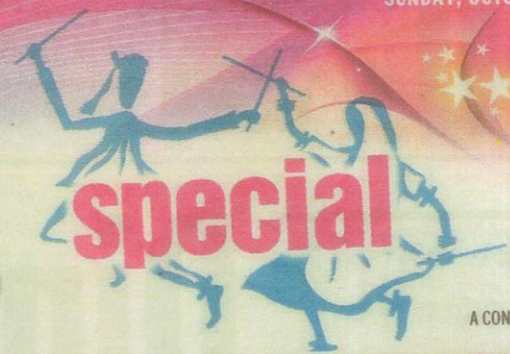


Mumbai Mirror

SUNDAY, OCTOBER 2, 2011

Navratri



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enhance the beauty and glow of your skin then you will have to achieve it through diet and external care" says Dr Mohan Thomas, Senior Cosmetologist, Breach Candy Hospital.

Diet that you should plan to have a healthy skin should be more dedicated towards fibre, water and vitamin contents that are essential for healthy skin. Citrus fruits like lemon, strawberry, orange, ba-

nana, melon, peach, grapes are very essential for the well-being of the skin. The main secret behind glowing skin is a health body with good blood circulation all over the body.

Apart from the intake factor, flawless skin also needs an external support system. "Visit a beauty salon for treatment of your hair and for facials and skin packs. Those who cannot afford saloon or par-lour treatment can use home remedies in the form of packs made of curds, gram flour, turmeric powder or any of fruit packs. They can also resort to readymade face-packs available in the market,

To look youthful and fresh you needs to de-stress and be energetic at the same time. Yoga, meditation and dancing are the best ways to be able to achieve this. With the festival of Navratri going on, enjoying a healthy dose of Dandiya-Raas or Garba will not only help you de-stress from a chaotic lifestyle but will also help you shed a few extra kilos as an added advantage.

"Practicing yoga, aerobics and any simple exercise daily is of a great help in keeping your skin young and bright. When the blood circulation is good and carries all necessary vitamins and nutrients to the epidermis, naturally the skin will have fresh as well as



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