

Go natural

Too much make-up not good for youngsters: Expert

PARENTS ARE BEING urged to ensure that their children aren't using too much make-up particularly if they're young as it can lead to major skin problems, says an expert. Girls as young as 12 years old are afraid to leave their home without wearing a full face of make-up, new research has revealed.

An independent survey conducted by survey-led marketing research company OnePoll says that one in five girls aged between 12 and 17 are covering up their imperfections daily before leaving their home.

A worryingly high number of young girls are also topping up their make-up at least once a day as results reveal 46 per cent of young girls will reapply make-up, reports femalefirst.co.uk.

Skincare experts warn that applying too much make-up at a young age not only worsens existing and immediate skin problems but can also have an



effect on long term skin health and condition that includes confidence and self esteem.

This comes as the study found that 40 per cent of young girls 'forget' to remove their make-up and a further 36 per cent leave it on because they are 'too tired' to remove it.

"Applying too much make-up from as young as 12 years old without first using skincare products can cause sensitive skin to become dry and irritated.

"Skincare products such as face wash and cleanser help

ensure that skin is clean and prevent build-up of spot-causing bacteria, while moisturisers are key for ensuring skin is hydrated and often contain SPF to protect against damaging UV rays," said skincare expert Caroline Frazer.

Mothers also admit to their daughters having insecurities about skin issues with 70 per cent regularly hearing complaints from their daughter about it.

"The results of this research suggest that while good skin

is clearly important to young girls, they are caking on make-up to cover their imperfections which unfortunately, leads to a vicious circle as this excessive use is actually creating more problems for themselves," said Frazer.

"Applying layers of make-up will only serve to block pores, create and harbour more bacteria and inevitably, lead to greater skincare problems as well as confidence and self esteem issues," added the expert. IANS

Road to fitness *Want to get a celebrity body? Check out how*

ACHIEVING A PERFECT body a la celebrities is not difficult if one follows the right workout regime and eating habits, says fitness trainer Romana Braganza.

Braganza, who worked with celebrities such as Jessica Alba, Scarlett Johansson, Eva Mendes and Anne Hathaway, says one should follow five tips

to get a perfect body, reports femalefirst.co.uk.

• **Pre-workout fuel:** Are you fuelling up adequately with pre and post workout meals? If not you may be sabotaging your workouts. Eating the right foods at the right times will make a difference in the way you gain muscle tissue. Make sure you have a snack

pre workout such as steel cut oats, eggs and toast, or if on the go, a handful of almonds or a protein shake.

• **Healthy eating:** Giving your body what it needs includes restoring a natural balance. Training hard produces stress, which in turn, creates free radicals which attack healthy tissue in the body. To help your body fight these free radicals, ensure you have a healthy intake of fruit and vegetables each day such as broccoli, berries and cherries.

• **No excuses:** If you suddenly find yourself away from a gym then don't skip a workout just because you don't have any equipment. Try combinations that include single legged squats, single arm push ups, walking squats and sit ups. A full body workout can get you the sweat you need in 10 minutes.

• **Lift enough heavy weights:** Often, ladies in the gym do not lift enough weight. They are afraid of bulking up, but if not enough weight is lifted then not enough stress is put on the muscle to make a change. Women don't need to worry about bulking up; hormonally women don't have enough testosterone to look like men. Halle Berry, Jessica Alba and Kate Beckinsale all lift weights and none look bulky but instead are enviably toned.

• **Hydrate before, during and after workout:** Dehydration can impair your physical and mental performance in all types of sports and exercise. Being as little as 2 per cent dehydrated can reduce your performance by 10-20 per cent. To achieve best results in a workout drink a glass of water before and sip some during. IANS



ALIGN YOUR LIFE

A Touch Of Feng Shui

Going to the doctor is never a pleasant experience. No matter what the problem is - big or small, no one really wants a visit to the doctor. The atmosphere in many clinics is very cold and unfriendly. Some clinics have white walls with black or dark coloured couches with magazines scattered on a coffee table. There are no warm colours or a feeling of comfort in most clinics. The only dash of colour that one sees is in the paediatrics department. But most hospitals and clinics continue to have plain décor. So what can clinics do to make patients more comfortable?

More and more people from the medical profession are turning to Feng Shui to make their working environment more balanced and welcoming. If the patient feels calm and stress free, then the job of the doctor becomes very easy. So here are some tips that will help you to create a beautiful ambience in your clinic.

Ideally clinics and hospitals need to have Yin energy, which is quiet and slow moving energy. Yin energy is always associated with rest and peace and so by creating this energy in the clinic, patients are likely to feel healed.

Firstly, it very important to have welcoming colours in the clinic. Green and blue are considered colours of healing. These two colours are used by wellbeing practitioners, who practice colour or chakra healing. Therefore it is recommended to use green and blue along with white to create healing energy in your clinic. Avoid using very bright red or orange all over the clinic as it creates fire energy. However painting one wall at the reception or at the entrance in bright colours is acceptable, as you need fire energy or movement at your entrance. To complement the fire energy further, you can display a TV at the reception as well.

Having a water feature with the soothing sound of water also helps in enhancing Yin energy within the clinic. Displaying a fish tank will also enhance the relaxing experience for your patients.

Playing soft and gentle music, while your patients wait is another idea to make them feel comfortable. Sounds of water, birds chirping or bells ringing create gentle sound vibrations and help in making patients calm. Displaying fresh flowers can also make a huge difference in the décor.

Gone are the days when a visit to the doctor was dreadful. A touch of Feng Shui can help create a friendly environment for your patients and your clinic will be unique as it will heal people with a smile.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

