

MV SKIN

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SKIN CARE IN SUMMER

FRUIT FOR SUMMER

WELLNESS

SCIENCE OF COSMETICS

KNOW YOUR SKIN CONDITION

COSMETIC PROCEDURES





TIPS FOR SUMMER SKINCARE AND MAKEUP

Every season brings the transitions of new and moderate beauty staples. Those who want to look stunning as always should follow a customized beauty approach every season, especially for summer skincare. Moreover, it should keep you fresh and hydrated throughout the day.

Use Summer-Oriented Beauty Approach for a Flawless Beauty.

Skin care and makeup approaches vary season to season. You cannot apply winter moisturizer for summer skincare because warm weather has its own concerns. In fact, summer season takes a toll on your skin every year. The scorching heat, pollution, humidity, and sweating pull your entire natural glow and sometimes invite the infections as well.

To avoid these unnecessary summer hassles and for getting a radiant skin, here we are sharing top 10 handy tips this summer:

1. Exfoliate Your Skin:

A very ground rule for summer skincare is to start with exfoliating the skin. Every day, every minute; any human body sheds skin cells at an amazing rate. It's very much important to get rid of it as it gives you a dull and dry appearance.

Exfoliating is the best option instead to apply lotions or fairness creams multiple times. It is a key to get a glowing skin in summers. So, grab a body scrub and hit the shower. Gently rub it in a circular motion on your overall body and rinse clean. Repeat this process 2 or 3 times in a week for a refreshing and radiant skin.

2. Always Carry Sunscreen and Wet Wipes:

Going out in the summer is so much irritating, especially it hampers your skin. Heat steals the necessary oil from your skin and makes you dull. To avoid this and maintain your evergreen beauty, always carry sunscreen and facial blotting paper, and wet wipes whenever stepping out into the sun.

3. Make Water Your Best Friend:

Your body needs minimum 2 liters of water. So, always take water whenever you remember or make a habit to sip it after every 30 minutes. Carry a water bottle with you when stepping outside. For summer skin care, it can be the best option and will help you to feel fresh, remove toxins, and prevents dehydration.

4. Say No to Heavy Makeup and Dark Colours:

During summer, less or no makeup is the best. Use of heavy makeup products will give you a patchy skin. Wherever makeup is needed, choose light colours with a minimal makeup as it gives you a natural look. Choose the products that have a good amount of SPF (SPF 30 to SPF 70) for summer skincare. Avoid eye makeup in summers.

5. Use Waterproof Makeup Products Only:

If you are going to attend some function and need to apply makeup, choose waterproof makeup products only whether it's a lipstick, foundation, eyeliners, mascara, or anything. Waterproof products prevent your makeup from being caked.



Apart from above tips, you can note down the below points as well for summer skin care and makeup tips:

6. Avoid Eye Makeup. If it is necessary for you to apply for attending some party, dust some powder onto your eyelashes or area where makeup needs to be applied.

7. Don't forget to pedicure your feet either in salon, beauty school or at home itself. It looks worse to show dull and dry feet outside from the cute sandals.

8. Hydrate your skin with a summer-oriented lotion. Look for something that quickly absorbs into your skin. Gels and purees are perfect hydration option of summer skin care.

9. Use very light shades on your lips and eyes to give it a summer look.

10. Avoid using foundation and switch to a tinted concealer or moisturizer for a lighter look. In case you need to apply foundation, prior from it apply primer as it will do wonder to give you a glowing and refreshing look.

Although, summer season brings some unwanted problems to your beauty if you carelessly handle it, yet a little extra effort will give you a refreshing, evergreen, and radiant skin throughout the year.

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FRUITS TO KEEP YOU HYDRATED THIS SUMMER, AND BOAST OF A HEALTHY, GLOWING SKIN

The worst part of the summer months is the impact it has on your skin. You need to beat the heat to stay well and remain properly hydrated. The easiest way to do so would be to dig into seasonal fruits which have a higher water content to hydrate and cool the body. Our skin does not simply protect our body and internal organs, it reflects our overall health status. A glowing skin indicates the kind of health you enjoy. It means that your body is probably well hydrated, and all toxins are eliminated from your body naturally. Your diet makes all the difference as poor lifestyle choices, dust, and pollution ruin your skin. Read on to learn how your choice of fruit could make you glow even under the most challenging circumstances.

Hydrate For A Cooling Effect On The Body

Watermelons and cucumbers are two of the most hydrating fruits you can eat at any given time to cool your body. Both are high in water content, apart from being high in nutrients. Say goodbye to tanned skin, parched lips, pimples, and blemishes which come from exposure to the sun. While regularly washing one's face with cool water serves to cleanse the facial skin of grit and sweat is necessary; it is vital to keep your skin supple and smooth with natural collagen, antioxidants, and minerals. Whenever you have a fruit which has a higher water content; know that it will be easier to digest, and will cool you more.

Multiple benefits of watermelon: Watermelons are rich in dietary fiber (0.4%), water (92%), carbs (7.55%), sugar (0.4%), vitamins C, A, B1, and B6, carotenoids, flavonoids, and lycopene. Whether you eat them, juice them to drink an utterly refreshing sharbat, or simply mash them to make a face mask; watermelons should be a part of your fruit basket throughout summer. They are cholesterol free. The lycopene helps in scavenging the free oxygen radicals, and prevents skin damage; while the fiber and water content ensures good bowel movement.

Remain As Cool As a Cucumber in the Summer Months

Since they are rich in Vitamin K, folic acid, Vitamin C, and dietary fiber; cucumbers cleanse your system, and have antioxidant properties. The sulfur in cucumbers strengthens the skin, while the silica aids in collagen production adding to your skin's elasticity. Add them to salads, raita, smoothies, and sandwiches to make sure you are getting the right quantities to hydrate and nourish your skin. You can grate a cucumber, mix it with one tablespoon of gram flour, and one teaspoon of rose water to reduce inflammation in acne prone skin. You can also get rid of those nasty dark circles under the eyes by placing chilled slices of cucumber on your eyes and sitting back for a while. The same goes for puffy eyes too. Use a blend of lemon juice, grated cucumber, and half a teaspoon of sugar to scrub and cleanse the skin of your hand and feet, soften them, and make them radiant.

Pink Papayas to Make Heads Turn

There's nothing to beat papayas to make you healthy and cause your skin to make the latest beauty queen green with envy. This is because it is loaded with vitamins A, C, B, pantothenic acid, folate, and minerals such as copper, potassium, and magnesium. Not only do its enzymes like papain and chymopapain help fight free radicals; these enzymes have antiviral, antibacterial, and antifungal properties. If you live in a hot and humid climate, you simply mustn't pass up on papayas.

Further, it is useful in healing wounds and curing skin ulcers. And, if you suffer from constipation, papayas are a must for you, as being unable to move bowels clearly does serious damage to your skin, which might present as acne, pimples, pigmentation, and cutaneous tubercles. Apart from eating papayas, you can use its paste to make a scrub to exfoliate and cleanse the outer skin. You can make a mask with mashed papaya by adding lemon juice and turmeric to reduce pigmentation.



Keep Your Skin Healthy, Supple, Smooth, and Youthful with Mangoes

Mangoes are not simply one of the most delicious fruits to be found in summer. They are rich in vitamins A, E, C, and K, flavonoids, polyphenolics, beta carotene, and xanthophylls. Xanthophylls contain oxygen, unlike beta carotene; thereby helping the skin to rejuvenate. They are the most abundant carotenoid found in yellow fruits and vegetables. So dig into the luscious fruit to protect your skin from inflammation and DNA damage.

The flavonoids reduce the roughness of the skin, and protect the skin from sun damage; thereby improving the texture and look of your skin. Your friends and family will pester you to divulge the secret of your clear skin.



Eat Any of the Diverse Kinds of Berries to Enrich Your Skin

You get several kinds of berries in summer, like blackberries (Kala Jamun); strawberries; mulberries (shahtoot); cape berries (rasbhari); kanta berry, which is similar to Indian gooseberry (amla) in tartness, is also called falsa. Strawberries are a rich source of vitamin C, manganese, folate, potassium, and flavonoids. Their seeds on the exterior surface also have small amounts of omega-3 fatty acids to nourish your skin's collagen.

Mulberries are a powerhouse of nutrients, and a great source of protein, iron, calcium, niacin, fiber, and vitamin A, C, E, and K. Their blood cleansing property makes the skin glow and prevents eruptions. The antioxidants found in blueberries are known to fight the various signs of aging, including fine lines and wrinkles on facial skin. Blueberries and blackberries are loaded with Vitamin C, which helps in reversing DNA damage.



THE BEAUTY BENEFITS OF EXERCISE

There are plenty of reasons to exercise. For some, it's because you booked a beach vacation, while others are focused on staying healthy. No matter what your motivation is, we can all agree that the benefits of exercise are obvious. But there's a stealthier payoff: healthy skin. Read on to learn more about the skin and beauty rewards that come from regularly working up a sweat.

Instant Glow

When you get your heart pumping from aerobic exercise, you're supplying your skin with a nice dose of oxygenated blood, says Noëlle S. Sherber, M.D., a board-certified dermatologist based in Baltimore, Maryland. "It gives you that great post-workout glow."

Wrinkle Reduction

Working out also helps maintain healthy levels of the stress-related hormone cortisol, Sherber says. "Elevated cortisol levels are linked to increased sebum production, which means more acne breakouts," she says.

Too much cortisol can also cause the collagen in the skin to break down, Sherber says, which can increase wrinkles and sagging. "Exercise actually supports the production of collagen," says Amy Dixon, a Los Angeles-based exercise physiologist and celebrity trainer. "The boost in this protein helps to keep your skin firm, supple, and elastic."



Acne Relief

Regular exercise boosts circulation. "It nourishes your skin, bringing more blood flow and oxygen to it," says Mauro C. Romita, M.D., a board-certified plastic surgeon and founder of Ajune Center for Beauty Synergy in New York City. "This will help draw toxins out of the body." Plus, all that sweating cleans out the pores of congested skin. "Working out corrects the hormonal imbalance that can cause adult acne," Romita says.

To reap the beneficial skin effects of working out, a few extra steps are required, Sherber warns. "If you're acne prone, make sure to keep gentle, fragrance-free cleansing wipes in your gym bag." Be sure to cleanse your face and other areas that tend to break out immediately after exercising, she says. "For eczema, wear fabrics that wick perspiration away from the skin, since the wet-dry-wet-dry cycle will dry out your skin and provoke flare-ups," Sherber says. And above all, avoid exercising with makeup on your face.



Healthier Hair

The improved blood flow helps keep your hair stronger and healthier, Dixon says. This blood, full of nutrients, stimulates the hair follicles and promotes growth. "Exercise is also a big stress reliever," she says. "Lower stress means your hair is less likely to be brittle and, worse, fall out." Even if you're as stress free as a cucumber, Dixon recommends checking with your dermatologist about any hair loss to rule out other causes.

As for the best type of exercise for your skin, Dixon says it's all good. "Every modality will improve circulation and reduce stress," she says, "but it's a wise move to mix up your workouts as often as possible." Try adding 30 minutes of a few simple yoga postures or a brisk walk to your day three times a week, Dixon says, to see the beauty returns in your hair and skin.





IMPORTANCE OF SUN PROTECTION IN SUMMER

Summer is nearly here and with more time spent outside it is important to remember to protect your skin from the damage this extra sun exposure can cause.

Applying sunscreen should be a part of your daily skincare routine, and while your typical high street brands will protect you against UVA and UVB, there are several medical grade sunscreens available which have added protection from harmful HEV (high-energy visible) light. HEV light can damage cells within healthy skin and is thought to be more harmful than UVA and UVB combined as it can penetrate deeper into the skin layers.

By not protecting your skin from the sun this summer it can lead to issues such as dryness, sensitivity, inflammation, redness, wrinkles, fine lines, sagging, loss of elasticity, uneven pigmentation, blotches and sun spots can occur. It is also important to remember that sunscreen is important regardless of your skin type as people with darker skin types can suffer pigmentation disorders such as hyperpigmentation and melasma which is caused by sun damage. Application of sunscreen is also important in acne as medicines used in acne causes skin sensitivity and increases the chances of hyperpigmentation in presence of sun. Moreover, post surgical procedures the skin becomes sensitive and many of the guidelines recommend the use of sunscreen to avoid complications.

It is recommended that broad-spectrum chemical or physical (mineral) sunblock that protects you not only from UVA, but also UVB rays. In addition, medical grade sunscreens protect.

The most important thing anyone can do is to use sun protection all year round. A sunscreen should be worn in every season, even those who work indoors are exposed to ultraviolet (UV) radiation, especially if they work near windows, which filter out UVB but not UVA rays. It is also a myth to think that you do not need to wear sunscreen on a cloudy or cold day. Very high percentages of UV radiation can penetrate clouds so do not be fooled by overcast conditions.



A good sunscreen should protect, restore and maintain skin health. As UVB is the main cause of sunburn and tanning (it only penetrates the uppermost skin layers), the Sun Protection Factor (SPF) of a product is a measure of a sunscreen's ability to prevent short UVB rays from damaging the skin. A minimum of SPF 30 is advised, but more preference is for SPF 50 which filters out 98% of incoming UVB. Even with a high SPF you can still tan. Please remember there is no way to tan safely.

By combining both a chemical and physical sunblock you will not only deflect more harmful rays with the physical blocker, but the chemical sunscreen uses chemical UV filters to absorb the sun's rays. Physical sunblocks usually contain titanium dioxide or zinc oxide as the active ingredient. Zinc oxide provides full UVA and UVB protection. Physical sunscreens are best for people with eczema or rosacea because they are less irritating.

It is also advisable to apply your sunscreen at least 15-30 minutes before you go outdoors so that the ingredients can bind to the skin. Reapplication of sunscreen is important; you should reapply the same amount every two hours if you are out in the sun all day. Sunscreens should also be reapplied immediately after swimming, or sweating a great deal. There are medical grade sunscreens available with a tint if coverage is a concern.

And don't forget to protect the areas that get the most sun exposure, such as the scalp, back of the neck, hands and feet. These parts of your body are most prone to sun damage.





SUMMER SKIN CONDITIONS

An itchy rash or sunburned skin can quickly sideline summer fun. You can help keep your days carefree and easygoing by learning how to prevent these summer skin problems.

Acne breakouts

When sweat mixes with bacteria and oils on your skin, it can clog your pores. If you have acne-prone skin, this often means breakouts. Dermatologists recommend the following to help prevent acne:

- Blot sweat from your skin with a clean towel or cloth. Wiping sweat off can irritate your skin, which can lead to a breakout.
- Wash sweaty clothes, headbands, towels, and hats before wearing them again.
- Use non-comedogenic products on your face, neck, back, and chest. The label may also say “oil free” or “won’t clog pores.”

Dry, irritated skin

When outdoor air is hot and humid, you can still have dry irritated skin. The biggest culprits are spending time in the sun, pool, and air-conditioning. If your skin starts to feel dry and irritated despite the humidity, try these tips:

- Shower and shampoo immediately after getting out of the pool, using fresh, clean water and a mild cleanser or body wash made for swimmers.
- Apply sunscreen before going outdoors, using one that offers broad-spectrum protection, SPF 30+, and water resistance.
- Use a mild cleanser to wash your skin. Soaps and body washes labeled “antibacterial” or “deodorant” can dry your skin.
- Take showers and baths in warm rather than hot water.
- Slather on a fragrance-free moisturizer after every shower and bath. Moisturizer works by trapping water in your skin, so you’ll need to apply it within 5 minutes of taking a shower or bath.
- Carry moisturizer with you, so you can apply it after washing your hands and when your skin feels dry.
- Turn up the thermostat if the air conditioning makes your home too dry.

Folliculitis

Every hair on your body grows out of an opening called a follicle. When follicles get infected, you develop folliculitis. Infected hair follicles look like pimples, but they tend to be itchy and tender. To reduce your risk of getting folliculitis this summer:

- Immediately after your workout, change out of tight workout clothes like biking shorts and shower.
- Stay out of hot tubs and whirlpools if you’re unsure whether the acid and chlorine levels are properly controlled. So many people get folliculitis from a hot tub that there is actually a condition called “hot tub folliculitis.”
- Wear light-weight, loose-fitting clothes when it’s hot and humid.

To prevent an allergic skin reaction:

- Check your medication container (or ask your pharmacist) to find out if it can cause an allergic reaction when you go out in the sun. Medications that can cause an allergic sun reaction include ketoprofen (found in some pain meds) and these antibiotics — tetracycline, doxycycline, and minocycline. If the medicine can cause a reaction, stay out of the sun.
- Protect your skin from the sun. You can do this by seeking shade, wearing sun-protective clothes, and applying sunscreen that offers broad-spectrum protection, water resistance, and an SPF of 30 or more.



Sun allergy

You can develop hives (an allergic skin reaction) when you’re in the sun if you:

- Take certain medications
- Have a sun sensitivity (usually runs in the family)

If you have an allergic reaction to the sun, you’ll see red, scaly, and extremely itchy bumps on some (or all) bare skin. Some people also get blisters.



Sunburn

Getting sunburn can spoil summer fun and increase your risk of developing skin cancer. Here’s what you can do to prevent sunburned skin:

- Seek shade
- Wear a wide-brimmed hat, sunglasses, long sleeves, and pants when possible
- Apply sunscreen that offers broad-spectrum protection, SPF 30+, and water resistance



COSMETIC PROCEDURES THAT ARE SAFE DURING THE SUMMER

It's easy to take the sun for granted, but it has a profound effect on your skin. In addition to performing daily skin care, such as wearing sunscreen, you should also consider which cosmetic procedures are safe during the summer. After all, certain treatments could cause undesirable skin pigment changes when mixed with sun exposure, including laser procedures. Fortunately, there are many safe, effective cosmetic treatments to choose from during the summer.

Microdermabrasion

If you want to get rid of surface skin abnormalities, such as stretch marks, scars, uneven skin tone, and persistent blackheads, SilkPeel microdermabrasion could be the right option. This uses a mild yet abrasive solution to slough away dead skin cells and promote collagen production, leaving you with smoother, healthier-looking skin.

Microneedling

The increasingly popular cosmetic procedure called microneedling uses ultrafine needles to deliver platelet-rich plasma (PRP) to the treatment area. PRP invigorates cellular turnover and stimulates collagen production without the use of fractional lasers. The procedure is minimally invasive, safe during the summer, and requires little to no downtime. Once the treated area heals, you can expect to see:

- Reduced wrinkles and fine lines
- Smoother, softer skin
- Less visible acne scars
- More even skin tone



Facials

Whether your goal is to soothe sun-damaged skin, get rid of wrinkles, or exfoliate and deep-clean your skin, facials are the perfect summertime cosmetic procedure. Make these treatments a routine part of your skin care program, and you'll maintain glowing, radiant skin!

- Moisture infusion facial
- Purifying facial
- Anti-aging facial
- Healing touch facial

Each treatment lasts 60 minutes and includes an invigorating facial massage and foot massage.

Injectables

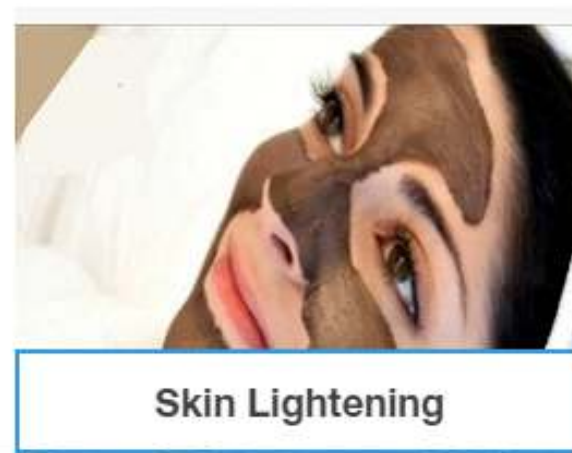
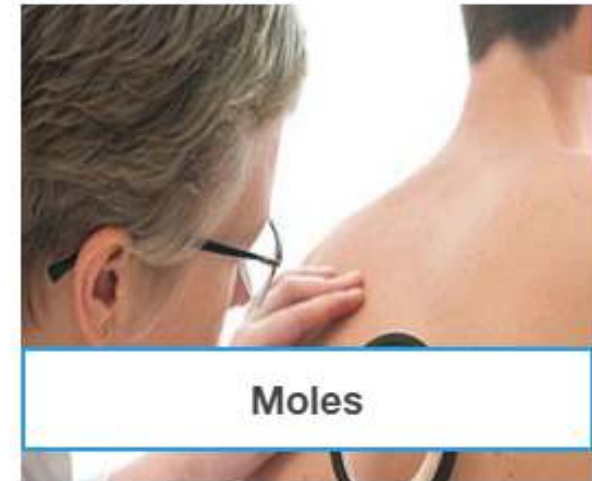
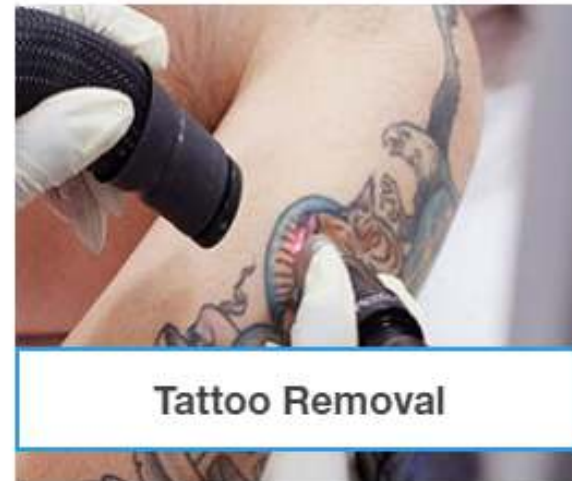
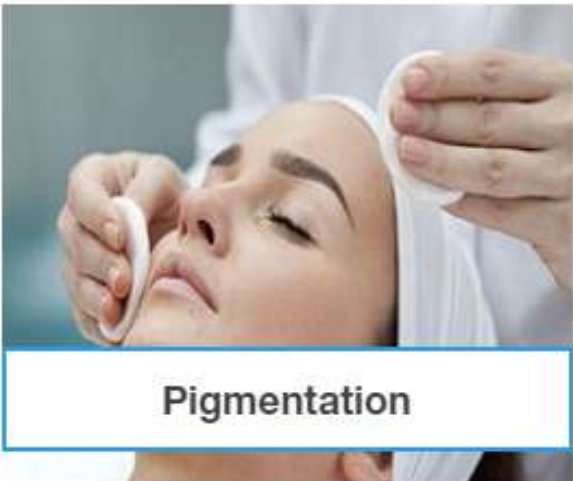
Cosmetic facial injections are popular for minimizing the appearance of fine lines and wrinkles. Different injectables treat different types of wrinkles:

Botox is an injectable that relaxes facial muscles to reduce dynamic wrinkles caused by smiling, frowning, and other facial expressions.

Ultherapy

Saggy skin is a normal part of aging, but you can combat it with Ultherapy, which uses ultrasound technology to rejuvenate and tighten skin on the brow, neck, and below the chin. The non-surgical procedure delivers low levels of ultrasound energy to the deep layers of your skin. Your body responds to the resulting heat by contracting and producing more collagen, the key ingredient for tight, youthful-looking skin.





LASER MACHINE



ET Diode Machine



Akira XL Laser



Radio Surgery Unit



Obesity Platform



Xcim 308-HH Treatment



Futura RF-50



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