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# Shine like a star

Experts share their tips for achieving the Korean beauty look, which leaves you with plump luminous skin

## NIRTIKA PANDITA

Much like the Korean beauty trend of glass skin, another Korean beauty trend called the Dumpling Skin — an ultra-hydrated, plump and juicy complexion with luminous dewy skin — is slowly gaining popularity. First coined by make-up guru Nam Vo, dumpling skin though is not hard to achieve but requires utmost consistency and thorough cleaning.

Plastic, aesthetic, and reconstructive surgeon Dr Devayani Barve-Venkat explains that dumpling skin can be achieved only if the skin is hydrated and moist, which is hard to develop in a stretchy skin type.

"It is slightly different from glass skin as that gives reflective kind of appearance, whereas dumpling skin is luscious, moist kind of skin, very plump and well hydrated from inside. It has a lot to do with makeup later too," she adds.

The plastic surgeon further elucidates that to get a good result with the skin, one needs to follow a religious routine. "The skin is collagen and hyaluronic acid that needs a lot of moisture. So any routine that replenishes the collagen and moisture content in the skin is going to give a good foundation for a dumpling-like glow," says Dr Venkat.

Dr B.L. Jangid, dermatologist and hair transplant surgeon, warns against assuming that the dumpling-look focuses only on highlighters and illuminators.

cosmetologist and Founder, Estetico: The Facial Bar, achieving dumpling skin comprises consistent effort and a habit. At the same time, she encourages internal as well as external healing. "A fruit or vegetable juice every morning and a detox drink in the evening is a must for good skin texture. The evening drink can be of *triphala* and *sendha namak* with warm water, or the strained water from the soaked flaxseed," lists the cosmetologist, adding that any skin type can be glowy if one makes thorough cleansing a habit.

Dr Venkat maintains that the dumpling skin glow is suitable for any skin type; given one uses water-based cleanser in the morning to hydrate the skin. "Or use a mild cream-based moisturiser. Now that we will be step-

ping out and even if at home, a good sunscreen is very important. Avoid using oily sunscreen; rather use a matt one," she says.

Meanwhile, Nanda recommends a homemade face mask and gel that guarantees a dumpling-like glow by opening the skin barriers. "Use curd with turmeric and, for dry skin, add a bit of honey. The first two days, apply this pack. On the third day, a firming gel and can be made heating a mixture of one teaspoon of flaxseed and two cups of water. Keep stirring and as it slowly converts to gel — it will be thick and sticky — turn off the stove. Pour the mixture into a muslin cloth and strain the gel. Once it cools down, add vitamin E capsules and your magic gel is ready that you can store for three-four days. And apply this gel for seven days," lists the cosmetologist.

After the gel, she advises applying a serum made from one tea-

spoon of almond oil, two table-spoons of aloe vera gel, half teaspoon of glycerin and two-three Vitamin E capsules. "Blend this into a mixture and apply regularly for a dumpling skin-like glow. And if you have dry skin, add honey. One can use it under foundation as well," she adds.

Dr Venkat also suggests massaging and tapping on the skin in an upwards direction to counteract the effects of gravity. "Rollers are good to use, but it is not a hard and fast rule. They are basically used to get the lymph and the blood flowing in your skin," she explains.

Nevertheless, the plastic surgeon emphasises sticking to a good routine that includes hydration, sunscreen, moisturising, and the flowing of lymph. Furthermore though Nanda promises that a dewy skin glow is achievable, she mentions that it will take time.

Dumpling Skin is an ultra-hydrated, plump and juicy complexion with luminous dewy skin

## DrNature

With the summer in full swing, it is time to treat your cracked heels with some basic home remedies:

### MOISTURISER

The first line of treatment for cracked heels is using a heel balm. Make sure the moisturiser has urea, salicylic acid, alpha-hydroxy acids and saccharide isomerate. Make sure to apply the balm in the morning to increase skin elasticity, and moisturise the heel two to three times a day. Additionally, wear shoes that protect your heels.



### SOAK AND EXFOLIATE:

Since the cracked skin is often thicker and drier, keep your feet in lukewarm, soapy water for up to 20 minutes. Then use a loofah, foot scrubber, or pumice stone to remove any hard, thick skin. Then apply a heel balm or a thick moisturiser to the affected area. Even applying petroleum jelly to lock in moisture is good.



## Goodbye sebum

There are several home remedies to help tame oily skin, from your grandmother's *Multani mitti* to even an egg white

These masks can also treat skin issues related to oiliness like acne, spots, blackheads, and greasy lines. And unlike other chemically rich beauty products, these homemade natural masks yield gradual results.

### GRAM FLOUR, TURMERIC AND MILK MASK

Not only does this face mask help in cleansing and removing dead skin cells, it also acts as an exfoliating scrub for the face and body as well.

#### Ingredients

- Gram flour (*besan*): 2tbsp
- Lemon juice: 1 tsp
- Turmeric: ½ tsp
- Milk: 2 to 3 tbsp
- Water as needed

#### Directions

Mix all the ingredients and add water, stirring until it makes it into a paste. Apply to face for 20 minutes or until dry and then wash off.

### MULTANI MITTI/FULLER'S EARTH

*Multani mitti* or Fuller's Earth is phenomenal at soaking up dirt and oil from the skin. An age-old remedy, this clay



mask helps treat acne and is also an effective cleanser to prevent breakouts. Not only does it help get rid of the extra shine caused by the naturally-produced oil in the skin, *Multani mitti* also improves blood circulation.

#### Ingredients:

- *Multani Mitti*: 2 tbsp
- Rose water: 1 tsp
- Milk: 1 tsp

#### Direction:

Soak the *Multani mitti* in water for half an hour. To that, add a tablespoon of rose water and few drops of lemon juice. If you find the mixture too thick, add some milk to thin it out and apply the mixture on the face. Leave on till it is dry and then rinse. Apply this clay mask twice or three times a week.

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