

it's who you are

# iDIVA

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**Signs of ageing**

- Depending on your lifestyle, your skin can show signs of ageing by the time you are 30. It varies from person to person and largely depends on genetics.
- A sedentary lifestyle accelerates the ageing process.
- The visual signs of ageing can be the tone of the skin including appearance of grades of wrinkles as well as some form of hyper pigmentation.
- The first signs of ageing are wrinkles, dullness and dark spots, usually around the eyes, mouth, neck and occasionally, the forehead as well.

**Causes**

- The causes of premature ageing could be a host of external factors such as prolonged exposure to the sun without



protection, mainly due to the ultraviolet rays of the sun.

- Sudden and drastic changes in weight also harm the skin.
- Nicotine accelerates skin damage and alcohol causes dehydration of skin.
- Chronic smokers have rough skin with premature ageing.

**Fight the signs**

- Take care of your skin and work out regularly to slow the process of ageing.
- Cleansing and toning of the skin are important everyday rituals.
- Re-apply sunscreen every few hours. The requirements of a good sunscreen include an SPF of approximately 30+ and the inclusion of titanium

dioxide/micronised zinc, which are the only ingredients that can give you a 100% block of the harmful effects of sun.

- A healthy balanced diet with adequate amounts of antioxidants as found in fresh fruits and lycopene rich vegetables and plenty of fluids are also important.
- Go for regular evaluation by a dermatologist or cosmetic surgeon to help prevent correctable problems of skin.
- Facials, when done properly, help to keep the pores of your skin open and keep it clear of whiteheads and blackheads.
- When you use night cream, use very little and spread it all over your face. Dousing yourself with night cream will not allow your skin to breathe.

# FIGHT AGAINST AGEING

By JASLEEN KAUR GUPTA

Given the stressful lifestyle and rapidly increasing toxins in our environment, the ageing process has only accelerated. iDiva tells you exactly how you can beat these challenges and still look refreshingly young



Expert inputs from Dr. Mohan Thomas, Senior Consultant Cosmetic Surgeon, Breach Candy Hospital; Kiran Bawa, cosmetologist & a medspa owner; Dr. Rohini Wadhvani, cosmetologist and Medical Director

**Party alert**

- Make sure you make a quicker exit from a party to get enough sleep and control the alcohol intake to modest levels. Drink lots of water to flush out the toxins.
- Before applying your makeup, put a light day cream mixed with water.
- Remove makeup prior to bedtime with a mild makeup remover. This should be followed with a deep facial cleanser.
- Regularly wash your makeup brushes and disinfect them because they are the primary carriers of infection and skin troubles.
- If you regularly wear heavy makeup, make sure you go for a cleanup to a certified salon or spa, every 15 days.
- If you've been wearing a lot of heavy makeup, put pure aloe vera gel all over your face in the morning.