

## Delhi Mid Day

# CELEBRATING BEAUTY!



### DMD Correspondent

**W**ith common and frequent problems like wrinkles, cellulite, stretch marks, dark circles, pigmentation and so on, it becomes quintessential to know about the latest techniques available in the world of medicine and cosmetics.

Taking this into consideration, an event titled 'Celebrating Beauty' was brought together by Asian roots and Asia Spa and Forest Essentials.

Present at the event, Navin Taneja,

leading dermatologist in Delhi discussed in detail the expected consequences of new age treatments like Mesotherapy, photo facials, organic peels etc. Also, dietician Aishwarya Rajan presented some of the dietary options that are available to delay aging process. She recommended Green Tea (contain less caffeine) over normal Tea or coffee as it. Also recommended were Wheat Grass and Organic food.

Said Aishwarya, "If you respect your body then do incorporate good dietary practices in your life."

It should be noted that Mesotherapy is the injection of medicines in small dosages through multi microinjections into the skin as close as possible to the site of the condition to be treated.

Talking on this regard Navin said, "It is one of the most popular and successful cellulite treatments available, which is used for spot fat and weight reduction, cellulite reduction and other non-cosmetic purposes.



He further added, "Mesotherapy is a non-invasive procedure and is considered a safe alternative to liposuction".

About Botox, he agreed that it helps to look younger instantly but it should not be done very often.