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Top beauty experts share their best kept secrets to common skin concerns

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BY **Drishti Kapadia** | August 16th, 2019

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The road to our dream skin can be full of ups and downs with a few bumps (pun intended) in between. Instead of putting our trust in the internet, this time we've asked some of the country's most experienced beauty experts to share their best kept secrets to some common skin concerns.

Hairy concerns:

"Avoid recurring facial breakouts after waxing, threading or shaving by cleansing your skin before and after hair removal. The next day, apply a mild exfoliating cream like retinol or glycolic acid to remove dead skin cells and allow new hair to grow out of the skin easily. Coarse facial hair and frequent breakouts can also be signs of hormonal imbalances for which you may like to consult your doctor." – Dr Niketa Sonavane, cosmetic dermatologist, Ambrosia Aesthetics

Frequent flyer routine:

"In-flight skincare is effective as the air is usually very dry, so using barrier creams or hydrating masks can help keep the moisture in your skin. Carry a panthenol ceutic ointment or even

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Aesthetics



The retinol virgin:

“First time users, try using a less concentrated formula to help your skin build a tolerance to retinol. Limit using it to every alternate night, if you suffer from rosacea. Treat retinol like caviar, just a pea-sized amount of the product is effective and enough for your whole face. If you feel it's excessively drying, avoid over exfoliating and use a barrier repair cream.” – Dr Geetika Mittal Gupta, founder and medical director, ISAAC

Serial zit picker:

“If you can't resist popping pimples, use an antiseptic essential oil like tea tree right after to keep the infection from spreading. You can also try Aroma Magic Fairy Oil, its anti-bacterial witch hazel extracts and jojoba oil repair skin and prevent infections.” – Dr Blossom Kochhar, chairperson, Blossom Kochhar Group of Companies

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Deep cleanse:

“Superficial blackheads come right off with charcoal nose strip. Otherwise, a salicylic acid-based face wash or glycolic acid-based serum can do wonders at unclogging pores. Try in-clinic treatments, like the Elixir Hydrafacial to cleanse, extract the gunk and hydrate skin; or Silkpeel (a non-invasive exfoliation) which absorbs dirt from your face.” – Dr Kiran Sethi, dermatologist, Isya Aesthetics

Chemical peel novice:

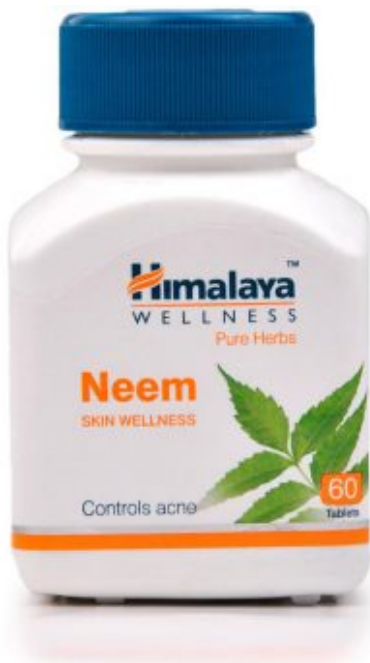
“Due to certain environmental and lifestyle factors, besides ageing, the process of cell turnover begins to slow down. Facial peels speeds it up and replaces the outer, dead layers of tired, sallow and blemished skin to reveal the underlying fresher, younger looking skin. The peels that are essentially alpha hydroxy acid (AHA) and beta hydroxy acid (BHA) are gentle enough to be used on almost all skin types, especially if you want to treat active acne, scars and dark circles. However, they should always be done after a thorough skin consultation and under medical supervision only. If you have sensitive, dry skin or any injuries, it is best you avoid peels.” – Dr Jamuna Pai, cosmetic physician and founder, SkinLab

The breakout party:

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“As soon as you see signs of hormonal acne, seek medical guidance. Your doctor may recommend tests and based on the results will suggest dietary changes or add supplements like vitamins A, C, neem or oral myo-inositol. For new breakouts, pick skincare products that have anti-inflammatory ingredients, like benzoyl peroxide, salicylic acid, clindamycin and tea tree oil. You can also try our painless in-clinic Alma Clearskin Laser treatment that not only reduces active acne but prevents it from re-occurring.” – Dr Harshna Bijlani, celebrity skin expert and medical head, The Ageless Clinic



Sticky situation:

“Monsoons can be hot and humid and this combination is one of the leading causes of acne. Keep wet wipes handy to refresh your skin and use a powder-based SPF for touch-ups. Try to wear minimal or no make-up, and wash your face with lukewarm water as often as you would in summer to prevent clogged pores and fungal infections.” – Dr Harshna Bijlani, celebrity skin expert and medical head, The Ageless Clinic

Chest bumps:

“Acne on your décolletage can be caused by hormonal imbalances, tight clothes, high intake of sugary food and dandruff. Use an anti-bacterial soap, anti-fungal powders and a salicylic acid-based body spray post shower. If a post-workout shower isn’t possible, make sure you We have updated our **Terms and conditions** (<https://elle.in/terms-conditions/>). If OK you continue to use our site, you agree to the updated Terms and conditions.

wipe clean your chest and back. Azelaic acid spot treatment or the IPL laser treatment works wonders for active acne.” – Dr Geetika Mittal Gupta, founder and medical director, ISAAC

Parched pucker:

“There are multiple home remedies to smoothen chapped lips. Apply a tablespoon of cow’s ghee to your lips; you can mix it with honey and rose water (extracted by squeezing fresh petals) or with jaggery, sugar granules and saffron. Alternatively, soak rose petals in lukewarm milk for about two hours, then crush it into a paste and apply this twice a day. For a quick fix, dab coconut oil or aloe vera gel on your lips to soften and rehydrate the skin. Mashed cucumber slices or even green tea bags (steeped in hot water and cooled) will help.” – Rajni Ohri, founder, Ohria Ayurveda

Puffy face:

“Tackle facial swelling with abhyangam—it’s an ayurvedic massage that balances doshas, boosts blood circulation and drains the lymphatic nodes. Knead your face in upward, circular motions using a serum like the Forest Essentials Tejasvi Emulsion. Focus on the pressure points, like sthapni (between the eyebrows) and shankha (both the temples) for a boost of energy. Follow up with a hot towel steam for two minutes to relax your facial muscles and reduce any stiffness, then soothe your eyes by covering them with rose water soaked cotton balls. Alongside, sip a glass of warm water with 1/4th teaspoon of turmeric powder, the juice of half a lemon and a teaspoon of powdered jaggery to flush out toxins. – Dr Nikhita Shere, ayurveda expert, Forest Essentials



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