

# Face Your Face...

MAKE SURE YOU DON'T LOOK NEANDERTHAL AFTER A WORKOUT. SADDLE UP AND GET GROOMING

Any kind of workout is good for the skin. "Sweating profusely during a workout drives toxins out of the skin pores. Training releases growth hormones and lowers stress levels by reducing destructive cortisol," says Dr Mohan Thomas, senior cosmetologist at Mumbai's Breach Candy Hospital. "Exercise also produces more of natural oils, which make the skin glow," he adds.

## COOL DOWN

Frequent showers do more good than harm. "It removes the skin's protective lipid barrier allowing it to dry out," says Dr K.E Mukadam, director, cosmetologist and dermatologist at Laser Cure Cosmetic, Skin and Hair Centre, Mumbai. "Keep showers under 15 minutes and apply a light moisturising cream to hydrate your skin," he adds. **Kiehl, Facial Fuel Moisturizer 75ml, ₹1,100**



## SEAL THE DEAL

Moisturising is like applying a protective coat of wax to your car. It keeps the cells from drying out, improves skin's appearance and guards against environmental pollutants. "The upper layer of your skin should

be damp for the moisturiser to seep in and hydrate your skin effectively," says Dr Mukadam. A lot of body fluid is lost during workouts causing dehydration. As a result, the body temperature shoots up and the body becomes susceptible to skin problems. **Nivea Advanced Whitening Oil Control Moisturizer ₹190**



## STAY SPOT-FREE

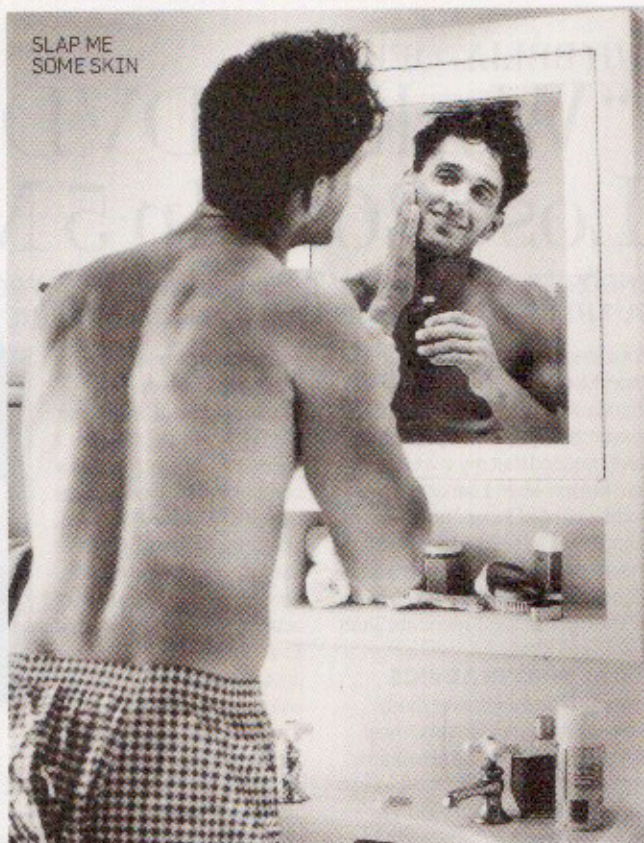
Make sure getting spotted in the gym is confined to your bench press. "The heat and increased circulation trigger the production of sebum—the skin's natural oil," says Dr Thomas. "This raises the risk of spots and acne," he adds. Use a spray or a facewash containing triclosan and salicylic acid that prevents overflowing oil-glands. **L'Occitane, Verdon Pure Face Wash 150 ml, ₹1,150**



## STYLE ON

It's always advisable to towel dry your hair. Not only is it quicker it's healthy for your scalp as well. "Hair dryers suck

SLAP ME  
SOME SKIN



up all the moisture from your scalp, leaving it dry, pushing the brittle hair fibres wide apart leaving vacant gaps," says Dr Mukadam. By the time you've dressed up, your hair will be 75 per cent dry—the optimum time to apply a styling product. **label.m, Miracle Fibre 50 ml, ₹975**



## PICK YOUR BAG UP

To avoid athlete's foot, dermatologist Dr Shehla Aggarwal of Mehak Skin Clinic advises drying your feet after a shower and wear slippers in communal areas. Keep gym bags off the floor, where they can easily pick up spores. "These can spread upwards to other warm, moist areas," she says. **Kiehl's, Cross Terrain Foot Cream 100ml, ₹1,100**

