

Times of India - Rouge

beauty

Our spa experts share some exotic facials to keep you cool, refreshing and glowing this summer

CUCUMBER FACIAL

CUCUMBERS HAVE long been used in skin care for their soothing and toning effects. Its astringent properties help to smooth and tighten pores. Its mild diuretic properties help the body flush out toxins, making it the ideal detoxification companion. Rejuvenate with the refreshing and stimulating benefits of khus and sandalwood. Experience the detoxifying properties of basil.

Cleanse: Cucumber is one of the most effective ingredients to cleanse and exfoliate the face. Cucumber is great for the skin because it's a light, natural vegetable with rejuvenating vitamins. First cleanse with an aloe vera cleanser mixed with cucumber pulp. Gently massage and cleanse the dirt and grime that accumulates and hides the skin's freshest layer. Cucumber gently scrubs and exfoliates



your skin. Dull skin cells are removed; circulation is improved, leaving a new radiance to the skin.

Scrub: One cup cucumber blended without water, 1 tsp yogurt, 2 tsp honey, one tsp sesame seeds; 2 tsp oatmeal powder. Mix all ingredients together into a thick paste. Gently scrub.

Massage: Add cucumber to a blend of holy basil with neem leaf powder, a few drops of mint and khus. Gently massage onto your face with fresh papaya in light circular movements concentrating on all acupressure points.

Face pack: Make a smooth mask of sandalwood powder with fresh Kiwi fruit pulp. Apply to face in a thin layer. It hydrates, nourishes and moistens. Leave on for 15 minutes, rinse with tepid water for a fresh tingling feeling. A completely refreshing experience that offers a truly rewarding indulgence.

(Courtesy: ANITA KALSY BHARTIYA, Cosmetologist & Skin Care Expert, Amutra Spa)

SUMMER SOOTHERS

Beautiful skin needs a lot of care, especially in summers. It is very important to take utmost care of your skin as exposure to the sun rays can permanently damage it by destroying the collagen layers that support it, resulting in tanning and then in wrinkling. You don't need to go to expensive parlours any more. Expensive creams, lotions are not answers to your beauty problems, but your own kitchen, fruits, flowers, vegetables and other natural things provide the complete solution. Here are some summer facials which will take care of your skin.



ALOE VERA FACIAL



Cleanse: Squeeze the juice from an aloe vera leaf and mix it with a little raw milk. This makes an excellent cleanser. Apply the mixture on the face with cotton; keep for two minutes and wipe it off. You can also buy aloe vera gel, which is easily available in the market and use the same.

Massage: Take mashed avocado pulp and massage it on the face and neck for three minutes. If the skin is too dry, use mayonnaise which makes an excellent moisturiser which has more cosmetic value. Massage it for 2 mins and leave it for 5 mins on the neck and face. Mayonnaise provides the essential lubrication and nourishment to the tired skin. Wash off the face with cold water and wipe to dry with cotton or soft napkin.

Toning: Dab a little rose water on the face and leave it for 5 mins.

Steam: Either you can use a steaming machine, or fill a wash-basin with plain hot water; cover the head with a towel and leaning over the basin, take steam for about 2-3 mins.

Face pack: Mix one egg yolk with half ripe banana and a mashed apple, to make a very smooth paste. Add a little cornflour and apply on the face. Keep at least for 20 mins and wash off with chilled water. Rub the face with thin slices of watermelon (chilled) and wash off with plain water to get a refreshing look.

(Courtesy: DR. PRAMOD MANE, Ayurvedic Doctor, Ananda in the Himalayas)

PAPAYA FACIAL

One really doesn't have to go to great lengths to achieve a flawless skin! All one needs is a little discipline and a just 20 minutes to spare once a week.

Face clearing: Use one tbsp of yoghurt and mix the tomato juice thoroughly till they blend. Apply all over face, and neck, avoiding the eye area, and massage gently using the finger tips, in circular motion, for one minute. Leave this one for a minute and wash off with lukewarm water. Pat dry with a towel, so that the skin is not completely dry. This will clean your face of any make up and pollutants, and prepare it for the next few steps.

Facial: Mix 2 to 3 tsp of plain, fresh, unsweetened yoghurt, half tsp honey, 1 medium sized cucumber finely ground into pulp, 2 tsp fresh and ripe papaya made into pulp and, half tsp of finely ground rice powder into a fine paste.



Apply this pack generously over face and neck and massage gently using upward strokes for 10 minutes. The strokes should be light and gentle. Wash off with lukewarm water. Next dab the entire face and neck with cotton wool soaked in chilled rose water.

Then use thinly sliced cucumber to cover the entire face and neck. Keep juice of one potato, freshly grated and refrigerated for the next step. Soak cotton wool in the potato juice and place over eye area. Leave on for 10 minutes. Wash off thoroughly. Pat dry skin, and use a light moisturiser. Feel your skin fresh and rejuvenated for at least a week. Once a week should be enough for you to see a marked difference in your skin.

Benefits: Yoghurt- Natural astringent, anti tan properties, and moisturiser
Honey- Hydrates, and leaves skin glowing
Cucumber- Open pores, cleans excess sebum (oil), anti tan properties, soothes rashes
Papaya- Natural toner and cleanser
Rice powder- Natural exfoliant
Potato juice- Naturally lightens dark circles

(Courtesy: Asian Roots Luxury Day Spa)