Kheer for dessert. Over all it was a Balle Balle experience.

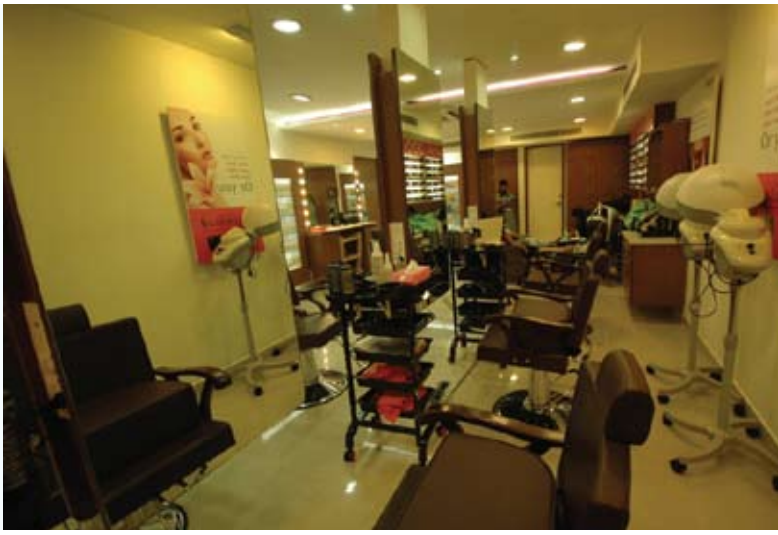
**We recommend:** We recommend the place for its Punjabi village ambience with the fantastic authentic Punjabi food at very affordable price. The hospitality is good, but if the owner is there and you are a first timer without knowledge of Punjabi culture, he helps us select the right dishes to match your taste bud.

The Bill: **Rs 200-300 +** for a couple.

Who tried: **Gayatri T Rao.**

# Skin and Hair REVIVAL

*Chromo white facial and Chromosteam hair therapy.*



All that hard work at office, and harder partying after hours have been taking steady toll on my skin and hair. They were looking duller than ever. What was needed was some concentrated brightening care for them.

So what does a girl in Bangalore do? Head to the latest beauty hot spot of course! So off I went to YLG Salon & Spa to give my skin and hair the much needed succour. The salon is brightly done up in white and green, and lots of glass. As I put in my request to the beauty advisor, I was taken to a room, where the status of my skin was diagnosed. Since it turned out to be dull, sensitive, and dehydrated, she suggested I take the ChromoBright Facial – a new facial system where light therapy is used to stimulate the skin, and improve blood circulation, and loosen the dead skin cells. So off I went to the therapy room where skin was cleansed, and a smoothening scrub was applied. After that a skin brightening serum was put on skin, and the light therapy given – mine was blue since skin was sensitive. After that my skin was massaged with a moisturising butter cream, and finally a brightening mask was put on. After about hour and a half I came out feeling refreshed, and skin all glowing – the dry patches had actually vanished.

Now it was the turn of the hair therapist who found that my hair was is sadly neglected state and needed hydrating treatment with the Hair Bio Spa – using Matrix Biolage products, and Chromosteam. The therapy started with a nice wash with a moisture balance shampoo from Biolage. Then my therapist massaged in the Biolage Hydra Crème serum on the scalp to rehydrate, and applied a cuticle smoothing mask. Then came the interesting bit, where instead of a regular hot water steam, the therapist used a machine called ChromoSteam which sprayed a mist on the scalp and hair, and light therapy helped strengthen the hair. After about 15 minutes of being cocooned in that, my hair and scalp was rinsed. Finally it was lightly blow dried and set with a light serum for added shine.

I loved the fact that even after five days my hair felt soft, and skin glowed.

**Why we recommend**: Simply because it has a very high level of personalisation, and your data is so well managed that when you walk into YLG Salon at two different locations two different times, the staff in each salon still knows exactly who you are, your needs, and what you prefer and treatments taken. Since the salon is present in 15 locations across the city so it is very easy to reach. The salon also offers interesting membership packages for unlimited number of services, which makes getting a service really addictive.

Contact: **YLG Salon & Spa**, HSR Layout, Bangalore.

Price: **Rs 2,500** for **Facial**, **Rs 750** for **Hair therapy**.

Who tried: **Priyanka Bhattacharya**

# HEALTHY HAIR Treatment

*Cut, style, and condition*

The New Year is here, and I needed a change of hair style to mark the beginning of a new me. Being in Delhi, I did have many salons to choose from, but I decided to check out the iconic Jawed Habib's Hair and Beauty salon. The brand has been around for quite some time, and Habib is synonymous with the evolution of the Indian hair styling industry and trends.

As I entered the salon, I as greeted by a smiling set of staff, all dressed in black. I was shown the elaborate catalogue of services including skin care besides hair care. Since my objective was cut, style and care, so I informed and was led to the nicely done up in black and red – plush salon chairs facing square mirrors.

After checking my hair, my assigned stylist suggested a deep conditioning treatment, since my strands felt dry, and rough. The process started with a shampoo and warm water rinse, which was relaxing during a cold day. After that a hydrating hair mask was applied on my hair from root to tip, and emulsified to allow the conditioners to penetrate the shaft. This was followed by steam, which was to further help my hair get conditioned. After the conditioner was rinsed off, the stylist started with cutting my dry ends off. Since my hair is straight, and had lost shape, he added some long and short layers to make it appear full, and structured. After blowout, my hair had lot of movement, and swing. I was a happy girl in the end – no bad hair days for some time.

**Why we recommend:** The salon has more than 100 branches across the country, and the stylists are experts at the technique that founder Jawed Habib introduced in his salons. Habib has set up a new version of creative hairstyling, where he has blended Indian and western cutting pattern based on the geometrical system. Based on his training most of the stylists at the salons are intuitive and understand the needs of a client and are ready with useful suggestion. Besides a great cut, you can also look forward to some beauty extras like skin treatments, and pedicure.

Contact: J**aweb Habib & Beauty**, Metropolitan Mall, Saket, New Delhi

Price: **Rs 1,100** for cut, care, and style.

Who Tried: **Nabanita Das**

# The FISH Healer

*Fish Spa Exfoliation Therapy.*

Every once in a while a girl needs to get some extra dose of pampering, something that will benefit not just the body but also the mind. Going to a spa then is not just about a massage or a therapy, but a new experience as well. That's how it was for me, when I signed up with The Thai Spa at the Guy Kremer EyeCatchers Salon.

What really excited me was the anticipation of a new form of pedicure – something's that's been catching up fast amongst the girls lately – The Fish Spa Pedicure. As I walked into the soothingly dim spa, the spa manager explained the treatment I had so eagerly looked forward to.

Fish spa is basically a natural foot exfoliation therapy by Nature's Doctor Fish, also called Garra Rufa or Doctor Fish. They are tiny little fish brought from the hot springs of Turkey where their unique dietary habits were discovered to smooth human skin to a healthy glow. While you lounge with your feet in the fish spa, Doctor Fish nibbles away at the scaly dead skin on your feet to give you clean, healthy and smooth feet. Also it allows newer skin to regenerate leaving your feet completely massaged and rejuvenated.

My treatment started with a gentle foot cleansing to wipe away the grime. Then I was led to a low fish tank where I had to dip my feet. The sensation was something I had never felt before. As those tiny creatures started nibbling at my feet, sole, and ankles, it was tickly to the extreme.

After about 5 minutes of initial discomfort, I actually started enjoying the sensation. It was quite relaxing in its own way. After about 15 minutes I had to pull out of the tank which I did with some regret, but really liked what followed afterwards. My therapist then used nice smelling balm and essential oil to drain away rest of my stress with a reflexology massage. Then a warm compress of natural herbs was placed on my eyes and shoulders. After about 15 minutes of reflexology, the therapist kneaded out the tension from my back and shoulders. I must say it was a totally different experience than expected.

**Why we recommend:** First of all for the unique experience of fish nibbling at your skin. Second the result is amazing. Feet are truly exfoliated and calluses vanish. It is totally natural, and very soothing. Your feet will remain smooth, and clean for days to come. According to the GM Marketing of the Spa Paramita Saha this also promotes blood circulation, lightens minor scars, eases psoriasis and minor eczema.

Contact: **The Thai Spa,** High Street Phoenix, Lower Parel, Mumbai.

Price: **Rs 600 plus taxes**

Who tried: **Gayatri T Rao.**

# My BEAUTY Moment

*VLCC's Vandana Luthra talks about why looking after yourself is like looking after God –a sign of positive attitude. As told to* ***Gayatri T Rao.***

For me beauty is more internal. So if you are a beautiful person by nature it makes you beautiful. You look beautiful outside. If you are beautiful inside you'll always look beautiful outside. And so I feel people who believe in themselves, would always look after themselves. In today's world when there is so much stress I think looking after your skin, hair and your weight is important. It is your responsibility to do that. And I would say if you believe in God then you will look after yourself.

I like people who are positive and people who believe in themselves. Every person in this world has something beautiful in himself or herself. I am not going to point out that this is right and this is wrong. We ourselves should know where the problems are, where our flaws are and we should try and eliminate them.

You know in this world of competition, a woman has so much responsibility, much more than a man. I mean she has to look after her family, children and be the place of work. So it becomes even more important for her to look after herself. And a man should remember that if he doesn't look after himself, what happens to him, what happens to the family, if he is not there. So I want people to be more responsible and not always run after money. But look after oneself. If you are healthy and happy you will do wonders in life.

Oh, for that one perfect beauty solution! If I get an opportunity, I would only say, Indian woman especially have a lot of pigmentation on their face between the age of 40 and 45 because of hormonal changes and when they come to their menopause. I wish I could do something most wonderful for them. We give only 60 % results to these kinds of women; I want to make that 100 %. Our R&D department is currently working on the project of making pigmentation disappear all together.

These are times when there is pressure to look gorgeous all the time. Well, I think good skin is very important. So is a good healthy body. That can only happen if the nutrition is taken care of. If the food that we consume is a balanced diet, then I think that takes care of your skin, your hair and your body. And one would not put on weight. And I don't think one would need those many facials if these things are taken care of. Just a maintenance program would be enough. And I think it is really very important to have a healthy diet.

Being in the beauty business, I am a fan of my own products, developed at our own R&D centres. I like to indulge myself with these. It also serves as a test for their efficacy. Every Saturday I indulge myself with skin soothing products. I try to get a facial done at least twice a month. Twice a month I get my face cleansed. So every Saturday I am busy though I only work half the day and the rest is spent on looking after myself.

# Bag Lady

*The hand bags this season are sophisticated, chic and highly versatile in crayola colours, shiny leather, and interesting textures.*

You don't have to carry a metallic or a charcoal grey bag with chain details to make a style statement, try a hobo in neutral pleated soft leather, a matte blue tote, or a valise in croc with chic detailing.

# A Regal AFFAIR

*The new meaning of luxury is more than about having more, it is about being more, as showcased recently in the Chivas Studio by Chivas Regal.*

By **Priyanka Bhattacharya**

Global luxury brand Chivas Regal introduced a new meaning to high end living by mixing art, culture and fashion in its Indian edition of Chivas Studio. It is where the brand collected the best of breed designers, jeweller, photographer, and artists to showcase an amalgamation of creativity. The Chivas Studio collaborated with celebrated artists across creative forms such as Prabuddha Dasgupta for Photography; K.S Radhakrishnan for Sculpture; Aman and Ayaan Ali Khan featuring Gino Banks and The Maske Trio from Australia for Music; Rohit Bal, Wendell Rodricks, Surily Goel and Gauri and Nainika for Fashion, Seema Mehta for Jewel Craft; and Chivas Regal Brand Ambassador Max Warner for Mixology.

## The design sense

Classicism in cut, colour and silhouette was the marker in the collection created by the designers. While Rohit Bal took inspiration from India's rich cultural heritage of pre-Mughal and Mughal India, and designed the collection Yasas meaning glory; Wendell Rodericks used his favourite hue white to decipher the meaning of freedom by taking inspiration from birds in flight. Designer Surily Goel celebrated our love of opulence by going metallic,

and the duo Gauri & Nainika brought out the modern instinct through intense glamour in their west inspired gowns.

According to Bal, his collection is all about mellowed sophistication through deep Indian colours like blue, earth hues, wine, ivory on fabrics like muslin, malmal, brocade, chenille – something that is timeless, and can be worn any season. For Rodericks it was all about graceful swoops, plunging dives and fluttering movements through layered fabrics, floating silhouettes. Surily embraced modernity through her palette of pastels, blues, and blacks with metallic accent on geometric silhouette and drapes with colour blocking, fringes and coins. For Gauri and Nainika it was about ultra femininity and glamour in voluptuous gowns that can be worn anytime through seasons. The pieces in exuberant hues and sharp dramatic shapes had can-can underskirts and corseted bodices using luxurious wools and lush duchesse satins.

## The bottle to celebrate

Taking luxury to new heights is jewellery designer Seema Mehta, the scion of the old world jewellers Kirtilals. She created the special edition bottle of the Chivas 25 just for the Chivas Studio. With 35 carats of Round Brilliant Diamonds, 25 carats of Cut Emeralds, 400 grams of Gold, a woven mesh made out of 18kt Gold wraps and the back of the bottle embellished with signature florals. According to Seema, this is piece of art that signifies not just luxury but the heritage that is Chivas Regal.

# A Great WHITE SHIRT

*The new meaning of luxury is more than about having more, it is about being more, as showcased recently in the Chivas Studio by Chivas Regal.*

by **Priyanka Bhattacharya**

White shirt like the LBD is a classic that you can never go wrong with. A clean, crisp shirt works anywhere and anyhow - tucked into a pair of denims, or a flirty skirt or formal black pants. But you need to be go staid with this wardrobe must have.

Here's how you can wear a nice crispie:

1. Tux inspired shirt with delicate ruffle in the front can be worn in the office and a formal do afterwards.
2. Tone up your plain pants with a hint of romance by pairing it with shirt embellished with a bow and puffed sleeves or even a peasant style shirt with voluminous sleeves.
3. Look elegant with a wrap shirt that also enhances your silhouette
4. Pair a white oxford man shirt in fine cotton or twill or poplin with a skinny pants for a casual chic style.
5. Go ultra feminine with a lacy number. Make sure the delicate white lace is strategically placed at the sleeves, and collars.
6. To slim down your shape look for shirts with side darts, and for a tailored style pick one with vertical darts below the bust.
7. For a snappy formal style pick shirts in silk, and look for collars that sit neatly around your neck when buttoned up.

# Shop For YOUR MAN

## Challenge EDT by Lacoste, **Rs 3,550**

An invigorating and energising scent that captures the youthful dynamism of today's assertive male urbanites. It is an uplifting composition of fresh, aromatic top notes juxtaposed with a complex, solid woody base. It opens with fresh notes of tangerine and lemon, and a burst of aromatic lavender, that is sustained by spicy ginger, and held together with the woody smell of rosewood, teak, and ebony.

## Men's Classic Watch By Hugo Boss, **Rs 13,990 onwards**

A cool sports watch that is water resistant to 10 ATM. It features interesting combination of steel, leather and silicon. The quartz chronograph drives minutes, hours and seconds hands moving across the guilloche-textured main dial.

## Selection Men EDT By s.Oliver, **Rs 1,599**

It radiates a spicy elegance in the head note with sage, tangerine and basil. Clover, nutmeg and rose in the heart note provide an unforgettable impression. The elegant base comes from moss, vetiver, guaiacum and patchouli. An ideal scent to reflect your warmth.

## 316L MERIDIIST By Tag Heuer, **Rs 5,08000**

It is a signature munication device in stainless steel and PVD. The bold combination of black and gold compliment the advanced technology and streamlined design of the communication instruments. Its OLED technology protected by a sapphire crystal glass contributes to its design. It works as reversible clock, 1/100 of a second chronograph and incoming call identification

## FLEXX Spectacle Frame by Titan Eye Plus, **Rs 2,750 onwards**

It is for the one who leads a busy and active lifestyle. Made of high elastic titanium alloy, the frame is light weight and regains its original shape once it is bent or twisted. These frames provide unparalleled comfort to the user.

## Arlington Watch By Tommy Hilfiger, **Price On Request**

Try a classic timepiece with this watch – the design is revival of Tommy Hilfiger classic. The automatic watch with date, and seconds face in the dial with pops of red gives it a very trendy look to this watch.

# What To BUY NOW

## Electric Blue Cardigan and Black Denim By Van Heusen Woman, **Rs 1500 onwards**

Revive 90's minimalistic chic with this hot combo of electric blue and black knit cardigan, and raven black denims. Give an casual yet elegant touch to the look with a big belt. It is a classic look that will hardly go out of style.

## Bracelet Watch By Hugo Boss, **Rs 13,999 onwards**

A must have accessory with intricate tapered seven row gold iconic plated bracelet that gives a quilted effect. It features a sunray-brushed rectangular dial and recessed crown to give a smooth line, It has a lovely jewelled clasp.

## Suede Shoes By Egle, **Rs 4,290**

Give your feet ultra comfort with this pair. The shoes feature sponge rubber heel wedge, steel toe together with an electrical hazard protection and dual intensity rubber sole for long wearing. They can be worn throughout the year, and grow soft and ease tired feet with continuous usage.

## Polki Minakari Bangle By Zoya, **Price On Request**

Dress up your understated western wear with a hint of ethnic with these gold, black, blue and red minakari bangles with polka details. Wear a thick one or stack two dissimilar ones for some added fun.

## Shadow Blue Embroidered Top By EDC, **Rs 1,029**

Add a flirty, feminine accent to your outfit with this silky top with laces on the sleeves, subtle purple detailing at the neckline. The A line cut creates a slimming silhouette.

## Misaki Diamond Pearl Earrings By Nirvana, **Rs 8,500 onwards**

An alluring, and stylish combination of diamond and freshwater pearl designed as a pair of earrings that can be worn with both western and Indian outfit. A classic piece to own.

## Sona Sitara Watch By Sonata, **Rs 750**

An affordable piece of dressy watch. Gold plated and encrusted with red crystals, this time piece will look perfect with your traditional formal attire.

## Blue Leather Belt By Esprit, **Rs 990**

A plain bright hued belt that can cinch your classic shirt dress or a long tunic beautifully to accentuate your waistline, and work this season's silhouette.

# On My MIND

Let me begin by wishing you dear readers a VERY HAPPY NEW YEAR. As we were deciding on the theme for this month's issue i wanted to steer clear of the usual beauty resolutions and party makeup kind of stories. My team and i wanted to talk about things that would have relevance for you in the coming months. We thought why not products that would benefit you in a new way. So evolved my feature on The Big Beauty Breakthroughs.

It was bit of a challenge to research new products at the ingredient level, as most brands in India are still way of talking about what they see as the trade secret. In fact i feel that knowing much more about the product from ingredient level will help you make an informed decision. Since you know your skin and body best so you will be able to find the right beauty solution. But there were only few who were forthcoming.

What i found were interesting combinations being used to create innovative products. For instance in case of skin care, much research is being done to create solutions that will work into the deeper layers of the epidermis. Also the labs are looking for newer sources for active ingredients that mimic skin's natural regeneration process. Did you ever imagine that a simple flower like portuluca, which grows in abundance in India, can actually have skin calming properties? Researchers at Johnson and Johnson have proved so.

While doing the story i also realised that the focus for most product research labs this year is going to be looking for sustainable ingredient sources, and using natural actives so that there is less carbon footprint, and damage to our environment. Organic is going to be one way to go, but that will impact your pocket in a way. So even if you don't pick a product with ingredients from organic sources, it will make sense to look for natural components that are grown in an ethical manner.

You will have to read between the fine lines when buying a nature-based product because in most cases they have elements that have been simulated in a test tube to mimic the natural aspect. However, this is not to say that lab simulated ingredients are all bad, because many a times the ingredients in natural form may not be stable enough to be put into a cream or lotion.

So when buying a beauty product it is good idea to read the labels, and when in doubt ask the beauty advisor. Ask and give feedback so that the brands realise that they need to train their counter people about ingredient level benefits. In fact it should be the brands' mandate in 2010. This will ensure healthy skin for you and satisfied customers for the brands in future. So have a VERY BEAUTIFUL YEAR ahead.

Priyanka

priyanka@beautyindia.in

No oily layer,
No sticky feeling,
Only glowing skin.
Ayur herbal cold cream, enriched with the goodness of Aloe Vera and essential vitamins nourishes the skin with its well balanced moisture, without leaving any greasy feeling.
This winter get glowing with Ayur care.
HERBAL
COLD CREAM
WITH ALOE VERA
Ayur
Herbals
Close to nature, Close to you.
Ayur
Herbals
HERBAL COLD CREAM

Registered with Registrar of Newspaper of India under RNI No. DELENG/2007/20530

Certified by INTERNATIONAL GEMOLOGICAL INSTITUTE

NAKSHATRA SOLITAIRE

WORLD OF SOLITAIRE

FOR ALL THE MILESTONES OF LIFE,
WE'VE GOT YOU AN
EXCLUSIVE DESTINATION.

FINEST SOLITAIRES FROM ACROSS THE GLOBE UNDER ONE ROOF

Lifestyle Partner
FLY KINGFISHER

MY FIRST SOLITAIRE · Miss Solitaire · DULCET · Triaana · JOURNEY · DIAMANT SOLITAIRES FROM AFRICA · ALMAAZ SOLITAIRES FROM RUSSIA · Mirage

For Trade Enquiry –09324793784 / 09324543960. Contact us - 022-40102390, from 10 AM to 6 PM Mon to Sat,
Email - helpdesk@gitanjaligroup.com, info@bcj.in.

A GITANJALI GROUP Enterprise