

DNA after DAILY NEWS & ANALYSIS hrs



MUMBAI MONDAY, OCTOBER 24, 2011

Put your best look forward

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In the wake of all the festivity and celebrations, and several other indulgences like greeting, socialising, partying and of course binging, do not miss out on looking your best in the festival week.

FACE

- "Diwali is a good excuse to play up with colours," says celebrity make-up artist Reema Sablok. "You can experiment with blues, greens and yellows on your eyes. Or even do a dark green or maroon or purple for that smoky eye effect. The colour of course should be decided based on that of your outfit."
- Do not go heavy on the lips and eyes at the same time. "Like if you're wearing a red lipstick avoid any drama on your eyes," says Reema.
- After putting the base foundation, wait for 15 minutes before you apply the powder (use loose powder preferably) to avoid a caky look.
- You can also opt for liquid eye liners. "A shade of green can look fabulous," asserts Reema.
- Fake lashes can heighten your eyes. But, as Reema suggests, use it only if you know how to wear it right.
- Avoid too much blush.
- Try the non *kajal* look as it gives a more international feel and looks fresh.

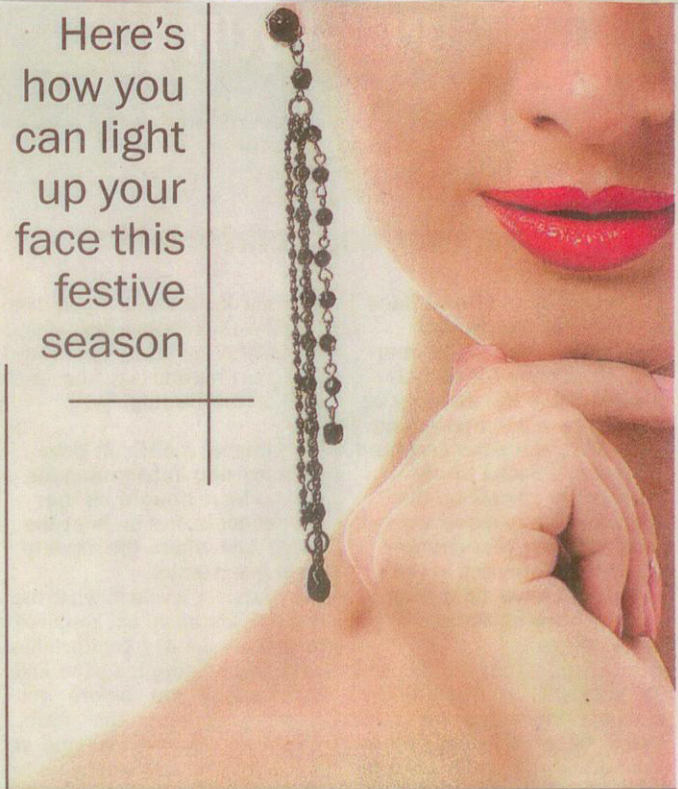
HAIR

- Play around with your hair. You can do a French plait or simply part them from front to back. However "stay away from the buns," warns Reema.
- Sleep well. Lack of sleep can prove unhealthy for not just your skin but for your hair as well. So protect them from the harmful UV rays.

HOME THERAPY

- Cleanse your face regularly to get rid of the oil, filth and the toxins that could accumulate in your skin in all the celebrations. "Mix oats and milk or curd into a paste," recommends Dr Swati Srivastava, head of Dermatology, VLCC.
- Use a *moong dal* scrub to remove the dead skin on your face.
- Moisturise morning and night. Keep oiliness in control by applying strawberry mask.
- And if you've been doing much of leg work for the festive preparations, "make sure you catch up on your sleep to avoid dark circles and the tired look on your face," says cosmetologist Mohan Thomas.

Here's
how you
can light
up your
face this
festive
season



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—Reema Sablok,
make-up artist