

Clear skin ahead

Pay heed to 10 commandments from celebrity cosmetic dermatologist Dr Chytra Anand to make sure your skin is skinning this party season.

By Stuti Agarwal



Images: SHUTTERSTOCK.COM and THE BRANDS

The holiday season brings new beginnings; happy, hopeful days; and lots of occasions to put on that dress sitting at the back of your closet and let your face sing tales of glam and glitter everything. And just so you don't fret about those pesky milia, acne, dry skin, or the lack-lustre skin after a night out, *Cosmo* got an expert to remind you of 10 things you just CANNOT miss doing for a skin that screams natural, flawless glow.

1. A tale as old as time you might say, but DO NOT go to bed with make-up on. Your skin is going to cry of clogged pores thanks to it and you know everything that shall follow.
2. Double cleanse, double cleanse, double cleanse—even if you go in with a make-up wipe. Contrary to popular belief, make-up wipes are not bad for you, as long as they aren't dry and you don't irritate your skin by rubbing with it harshly. Press it on your skin for a few seconds and wipe it off gently. You can even go for a cleansing balm followed by a pH balanced face wash. Remember, an oil-based cleanser first followed by a water-based one.
3. Always start your make-up with a primer. It acts like a barrier between your skincare and make-up and can reduce chances of clogged pores by a mile.
4. If you're going out during the day, do not forget that broad spectrum sunscreen. (The *Cosmo* team also recommends adding a spray sunscreen for reapplication if you're out in the sun a lot.)
5. Let exfoliation become a part of the regimen for you. Once in two weeks, if you are under 35 and once a week if you are over. Go for a gentle AHA, BHA exfoliator as it will also help with even, smooth make-up.
6. Try a hydrating mask 30 minutes before getting to your make-up for that plump skin. Think one with ceramides and amino acids, even hyaluronic acid. If you have puffy eyes, ice ball rollers should always be in your fridge. Don't forget, go from the inner corner to the outer while you mask.
7. Lip exfoliation is key to making sure you have a nice base for your lipstick, which can be drying on your lips. A weekly exfoliation is the answer.
8. If you have oily or acne-prone skin, try clay masks, even anything with salicylic acid, sulphur, or zinc. Apply these right before make-up to avoid all chances of it inflaming your skin or causing breakout.
9. A silk pillow case is a must year round, but it is not too late to invest in it now. It is non-irritant and non-abrasive, making sure your skin can feel that gentle love.
10. And last, don't forget your monthly medi-facial appointment. It can help you restore your skin balance while you rough it out, especially for the lazy ones!

COSMO RECOMMENDS



Relief sun,
Beauty of Joseon,
₹1,500 (50 ml)



Numero 10
essence, belif,
₹1,990 (50ml)



Invisible UV flawless
poreless primer,
Charlotte Tilbury,
₹5350 (30ml)



Total eye
revive, Clarins,
₹4,500 (15 ml)



AHA 30% + BHA 2%
peeling solution, The
Ordinary, ₹900 (30ml)



In my defence barrier-
building moisturiser,
d'you, ₹3,500 (50ml)



Acne control face
mask, SkinQ,
₹650 (60g)