

Keeping acne in check

Although it may not seem to pose as a serious problem, left untreated, acne often leaves long-lasting scars on your facial skin. Acne can develop at any age and for multiple of reasons — food allergies, hormone imbalance, nutritional deficiencies, poor detoxification, chemically induced reactions — even stress!

HEALING COMES FROM INSIDE

One of the vital things to keep in mind is to make sure that you take a healthy balanced diet. "To eat a healthy anti-inflammatory diet is key way to heal your acne and to keep it in check," says Dr Firdous Quader Minu — Head-Neck and Cosmetic Surgeon. She further mentions that every age people

may suffer from acne for different reasons; before applying products, or stressing over acne marks, it is necessary to have a healthy diet and exercise routine.

It is suggested to eliminate refined sugar, or processed foods. Staples that are beneficial for the skin, like turmeric, ginger, garlic, cinnamon, rosemary, berries, and organic vegetables should form the bulk of one's diet.

ORGANIC SKINCARE PRODUCTS

To make sure any skin type remains healthy and acne-free, it is essential to use organic products, that are mild. It is also necessary to check the ingredients on the product before buying them. Dr Quader further

suggests use of quality products, even if they may be on the expensive side.

OIL IS YOUR FRIEND

While many fear that applying oil to acne prone skin will only make things worse, cold-pressed oil infused moisturisers, serums and essential oils are actually recommended. Oils such as Argan oil, sea buckthorn oil, hemp oil, jojoba oil, neem oil, castor oil, etc. are very effective on the skin. The oil cleansing method is also a great way to cleanse the face every now and then.

DIY TREAT FOR YOUR SKIN

Two of the cheapest ways to help rejuvenate the skin is by using raw honey mask,

and using apple cider vinegar, or rose water as toners. Raw Honey Mask helps heal breakouts, cleanses skin, and is quite anti-inflammatory, anti-viral and anti-bacterial. It will also help heal wounds in the face. A quick raw honey scrub will exfoliate the skin and clear dead cells.

Apple cider vinegar and rose water works as excellent toners for your skin in order to give it a glow and make it soft and clean.

If your skin has been affected from acne for quite a long time, consult a dermatologist. It is important that you have patience; skin ailments often take time to heal.

By Sumaiya Tasnim

Cut it short or blow it out

Whether you have long hair or short, there is no denying that you have to spend a good share of your available time to tame your mane. This week, LS brings you two basic looks for you to stun and make a statement. Your hair-do after all reflects your mood and can speak volumes about your personality. So do not be shy and go short at a men's salon, or pick up your blow drier and replicate the big blow-out from the latest runway looks. Just be sure to be you!

Voluminous hair with bouncy locks is a universally flattering look. Blowout hair adds shine and makes all types of hair look healthy, soft and classy.

It makes a girl look breezy, makes her stand taller and adds that coveted oomph factor. It's the ideal look for all types of occasions, be it formal or casual.

Blow out hair is something that you would like to get done every day at a salon; after all, we can't see the back of our heads. But not all ladies can allocate time for such a luxury. For DIY lovers, here are a few things to live by for a fool proof blow dry from the comfort of your own home.

THINGS YOU NEED

The first thing you need is a salon grade hairdryer. Those with nozzles work best for styling, as it allows tight control over your hair sections.

Second, there is no better option than using rounded brushes for the voluminous, bouncy look. Rule of thumb -- the bigger your hair sections, the bigger your roller brush.

If you want to go the extra mile, Velcro rollers are an option; it helps keep the hair in sections.

Lastly, the only way you can make your hairdo last the entire day is by using quality hair products. You have to prime it with mousse, as it lifts the crown area, and finish it with hairspray to make sure your hair strands do not go astray.

Products such as heat protective serums and Argan oil prep and nourish your hair for the blow dry to give a natural and healthy finished look. There is a common misconception that oils weigh your hair down, but there's a reason it's called essential oils. The right amount of oil in the right places really exerts the full potential of the oil's effect on your hair.

On that note, applying moisturising products on your roots or close to the scalp will make your hair greasy, and inevitably weigh it down. Basically, there are different formulas of hair products for different sections of the hair.



METHOD

For the bouncy voluminous blow-dried look, it's best to have 80 percent of your hair air dried before blow drying.

You can also choose to blow dry with your hair upside-down. This gives the root of your hair a lift. Slightly wet hair gives you more control when rolling the hair with a round brush and using a nozzle hair dryer. The slightly dampened hair also works well with Velcro rollers.

Sectioning your hair from the sides and middle is really important. The centre section is what creates the lift, as the mousse and hairspray sets into place. People with straighter hair need fewer

sections and curlier hair requires more sections.

Make sure there are no tangles. Otherwise you may have to cut out sections of your hair when you are unable to take out the rollers!

As you apply the heat, slowly rotate the brush so as not to burn your hair. When it's dried, immediately switch to cool air, and gently twist the hair out.

Finally, set your hair with hairspray and release the curls with your fingers to create a natural bounce. Voila! You are your own stylist.

By Sanumkia Siddiqui
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