

GLOW FOR IT

Simple steps to achieve smooth, supple skin—in the comfort of your home

By MERIAM AHARI

You've taken every precaution to ensure a flawless and radiant complexion on your wedding day. But what about the skin on the rest of your body? An equally rigorous beauty routine is a must for silky legs and firm arms. Whether you're exchanging vows in a midriff-baring lehenga or island-hopping in a bikini on your honeymoon, radiant skin is a must.

DRY BRUSHING is an effective way to increase blood circulation and encourage lymphatic drainage, giving you a natural glow from within. Although this method won't eradicate cellulite, it can help reduce the appearance of dimples. "Cellulite occurs when fat and fluid bulge through the connective tissue that binds muscles to the skin. As we age and skin loses its elasticity, these bulges become more prominent. Dry brushing increases circulation to these pockets of fat and promotes fluid drainage in the tissue, making lumps temporarily less noticeable," explains Dr Rashmi Shetty of Ra Skin And Aesthetics in Mumbai. Before hopping in the shower, use a brush with stiff, natural bristles to brush your body in long sweeping motions, towards the direction of your heart.

EXFOLIATION is key when it comes to soft and supple skin. Every minute, our bodies shed over 30,000 dead cells, which pile up on the surface of skin—making the epidermis appear dull and dry. Luckily, this outermost layer of excess skin can be easily removed with a grainy scrub. Whip up a homemade concoction of one cup Himalayan salt and half a cup of coconut or olive oil. At the end of your shower, slather on the granular mixture from head to toe on damp skin—focusing on your elbows, knees, and the backs of arms. The salt naturally dissolves so you won't have to worry about clogging your drain or over scrubbing.

DERMAROLLING is the beauty industry's most underrated practice. Most women have seen or heard of the

handheld face and body rollers that are covered in hundreds of titanium microneedles, but how many have actually tried them? When rolled against skin, the needles puncture microscopic holes—promoting self-healing by sending elastin and collagen production into overdrive. It may sound terrifying, but the effects are transformative (and painless). Microneedling (as it is also referred to) results in thicker skin, reduced scarring, faded stretch marks, softer lines, and enhanced product absorption. "For the best results, use a 0.5 mm derma roller (1.5 mm is even more effective but should be administered by a professional) and apply a hyaluronic acid serum afterwards to hydrate and aid in remodeling collagen," advises Dr Jaishree Sharad of Skinfiniti Clinic in Mumbai.

RETINOL has been hailed as the number one anti-ageing ingredient by dermatologists thanks to its ability to promote collagen production, increase cellular turnover, and address multiple concerns from acne to pigmentation. "It also stimulates the natural production of hyaluronic acid in the body which helps skin stay hydrated by retaining water," says Dr Shetty. "Just be sure to wear sunscreen during the day as retinol exfoliates the top layer of skin, making it vulnerable to the sun and more susceptible to damage." Start with a body lotion containing 0.25 percent retinol to allow your skin to acclimatise to the potent ingredient. You can eventually work your way up to 0.50 percent or higher. Dr Shetty also suggests diluting retinol by mixing with a moisturising body lotion. ■



1. House of Beauty 0.50mm Derma Roller, ₹1,200.
2. The Body Shop Long Handled Cactus Bath Brush, ₹1,395.
3. The Ordinary Retinol 0.2% in Squalane, ₹1,550 at Limeroad.com.
4. Forest Essentials Body Polisher Cane Sugar & Tamarind, ₹2,875.
5. Kama Ayurveda Neem Tulsi Tea Tree Body Scrub, ₹1,495.
6. Pixi by Petra Retinol Tonic, ₹1,480.