

## HT City



Entrepreneur Shabnam Singhal (left) with fitness expert Shreya Singh

# Massage medium

**Anuradha Kaul**

**This evening** at a spa was not just about indulgence but about seeking answers to queries on skin care, health and beauty techniques. Hosted by Asian Roots luxury spa owner **Kamaini Kanwar** and editor of Asia Spa magazine, **Parineeta Sethi**, it was an attempt to spread awareness about the new techniques in the field of wellness. As Kanwar said, "Every day, innumerable customers come to me with queries on skin care and right treatments, and for most of these, I don't have definite answers. Hence, we thought of organising a get together over cheese and wine where skin specialists could answer the frequently asked questions."

Nutrition consultant, **Aishwarya Rajan** and dermatologist and cosmetologist Dr **Navin Taneja** answered a variety of queries and broke several myths about skin care over an interactive session. Dr Taneja said, "the most commonly faced problems are related to skin as people are not sure of their own skin type and do not know what moisturiser or sun block to use to suit them specifically. Similar is the case with shampoos and hair types."

Rajan said that instead of innumerable treatments for various skin problems, one could simply avoid them by taking a healthy diet with all important vitamins included in it. Talking about the problem of wrinkles, she said, "one can just include 'wrinkle fighting foods' like berries, carrots and papaya in diet and delay the problem. Olive oil and garlic too help tackle the problem."

Summing up the event, Parineeta Sethi said: "One usually goes to the spa to de-stress and feel good, but the state of wellness cannot be achieved if one is always stressed and does not take proper sleep required to relax the body. A visit to the spa may pamper you on the outside, but for the inside, one needs to work on one's own." That's food for thought!

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Dermatologist/cosmetologist Navin Taneja with nutritionist Aishwarya Rajan



Asian Roots luxury spa owner Kamalni Kanwar takes a break



Entrepreneurs Abhisarika Sharma (left) and Dolly Madan