

My eyebrows and lashes are very sparse. I apply eyeliner to make the brows look fuller. Is there a permanent way of correcting this?

Hetal Shah, Chennai

A surgical solution to your problem would be hair transplants in the brow area. Transplanted hair on the brows do not always look natural, as the eyebrow hair is very different in length and direction to the scalp hair. A good non-surgical option would be to tattoo the area, which, when done by experts, can look quite real. Eyelashes can be improved with application of a US FDA-approved medication that has just come into the market. Application for a few months improves the density, thickness and the darkness of the eyelashes.

DR MOHAN THOMAS, MD (USA), FACS (USA),

leading cosmetic surgeon, visiting scholar Mt Sinai Hospital (New York) and consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai, answers your queries related to cosmetic surgery. Send in your queries to femina@wmm.co.in



My skin is becoming darker by the day. I was fair in my childhood, but after school I became much darker and never got back my original colouring. I have gone for treatments like micro dermabrasion and monthly clean-ups, but nothing has shown improvement.

Sara, Mumbai

I can understand your concern and frustration. Our country suffers from an obsession with fairness and many have gone crazy over it. Skin has a natural tendency to darken on exposure to sun. This is an in-built protection given by nature against the ultraviolet rays. A proven way of improving the complexion is to use a good sunscreen lotion, preferably oil-free and with sun protection factor (SPF) of at least 30. Sunscreens remain active for only a few hours, and if you are going to be out for long, repeated application is required. UV rays are also present in indoor fluorescent lights. For complete protection against UV rays, use sunscreen even when you are in the office. Prescription creams are effective for skin lightening. Many of them contain substances that decrease the activity of the pigment forming cells in skin. Please consult a good dermatologist who will be able to prescribe the creams. If you start believing that beauty is not skin deep, life will be easier for you.

My sister is 26 years old. She overeats, is obese and has a lot of body hair. She

doesn't exercise and has stopped socialising. Can liposuction help her regain a good body shape?

Rina, Chennai

From what you have described, your sister's problem does not look like a simple case of overeating. Most probably, she has an underlying hormonal problem called Polycystic Ovarian Syndrome (PCOS). Weight gain, irregular periods, increased facial and body hair and acne are all signs of this problem. You should consult an endocrinologist in your city to diagnose her problem. PCOS can be treated to keep the symptoms under control. Laser treatment will help remove the unwanted hair, once the basic hormonal problem is set right. Mega liposuction can create dramatic changes in the body shape. But this cannot be performed before her hormonal condition is addressed by an endocrinologist. Your sister should understand that most of her problems can be corrected, and there is light at the end of the tunnel.

I have deep lines on my face that make me look tired. I am 50 and very health conscious. How can I get a fresher look?

Seema, Bangalore

Ageing affects the face in many ways. Skin loses elasticity and the tissues beneath the skin contract over time. This causes flatness in the cheeks and deep lines by the nose and mouth. The best option in this case is to reposition the tissues upwards and to remove excess skin, both of which can be done through a minimally invasive facial rejuvenation surgery. Other options include fillers, botox and thread lifts (I don't recommend it). These are quick-fixes, and like all others, these also are second best and not long lasting and powerful enough. ●