

Ramadan skin defence

Our skin already takes quite the battering every day, what with the blistering heat, desert-like sand blowing everywhere, and dust and other particles flying about. Now add to that the fasting that takes place during Ramadan, and what you have is a critical hit to skin care and nourishment. Need a solution? Read on.

BEAUTY SLEEP? INDEED

It is a proven method since the age of the dinosaurs. Adequate sleep stops dark circles from appearing, plus the rest helps to keep the body in top shape for the day-long fasts. Also, moisturising the area around the eyes by placing cool tea bags, three times per week, and applying eye cream is another great tip.

CUT BACK ON THE JUNK

Iftar usually spells tons of food rich in oil or sugar. That has got to go as neither is good for the skin in excessive amounts, because they can lead to oily skin with blocked pores and pimples. Fried foods are also on the 'no' list.

HYDRATION TO THE MAX

Limit intakes of caffeine, soda, and tea as they can easily absorb minerals and fluids from the body, which will leave the skin dry. Instead, drink lots of water as that will really help in keeping the skin and of course, the body, hydrated, helping to function better during the fast.

Water also helps preserve the skin's elasticity and protects you against the early appearance of wrinkles. So drink as much as 10-15 glasses between iftar and sehri.

GO GREEN

This is a great tip as there are many foods that can repair dehydrated skin, such as

cashews or almonds which are packed with healthy fibres, fatty acids, and proteins which will maintain the skin's natural glow. Fruits such as strawberries and blueberries are high in antioxidants, which are known for their positive effect on skin health.

Dates are also a great source of antioxidants, vitamin A, iron, potassium, calcium and magnesium that all promote optimum skin health.

THOROUGH MAINTENANCE

With all the dust and dirt in the air, it is very important to wash your face, at regular intervals if possible. Sunscreen is great for protecting your skin against the searing summer heat as the UV rays from the sun are extremely damaging to skin, by initiating pigmentation problems, and damaging the skin's collagen and elastin, leading to early ageing in the form of wrinkles and



skin sagging.

This is also the perfect time to use skincare creams with lightweight hydrating lotions or serums that let the skin breathe easy and avoid breakouts. Reapply a moisturising serum every time you wash your face to make sure your skin stays supple and hydrated.

Keep up with these tips, and you can surely have healthy glowing skin throughout the month of Ramadan. On the plus side, these will also help with the strain of fasting in general, so a win-win overall!

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Photo: Sazzad Ibne Sayed

Model: Nabila

Make-up: Farzana Shakil's Makeover Salon

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