



“...Whatever you can eat apply only that on your face...”

Asha Bachani

B Sc (Microbiology), DB Sc (Australia)
DFN (Australia), Aesthetic Consultant (U.K.)
Founder, Face Gym, Khar, Mumbai.

For all those who feel that beauty just is just skin deep, this will only reaffirm your faith in the same, while helping you achieve better. Whereas those who feel beauty lies not only in the eyes of the beholder but also layers underneath the skin, there's enough for their appetite too. The most victimised portion and the most important is our skin (facial). It's subjected to twice the amount of torture that our bodies are put through and towers under the pressure of those million chemicals sold to us as 'cosmetics'. According to Asha Bachani, "People have a choice of using natural or artificial agents on their face. What remains standard is what you intake, after all that is what shows on your face. Soaked nuts, whether almost, black raisins, lots of water minimum 3 to 4 fruits a day will help keep your skin young." Following this diet the water content in your body will rise which automatically makes your skin glow. Constant bulletins of how bad stress is for your skin are only re-enforced. Yoga classes or even simple breathing techniques help in maintaining a stress free life and your route to beautiful skin.

"Some popular natural cleansing

agents include- Basin and curd, milk cream, multani mitti and powdered moong and curd. Clean skin eliminates the chances of acne also." says the expert beauty consultant on MSN. The simplest and easiest way; simply ensure that your skin is not left dirty at any point. Constantly wash your face as and when possible. Aroma Oils and face exercises are always welcome to keep those muscles active and that jaw line intact. Smile, requires least amount of facial muscles and ensures excellent facial exercises to hold those wrinkles back. An essential tip to those who wear any make up on their faces, whether it be Kohl, Mascara, Eye Liner, Lipsticks etc, don't forget to wash them off your face followed by a light massage with a cream, before you hit the sack.

A simple guide to great skin that looks so healthy that it glows. As for those who suffer from the Jassi syndrome, trust me, beauty that lies in just healthy skin is something not only beyond simplicity but also one that no cosmetic can give you neither can any surgery. And when you're getting it at the price of nothing, let nothing hold it back.

- SERENA MENON
serena.menon@gmail.com



DON 'ING' THE GLARE

SUN GLASSES APART FROM SERVING THEIR PURPOSE ALSO COMPLEMENT THE INDIVIDUAL'S PERSONALITY. AVIATORS ORIGINATED IN THE AIRFORCE, AN ACROSS THE SKY PRODUCT THAT'LL TAKE YOU TO CLOUD NINE.

Tom Cruise may have made aviators look good when he played the ace fighter pilot in the 1980s classic, 'Top Gun', but they have been around for far longer than Mr. Mission Impossible. Cruise can jump up and down on a couch in anger at this, but it's a fact—real air force pilots have been wearing the classic aviator sunglasses since airplanes have been around. They're called aviators after all!

Aviators were invented in 1936 by Ray-Ban. Developed particularly for



pilots, they were the perfect anti-glare pair to wear. Remained remarkably unchanged over the years, they are still a military staple. With their wire frames and distinctive "bug-eye" lens shape, they are very popular. Now aviators aren't just pilots' favourites anymore. They've got an association with rock music and heavy metal bands; they've been

picked up by celebrities and style icons. With so many designer styles to choose from, it's easy to understand how these sunglasses gained popularity and kept it.

There are different styles of aviators besides the frame; your glasses' lenses can lend different effects to your outfit. You can wear a pair of aviators with coloured lenses, like a deep red or maroon or a pair with a new, updated shape—smaller and more compact. Aviators can also have a polarized lens which means that the strong glare from

surfaces will not affect you.

Gradient lenses—lenses that fade from dark to light—will be very hot this year. You can try a pair of aviators with an amber or brown gradient effect as well.

Aviator glasses are a perfect match to your '80s retro look, while they can complement a classic wardrobe too. That's one of the reasons why these sunglasses are so 'in' right now—they have incredible versatility.

- PRAVEER SINHA
sinhapraveer@gmail.com