

If you don't want smooth,
sexy skin, **DON'T**

READ THIS

Sure, clothes count and attitude gives you an edge. But let's face it, when you're aiming to look your most sensational ever, **starting with super-sexy skin is a no-brainer.** Scoring it? Now that's something else...

WHAT'S SMOOTHNESS GOT TO DO WITH IT?

How does ageing show up? On skin. How does lack of care show up? On skin. Why do some of us need to use loads of makeup to look great? To conceal less than perfect skin. The bottomline is: Skin is where looking fabulous starts; if your skin is in shape, the battle to look gorgeous is 90 percent won before you've even started. Glowing, smooth, sexy skin—light or dark, tanned or fair, is the ultimate accessory; all the makeup, shimmer and luminosity products in the world can't give you the glow that cared-for skin can.

LOOK BEYOND AND BELOW THE FACE

We know you're with us so far. You're probably committed to your CTM routine, and chances are you also invest in a great scrub, maybe a serum, and your bedside table has nightcream prominently placed on top. So what's wrong? The fact that skin isn't all about face—it's pretty much a given you'll look after it, but what really gives you away is your body. Is it supple, healthy, glowing, smooth, sexy? No dry or rough bits, no unwanted body hair, no stubble to take away the sexiness? Here's how to get your skincare routine on track!



Easy way to care for your skin?
Know your skin type and work with products from reputed brands that are safe...

PROMOTION



ATUL KASBEKAR, Belt (used as a bracelet), Amethyst Clyde, (Still) PUNEET

HOW TO SCORE SMOOTH SKIN

It's a little bit of discipline, a little bit of knowledge, and a little wisdom in picking the perfect products to get you glowing. But perfect doesn't translate to pricey—it's about knowing your skin type and working with tried-and-tested reputed brands so you're using safe, trusted products, and following these simple steps below!

MOVE 1

1D your skin Type

Your skin type is determined by how much oil your skin produces, says Rona Berg, in her book *Beauty: the New Basics*. Genes, diet, stress levels, medication and even your skincare regime—all determine how much oil your skin produces. Of course, other factors such as pollution, smoking, or even hormonal imbalances can change the surface of your skin but basically, for the body, there're three basic skin types: Normal, Dry, and Sensitive. Here's how to tell your type!



We'll talk about the figure another time, but for skin like this, just read on!



Colston Julian

► DRY How can you tell

Does your skin feel extremely stretched post a bath? Is it more prone to dullness and wrinkles? Does your skin flake fairly easy? If you answered yes to any of these, you've got dry skin.

Looking after dry skin

It's actually fairly easy to look after, with discipline. First, turn the temperature down on the water you use in winter—the hotter the water, the more it strips moisture. Next, tank up on loads of liquid—water, of course; and anything else nutritious and hydrating like coconut water, smoothies, and fresh lime. The more you internally hydrate, the softer, sexier your skin will be. And finally, pick all your skincare—from depilation cream to moisturiser—for skin type. They're designed to give you maximum moisture while doing their specialised tasks, and that's exactly what you need.

► NORMAL How can you tell

Your skin doesn't feel especially dry post showering, though areas like elbows, knees, ankles, and heels of course are more prone to dryness. You don't break out or develop rashes too easily; and prolonged sun exposure causes you to tan but not turn red.

Looking after normal skin

Stay away from excesses of junk food, alcohol, and sweets; they can tip your skin over into breaking-out territory. Drink a lot of liquid; pick products for your skin type, and get loads of sleep and you should do fine!

► SENSITIVE How can you tell

You scratch or bruise easy; often develop irritation to products; your skin is fine or delicate; rashes, allergies and flushes of colour are constant companions.

Looking after sensitive skin:

Is, as the name suggests, a sensitive job. More than any other skin type, you need to focus on your skincare, and whether it's dermatologically tested; patch-test any new product for an allergic reaction, and don't even dream of stepping out without sunscreen—though that applies to all skin types. Hunt for specially formulated product ranges that spell the words Delicate or Sensitive skin, so they minimise the harshness of ingredients used. These may often take a little longer to work—but it's worth it for sexy, uninflamed, smooth skin!



MOVE 2

Depilate!

How to

If there's anything as unsexy as body hair on girls, we don't know it! Smooth, sexy skin starts with the complete absence of stubble. Waxing is great but doesn't deal with short hair; shaving does, but it's almost impossible to do it without causing nicks and cuts that scar over time. What gives you the results of waxing with the convenience of a razor? Depilation creams! And now, thanks to Veet, it takes only three minutes to rid your body of unwanted hair, leave your skin baby-soft and, if that weren't enough, has three skin type variants, and smells fabulous!

How often to

Depends on your hair growth, but the rule

*for 25 gm pack.

is to leave 72 hours gap between two depilation sessions. Also, don't use Veet on freshly shaved skin, and don't exfoliate or use deo/fragrance immediately after, when skin is still tender.

MOVE 3

Cleanse, Cleanse, Cleanse!

How to

Shower gel, or gentle soaps formulated not to strip moisture from your skin. If you have especially dry skin, use cream-texture shower washes, foam facewashes. In fact, glycerine based soaps work great for sensitive skins.

Homemade Scrub Recipes

■ Gram flour scrub

Add 1 tsp curd, a pinch of turmeric powder and a few drops of lemon oil to 2 tsp of gram flour. Make a thick paste and apply all over the body. Scrub off when dry. It removes dead skin cells and combats dryness.

■ Sea Salt Scrub

Combine 1 cup fine sea salt; 1/2 cup grape-seed, hazelnut, or almond oil; 10 drops grapefruit essential oil and 10 drops juniper essential oil; spread mixture onto damp skin and massage in. Especially good for elbows and heels. Rinse off.

How often to

Every day, obviously, but in the lethal summer heat, add a shower to your routine at night as well, to dislodge the day's dirt. Don't rub shower gel harshly into your skin—massage it in circular motions to get the circulation flowing, and to remove surface grime.

MOVE 4

Exfoliate

How to

Use an exfoliating scrub; they're easy to make at home or buy off the shelves. Look for scrubs that are oil based, so they don't dry out your skin a lot; another great ingredient to hunt for is coffee, which works wonders on cellulite. Use scrubs with finer grains on your face and with thicker ones for the rest of your body.

MOVE 5

Moisturise

How to

Slather on moisturiser basis your skin type while you're fresh out of the shower; pat your skin dry with a towel so surface moisture dries, but don't rub dry. Buy a more intense version for difficult areas like elbows and heels. Get someone to do areas of your back that you can't reach—these are frequently the most neglected. Another area, that's so close to the face and yet we tend to 'forget' about it, is the neck. Regular moisturising will keep the skin around this area supple too.

How often to

Morning and night, without exception! At night you can use a more intense version, since your skin absorbs a lot of nutrients, and regenerates while you sleep. Besides, not going out in the sun means a heavier moisturiser won't irritate the skin.

MOVE 6

Now show it off!

How to

Celebrating great skin means having the confidence to show it off. You'll feel the



**Veet
FACT**

Veet is the
largest selling
hair removal
cream in India.

difference in your attitude, your walk, your confidence, the way your clothes will glide over your skin. Wear heels to show off your sexy, smooth legs; stilettos work like nothing else! Wear fabrics that glide—think satin, crepe, or jersey—and cuts that accentuate your best feature. Halters or a one-shoulder dress for sexy shoulders; strappy styles for great arms; a plunging scooped back; or a shorter hemline for amazing legs. Go on, strut your smooth style! ■

5 REASONS WHY WE LOVE VEET

We've come to a common consensus that **Veet is our favourite hair removal method**, and we've got stats to prove it!

1. *It leaves your skin really moisturised*—no wonder 86 percent* Cosmo readers who tried it said, **"My skin felt so moisturised that I was tempted to skip my moisturiser after depilation."**
2. *It's great to finally have a hair removal cream* that suits each skin type—normal, dry and sensitive
3. *We love the pleasant floral fragrance Veet leaves behind* after hair removal, unlike the unbearable odour of ordinary hair removal creams
4. *Soft-squeeze-tube with the S-shaped spatula* makes it so easy to apply, so easy to remove.
5. *Everyone who tries it loves it*—96 percent* of Cosmo readers who tried it would recommend it.

For more information log onto www.veet.co.in

(Model right to left) VIBHASH TIWARI; COLSTON JULIAN

