

## CHECK IT OUT

## Kay Kraft for Valentine's and Falgun

To rock this season full of colours, Kay Kraft has brought out a new collection. This collection includes brand new designer saris, shalwar kameez sets, tops, shirts, panjabis, t-shirts, and children's wear.

The colours that take precedence in this collection include yellow, orange, red, violet, magenta, blue, golden and yellow. The design, cut, pattern, and finishing all reflect the spirit of spring. Also, their outfits are very reasonably priced for the ease of customers.

Their new collection is available at all their outlets.



## TIPS

# Dealing with dry facial skin

We all deal with this perennial problem every once in a while. The best way to tackle dry, facial skin is to gently clean your face to remove dirt, excess oil, and then moisturising to help strengthen your skin.



### CLEANSING YOUR FACE

Wet your face with some warm water. Take care to avoid hot water or anti-bacterial soaps as these rid the face of its natural oils. Look for a gentle, alcohol-free cleanser and massage it around your face. Leave it on for a minute then rinse your face with warm water. Use a soft towel to wipe your face.

### MOISTURISING YOUR FACE

When it comes to moisturising, use one that is designed for your skin type and provides sufficient moisture and UV protection. Apply a facial moisturiser every day to keep skin hydrated.

### PREVENT DRY FACIAL SKIN PROBLEMS

It is really important to establish a good skin care routine and maintain it every day for the rest of your life. Some other tips to

remember is that you should not use very hot water, which can dry out your skin by stripping it of its natural oils, so it's best to use cold water to tighten cuticles and pores, which will prevent them from getting clogged.

Cold water can stop the dirt from getting into the pores in your skin and even the scalp. If you must use hot water though, keep the shower length to 10 minutes maximum.

Few other helpful tips to keep out skin breakouts are to stick to ointments and creams when it comes to moisturising products. These are less irritating than lotions.

Try to find creams and ointments containing oils like olive or jojoba. Other ingredients that work really well to prevent dry skin are shea butter, lactic acid, urea,

hyaluronic acid, dimethicone, glycerine, lanolin, mineral oil and petrolatum.

If you can, keep a small non-greasy cream with you and apply it every time you wash your hands. As Bengalis we use our hands while eating and dirt or food gets stuck under our nails. That can become a haven for bacteria so be sure to get all the dirt out when washing your hands.

Take care to use unscented cleansers or face washes. Scented or products with antibacterial additives can be very harsh on the skin in cases of prolonged usage.

Avoid using toners, peels or other products containing alcohol since it is very drying. While exfoliating make sure you do not scrub too hard or too much, it is known to irritate and thicken the skin.

– LS Desk

Photo: LS Archive

## VASELINE HELPS HEAL DRY SKIN



THE HEALING  
POWER OF

