



For that winter glow

Keep your skin hydrated this season say experts

FED UP OF dull, dry and flaky skin this winter? Give your skin that extra care by keeping it hydrated from within and moisturised from outside, suggest experts.

“The winter season can be brutal on your skin. Cold temperatures often mean low humidity, and that dries out the skin. Dry skin looks dull and lacks lustre. The mainstay of winters is to hydrate the skin and replenish the lost moisture,” Mumbai-based cosmetologist Jamuna Pai said.

Hydration is important as it makes for a healthy functioning of the system and gives a boost to youthful-looking skin.

“Skin can be hydrated in two ways - internally by drinking an adequate amount of water and taking oil

supplements, and externally, by using products that hydrate and moisturise,” added Pai.

R.S. Mishra, consultant of dermatology at New Delhi-based Moolchand Medcity, insists people must follow the three-step skincare formula of cleansing, toning and moisturising.

“This daily skin care routine is very important. Moisturisers containing honey and cocoa butter are good for skin (in winter),” Mishra said.

“If the skin is oily, lotion-based moisturisers can be used. And if the skin is dry, cream-based moisturisers should be used. It is a myth that oily skin should not be moisturised because if skin is not moisturised, oil glands start producing more oil,” added Mishra.

Tanning can also be an issue during the winter season as people tend to step out to soak in the sunshine.

Keep a good sunscreen handy, advises Sangeeta Amladi, head of medical services at the Kaya Skin Clinic.

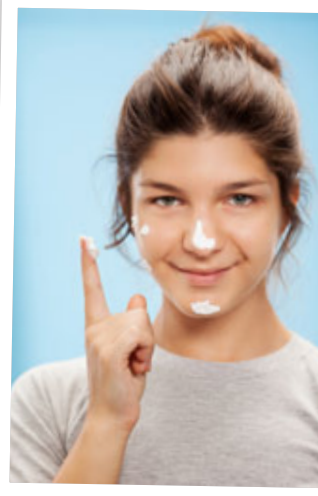
“Do not forget to apply sunscreen daily, when you are exposed to the sun. Sunglasses are also a must,” said Amladi.

She has other winter skincare tips too.

“For instant brightening, one should use a Vitamin C facial, or else try an instant hydrating mask. For lips, use a balm that has moisturising features and SPF (Sun Protection Factor) 15.

“Avoid antibacterial soaps, alcohol-based toners, wipes or colognes. Avoid stepping into the hot sun as it evaporates the trans-epidermal water and makes skin dry. Also avoid stepping out in extremely cool and windy weather,” she added.

Pai adds consumption of right nutrients is also key for healthy skin.



“Due attention should be paid to consuming supplements of vitamins A, C and E, and minerals such as selenium and zinc. They have antioxidant properties, which repair the skin and promote skin healing.

“Essential fatty acids also have a beneficial effect on skin as they help combat moisture loss that would otherwise cause dryness, fine lines, and wrinkles,” she said. *IANS*



Seeing is believing

HOW DO WE make sense of the thousands of images flooding our retinas daily? Scientists have found that the brain is wired to make sense out of all the categories of objects and actions that we see.

University of California, Berkeley (UCB) researchers have created the first interactive map of how the brain organises these groupings. A clearer understanding of how the brain organises visual input can help with the medical diagnosis and treatment of brain disorders. These findings may also be used to create brain-machine interfaces, particularly for facial and other image recognition systems, according to an UCB statement.

It has long been thought that each category of object or action humans see - people, animals, vehicles, household appliances and movements - is represented in a separate region of the visual cortex.

In this latest study, the researchers found that these categories are actually represented in highly organised, overlapping maps that cover as much as 20 per cent of the brain, including the somatosensory and frontal cortices. *IANS*

Solo stars more likely to die young

SOLO ROCK STARS are twice as likely to die prematurely as counterparts who perform in groups, a study published in the journal *BMJ Open* said.

British researchers examined the fate of 1,489 rock and pop performers who had risen to fame in a study period that spanned half a century, from Elvis Presley in 1956 to the Arctic Monkeys in 2006.

A total of 137, or 9.2 per cent, died prematurely, at 45.2 years of age on average for North American stars and 39.6 for those in Europe.

Substance abuse and car crashes accounted for nearly 40 per cent of deaths, according to the probe.

The difference in life expectancy was huge when it came to solo performers, it found. Among the 114 US soloists documented in the study, 23 per cent died at a younger age than the general population. This was double the 10.2 per cent death rate



among members of equally famous American bands.

In Europe, too, 9.8 per cent of soloists died young, compared to 5.4 per cent of group performers.

Stars who became famous before 1980 were much likelier to have died young, they added. Nearly half of the stars who died from substance abuse had suffered childhood traumas.

“This study raises some important issues relating to protecting both stars’ and would-be stars’ well-being in an industry that has turned recruitment of the next generation of celebrities into a global business,” said the report. *AFP*

ALIGN YOUR LIFE

No More Headaches

YOU'RE LATE FOR work. You can't find your car keys. You're not prepared for your breakfast meeting. Your kids have just informed you that they need to be picked up early. Your cat is in a bad mood and scratching your expensive leather sofa. Your life is a roller coaster ride. No wonder you have a headache.

Headaches are more likely to occur when you're stressed and over worked. In fact, stress is the most common trigger for headaches. Many of us suffer from headaches. Some of us are prone to migraines all our lives. It's not a life-threatening disease, but hampers smooth functioning of your daily life. It tends to disappear as mysteriously as it appeared. Many studies have been conducted on this subject and they all have led to one conclusion - any kind of stress triggers headaches.

And so it brings us back to the main question, how stressed are you? Are you leading your life in the fast lane and prone to frequent headaches?

Let's look at some simple solutions to combat headaches instead of popping a painkiller. Colour healing has proved quite effective for treating headaches. Visualising the colour white or blue around your head after slowing down your breathing helps in reducing the intensity of a headache. Daily practice of meditation will also help in controlling headaches and eventually diminish them. Some yoga postures help in controlling stress leading to elimination of headaches. Sometimes clogged energy in your immediate surroundings can also trigger headaches.

That is one of the reasons why clearing clutter in your home or office is very important. Go through all your things at home and remove all unwanted clothes, shoes and electronics. Gift away old toys and discard broken items. You will immediately feel the difference. In your office, start by clearing your desk of unwanted paperwork and old files. Look around your cubicle or seating area and decide for yourself what needs to stay. Light incense on regular basis to clear clogged energy and open up space. Look at your lighting. Sometimes harsh lights or working under spotlights can also initiate headaches. Adding more ginger and clove in your diet will also help in controlling frequency of your headaches.

And last but not the least, according to the practice of Ayurveda, apply a paste of freshly ground clay or sandalwood to your forehead and wash it away after it is dry. This will help in calming the area and reduce the throbbing. No matter what method you choose to combat your headache, remember controlling your stress levels will eliminate headaches from your life forever.

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. align@shivaniadalja.com

