

REWIND

As we age, we start getting more and more worried about those fine lines and wrinkles. **Rhea Dhanbhora** shows you how you can turn back the clock a little...

Youth and longevity are at the top of everyone's list. We all know that as we grow older, greys start popping up and our skin follows with wrinkles. From home fixes to skin care products and professional treatments, here are a bunch of things that can help you turn back time.

HOME FIXES

If you don't want to spend time or money getting treatments outside, here are a couple of things you can do at home to slow down the ageing process...
Skin peel: A simple skin peel from your kitchen is a fast and easy way to look younger and still keep your skin healthy. Thinly slice eggplant, tomatoes, pineapple or fruits that contain natural acids and place them on your face. Leave them on for 20 minutes and then wash off with warm water.
Yogurt: Yogurt contains lactic acid which gently peels off layers of dead skin. If you have very sensitive skin and cannot withstand alpha hydroxy acid preparations (which do the same thing), yogurt is a good alternative. It can help lighten spots, even out patchy skin tones and keep your skin looking young. Apply yogurt on your face as a cream, wash it off with cold water after 15 minutes and do not forget to apply a moisturiser.



INCORPORATE THESE INTO YOUR DIET TO KEEP THE AGE AWAY
Citrus fruits: They are packed with antioxidants that can benefit your skin.
Peaches: They are an excellent source of potassium and vitamins A and C.
Sardines: Nutrients in the fish are a powerful membrane stabiliser that can reverse age spots.



PROFESSIONAL ASSISTANCE

Everyone wants to stay young and there are several treatments that can help us do that. Cosmetologist Dr. Madhuri Agarwal tells us, "Present day age defying therapies include chemical peels, Botox, dermal fillers and the use of anti-ageing products." Salons, spas and doctors in the city have a number of treatments to help reverse the process of ageing. Take a look at a few places you can visit:

Jean Claude Biguine Salon & Spa

The salon and spa has a number of treatments that you can indulge in to feel and look younger. Here are a few to try out:
Age Expertise Facial Treatment
 Your face is cleansed, exfoliated and massaged to tone your skin. It is then covered with a self heating facial mask to detoxify and eliminate pollution particles. A replenishing serum helps prevent wrinkles and ageing effects, after which the wrinkle filling wax and concentrate are applied. A firming concentrate, renewing toning mask and thermo active simulating mask follow for anti-wrinkle lifting care.
Price: ₹4,500 + taxes
Eye Treatment
 In thirty minutes, your fine lines and wrinkles are soothed away with this treatment. Your face is cleansed and toned and then a contour radius smoothing and reviving eye mask is applied. The eye patch mask is left on for 12 minutes to moisturise and revitalise your eye area after which a lift contour, intensive eye and lip care product is applied to finish it off.
Price: ₹1,700 + taxes
Contact: 66995555

VLCC

Head of Dermatology, Dr. Swati Srivastav tells us what we can opt for at VLCC:
Lasers: These are intense pulse light systems which help tighten your skin.
Price: One sitting starts from ₹5,000.
Thermage and Botox: Thermage also helps skin tightening but is a bit costly while Botox too can give you the same results. The treatments erase your dynamic lines and prevent further wrinkles.
Price: Thermage: ₹50,000 onwards; Botox: ₹300 onwards.
Microneedling: Also known as Mesotherapy, it involves infusing anti-ageing serums in the deeper layers of your skin. They can be taken as 6 sittings once in a month.
Price: ₹5,000 onwards
Contact: contact@vlcc.co.in



Dr. Rashmi Shetty's Non-Surgical Cosmetic Solutions

Dr. Rashmi Shetty has a number of solutions to help reverse the process of ageing, some of which include:
Dermal Fillers: These are hyaluronic acid based gels which can reduce the appearance of wrinkles.
Oxygen treatment: Under this treatment, pure vitamin extracts are infused in the deep layers of your skin through highly pressurised oxygen.
Price: Treatments start from ₹5,000 onwards
Contact: rashmi@drashmishetty.com



STOCK UP ON When we're thinking of looking younger, we want the best that there is. Look at stocking up on these products to keep those fine lines at bay:



Lancome: Lancome's Primordiale Skin Recharge Day Cream and Primordiale Skin Recharge Night/Nuit Cream are a little steep but worth the money. The day cream also has SPF 15.
Price: Daycream: ₹3,800
 Nightcream: ₹4,200

Olay: Olay has an entire line of age defying products such as the Anti Wrinkle Eye Cream. It will help treat fine lines and eye wrinkles and replenishes skin moisture. We really recommend it.
Price: ₹538

Kiehl: If you've already got a few of those annoying wrinkles, don't despair. The double strength deep wrinkle filler fills wrinkles almost instantly and reduces them over the long run.
Price: ₹2,300



« 5 WAYS TO ROCK: GUMBOOTS

- COLOUR UP**
You don't have to stick to boring old black gumbots. Sure, they're sturdy and keep you dry, but they don't make much of a style statement. Colourful wellies are not just child's play anymore. Kate Moss has been sporting the boots in an array of colours. So don't be shy, go ahead and grab the brightest colour you can find.
- PATTERN RIGHT**
There's nothing wrong with patterned gumbots, but you've got to be careful not to go overboard with them. If you're wearing a patterned dress or carrying a colourful, patterned bag, stay away from gumbots that grab too much attention. If however your outfit is sober, opt for the patterned sort.
- SIZE MATTERS**
Decide what sort of gumbots you want. If you wear a lot of jeans and want to tuck them in, pick gumbots that are wide enough for your jeans to be tucked in. If you want to switch it up and don't stick to jeans, try picking calf high ones instead of ankle ones. They look stylish and will keep you splash free in the puddles.
- LINE AND CHANGE**
Buy gumbots with a proper lining in order to stay comfortable. Wearing gumbots is stylish and fashionable and you can team them with almost anything. But you don't want to be trudging through on a hot, sunny afternoon in those heavy, sweaty gumbots, do you? The weather here just isn't right for a day in gumbots. So if you do want to rock them and avoid looking like you're uncomfortable, carry a pair of slippers to change into once you've reached your destination, or just in case your feet get too stuffy in there.
- SKIRT THE ISSUE**
A lot of people think teaming a skirt with gumbots looks terrible. However, if you team it right, you could have an extremely fashionable combination. A knee length, straight skirt teamed with calf high boots looks great, but avoid wearing miniskirts with gumbots.

« Forget the old and boring black gumbots. Just go out there and make a colourful statement

« THE 5 BEST: FOOT SCRUBS

- TATHA FOOT SCRUB**
A mixture of vitamins A, B1, B2, D, E and beta carotene, this foot scrub from Tatha is nourishing for dehydrated feet. It has rejuvenating properties that promise to increase collagen in your skin.
PRICE: ₹1,300 for 100 gms
- DERMALOGICA HYDRO-ACTIVE MINERAL SALTS**
Giving you the feeling of a spa in your home, this sea salt foot therapy is great for a mineralising foot soak and for polishing your skin. It will really benefit your feet during the monsoon!
PRICE: ₹1,880 for 284 gms
- WALNUT MINT FOOT FROM NATURE CO.**
This one is a soothing natural fibre foot scrub that removes rough, dry and dead cells from your heels and soles. Massage the walnut granules to easily and effectively remove dry and dead skin. For best results, use it at night, moisturise after, put on a pair of socks and go to sleep. By morning, your feet will be super soft.
PRICE: ₹425 for 125 ml
- IRAYA WALNUT FOOT SCRUB**
With extracts of aloe vera, kokum and walnut shell, this scrub helps remove rough patches of hardened skin leaving the feet soft, smooth and freshly fragrant. It should be in your rainy day survival kit.
PRICE: ₹395 for 200 gms
- PEDICURE BY O.P.I SCRUB**
This scrub contains vitamins E and A, green tea extract and OPI's exclusive Avocado Lipid Complex that exfoliates away tough calluses and rough skin with ease. Use it to fight the monsoon muck!
PRICE: ₹705 for 125 ml



« JUST OUT!



NAIL ENAMEL
Beat the monsoon blues with funky and bright nail enamel by Modicare. You can choose from a vast range of colour options, both in matte and shimmer.
PRICE: ₹99 onwards



GRAPE SEED OIL SHAMPOO
Chant introduces a new shampoo that contains grape seed oil which promises to retain your hair's natural moisture and keep it shining. We love the fact that it cleansed our scalp without being too drying. The shampoo also didn't require us to use a conditioner after.
PRICE: ₹359

Azhar Khan | IHRM

« CELEB HIT OR MISS: GLYNDA ALVES TAKES A LOOK AT KIRAN RAO'S UNIQUE SENSE OF STYLE



« **SLEEK AND SIMPLE**
Kiran's sense of style is pretty unique in the cookie cutter Bollywood. We like how she's added a touch of glam to her all black ensemble with an elegant coat.

HIT ↑



MISS ↓



HIT ↑

« **GOT THE BLUES**
Are those splats of water on her dress or the design? Either way it's quite boring and doesn't match her style and this makes Kiran look wannabe. What's with the tea pot pose too?



MISS ↓



OUR PIC ↑

» **GREY MATTER**
She's known for her love of sombre colours but this outfit stands out from the rest because it's simple but stylish at the same time. The pants are quirky and paired well with the simple tee and interesting jacket. Say hello to the yellow bag again!

» **TENT ON TENT**
First, sunglasses indoors is a big fail. Leave those kind of antics for Aamir. The outfit swamps her and does not flatter her in any way. Her shoes and bag are super dull too. Yawn fest.