



SPOTLIGHT

Grooming for a summer Eid

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This Eid coincides with some of the hottest days of the year. Therefore, while we are too busy haggling with our tailors and shopping for the perfect accessories and cosmetics to go with our ensembles, we need to remember to take extra care of our body this season. Grooming before Eid has never been more important. To help with the process, this week Star Lifestyle is bringing you some essential tips and trends in grooming from the famous beauty guru, Farzana Shakil.

FRESHEN UP YOUR FACE:

Our main skin-care goal for this season is to keep hydrated while unclogging and minimising our pores. The extended period of fasts during Ramadan leaves our skin feeling parched and dehydrated. While sweating is generally considered to be good for releasing toxins, heat and humidity teaming up with pollution and stress is not a good premise to avoid an acne breakout.

"Skincare needs time and dedication; you can expect visible results when you make it a routine to take care of your skin. Going for

one or two treatments before a big event will not have the same benefits as that of a skin care regimen followed regularly," Farzana Shakil says.

With only days left till Eid, short-term skin treatments are the way to go for those who haven't been too careful with the way they treat their skin. Tea-tree oil is very good for curing acne by getting rid of bacteria. Mix one drop of tea-tree oil with half cup water and gently pat it onto your face with your hands or cotton pads. You can also use ice-cubes to instantly wake your skin up and minimise pores. A paste made of multani-maati, honey and lemon juice does the same thing while leaving your skin feeling nourished. "Opt for oxygen masks and other hydrating treatments to restore moisture and glow in your skin", she recommends.

Liquid lipsticks are all the rage this season, but they also have a tendency to dry out your lips. Make sure to scrub them gently and put on a lip balm each night before retiring to bed, so that you wake up

to find them restored, and you won't have to worry about chapped lips for the rest of your day.

This is also the time to thread or wax off the excess facial hair. But for brows this season, you can skip threading and opt for fuller, more youthful-looking brows by using a tweezer to remove the extra hair.

NOURISH YOUR HAIR:

"While most people blame humidity for frizzy hair, our hair would never actually be frizzy if it were well-nourished. Hair follicles need food just as much as we do, and deep conditioning and protein treatments can sustain the moisture needed to combat frizz. But just like skin care, they will only work if we continue with them over time", she says. You can also get silky, tangle-free hair by treating the water you use to wash it with. Farzana Shakil suggests mixing vinegar with mineral water and using it as the final wash for your hair when showering. While your hair is still wet, pour a few drops of coconut oil or hair serum onto your palm and spread it

throughout your hair, mainly focusing on the ends. Also, don't forget to colour your roots before Eid and conceal any visible greys.

PRIME YOUR HANDS AND FEET

Putting on henna on the eve before Eid has been a long standing tradition in our sub-continent. The last few seasons saw people showing off elaborately intricate designs sprawling up to their elbows, but this season, simplicity is the way to go. Farzana Shakil suggests a delicate bracelet-inspired henna design for our hands this Eid. "You can opt for black henna or normal henna, but it is better to not over-embellish it with glitter and colour because we still want the true beauty and integrity of the henna to shine through."

Immaculately groomed nails perfectly complement elegantly artistic henna work. "We here at Farzana Shakil's do shellac or gel-based nail colours which last for up to two weeks without any chipping, thus leaving you free to do any work with your hands. We also have a way to elongate your