

Make over

Beauty dip

The heavens have opened and there's a deluge of beauty problems! Experts help you wade through the monsoons and attain pulchritude

>> SAVIA RAJAGOPAL

SKIN DEEP

With summer out of the way, it's time to get set with a monsoon regime that pampers and nourishes your skin in the downpour. The weather change can lead to some nasty skin problems. Here's how you can tackle them...

>> Problem areas:

Dr. Maithili Kamat, dermatologist, Kaya Skin clinic: "Fungal infections are common because of humidity and wetness. Body folds such as the groin, armpit, between the toes, etc are most prone to these problems. Women also complain of break-outs on their faces."

>> Plan of action:

"Cleansing, toning, and moisturising – the basics are important for the face. Use an alcohol-free toner and moisturise at night, if needed. There are water-resistant creams which are available in the market. Also, use antifungal powder on your body."

>> Must-do:

"It's absolutely essential to wear a sunscreen even during the monsoons. UV-A rays penetrate the cloud cover and cause damage to your skin, and influence skin-aging."

S'TRESS' FREE

So you're longing for those perfect locks that sway in the monsoon breeze? Instead you have hair that sticks to your scalp and you look like something the cat dragged in!

>> Problem areas:

Stickiness, dandruff, limpness of hair

>> Plan of action:

Carol D'Cunha, hairstylist: "You can wash your hair daily in the monsoons. If at all you need to use a conditioner, avoid applying it on your scalp. Apply only on the tips and length of your hair instead. If you suffer from dandruff, use anti-dandruff shampoo for 15 days, give it a break and then continue again till you are dandruff-free."

>> Must-do:

"Wash and clean your hair regularly as greasy locks attract dust and grime."

DOLLED UP

Can you really avoid all that make-up getting washed away? Here's to long-lasting solutions...

>> Problem areas:

Runny eyeliner, smudged kajal, smudged foundation

>> Plan of action:

Reema Sablok, make-up artist: "Make-up should be water-proof. Buy eyeliner that is water-proof as that is a real problem area. For lipsticks, go in for matte and avoid gloss. When it comes to base make-up and foundation, opt for powder foundation. This can be applied over liquid foundation too."

>> Must-do:

Powder foundation is a must! Opt for matte lipsticks.

PLAYING FOOTSIE

Jumping in puddles was fun as a kid but now they are a one-way ticket to ruining your well-pedicured feet. How do you tackle those not-so-friendly foot issues?

>> Problem areas:

Dr. Kamat: "Fungal infections are common as your feet are in contact with water a lot."

>> Plan of action:

"Apart from regular pedicures, it's very important to keep the area in between toes dry. Make sure the inside of your footwear is also clean even if you wear closed shoes. Antibacterial soaps are also useful to keep feet clean."

>> Must-do:

"Apply anti-fungal powder on your feet."



