

Selecting the Right skincare and cosmetics



How to pick your ideal shower products

Gone are the days when just going under the shower, picking a cleanser, and washing away impurities were all there was to a shower routine. A plethora of products is now available in the market that elevates your routine showers to a skincare experience. Hence, we are taking a closer look at shower gels, body scrubs, and face scrubs to understand their benefits and to help you pick what works best for you.

Why pick shower gels as a cleanser

Shower gels are one of the three main cleansers available in the market today besides body washes and bar soaps. Shower gels are much easier to wash with than slippery soap bars and their quick-foaming formulations are great at cleansing, without stripping the skin of its protective barrier. Shower gel has a firmer, gel-like consistency and is less hydrating than a body wash, making them ideal for those living in warmer climates or with oily skin.

Benefits of face and body scrubs

Body and face scrubs do the same job but it is better to not use them interchangeably. Body scrubs have a thicker consistency, larger particles, and a higher concentration of acids than facial scrubs. Some common components in body scrubs are too abrasive or irritating for facial skin.

Scrubs remove dead skin cells, rejuvenate skin, unclog pores, draw out ingrown hair, help absorb skincare products, smoothen and even out the skin, and promote circulation. It is recommended to not use them more than once or twice a week as overusing them can lead to dry and irritated skin.

Where to look

Blaze O' Skin, a fragrance-based US skincare and beauty brand has made a name for itself among the industry and consumers through its reliable and aromatic products. Their lineup consists of a diverse range of skincare products that includes two shower gels named "Starry Night" and "Rainbow Oasis", a face scrub called "Crushed Together" and a body crystal (scrub) named "Come Closer".

The shower gels are light and hydrating and the scrubs gently exfoliate and moisturise your skin. Each of the products has a unique fragrance with a soothing and softening effect on your skin, making them the ideal shower-care products this summer.



Matte or crème? Find the lipstick that perfectly fits your vibe

With all the different formulas available for lipsticks, it can be rather daunting to find what works best for you. So, let's break down all you need to know about two of the trendiest, sought-after finishes for lipsticks in the market, matte and crème.

Let's talk about the classic matte

Matte is rich in pigments with a long-lasting formula and shine-free velvety finish, commonly available in bold and dark colours. It's great at highlighting the shape of your lips, perfectly blends with retro to modern fits, and brings you an understated yet iconic look. The longevity makes it ideal for glamorous events to rigorous work days. Matte lipstick lets you express your sophistication, class, and elegance without having to say a word.

A velvety touch instead

Crème finishes fall in between matte and gloss and it provides a perfect balance of texture with a hint of gloss. It has a high wax component offering longevity with a soft, smooth, creamy, and velvety finish. It's great at protecting your lips with its nourishing and moisture-retaining qualities, making it an ideal fit for professional events as well as casual outings. Crème lipstick brings out an aura of comfort, confidence, and lusciousness in your look.

NIOR is a well-reputed US-based colour cosmetics brand that is popular with women all around the globe. "NIOR No Transfer Matte Lipstick" series is a great option for matte lipsticks. The series boasts a total of 15 different colours that can accommodate any skin shade and ensures quality with rich pigmentation, a non-sticky finish, and long-lasting colour at affordable rates. It is easy to apply, requires fewer touch-ups throughout the day, and does not feather outside your lips which makes it an easy choice for beginners too.

"NIOR Red Carpet Lip Color" is another series of great picks for those looking to try crème lipsticks. With 12 different shades and a smudge-proof, moisture lock, and long-lasting matte formula, these velvety textured lipsticks will have you ready for the red carpet all day long.

Now you have all the information you need to choose between matte or crème, but who says it has to be one or the other? After all, the best way to find what fits is to try it out yourself first.



Acne: Everything you need to know

While it is not a severe condition, acne is still a common source of emotional distress for many and can often cause self-esteem issues. Considered the eighth most prevalent disease in the world, it affects a little under 10 per cent of the global population, which in approximation, is 800 million people. However, there is no need for concern if you find yourself among this demographic, as there are plenty of ways to combat acne.

Causes and symptoms

It is most prevalent in teenagers undergoing puberty but it can take hold at any age, regardless of gender. It occurs when hair follicles become clogged with oil or dead skin cells and commonly appears on the face, chest, shoulder, or upper back. Excess oil, bacteria, inflammation, genetics, hormonal changes, and unsuitable skincare products are the usual suspects.

Whiteheads and blackheads are common and while they are not typically painful, other forms of acne can be. Acne often leaves scars and causes skin discolouration. Certain medications, a poor diet, and stress can make acne worse.

Self-treatment options

Simple steps such as using a gentle cleanser, avoiding excess sun exposure, picking acne-prone areas, and avoiding oily fried foods are effective. Lifestyle changes like a healthy diet, plenty of sleep and hydration, avoiding excess stress, and a proper skincare routine are good preventative measures. Acne is a very specific condition that needs a specialised line of products to effectively treat it. Formulated with the collaboration of Gronberg Laboratories USA, SIODIL is one such renowned and dermatologist-recommended brand with its own line of anti-acne products which include a cleanser, cream, serum, and gel.

Professional help

Acne can sometimes persist and grow in severity, making over-the-counter products and home treatment ineffective. In this case, it is important to see a certified dermatologist who can help you come up with a personalised treatment plan. In any case, time, patience, and proper care are essential for progressing toward an acne-free life.

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