

# Bombay Times

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Stretching exercises can help get rid of a double chin

## Double trouble

Many often neglect what really holds a beautiful face—the neck! *BT* talks to experts on how to get rid of that double chin

with respect to the frontal plane of the forehead. In the second and third case one usually has to go in for a surgery.”

But then again, while more women seem to suffer from this problem than men, it is not only the fat women who are in danger of getting one. Thin people too have double chins, which might surprise a lot of us.

Cosmetic Physician Dr Jamuna Pai says, “Fat starts accumulating at a place where there is no physical activity. Doing exercises like Yoga and stretching your neck muscles will help.” Agrees Dr Thomas, “I always tell my patients to exercise. Going

under the knife should be the last option.”

For those with money, cosmetologist Dr Anshuman Manaswi says, “Liposuction takes about one hour while a procedure like a chin or a neck lift takes a couple of hours. These procedures cost anywhere between Rs 20,000 to Rs 30,000, and a lot of women are already going for them.”

Dr Pai, however, prefers meso-therapy, “It rejuvenates the skin and face muscles by forming collagen and new cells, which stretches the skin and smoothens superficial wrinkles.” This is a painless option and requires six sittings. “Another option is

the lipoysis treatment (fat dissolving agents), given in deeper areas in the chin which dissolve the fat completely,” she adds.

### CHEAT TRICKS

**Get a bob cut:** It takes the attention away from your neckline, precisely what you'd want. And do not go in for a one with curls ending under your chin.

**Make-up for the difference:** Try highlighting some other feature on your face, like the eyes. And you can use a darker shade of foundation under your chin and blend it carefully with your face.

**Drooping necklines:** Too scared to do that? Well, try wearing deeper or broad-necked tops so that more area of your neck is flattered to take away those eyes from your double chin.

Since the apple knocked open Newton's head to understand gravity, we've come to appreciate it for a lot of things—it allows us to walk, drive, write... But could you think it may not be the best thing to happen to your neck?

Well, scientific studies have established that our neck bears the heaviest force of gravity compared to other body parts. So if you are getting a double chin, probably it's gravity to blame. But there are other factors of course. Read on to know what the

experts suggest you could get rid of it.

Let's understand first the three reasons that could be causing that double chin—body fat, anatomy and time. However, experts say the major cause for this problem is simple fat deposition—the tissue under the chin that collects the fat.

Cosmetic surgeon Dr Mohan Thomas spells the reasons in medical terms, “A double chin can be due to being overweight, having a weak chin or retrognathia, a condition in which either both or both jaws recede

### DOPE ON DOUBLE CHIN

Double chins depend on the angle between the jaw line and throat. The lesser the angle between the two, the greater is the risk. However double chin is not a dangerous health sign, but just an indicator of your weight gain. It's also an inevitable part from the ageing process, as women begin to lose elasticity of their skin around 40. To reclaim your chain, go for regular aerobic exercises and avoid crash diets, which usually do more harm than good.