



**Q** I am in my mid-30s and still get a lot of pimples, especially in summer. I have tried all sorts of oil-free face washes, but it hasn't helped. Please suggest a natural remedy.

Sobini Mahapatra, Howrah



Sometimes teenage acne can continue to erupt on the face even in the 30s. Oil-free face washes will not help if you do not pinpoint the reason for the outbreaks. It could be due to hormonal imbalances, stress, not getting enough sleep and eating too much junk food. Use a mild oil-free face wash three times a day. Grind a pinch of sandalwood into a paste and apply on pimples at night. Make the following toner and use it on your face two to three a day: boil a handful of neem and mint leaves in two cups of water till one cup remains. Cool and use this liquid. It is antiseptic and will keep the pimples away.

**Q** My hands and legs are excessively dry and it's impossible to use body oil in the summer. I use a body lotion, but I perspire a lot and the lotion washes out in no time. Please suggest some home-made remedy.



online "care4food" pledge that urges a reduction of wastage by utilising surplus food. Tupperware believes that "Care4Food" is a platform that offers methods to take care of food at various levels, right from the buying stage through to preparation, leftover management and storage.

Sweety Agarwal, Mumbai.



Mix together besan and milk or cream and use this paste to cleanse your body. Apply on wet skin, leave for about two to three minutes and scrub off. This will allow the skin to be moisturised and leave it soft and smooth.

**Q** I am a 28-year-old working woman with a wheatish complexion. Every time I step out in the sun, I get tanned. I cannot use any sunscreens as they don't suit me. Is there any natural method or regime I could follow to keep problems at bay?

Aditi Maity, Kolkata.



If conventional sunscreens do not suit you, have you tried the gel-based? These are made specially for people like you. They are light and water-based. You must use an umbrella when you are outdoors to shade your face

from direct sunlight.

Every evening when you get back home, make a paste of the following: equal parts of besan and multani-mutti or Fuller's earth, one-fourth inch of fresh baldi, an almond and a half-teaspoon of orange peel powder and enough milk to make a paste. Apply, let dry and wash off. If you just cannot manage to do it daily, it should be applied every alternate day. This removes tan and leaves the skin looking fresh and clean. If it is too tedious to make a fresh pack, then buy a peel-off mask for your skin. These are available easily and work quite well.

**Q** I have a round face with shoulder-length straight hair. I now want to get a hair do. I love fringes and love to get it short. What's there in trend these days that I could opt for?

Nidbi A, Raigarh



Ideally, with a round face, your hair should be shoulder-length. You could have a fringe, let the back be short and the sides longer and tapering — along your jaw line. This will give a modern look while minimising the round face.

## FOOD SAVIOUR

WITH rising global concerns foreseeing a food shortage in the near future becoming a major concern, Tupperware has accelerated efforts to spread the message of saving and storage. It recently carried out a "Care4Food Day" campaign in association with celebrity chef Kunal Kapoor, who launched an attractive video that is available on YouTube expressing his concern, adding, "No matter who you are or where you come from, everybody bonds best over food. This sacred bond is often compromised when we waste it. Because food cares for us, we need to return the favour. Together, let us care for food."

The campaign has taken steps to spread awareness about the best storage practices and to educate consumers. Food lovers can share their experiences in an

## PRODUCT LAUNCH

### MACHO MUNCHIES

Here's good news for nacho lovers: Cornitos is out with New Thai Sweet Chilli and Wasabi flavour as a part of an exotic range of crisps. Exotically South-Asian and fiery-hot Japanese, these flavoured 100 per cent corn snacks keeps the taste buds craving more. Available in 150-gm packs at Rs 85 apiece and Rs 125 for a 140-gm canister across retail outlets.



### PERFECT REFRESHMENT

Halls has announced the launch of a new "right size", portable and convenient mint, Halls XS. This is available in attractive and stylish packs in three refreshing variants — menthol, lime and strawberry — with each having a different level of cooling intensity, the highest being menthol and the lowest strawberry. Price: Rs 15 per pack.

### CRACKERS WITH A TWIST

Parle has come up with

Top Spin in its biscuit segment — a combination of three ingredients, namely kalaunji (onion seeds), lemon and sugar, that is sprinkled on top. An ideal snack in between meals, these are very light and savory — melt-in-the-mouth. They come in 200-gm packs and the price is Rs 20 apiece.



### FOR TIRED EYES

Ayorma launches Crafted from Spa Oils' Mild daily Scrub for the eyes that gently exfoliates dead skin cells and impurities around the delicate eye area to diminish the look of dark circles, shadows and fine lines and affording a luminous glow. Meant for all skin types, it has French lavender oil and honey to soothe and moisturise the skin. Price: Rs 299 for 15 gm.



### EASY TO MAKE

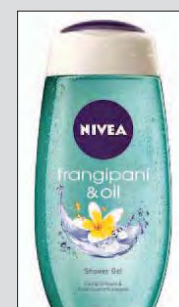
Gits new range of Ready Meals is the best way to easily get a taste of home while on the go. With the new range of Paneer Ready Meals, people going abroad need not worry about missing home cooked food. The range includes paneer makhani, paneer tikka masala, palak paneer and matar paneer. The products do not have any added preservatives and the calorie level low has been kept low so there is no need to worry. Price: Rs 79 for a 289-gm pack.



### SHOWER ESSENTIALS

Nivea has introduced two new variants of shower gels — Frangipani & Oil and Crème Coconut — both enriched with Hydra IQ that leave your skin soft and silky, with a last fragrance and freshness.

The Frangipani & Oil is a silky fresh shower gel with the tropical fragrance, its unique combination of pampering,



melting oil pearls and lingering fragrance leaving your skin feeling moisturised and well cared for. The Crème Coconut is enriched with the goodness of jojoba oil that leaves your skin feeling silky smooth even after towel drying. Price: Rs 185 for Frangipani & Oil and Rs 165 for Crème Coconut.