

#BEAUTY

Clear skin and humidity

Taking care of skin in the heat always requires gearing up. The time has come again to give our skin some extra care and protection to prevent any breakouts. Pimples and acne are often problematic all year round, but heat and humidity are especially conducive, so here are some ways to keep your skin looking flawless, always.

USING SPF MOISTURISERS

Cold and dry weather tends to wither skin out, drying out all the moisture. However, during hot and humid times, glands release oils and naturally moisturise the skin. So, using moisturiser is not all necessary in summer as it is during winter.

With that being said, SPF moisturisers protect the skin from ultraviolet rays and have a moisturising effect. The humidity



and the natural oils released, both create a natural layer of moisture, eliminating the necessity of any other supplement, but still leave the skin open to dust particles which may contribute to clogging pores and breakouts.

Thick SPF moisturisers often clog pores which leads to more breakouts. Applying lighter and more watery moisturisers with SPF has lower chances of clogging pores.

FACE HYGIENE DURING THE DAY

During summertime, one should wash

their face every morning, afternoon and evening. Sweat, sunrays and pollution cause dirt build-up. If one is always on the run, it would work equally well to carry some wet wipes or makeup removing wipes to get the job done efficiently.

For natural face perspiration, gentle face wipes not only remove accumulated bacteria or oil but also refresh the face. Be it after a workout or while running everyday errands, it is necessary to cleanse the face every three to five hours. To not overwhelm



the skin with acne fighting acids, it is best to use specialised face-friendly wipes.

CHANGING PILLOWS AND SHEETS

Our skin has a tendency to accumulate oil and bacteria very easily. For extra precaution, changing pillowcases and bed sheets regularly helps to prevent clogging pores with debris, oil and bacteria.

Regular use can mean natural skin shedding, and leave bacteria and oil particles on pillow cases. One can only imagine the number of bacteria left behind on pillow cases and bedsheets upon collapsing on the bed after a long day. These particles contribute to clogging pores and cause skin breakouts. So, keep in mind to change the sheets at least once every two weeks!

SAYING 'NO' TO OVER-EXFOLIATING

Some people believe that the more they exfoliate, the more they remove dead skin cells—this is not true during warmer weathers.

Over-exfoliating strips away everything from the pores causing more oil production for recovery. This results in oilier skin—the last thing anyone wants in the heat—and consequently, more acne and pimples.

Keeping these in mind, one should remember to do what is best for their own skin type and make necessary changes to their makeup and skincare routines according to the weather. A little effort to keep one's skin healthy and fresh goes a long way to feeling fresh throughout.

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

#FOOD

Tips on trying different varieties of tea

A cup of tea is the perfect companion to start the morning, acting as a stimulant and refreshment simultaneously. There is so much to tea than a teabag however; it involves brewing flavours alongside discovering new and fresher tastes. Here are the few types of tea that one should definitely try out.

GREEN TEA

With its origins going back as far as 5,000 years, green tea is commonly drunk in a serene emerald green tint. Green tea contains



half of the caffeine in a regular cup of coffee, amounting to 35 to 45 milligrams, acting as a gentler stimulant and is one of the most delicate varieties of tea due to it being the least processed. Aside from its aroma and smooth refreshing taste, green tea is said to increase energy levels, concentration level, and lighten up one's mood.

BLACK TEA

Black tea is fully oxidised to bring out the deepest flavours and is a cup best enjoyed with sweet dishes, as there is a floral scent, and yet also has a hearty and bitter taste to it which is balanced out with other dishes. With 40 to

70 milligrams of caffeine in it, it highlights a variety of flavours from black to dark red. Black tea is also said to reduce the risk of stroke, regulate cholesterol, and lower blood pressure.

OOLONG TEA

Lying in the middle between green and black tea, Oolong tea is partially oxidised, bringing a rather delicately sweet taste to the mouth of the drinker. Offering a larger diversity of complexity in flavour and body texture than any other popular tea variants, its caffeine composure amounts to 37 to 55 milligrams in a regular cup. Oolong tea can oscillate between green and brown colours, and the variations in flavours are vast. It helps to lower cholesterol and boost metabolism.

ROOIBOS TEA

With no caffeine in it, Rooibos tea has a delicate and earthy flavour, making it a good option for children, pregnant women, and those who are generally sensitive to caffeine. Rich in antioxidants, it is good for one's heart and is a major aid in the management of blood sugar level. Its rich, red hue and sweet flavour is the perfect alternative for those trying new varieties of tea.

By Israr Hasan

Photo: Collected

