

Dermaklinic

Skin Magazine

MONSOON 2020

SKIN CARE TIPS FOR MONSOON

BEST NATURAL FACE MASKS

FRUITS TO EAT IN MONSOON

MONSOON FITNESS WORKOUTS

WHY YOU NEED SUNSCREENS

DARK CIRCLES





Dr. Neeraj Pandey
M.B.B.S.,M.D.-Dermatology

Dr. Neeraj Pandey (M.B.B.S.,M.D.-Dermatology, F.A.D.S.-National Skin Center- Singapore) a qualified Dermato-Cosmetologist has in the short span of time established himself as a local icon. Along with Aesthetic Physician Tulika Pandey (M.B.B.S., D.C.H.,T.N.P.- Japan) who has obtained excessive training in all cosmetic procedures. They are setting high having together build a high reputation delivering the highest quality skin care services under one roof.

Derma Klinik offers the latest innovative non-invasive technology for skin care, for the people residing in Lucknow. We have the most effective, tried and tested non-surgical treatments available at our clinic with expert's consultation and skin care

therapies at our clinic. Derma has hired the most experienced and skilled dermatologist to provide you its optimum and cost effective service. Our clinic strives continuously to research the best skin solution for you. Derma klinik offers you solution regarding hair, skin and fat reducing concerns. We are using the latest technology and highly advance equipment to provide you painless laser therapies. Our therapies rendered the fast results so you can see the changes yourself after availing our services. We are proud to rendering our best solutions in skin care for Lucknowites. You are welcome to visit our clinic our skin experts are always ready to run an extra mile for you.

Sneak PEAK



SKIN CARE TIPS FOR MONSOON

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.



BEST NATURAL FACE MASKS

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.



FRUITS TO EAT IN MONSOON

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.



MONSOON FITNESS WORKOUTS

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.



WHY YOU NEED SUNSCREENS

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.



DARK CIRCLES

Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon.

Skin care tips for monsoon



Monsoons are here. With every downpour, your spirits are revived. Your skin, however, does not experience the same enthusiasm and instead suffers from oiliness or dehydration brought on by monsoon. This is the time when the skin becomes irritable due to humidity and rashes caused due to season change, give way to other skin problems.

Rains can be pretty harsh on your skin. You may be surprised that your skin, which looked radiant throughout summers, suddenly looks clammy during rains. Here are five tips to protect you from the damages caused by weather-change:

Use a moisturiser-cum-sunscreen:

Your skin behaves differently in monsoon, it becomes important to take special care of it. While everything around you is bright and beautiful, the increasing humidity does not allow your skin to breathe properly making it appear dry. Smooth on a moisturizing body lotion that contains sunscreen in proper concentration. The body lotion is not only supposed to protect your skin from drying but also saves it from tanning.



Cleanse the skin:

The skin should be cleaned 3-4 times a day with non-soapy options. This helps to clean excessive oil and dirt from the skin pores and helps it breathe. Cleansing also keeps blackheads and whiteheads away.



Say No to Frizz:

While umbrellas prevent your hair from getting wet, the moist and wind make your hair frizzy. To avoid your hair from becoming this annoying frizz covering it with fashionable yet protective scarves. Additionally, wash hair a little more frequently than you usually do in the monsoon as all the humidity and sweat causes it to get dirty soon and attract dust and pollution.



Hydrate yourself:

Drink at least 7-8 glasses of water to maintain skin hydration, as the skin loses a lot of water due to exertion in the rains.

Avoid fungal infections:

Fungal infections are the most common complaints of the rainy season. Never keep your skin wet for a long time. Bathing with lukewarm water and using antifungal creams, soaps and talc will prove to be effective in combating fungal invasion. Some of these common infections are athlete's foot, ringworm, or itching caused by wet damp clothing.



Best natural face masks



Fresh Banana Fruit Mask:

Fresh banana fruit face mask is suggested for those with oily skin type. This face mask helps in exfoliating your skin, unclogs your pores and helps in removing the dead cells from the deeper layers. Choose some ripe bananas in order to achieve effective results.

Ingredients:

Ripe Banana- 1
Honey- 1tbsp
Lemon Juice- 1tbsp

Procedure:

Mash a ripe banana and add a tablespoon of honey and lemon juice extract and mix it well.

Now apply the mixture on your face and neck and allow it to dry.

After sometime wash your face with warm water and welcome an acne free skin.

You can also add some orange or any citrus fruit extracts as they are rich in acids that cut-down oil from sebaceous glands.



Oatmeal Pack:

We all know oatmeal as a good fiber rich food that helps in kicking cholesterol out of our body. But this super food also creates wonders when applied on skin. Oatmeal sweeps away dead skin cells, redness, and irritation leaving a soft and rejuvenated skin instantly.

Ingredients:

Oatmeal- 3tsp
Honey- 1tsp
Curd- 1tsp
Egg white- 1

Procedure:

Make a mixture by combining all the ingredients and refrigerate the combination for some time.

Cleanse your face thoroughly before applying this face pack.

Apply the paste on your face for quite some time and let it dry.

Wash off with some clean water, pat it dry and this pack leaves your skin with a fresh feel.



Sandalwood Face Mask:

When it comes to healing skin problems sandalwood is an excellent source for curing acne, blackheads and any other skin eruptions. It is suitable for all skin types and is a great moisturizer for dry skin types.

Ingredients:

Crushed Sandalwood- 1tbsp
Turmeric Powder- ½ tsp
Rose Water- ¼ cup

Procedure:

Take a bowl and mix well all the above ingredients and make it into a fine thick paste.

Apply this paste for about 30 minutes on your face and allow it to dry.

Later, wash it off with cold water. This mask radiates your skin instantly and keeps your skin moist throughout the day.

People with dry skin can try this out twice a week.



Papaya Fruit Scrub:

Papaya is a seasonal fruit and is rich in nutritious content especially as a fruit rich in antioxidants. Applying papaya on your skin exfoliates the skin in a more gentle and natural way.

Ingredients:

Papaya- 1 slice/ 5-6 cubes
Brown sugar- 1tsp
Oatmeal- as per required

Procedure:

Mash a slice or 5- 6 cubes of papaya properly with the help of back of a fork.

Add a teaspoon of brown sugar and oatmeal as per the required quantity. See that oatmeal is slightly coarse in nature.

Apply this on your face and massage in circular motions to reap maximum results.

Leave it dry for about 2 minutes and wash off with some luke warm water.

This scrub is good for both normal and dry skin types and helps in cleansing the pores in a natural way.

Remember the following hints when applying any face mask/scrub

Here are some general hints I suggest you to follow before applying these face packs/ scrubs: When you use sugar in your pack, make sure that sugar granules are short of fine powder consistency and not very coarse. Scrubs should be applied not more than twice a week. Cleanse your face with clean water before applying any of the masks. People with dry skin are advised to use a moisturizer after scrubbing.

Fruits to eat in monsoon



While monsoon brings out a craving for all foods fried and tasty, there are also plenty of fruits available in the market this season, which help fight infections and increase immunity. However, remember to wash them well and check whether they are ripe and ready to eat.

Cherry

High in potassium and low in sodium, cherries are low in calories and high on antioxidants. Cherries help fight heart diseases since they lower bad cholesterol and have anti-carcinogenic properties. They also aid in reducing high blood pressure and lower the uric acid level too, and so are useful for those suffering from gout and arthritis.

Beauty benefits - They slow down the ageing process and a paste of mashed cherries on the face gives a soft feel to the skin. Regular consumption can prevent hair fall and the vitamin A in it can help maintain good eyesight.



Plum

Plums are a very good source of vitamin C & K, copper, dietary fibre and potassium. They help relieve constipation and absorb iron, thus preventing against anaemia. The reddish-blue pigment anthocyanins found in plums may protect against cancer by cleaning up free radicals.

Beauty benefits — While the antioxidants in the fruit can act as an anti ageing skincare agent, plum juice can rejuvenate boring and lifeless hair.

Peach

With loads of vitamin A, B carotene and vitamin C, peaches help protect the skin and improve the vision too. Peaches are also known to have fluoride which helps prevent dental caries. In Hungary, peach is referred to as the 'Fruit of Calmness' due to its ability to relieve stress anxiety and achieve calmness of mind.

Beauty benefits — Peaches can make your skin look healthy and young, so no wonder the phrase 'skin as soft and creamy as a peach' stands true. Regular use of the juice and pulp of the fruit on the skin helps remove dead cells, acts as a moisturiser, has anti-ageing and UV protection properties.

Litchi

With lots of dietary fibre, litchis are high in vitamin C, B and potassium. The fibre in litchi helps keep the digestion clean and aids in cases of acidity while vitamin C helps in fighting the common cold. The bark, root and flowers of the fruit are boiled in water and used as a gargle for sore throats.

Beauty benefits — Litchis are useful for weight loss and protect the skin from UV rays. They nourish the skin by reducing acne and skin spots.

Jamun

With its sweet, sour and slightly acidic taste, the jamuns with its light purple flesh inside are best eaten as a fruit or in the form of juice. **Health benefits** — Used in ayurvedic medicines, jamuns are good for reducing blood sugar levels and thus effective in treating diabetes. They are also good for treating gastric disorders and good for the kidney and liver.

Beauty benefits — Jamuns have strong astringent properties making the skin look healthy and fresh. The extract of the bark and leaves of the jamun tree strengthens gums.



Monsoon fitness workouts



It's the monsoon season and it can be crazy to step outdoors with all that rainfall. While you may be an outdoors person enjoying a morning walk or a nice, long run, the monsoon – quite literally and figuratively, can be a damp squib on those plans. If you work out at the gym or in a workout space that needs you to travel, heavy rain can be a tough obstacle to deal with, even then. However, this does not mean that your fitness will take a hike! Here are a bunch of creative and fun indoor exercises that you can follow, so that you stay in shape, and don't get wet in the rain while doing so!

Do Yoga! Surya namaskar, individual poses or even a vinyasa yoga sequence can come to your rescue to keep your body fit and energized.

Run on the spot indoors! Sure, it probably sounds like a random activity to throw into your indoor spaces, but if you get off your couch and run on the spot for a good half hour, or forty-five minutes, you give your body a workout that can help you burn a lot of calories. Furthermore, it is also a very good way to shake up your body when the weather might make you feel clumsy and sluggish. Running on the spot as an exercise is a perfect way to give your body a cardio boost, and engage your body in entirety.



Take a brisk walk indoors. Clear out your furniture in the biggest room in your house, or if you feel up to it, across multiple rooms. Walk along the periphery of your spaces, and make it a brisk walk. Make it a point to indulge in it for about an hour or so, and you'll find yourself having had a great work out! What's more, the exposure to your own home scape through a brisk walk will let you see your space in new light, and help you break the monotony of staying indoors!

Jumping jacks are a clever way to work out in the course of your day while staying indoors. Add a bunch of scissor jacks, and make it a good 20-minute routine, followed by a nice long jog or a brisk walk. The fun part is that you can even do it sitting down! Sit down with your back straight and your knees bent and legs together with your toes touching the floor lightly.

Quickly, open your legs and flex your feet and land on your heels with your arms touching overhead, and then return to the start position. Try to do this as fast as you can so your body begins to gain from the exercise.

Skate about. If you are a skater, you can strap on your skates and scoot about indoors. BUT, if you're not, indulge in an adaptation of the exercise. Sit on the edge of your chair, bend the right knee out to the side and extend your left leg out straight towards the side.

Keep your toes pointed. Extend your arms and lean forward, reach the left arm to the right foot and raise your arm above, behind your body, and twist through the torso.



Why you need sunscreens



Sunscreen shields your skin from the UV rays of the sun. Even if it remains hidden behind the clouds or tangos with the rain, as long as it is daytime, your skin needs protection.

The Sun Is Still Here

So what if the sun is covered by clouds and the weather is really great? It's still there. The UV-B rays may be blocked by the clouds, but the harmful UV-A rays can always penetrate the clouds and reach your skin causing serious damage. So don't let go off that sunscreen bottle yet.



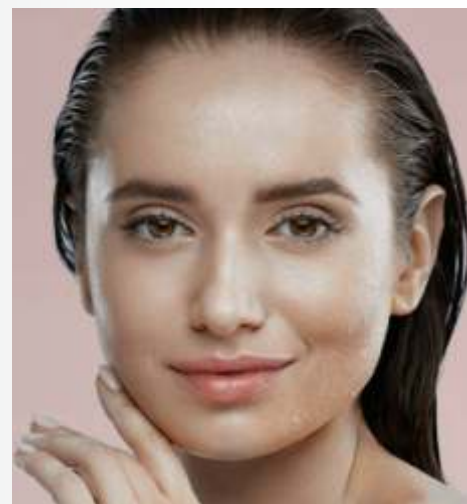
We Live In A Tropical Country

No matter how much it rains, we will always have enough sunlight. In fact, often the rains might disappear for a while and the sun will shine bright making the weather hot and clammy. Sunscreen will be your best friend when the sun gives a surprise.



Skin Always Needs Protection

Just because the season has changed doesn't mean your skin does not need protection. You are still prone to wrinkles and spots due to sun damage. In fact, you need to reapply the sunscreen every time it gets washed off in the rains.



Wet Skin Is Vulnerable To Sunburns

Ever wondered why you get sunburnt when in the pool? That's because wet skin is extremely vulnerable and can be easily harmed by the sun's rays. So protect your face, especially the nose and cheeks, from being chapped and burnt by using sun protection cream.

It Enhances Your Skin

Sunscreen not only prevents damage, but also keeps your skin hydrated by locking the moisture in. Always opt for a cream or lotion with an SPF 15 or higher.



Dark circles



From stress to those who are overworked, dark circles around eyes is something that plagues a lot of people. 'Dark circles under eyes symptom checker' is probably one of the most googled phrases, and people who suffer from this are desperate to find a permanent cure. Most of us blame dark circles on lack of sleep, exhaustion or staring at the computer screen for hours. From liver malfunction to vitamin deficiency, dark circles are caused by a number of factors.

But the truth goes deeper than those dark pools you've tried so hard to fight. Experts and studies have linked dark circles to graver problems like anemia, liver disease and dehydration.

First, let's understand how dark circles appear. We have tiny blood vessels, which are like a web under the skin. But these capillaries are so fine that the red blood cells queue up to pass through; in the process some of them leak in the surrounding area. Enzymes are produced during the cleaning up session. The breaking down of these red blood cells leaves them black and blue. The reason why this is so visible is that the skin around the eyes is the thinnest.



Common reasons for dark circle:

Aging - The skin under the eyes is thin and delicate to begin with. As we grow older, skin around the eyes becomes thinner making blood vessels more prominent, causing dark circles.

Genetics - Hereditary and genetics can also play a big role in the development and dominance of dark circles around the eyes.

Nutritional deficiency - Dark circle around the eyes can be due to poor nutrition. A healthy and nutritious diet filled with vitamins like A, C, K, E and nutrients can help to get rid of dark circles.

Sleep deprivation and tiredness - A lack of sleep or excessive tiredness results in pale skin, making blood under the skin become more visible and appear more blue or darker.

Smoking and drinking - Late night parties, smoking and drinking can play havoc with your skin and result in dark eye circles. Dark eye circles could be a sign of loss of water from the body (dehydration) due to excessive drinking and intake of caffeinated drinks.

Sun exposure - Increased exposure to the sun can draw pigmentation of the skin's surface and create dark circles. Long sun exposure produces more melanin around eyes than usual, giving them a darker color. There are two main layers of skin, the outer layer of skin known as epidermis and inner layer known as dermis. When excess melanin is being made in the epidermis it appears brown, and when there is more than usual melanin in the dermis it looks blue or blue grey.

Hormonal changes - In women, the skin undergoes lots of changes during the phase of pregnancy and menstruation, causing darkening under the eyes.

Allergies - Any condition that causes the eyes to itch may contribute to darker circles due to rubbing or scratching the skin around them. Apart from that, some food allergies can also cause the area under the eyes to appear darker. In fact, dark circles in children often indicate allergy problems. Research also suggests that dark circles are linked to anemia, and liver diseases.

Dark circles and anemia - Iron deficiency is one of the most common causes of inexplicable dark circles in many cases, which can be treated by making simple changes in your diet. Low iron levels is the most common form of anemia, and results in poor oxygenation in body tissues due to low supply of oxygenated blood. Thus, always take a balanced diet rich in green leafy vegetable, dairy products and all types of fruits to keep your body healthy.

Dark circles and dehydration - Dehydration is one of the most common reasons for dark circles under the eyes. The reason is the close proximity to the skin underneath the eye in relation to the underlying bone. When the body does not have a proper amount of water, the symptoms are often evident in this specific area. Thus it is advisable to have at least 8-10 glasses of water and include fresh fruit daily. It is also advisable to restrict the intake of caffeinated drinks such as tea, coffee, alcohol and other caffeinated drinks as it aggravates dehydration.

Dark circles and liver disease - Dark circles also indicate liver dysfunction due to various liver ailments. An example of such a liver ailment is hepatitis.

Face Glow Treatments

Chemical peeling

Medi Facials

AquaFacials

Skin Tightening

Dark Circle Treatment

BOTOX

Aesthetic Treatments

Acne scars

Pigmentation treatment

Antiaging Treatments

Skin Rejuvenation

Laser scar management

Wart/ Tag / Mole removal

Hair Treatments

Hair growth Treatments

Mesotherapy

PRP

Laser Helmet

Micro needling

Laser Hair Reduction

Dermatology Treatments

Melasma

Psoriasis

Vitiligo

Skin allergy

Eczema



Dr. Neera's
Derma Klinik®
Skin, Laser, Hair & Research Clinic
An ISO - 9001 : 2008 Certified

Gomti Nagar : 4/276, Vineet Khand, Jaipuria Road, Gomti Nagar, Lucknow

Hazratganj : Creation Square, 29/29 KA 3A Rana Pratap Marg,

Opp.- National PG. College, Hazratganj Lucknow - 226001

Phone: 0522 - 402 5505 , (+91) 785 189 0077 | info@dermaklinik.com | www.dermaklinik.com