

The Age

'Limit caffeine, colas to slow ageing process'

RITIKA SABHARWAL | NEW DELHI

Asian Roots, Delhi's first luxury spa and Medispa along with Forrest Essentials recently came together in the capital to discuss the latest techniques available in the world of medicine and cosmetics for age management.

On the offering are many new-age solutions like Mesotherapy (the latest fat-melting fad, also used as an alternative to liposuction), photo facials and organic skin peels. It also brings to you the latest acclaimed treatments like Botox, skin rejuvenation, stretch marks reduction, body and face contouring, cellulite reduction, wrinkle removal, laser hair reduction at the spa where you can have these treatments all under one roof.

Parineeta Sethi, publisher and chief editor of *AsiaSpa* magazine, says, "Today everyone wants to reduce the process of ageing, a spa provides natural and cosmetic age management techniques to those who want it." Kamayani Kanwar, founder of Asian Roots opines, "A spa experience should be about a place where one can relax, the service should be good, the temperature perfect and it should be affordable."

Dr Navin Taneja, the consultant dermatologist and cosmetologist says that there are simple methods one can follow in summer to reduce the ageing process. "Keep yourself hydrated, eat fruits, clean your face and use a sun block. These can help to slow the process of wrinkles," said Dr Taneja.

Aishwarya Rajan, nutrition consultant at Asian Roots, said, "By eating a light dinner, half the battle is won. Eat organic food, maintain your weight and limit colas and caffeine to slow the ageing process."