

Womenia

Skin detox tips to follow post-festive season

After days of festive celebrations, late nights, heavy makeup and indulgent eating, your skin may need some extra care to regain its natural glow. Follow these simple detox tips to rejuvenate your skin, restore its freshness and maintain a healthy radiance



Shahnaz Husain

The festive season is over, and it is time to get back to your regular routine. Amid the celebrations, preparations and late-night parties, we often tend to neglect our health and skincare routines. Excessive consumption of sweets and oily foods, heavy makeup, lack of sleep, and exposure to pollution can take a toll on our skin, leaving it dull, dry and tired.

Festive celebrations also bring increased exposure to smoke and environmental pollutants, which can irritate the skin and aggravate existing skin problems. After days of festivities, it is time to give your skin some extra care and help restore its natural glow.

Here are some simple tips to follow for healthy, refreshed skin.



1. Follow a Balanced Eating Routine

After days of festive indulgence, focus on returning to a balanced eating schedule. Rather than resorting to extreme fasting or restrictive diets, opt for regular, nutritious meals that support overall health. Include fibre-rich foods, fresh fruits, vegetables and whole grains in your daily diet.

Eating at regular intervals and avoiding unnecessary snacking can help maintain energy levels. If you are considering intermittent fasting, consult a healthcare professional first, particularly if you have an existing medical condition or take regular medication.

2. Add Antioxidants to Your Diet

Antioxidants help protect the body against free radicals, which can damage cells and contribute to premature skin ageing. Fruits, vegetables, whole grains, nuts, seeds and herbs are excellent natural sources of antioxidants.

Include foods rich in vitamins C and E, such as citrus fruits, berries, almonds and green leafy vegetables. These nutrients support skin health, help protect cells from oxidative stress and contribute to collagen production. Green tea is another good addition to your daily routine.

A balanced diet is generally the best way to obtain antioxidants. Avoid taking high-dose supplements without medical advice, as certain supplements may interact with medications.

3. Make Healthy Food Choices

Festive treats, fried snacks and sugary foods are difficult to resist during the celebrations. However, excessive consumption can affect overall health and may aggravate skin concerns such as breakouts.

Now is the time to return to healthier eating habits. Choose whole grains over refined carbohydrates and include adequate protein in your meals. Add citrus fruits, seasonal vegetables, salads and sprouts to your diet.

Try to consume at least five portions of fruits and vegetables daily. Reduce your intake of foods high in sugar, unhealthy fats and salt. Eating slowly and mindfully can also help you recognise when you are full and prevent overeating.

4. Keep Yourself Hydrated

Hydration is essential for maintaining healthy skin. Exposure to pollution, late nights and unhealthy food choices can leave you feeling tired and dehydrated. Drinking sufficient water helps maintain the body's fluid balance and supports normal skin function.



Make it a habit to drink water regularly throughout the day. You can also include coconut water, herbal teas and water-rich foods such as cucumber, watermelon and oranges in your diet. Starting your morning with a glass of waterw is a simple way to establish a healthy hydration routine. You can also add lemon for flavour. Remember, consistent hydration, nutritious food and proper skincare together can help your skin regain its freshness and natural glow after the festive season.

(The author is an internationally acclaimed beauty expert, popularly known as the Herbal Queen of India.)

Alaya F reflects on her fitness journey with a handstand scorpion on canes

Actress Alaya F used social media to reflect on her fitness progress over the years. In her latest post on Tuesday, the 'Jawaani Jaaneman' actress shared that back in 2023 she was unable to properly hold a headstand, but after three years of persistent hard work, she can now do a handstand scorpion on canes.

Alaya dropped a video of herself doing the handstand scorpion. The clip opened with glimpses of many of her failed attempts in the last three years, with Alaya finally performing the handstand scorpion perfectly at the end.

"November 2023, I could barely hold a headstand properly. November 2026, I'm doing a handstand scorpion on canes (A smiling face with a bead of sweat emoji) (sic)" read the caption of the post.

She added, "The name of the game is progress (Smiling face and raising hands emoticons)."

The 'Freddy' actor loves to keep her Insta Fam motivated with such inspiring insights into her intense fitness routine.

Back in June, Alaya expressed her excitement as she unlocked a hollowback headstand.

Sharing a glimpse of her latest fitness milestone, Alaya penned, "The balance Gods have been very kind to me lately! Hollowback headstand unlocked, babyyyyy!."

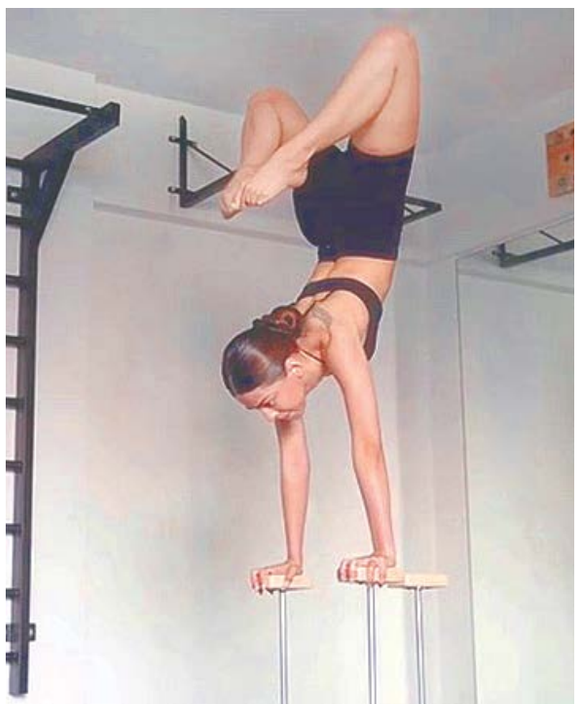
The clip showed her performing a hollowback headstand, showcasing her flexibility and control.

Talking about her cinematic journey, Alaya stepped into acting in 2020 with the laughter ride 'Jawaani Jaaneman', co-starring Saif Ali Khan and Tabu.

She has also been a part of 'Bade Miyan Chote Miyan', where she shared screen space with Akshay Kumar, Tiger Shroff, and Prithviraj Sukumaran.

Alaya's other projects include 'Freddy (2022)', 'Srikanth (2024)', 'Bade Miyan Chote Miyan (2024)'.

Up next, Alaya will be seen playing a crucial role in a high-octane thriller series, 'Storm'. Backed by Bollywood actor Hrithik Roshan, the series also stars Parvathy Thiruvothu, Srishti Shrivastava, Rrama Sharma, and Saba Azad in significant roles. (IANS)



Still treating your recurrent hives as an allergy? It could be chronic spontaneous urticaria

Dr Vijaya Bhaskar Mallela



Recurring hives are often mistaken for allergic reactions, but persistent flare-ups without an identifiable trigger could indicate chronic spontaneous urticaria (CSU). Understanding the condition, recognising its symptoms and seeking timely medical advice can help manage it effectively

When hives appear, it is natural to look for a cause. You may suspect something you ate, a medication or a product that came into contact with your skin. But what if the hives keep returning without an identifiable trigger? It could be more than an allergy.

Chronic urticaria is a condition in which hives, swelling or both recur for more than six weeks. One type is chronic spontaneous urticaria (CSU), where symptoms occur without an identifiable external trigger. Unlike an allergic reaction linked to a specific substance, CSU can cause repeated flare-ups without an obvious explanation.

Dr. Vijaya Bhaskar Mallela, Chief Dermatologist, Jubilee Hills, Hyderabad, says, "Recurring hives are commonly linked to allergies, although this may not always be the case. If the symptoms persist for more than six weeks or occur repeatedly without an identifiable trigger, chronic spontaneous urticaria could be a possible explanation. A medical evaluation can help distinguish between different causes and determine the most suitable course of treatment."

Here are five important things to understand about recurrent hives:

1. Hives do not always indicate an allergy

Hives are raised, itchy welts that can appear suddenly on different parts of the body. While they may occur during an allergic reaction, they are also a common symptom of CSU. Therefore, recurring hives should not automatically be attributed to food, skincare products or environmental exposure.

2. The six-week mark matters

When hives recur for more than six weeks, the condition is considered chronic urticaria. Individual welts often disappear within 24 hours, but new ones may develop elsewhere. Keeping track of their frequency, duration and associated swelling can help during a medical consultation.

3. Finding triggers can be frustrating

People experiencing repeated flare-ups may eliminate certain foods, change skincare products or avoid everyday activities. However, CSU often occurs without a specific external trigger. Certain factors may worsen symptoms, but they are not necessarily the underlying cause.

4. It can affect overall wellbeing

Persistent itching can disturb sleep, cause daytime fatigue and affect concentration at work. Visible hives and swelling may also lead to discomfort or self-consciousness in social situations. The unpredictability of flare-ups can further affect emotional wellbeing and quality of life.

5. The right diagnosis guides treatment

A dermatologist or allergist can assess symptoms, review medical history and determine whether further investigations are needed. Treatment focuses on controlling symptoms and is guided by clinical assessment and response. Unnecessary dietary restrictions or avoiding suspected allergens may not help when no allergic trigger is identified. Recurrent hives deserve attention, particularly when they persist for weeks or return without a clear explanation. Instead of assuming every flare-up is an allergy, seeking medical advice can help identify CSU and ensure appropriate symptom management.

CROSSWORD



ACROSS

1 Poem part (6)
5 Gain victory (3)
8 Hankering (4)
9 Leave out (4)
10 Arrival (6)
11 Type of chemical process (9)
13 Suspended (4)
15 First in short (3)
16 Lifting machine (5)
17 Indian tandoori dish (5)
20 Hawaiian garland (3)
22 A beam of light (3)
23 ___ Shri (26th January award) (5)
24 Licit (5)
26 "vi" in Roman numerals (3)
27 Neck part (4)
28 Hindu goddess of wisdom (9)
31 Singapore or Bali? (6)
32 At an earlier time (4)
33 A lively tune (4)
34 __-de-sac (3)
35 "One in a" movement that's everlasting ! (6)

DOWN

1 Bind as a bandage (6)
2 Be ahead in time (8)
3 Metallic element (4)
4 Achieves or accomplishes (7)
5 Cereal plant (5)
6 Prying (4)
7 Hard to please (7)
12 China's Mao ___ Tung (3)
14 Harsh (4)
18 Where Farsi is spoken (4)
19 Desert region in SW Africa (8)
20 Pasta dish (7)
21 Fabric (7)
24 Debussy heroine (3)
25 Sinew (6)
26 Slop (5)
29 French preposition (4)
30 Analogy words (2,2)



Solution to November 10

SUDOKU

	3	9			6			
	7	2						9
	1		7	4				
			1	7				4
	2	8				1	3	
1				5	3			
				6	7		4	
6						3	9	
			4			6	8	

3	7	2	9	8	1	4	6	5
1	9	4	2	6	5	7	8	3
8	5	6	3	7	4	9	1	2
7	2	5	8	4	6	1	3	9
4	1	3	5	2	9	6	7	8
9	6	8	1	3	7	2	5	4
6	3	9	7	5	2	8	4	1
5	4	1	6	9	8	3	2	7
2	8	7	4	1	3	5	9	6

Solution to November 10