

Dr.Mohan Thomas - Cosmetic Surgeon

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Skin care regimen for the D-Day

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How many times has a bride-to-be heard that this is supposed to be the best time of your life – ‘supposed to be’ being the operative phrase here! No matter how hard you try, the stress of getting everything perfectly in order for the D-Day manages to show up as a pretty little zit on your face. Wondering how to get that glowing skin before your wedding? Dr Mohan Thomas, senior cosmetic surgeon at Breach Candy Hospital gives us handy tips to look your best on the most important day of your life

Glow with the flow

When you want to enhance the beauty and glow of your skin then you will have to achieve it through diet and external care. Diet that you should plan to have a healthy skin should be more dedicated towards fibre, water and vitamin contents that are essential for healthy skin. Citrus fruits like lemon, strawberry, orange, banana, melon, peach, grapes are very essential for the wellbeing of the skin.

Taking a lot of water or liquid diet will also have a lot of impact on the look of the skin and let it glow naturally. Drinking a lot of fruit juices is of a great help in giving your skin a natural glow. The main secret behind glowing skin is a healthy body with good blood circulation all over the body.



Skin care regimen for the D-Day
(Getty Images)

Practicing yoga, aerobics and any simple exercise daily is of a great help in keeping your skin young and bright. When the blood circulation is good and carries all necessary vitamins and nutrients to the epidermis, naturally the skin will have fresh as well as young look without any cosmetics.

Shower Routine

Three steps which can be added while you take a bath can easily help cleaning your body perfectly as you want.

- a) First of all, always use a nice face wash instead of soaps which damage your skin cells.
- b) Secondly, a good exfoliator can be used once in a week for better cleaning and opening up of pores.
- c) Thirdly, shower gel instead of soap for body gives a nice smell all day and keeps you fresh. Use a loofah along with it.

After Shower Routine

Moisturising your body and face properly with the different products made for the specific areas i.e. face moisturiser for face and body lotion for body and do not forget the feet.

Body Care (Day Time)

Always keep on moisturising your face time to time whenever needed.

Secondly keep face wipes to clean of the face and open up your pores from dust and pollution.

Body Care (Before Going To Bed)

Removal of makeup with a good cleanser is very important before going to sleep. Use a Toner after washing your face and moisturising it.

These were few simple steps which can be easily inculcated in the daily routine for that dream glowing skin you always wanted

DO's and DON'Ts for the bride and bridegroom

DO's

- Have trials in advance for everything, including clothes, hairstyle, shoes, footwear, cleanup and makeup
- Sleep for 8-10 hours everyday
- Be ready to tackle emergencies like sudden outbreak of rash or acne
- Keep a to-do list handy

DON'Ts

- Don't try any new products
- Don't have too many late nights
- Don't have excessive caffeine products
- Don't keep anything pending for last minute
- Don't go to try out a new salon for your skin treatments close to the wedding
- Most importantly, do not wax hair from the face, chest or back

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