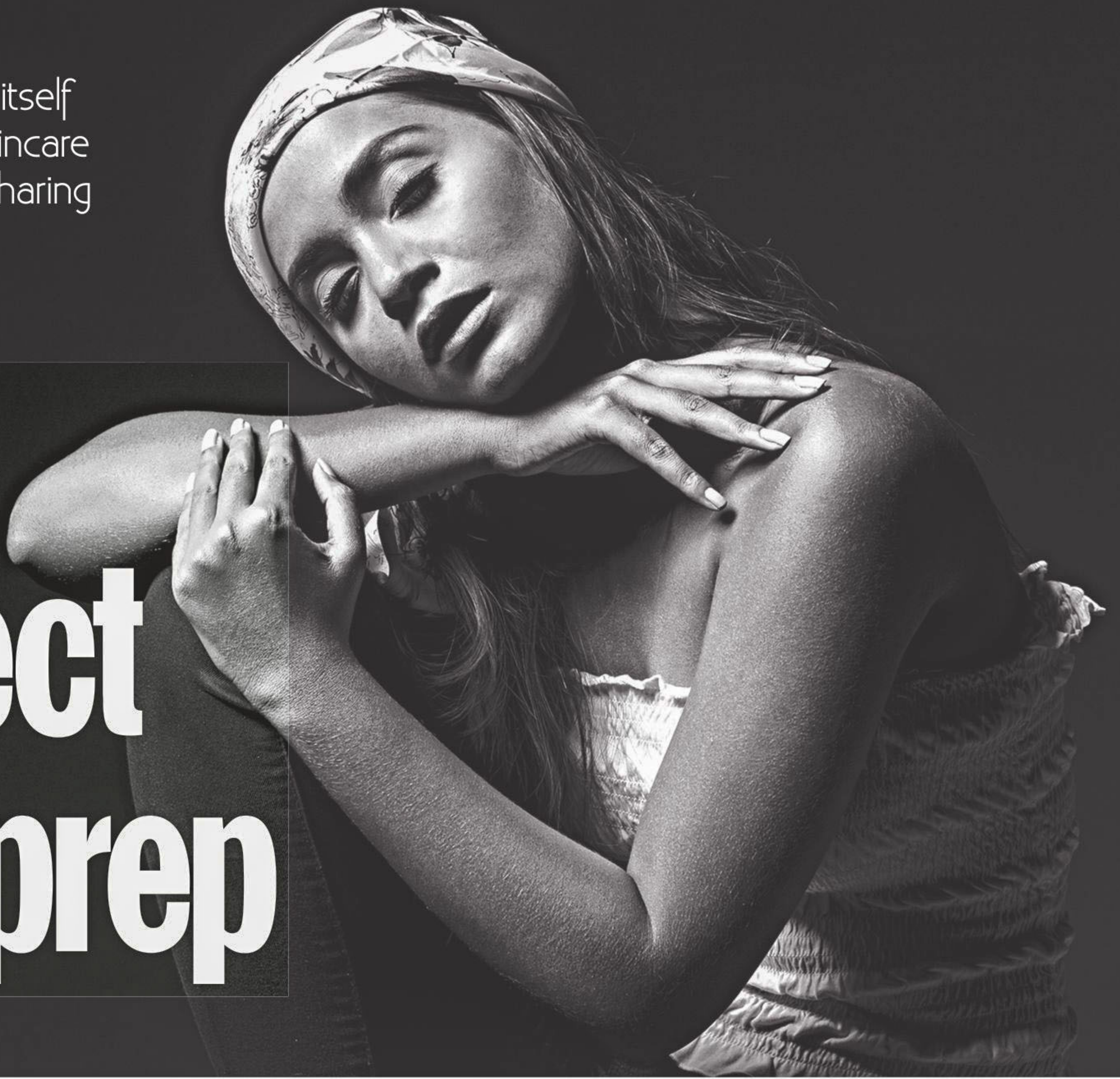


Let your skin talk for itself by maintaining the skincare prep routine we are sharing below.

The perfect skin prep



FIRST, EXFOLIATE!

The first step to having a clean, smooth skin is exfoliation. Exfoliate at least twice a week to scrub out all the dirt and impurities clogging your pores. There are so many exfoliators to choose from depending on your skin type; be careful to pick one that's gentle and not overly aggressive. An exfoliator marketed towards sensitive skin is usually the best option to go for. But if your skin has a lot of textures, you may opt for something a bit rougher, but nothing too harsh!

EXTRACT THE BLACKHEADS

Next step to achieving flawless skin is to get rid of all the blackheads. Scrubbing does help to reduce blackheads all the way; getting rid of them completely requires uprooting them from deep within the skin. Extraction of these annoying little heads can be done in a few ways. Parlours offer blackhead extraction at affordable rates. Besides, you can extract at home using peel-off masks and patches. These are usually effective and comparatively easier.

SPOT TREATMENT

Pimples or acne spots, although normal, can be frustrating before any special occasion. There is no fool-proof solution to make them disap-

pear, but spot treating can help to reduce it. Tea tree oil is a good option to slowly reduce pimples and fade acne marks. So is the Mario Badescu drying lotion (can be found online and in some brick and mortar stores).

Dip a cotton bud in either of the two and apply directly on the spot. Leave it on through the night; you will see a noticeable difference in just a few days. You may also seek professional help by contacting a dermatologist if necessary. But make sure to keep a few weeks in hand before starting any new treatment so that it gets enough time to work and show visible results.

MASK UP!

Masks are the quickest and easiest skincare step. Every now and then, give yourself some 'me-time' with a good face mask. For an oily skin type, get a mask that will help reduce the oil and give the skin a matte finish. For dry skin, use a hydrating and moisturising mask. Depending on your skin's needs, choose from masks that have tightening, brightening, smoothening, and other properties your skin needs.

Sheet masks are even easier to use and they feel more relaxing. You can even use masks for hydrating and reducing darkness under the eyes or

plumping the lips for an added prep!

FACIAL'S AN OPTION

Salon facials are worth the investment before any kind of special event you want to go to. It can make your skin look and feel better instantly. Parlours offer a wide range of facials. As always, opt for one depending on your skin type. Research well before you get a facial to truly analyse whether it will suit your skin or not.

LASTLY, FOOD HABIT

For healthy skin, proper diet is a must. A bad food habit results in poor skin condition. Having good amounts of fruits and vegetables in the diet, cutting down on carbohydrates and junk food, and adding more good fats is the best way to achieve good skin. Drinking a good amount of water is a must to stay hydrated, both inside and out. A good food habit and water intake will make your skin glow from within, not just on a special day, but every single day of your life!

By Zohaina Amreen

Photo: Sazzad Ibne Sayed

Model: Orko, Mysha

Styling: Sonia Yeasmin Isha

Hand paint: Syeda Afsana Keya

Makeup: Farzana Shakil's Makeover Salon

TIPS

Starting a new skincare regime is discouraged before a special occasion. Stick to products you use regularly or are familiar with. Wear less makeup during the prepping period to let your skin breathe and clear up on its own.

Make sure to sleep on clean pillow sheets. Silk sheets are great for the skin! Use facial mists if your skin tends to get dry and rough.