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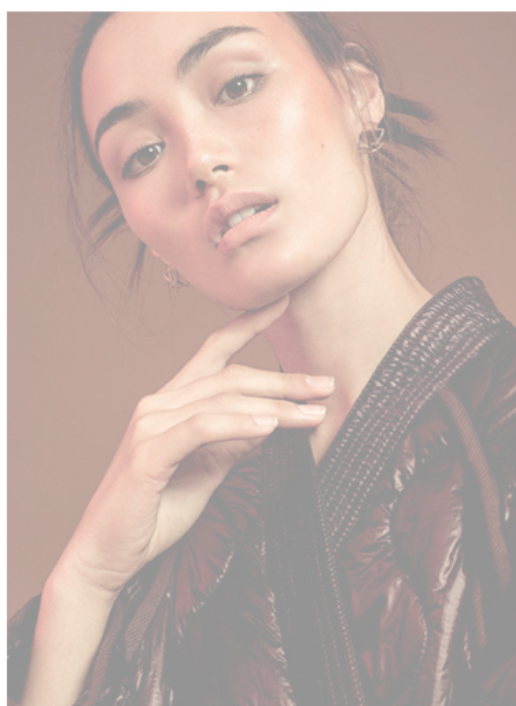
ASTRO

## How to treat breakouts caused by wearing a face mask

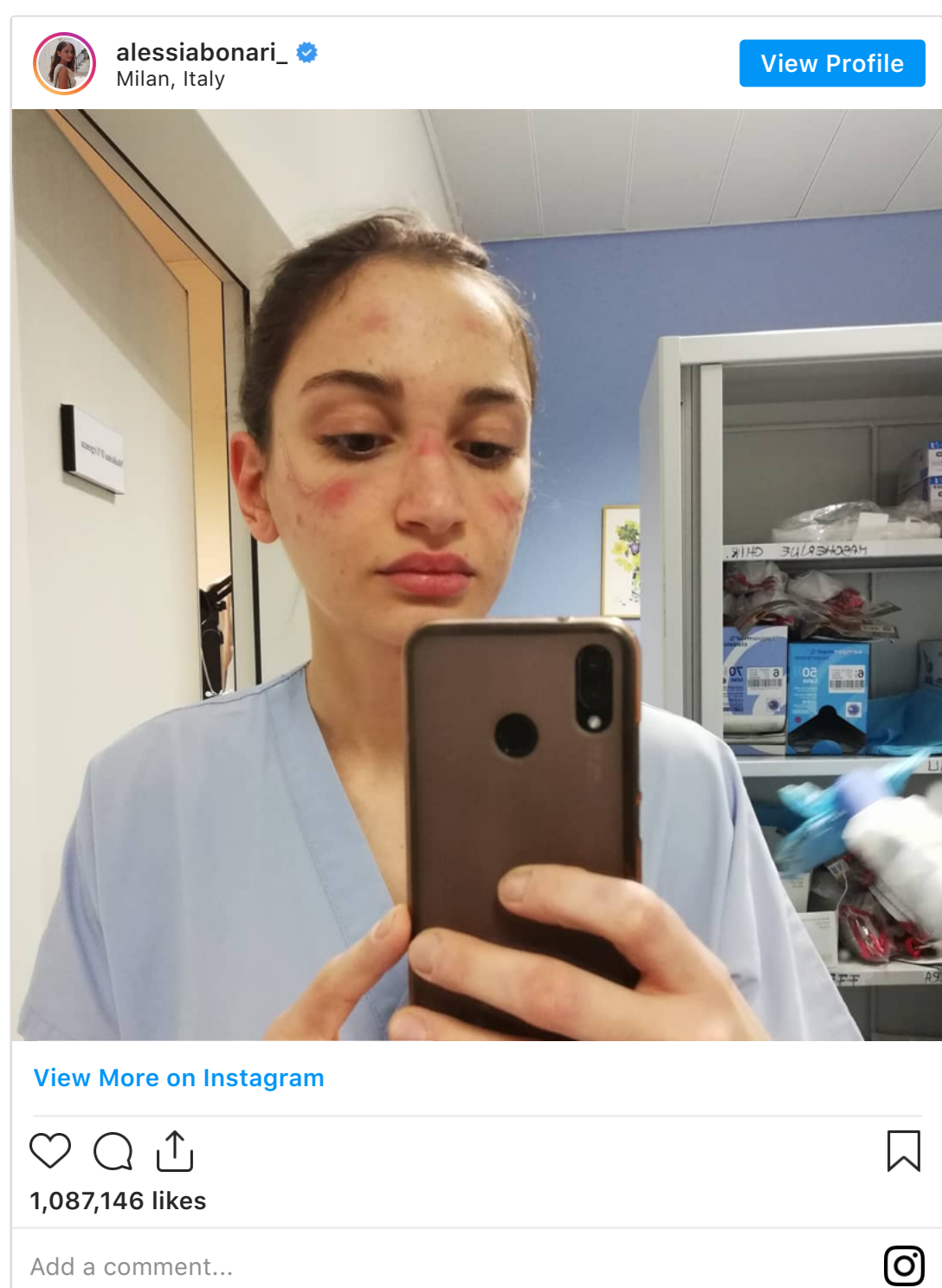
According to a doctor



By Drishti Kapadia May 25th, 2020



Suffocated, claustrophobic and scared, these three words perfectly sum up how I feel each time I wear a face mask. My fears are nothing compared to that of healthcare workers, who wear the masks for hours, tirelessly working to treat patients with COVID-19. The popular social media image of an Italian nurse with angry, red bruises on her face is permanently burnt into my brain. The marks on her face spoke of the mental and physical trauma of wearing personal protective equipment for long hours.



The N95 masks are airtight, which means they offer complete protection from contamination, but also create friction and exert pressure on skin. Dr Devyani Barve-Venkat, a plastic, aesthetic and reconstructive surgeon says, "Masks trap moisture which changes the delicate equilibrium of skin causing irritation, rashes, **clogged pores**, acne and eczema." While not wearing a mask in public spaces isn't an option, there are a few steps you can take to soothe your skin and avoid breakouts.

**Time it right** Whether you're applying moisturiser or sunscreen, be sure to finish your skincare routine atleast an hour or two hours before you have to step outside and put on a mask. This ensures the products are absorbed into your skin and will keep the mask from sliding off your face.

### Alter your skincare routine

Soothe skin barrier damage (common signs include redness and dehydrated skin) with a ceramide-rich cream. Dr Barve-Venkat advices, "Use gentle, clinically-tested products and avoid make-up as much as possible." Sweat will cause your make-up to break down faster and it can clog your pores, ultimately causing acne. "Apply a fragrance-free, non-comedogenic and hypoallergenic moisturiser with SPF and if you're wearing a reusable mask, make sure there is no detergent residue post-wash," she says.

### Make ear guards

If the elastic on the mask has been grazing against the delicate skin behind your ears, find another spot to hook on your mask. You can sew two buttons on a headband, right by the ears to create your own guard.



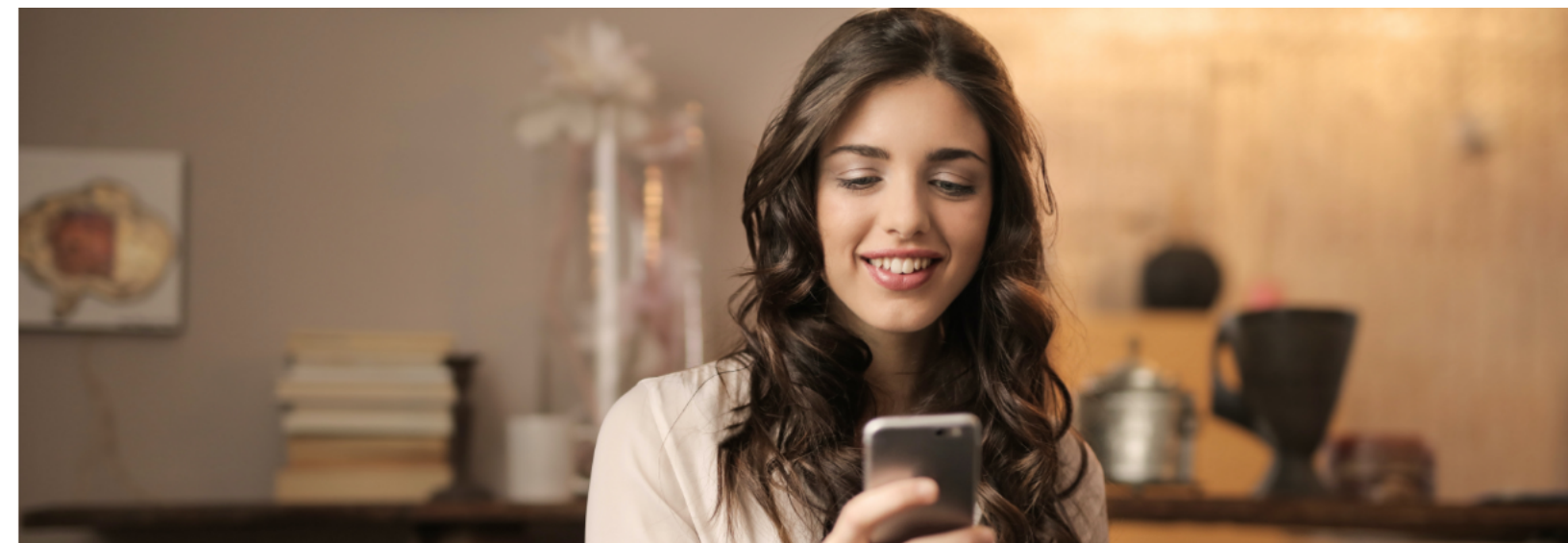
Photograph: Porus Vimadala

## Old school romance is making a comeback and we're here for it

It's the stuff classic movies are made of!



By Bumble June 4th, 2020



As the world around us rapidly changes and we adjust to the new normal, we also find ourselves taking a fresh look at relationships. Growing up, we've heard our parents and grandparents regale us with stories about their courtship period. During this uncertain time, we're rethinking the ways we connect with each other and how we get to know someone over days and weeks, before meeting in person.

To the hopeless romantics among us, we say: this is what you've been waiting for, a meaningful connection and the foundation of a strong relationship. To the cynics, we hear you too. Old school romance may feel like something that belongs in fiction but why not give it a shot in these tricky times? Today, we have a chance to recapture that magic.

Thanks to apps such as Bumble, you now have the power to make the first move. Rather than waiting for love to find you, now is the time to be proactive in seeking out a relationship. Take a leap of faith. Begin the conversation with your new match and see where it takes you! Only women can start the conversation, so make sure you do it within 24 hours, before the match with that cute indie musician expires.

### A (Virtual) Meet-Cute Moment

If you're unsure of what to say (and definitely don't stick to a boring 'Hi'), choose one of Bumble's 'Profile Prompts' and kickstart the chat on an interesting note! The way our parents and grandparents wrote long letters to each other, go the slow dating route and get to know each other over long conversations. One way to do it would be to play the super fun Question Game on Bumble and over time, open up about yourself and also find out about their quirks, habits and personality traits.

### Beyond Borders

Right now, it's the perfect opportunity to give yourself the time to get to know someone. Since meeting up right away isn't an option, there's an element of mystery that will remain intact — something that's missing in today's fast-paced modern life. Bumble has extended distance filters, which means you can now connect with potential matches all across the country, giving you a chance at finding a partner you may not have crossed paths with otherwise.

In these unprecedented times, be open to discovering and forging genuine connections. While (virtually) meeting someone new can feel daunting, let's remember to just be ourselves and have fun with it. The best part? With safety at the heart of Bumble, you can just call, video chat, or send a voice note via the app — no need to share your phone number.

### Get Creative

Once you check off long phone calls from the list, take things a step further and set up a virtual date. In the times gone by, a trip to the single screen theatre was the ultimate date so why not try a virtual movie night without either of you leaving the house? Pick a '70s movie, grab some popcorn, hit play at the same time, and keep that Bumble video call on so you can catch a glimpse of your date laughing (and maybe shed a tear, depending on the movie). Thank god for technology, right?

With all the changes going on right now, why not embrace the change of pace and try connecting virtually. You never know where it might lead...

[Download Bumble](#) on the App Store or Google Play Store now.