

#FASHION & BEAUTY

Pre-Eid skincare habits that actually work during Ramadan fasting

Eid preparations usually start with outfits and accessories but somewhere along the way, skincare joins the list too. Between long fasting hours, changing weather, and late-night gatherings, the skin can feel a little tired — making a simple pre-Eid reset all the more welcome.



HYDRATION IS KEY

One of the biggest challenges during Ramadan is maintaining hydration. Yes yes, it's the age-old advice of drinking your weight, but honestly there is no better or sustainable option out there!

Long hours without water leaves your skin looking tired, which is why replenishing fluids from iftar till sehri becomes very important.

Alongside plain water, many people are now turning to chia seed water for hydration boost. Electrolyte drinks are also becoming popular, particularly for those who spend long days outside or remain active during Ramadan.

CLEANSING AND GENTLE EXFOLIATION

A good cleansing routine remains the foundation of healthy skin. And no, you need not have five steps for cleaning your face. However, with warmer weather and daily exposure to dust, sweat, and pollution, cleansing twice a day with a mild face wash is a must.

Also, cleansing alone is not always enough. Gentle exfoliation two to three times a week can help the skin appear brighter and smoother. This step allows moisturisers and serums to absorb more effectively.

That said, moderation is key. Do not over-exfoliate! Especially if you don't want an irritated skin and with micro tears.

THE TRUTH ABOUT GLOW

If miracle under-eye creams actually

worked overnight, dark circles would have gone extinct by now!

Yet as Eid approaches, ads promising instant fixes seem to pop up everywhere. Rollers, creams and serums all claiming to erase tired eyes in record time.

The truth, however, is far less dramatic. Dark circles are often linked to genetics, lack of sleep, dehydration, stress, and dry skin. What does help here is a good moisturiser paired with a hydrating serum. Pair it up with a good sunscreen and you have the golden combination. One that can improve the under-eye area, as well as pigmentation around the mouth and chin.

NOURISH FROM WITHIN

Great skincare begins at the iftar table. While our iftar spread often features fried snacks, balancing them with lighter options can make a visible difference to both energy levels and skin health.

Dishes such as chickpea salad, pasta salad or yoghurt-based drinks with limited sugar are refreshing alternatives that nourish the body without overwhelming it.

Word of advice? Cut down the oil now if you don't want to welcome a breakout right before Eid.

TIME YOUR FACIALS

Thinking of getting a facial before Eid? Timing matters.

Most skincare experts recommend booking treatments 10 to 12 days before the celebration. This gives the skin enough time to settle in case of temporary redness or irritation. Trying a brand-new facial too close to Eid can be a very risky business; hardly

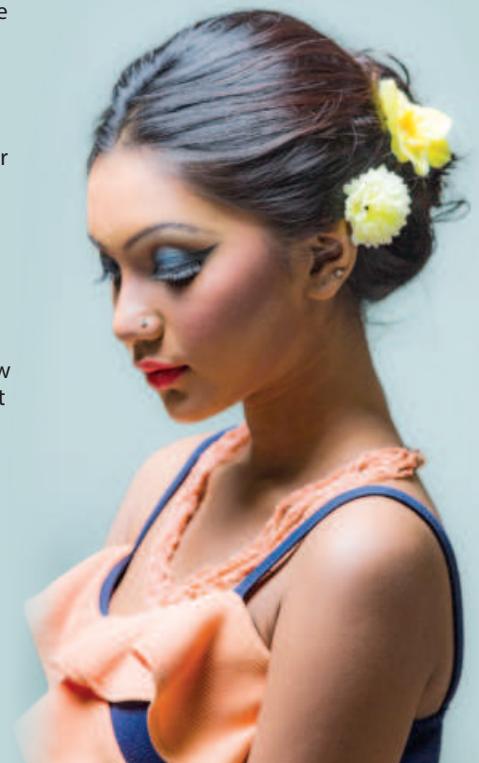
ideal when festivities are just around the corner.

KEEP IT SIMPLE

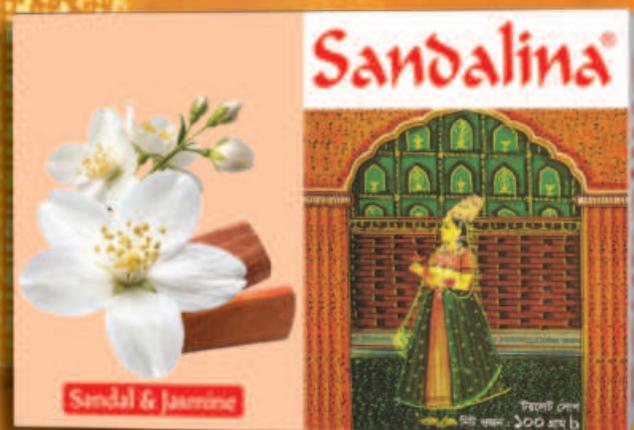
When Eid is approaching, simplicity tends to work best.

A routine built around hydration, gentle cleansing, light exfoliation and moisturising is more than enough to keep skin looking fresh and balanced. Be consistent and the glow will follow.

By Nusrath Jahan
Photo: LS Archive



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