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LIFESTYLE

Fruit perfect

Try these natural treatments for glowing, healthy skin

IF BANANAS CAN help in maintaining the elasticity of the skin, strawberries provide exfoliation and cleansing. In short, fruits can help in achieving glowing skin if used often, says an expert.

Aakriti Mehra, MD dermatologist of Enhance Clinics, shares some skin benefits of fruits and how they help in making the skin glow, said a statement.

• **Banana:** It is a rich source of vitamin and minerals including potassium, manganese, biotin, vitamin C and B6. The vitamins maintain the elasticity of the skin and the antioxidants prevent aging. It is also a natural moisturiser and can be used in homemade scrubs and masks.

• **Orange:** Like most citrus fruits it contains a high level of vitamin C along with beta carotene, folic acid, phosphates, iodides, iron, phytonutrients and flavonoids. These components help to treat dark spots and blemishes. The orange peel can be powdered and used as a scrub for instant glow and skin whitening as it acts as a natural bleach. It also acts as a toner removing dirt, dead skin and giving the skin a firmer feel.

• **Strawberry:** It contains a higher level of vitamin C and manganese which helps to exfoliate and cleanse the skin,

lightens age spots and freckles. Strawberries also prevent thinning of hair and give it a glossy shine. It can be used as an exfoliator in foot scrubs.

• **Tomato:** It is rich in vitamin A, C & K. it acts as an antioxidant in preventing aging and is used widely as a whitening and de-tanning agent.

• **Papaya:** The fruit contains a rich amount of antioxidants like carotenes and vitamin B and C. It keeps your skin hydrated, making it supple and smooth. It also has exfoliation and anti-aging properties.

• **Avocado:** With a high concentration of vitamin A and E, it gives your skin a natural glow. It also helps to moisturise and rejuvenate the scalp.

• **Grapes:** They have phytochemicals and phytonutrients which are antioxidant and anti-inflammatory in nature helping regeneration and healing of skin.

• **Apple:** It contains vitamin C which helps to boost collagen and tightens the skin. It also has copper which is important for melanin production and vitamin A with other antioxidants which control acne, decrease dark eye pigmentation and increase hair growth. It has also been shown to decrease dandruff in the scalp. *IANS*



As fit as Ellie

ELLIE GOULDING SAYS she doesn't want to be thin but she exercises to stay fit. The *Burn* hitmaker, who is currently dating McFly's bass player Dougie Poynter, insists her motivation to workout has always been health related, reports contactmusic.com.

"I don't exercise to be thin. For me, the appeal has always been to be really fit and strong. I think a pair of powerful legs on a girl, or a bigger bum from doing squats, is so sexy," she told *Style* magazine.

The 27-year-old, who showed off her bikini body on a recent trip to Ibiza with her boyfriend, also revealed

she suffered from confidence issues and severe panic attacks when she was younger. "I was torn between that really simple life and this life of madness. My brain was getting all these crazy signals, and I'd have these faux heart attacks that felt real," said Goulding.

"On my way to the studio, I'd have to cover my face in the car with a pillow. I couldn't shop, couldn't go outside, couldn't see people, because there were just so many triggers. And I didn't want to tell anyone, because I just felt so stupid. I never wanted people to see me as weak," she added. *IANS*

ALIGN YOUR LIFE

Reassess Your Goals

MORE THAN HALF the year is gone and a few months remain until we hit 2015. Everyone starts out with vigour and promises at the beginning of the New Year. All of us make resolutions — I will lose weight, I will quit smoking, I will eat healthy, I will commit to a relationship, I will study, I will spend more time with my family, I will use the gym membership... the list is endless.

You start out with gusto and focus. You have a plan in place, the checklist is ready and you are all geared up to achieve your goals. The first few months are great; initially you are able to go to the gym, spend more time with your family, and are able to study better. You feel things are moving in the right direction. And then something happens, and you slowly begin to slip.

Once again you miss a gym class, find an excuse to eat a huge piece of cake and slowly fall back into the old patterns that you despise. And before you know it, more than half the year has gone by, with no major life change and you're living the same old life that you hated so much. The good bit is that it's not too late. With a few months remaining for the year to finish, it's time to reassess your goals and stop yourself from slipping further.

Let's start by re-examining your goals for this year. Adjust the timeline and have a plan in place for getting yourself back on track. The first step is to have a support circle around you that will encourage you to embrace the change you are seeking. Join meet-ups or find people who are also looking to make the same change in their lives. The second step is to have small goals. One day at a time works better than having tonnes of goals and a long span of time to cover them. Have daily and weekly goals for yourself rather than monthly and yearly goals. Next, create a vision board and fill it up with pictures and quotes that will motivate you to reach your goals for this year. You can display whatever you want on your vision board as long as it motivates you. Take control of your life and focus on what matters and what can be discarded. We spend way too much time on things that don't matter while ignoring what is most important. Last but not least; take care of your mental health. Learn to meditate, join a yoga class. The more relaxed you are, the more focused you are likely to be. A calm and focused mind will help you to reassess your goals and help you to align your life at this point of time.

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