

Be blemish free

Get spotless face, silky tresses with green tea

FROM ACHIEVING A spot-free look to getting smooth tresses - using green tea in your daily life can help you become healthy and beautiful.

Karpagam, national skin trainer at Naturals hair and beauty salon, has shared a few wonders of green tea:

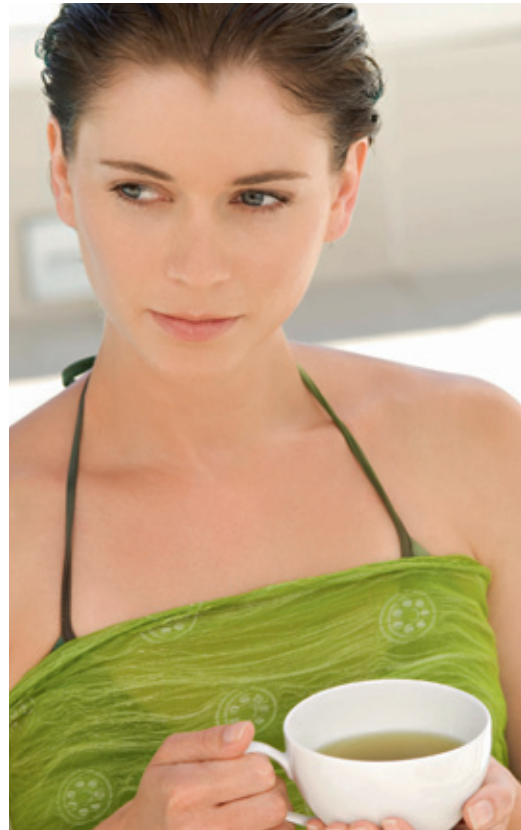
• **No-spot look:** We all have faced the problem of acne at some point in our life. Some healed while a few left their mark behind. Use of umpteen creams, pills and face products unfortunately failed to make the marks fade away. With no further delay, grab a few bags of green tea and brew it in hot water, strain the water and leave it aside to cool. Now instead of cleansing your face with water each time, use this skin friendly solution. Do not wipe.

Following this regime regularly will gradually aid in removing the marks and preventing acne and sudden outbreaks as well. In addition you can follow this routine with the application of a moisturiser; to reap

the best benefits apply homemade green tea face moisturiser.

• **Sparkling eyes:** Eye puffiness and dark circles are also very common these days. A simple solution to protect the eyes from all these troubles is a green tea compress treatment. Instead of throwing the tea bags into the trash bin, refrigerate them and use them as a compress over the eyes for a minimum of 20 minutes or more. The anti-oxidant content of green tea leaves cleanses the eyes and relieves all the tension around the nerves.

• **Tame your tresses:** Hair detoxifying treatment is the latest fad to catch up among people. Though using hair products with green tea as a key ingredient is beneficial but nothing is more rewarding than a home green tea treatment. After washing the hair with shampoo instead of hair conditioner, apply water extract of green tea for conditioning. A great stimulant for hair follicles, green tea promotes growth and nourishes the hair. *IANS*



Picture perfect *Easy-to-follow tips for skincare*



IF YOU'VE RESOLVED to take care of your skin in 2015, adapt some easy-to-follow tips for achieving wonders.

Sangeeta Velaskar, vice president and head (Medical Services and Research and Development) at Kaya Skin Clinic, lays emphasis on proper sleep and drinking water regularly to stay fit and glowing, read a statement.

Here's what Velaskar suggests:

• **Sleep like you mean it:** When you are asleep, certain hormones go up in your blood, and those same hormones drive appetite. Besides, sleeping is the easiest way to reduce those dark circles that take away from your beauty. Become best friends with your pillow in 2015.

• **Load up on healthy foods:** While it's going to be nothing short of painful to turn your back on those delicious pizzas and sumptuous burgers, you're going to have to do it for the sake of attaining that coveted complexion. Stock up on leafy greens, berries, citrus fruits and other red, green and yellow items for a maximum antioxidant and nutrient boost.

• **Love your skin like it was your last day on Earth:** You can never love your skin enough. While it might not be feasible to indulge in a facial every second day, there are a few remedies you can follow to pamper your skin within the confines of your house. Honey is known as a natural cleanser which exfoliates your skin to bring out a radiant complexion. The citric acid present in lemon helps keep the skin clear by removing dead

cells. Turmeric has excellent antiseptic and skin-lightening properties that help reduce scars.

• **There is a reason 60 per cent of your body is made up of water:** There's nothing better than water to improve your skin overnight. Come morning, your wrinkles will feel less pronounced and your body will work most effectively as the waste and toxins of the previous night are washed away. It will also help keep your weight in check, as dehydration triggers a false feeling of hunger making it easy to confuse thirst with hunger. Your daily intake of water should be no less than eight glasses every day.

• **Go natural:** The year 2015 is going to be all about going back to your roots. Women have started to embrace the makeup-free look and we are absolutely lapping it up. While it is alright to deck up once in a while for special occasions, avoid using too much makeup on your skin as it causes the skin to get oily and break out. It also causes blemishes which might end up giving you sleepless nights.

• **Step into your happy bubble more often:** We underestimate the effect of positivity on our skin. Being inwardly happy reflects beautifully on your skin and is the most inexpensive way to look beautiful. Surround yourself with like-minded people, indulge in your favourite hobbies and strike a healthy work-life balance. Try to travel at least once in six months as meeting people from different cultures will open you up to broader opinions giving you a more optimistic view on life. *IANS*

ALIGN YOUR LIFE

The truth about sugar

SINCE WE ARE young we are taught to celebrate life with sugar. If someone has a baby we gift sweets. If it's a wedding; we eat sweets. If you pass an exam, you celebrate with chocolate. No matter which part of the world you come from, we all associate happiness with sugar. All the religions and festivals around the world have centred around eating special sweets and food items. And since we have been celebrating life with sugar since childhood, does it come as a surprise that most of us have issues with our weight? We are taught from the time we are young that happiness needs to be celebrated with certain food items. Depending on where you are from, the type of food/sweet will be different. But other than that it's all the same.

Years pass and you grow up. But the association with sugar remains the same. Every time you are happy or celebrating, you turn towards sugary foods. It happens again and again and before you know it you have piled on oodles of extra weight. So how can this pattern be changed and thinking be altered? How is it possible to change your relationship with sugar?

The answer is simple. Starting today, all you have to do is every time there is an occasion to celebrate or you are happy, do an activity that does not involve eating. For example, a client of mine wanted to reduce the sugar intake in the life of his kids but did not know how. One of his sons was diagnosed as obese and the daughter was addicted to eating candy. After brainstorming with his wife, he came up with a plan. All the birthday cakes would be replaced by naturally made smaller cakes without sugar. The highlight of the birthday parties would be activities and not eating cake. The children were not happy at first but over the years have come to appreciate this unique way of celebrating their birthdays. They now associate birthdays with rock climbing, family gatherings, going to the beach and going to the movies.

Of course the change will be difficult. But once you get the hang of it, cravings for sugar will be replaced with the new activity and you will be on your way to losing weight.

Festivals can be celebrated with little sugar and more of love. So next time instead of buying a box of sweets for a friend, gift a book instead.

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