

DAY 3: FINISH IN STYLE

DIET TIPS: Begin your day with a glass of lukewarm water with a twist of lime and one tsp honey.

Add sunflower seeds to your cereal. The zinc in it will help heal your pimples faster and prevent more acne breakouts.

Munch on some walnuts (omega 3 and antioxidants) mid-morning and in the evening. Have pomegranate juice twice to fortify your blood count and give the skin a rosy tint.

Make sure you have a big bowl of yoghurt along with both main meals. The probiotics in it will help add healthy bacteria to the intestines (read no acne) and buff up the production of collagen (read less lines on the face).



BEAUTY TIPS: "Blend 2 gm each of white sandal, saffron, poppy seeds, red sandal and manjistha with a few drops of rose water and apply as a face pack; it helps whiten the face," says Siddharth Shankar.

"If you have oily skin, soak multani mitti and mint powder in yoghurt for 30 minutes and mix them well by beating. Apply it on the face for 15 minutes and leave it to dry. Then wash off with lukewarm water. After that, rinse with cold water," says Dr Sangeeta Amladi.

"At bedtime, apply an equal proportion of honey and rose water on the face and leave for 10 minutes; you'll get a wonderful glow on the face," shares Megha Dinesh.

Happy Diwali! May you even outshine the diyas!

brunchletters@hindustantimes.com

SPA AND BEAUTY PACKAGES

From facials to wraps, body treatments, peels, all-day rituals, and even weekend packages, there are a variety of spa packages available this festive season.

IN DELHI, Blue Terra Spa recommends their 'Humid Escape' package, while The Metropolitan Hotel's NeoVeda spa features a Men's Purifying Facial, Shoulder and Scalp Massage. The spa at the Shangri-la hotel has a Restorative Mud Ritual perfect for this season, while VLCC lists a long line of facial peels that work wonders.

IN MUMBAI, Dr Rashmi Shetty, cosmetic physician, recommends her Skin Alive package, while The Jiva spa at Taj Wellington Mews is highlighting its Soundarya package, and The Quan Spa at the JW Marriott is hosting a 'Festival of Scrubs'. Finally, the packages at Rejuve Spa, InterContinental The Lalit, include a stay plus spa option.

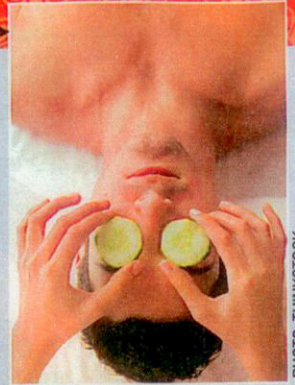


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