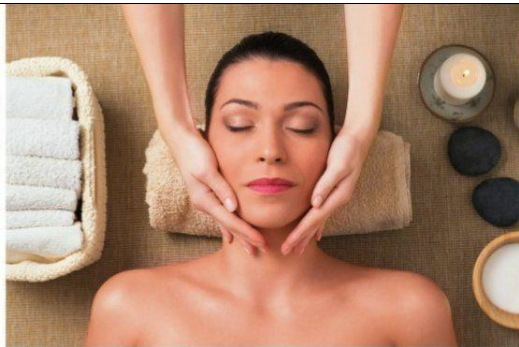




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BEAUTY IN MONSOON

WHETHER you have sensitive skin or not, getting a facial during the rainy season can get tricky. The skin is usually more prone to reactive break-outs during monsoon because of high humidity levels, dirt, pollution and perspiration getting logged into the pores of the skin.

Keeping in mind the season's demands, beauty and skincare brand Kaya has introduced the 'Purepore Clear Skin' ritual that aims at tackling acne-prone skin while protecting it from the muggy season. As Dr. Sangeeta Velaskar, vice president and head, Medical Services and R&D, Kaya Limited shares with **LIFESTYLE**, "Especially for those with sensitive skin, treating both acne and maintaining the goodness of the skin becomes a challenge during the monsoon." Speaking of the facial she explains, "The skin is first purified of bacteria in skin pores, then conditioned and moisturised to calm and soothe it, making the skin soft and fresh."

The facial is a seven step ritual that lasts 90 minutes, involving a host of specially designed masks but no massages. It starts with purifying the skin by cleansing it with an anti-oxidant tea blend. The next step is to apply a serum for five minutes to prepare it for extraction of comedones, commonly known as blackheads and whiteheads. This is followed by a 'desincrustation mask' that is applied for 10 minutes to soften



Dr. Sangeeta Velaskar, vice president and head, Medical Services, and Research & Development, Kaya Limited.

two processes help in making the process of extraction easier and less painful. After toning, a mineral-rich sea mud mask with ichtammol (a natural cure for small skin injuries) is applied for 10 minutes. Next, a buttermilk and tea blend mask is applied for 10 minutes, and it has a sweet smell like baby food.

Dr Velaskar reveals, "Buttermilk is rich in lactic acid and alpha hydroxy acid (AHA), which are known for their skin softening abilities. It also hydrates, increases natural barrier lipids in the outer layer of skin, and brightens skin for those with age spots or darkened areas."

Finally, a thin layer of hydrating cream containing Porphyridium Complex (microalga) is applied to give the skin a shine while reducing flakiness. The cream also contains zinc oxide that helps in matting the skin and

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