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DE LA COUTURE ET DE LA MODE DE PARIS

DETOX YOUR

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RESET YOUR SYSTEM

Yo-yo diets are out. Steady cleansing is in. Our experts tell us how to detox your liver, hair and skin, the right way.

BY GEETMALA SARKAR

There is a constant brouhaha over detoxing. Millennials do not just want to live life to the fullest but responsibly too. They are cool giving up drinking or fast food. Sashaying with green shakes in hand entering a gym, the younger lot is in sharp contrast with the earlier generation that indulged in indoor smoking and no holds barred approach when it came to red meat. Thanks to more awareness and better acceptance, the future looks decluttered and healthy. We spoke to detox specialists, who have curated the best ideas to get the best of cleansing plans.

Keep your liver stress free

Our liver and kidneys are at work, ridding our body off harmful toxins every minute. The liver works in two steps: breaking down or neutralising the elements, followed by washing out toxins using detergent, bile.

Detoxification is not mere fasting as is believed by a few. If we are not grazing on food the entire day, our organs are less stressed and more efficient at their detox jobs. Luke Coutinho, Holistic Lifestyle Coach in the field of Integrative and Lifestyle Medicine wants us to pick a day or two devoted to ourselves, when we want to go down the detox road.

“For a liver detox, on the chosen day, post-lunch starve till evening. At 6 pm, drink 200 ml of water dissolved with 20 gm of magnesium salt. Repeat the same at 8 pm. At 10 pm, have



a glass of olive oil (175ml) and orange juice (175ml). Immediately after consuming it, lie down on your right side for 30 minutes, as your liver is situated on the right. It will flush stones out of the body. The next day at 8 am, consume oil-juice mixture (175 ml of each) and at 6 am and 10 am, repeat the salt-water combination. After an hour, at 11 am, break the cleanse by having some fresh fruits. This cleansing process will dilate your bile ducts and the pressure on your liver will flush toxins out of your body. Do not forget that the mix of oil and juice must be in proportion of one's body weight.”

As the digestive tract and immune system is distressed, it will also be evident on your skin and energy level. “You will be radiant. The amino acids will reach your cells. It will make you free from fatigue, nausea, migraine and body aches,” says Luke. “Supplements can

reverse the damaging effects of alcohol, fatty foods, sugar and other toxins that your body has been processing. Glutathione and milk thistle hugely support liver detox,” says Luke.

Always a good hair day

Don't we love lustrous and healthy hair? But, it is not easy to have a crowing glory these days, thanks to chemicals and pollution. Experts say that it's best to avoid hair chemicals, sprays and protect your mane from pollution with the help of anti-pollution serums and sprays, covering the hair with bandana when stepping out and including organic food in your diet.

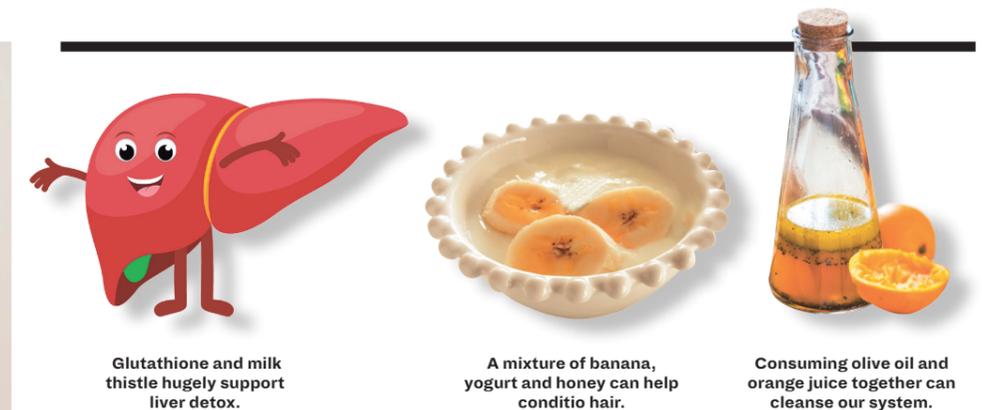
Dr Batul Patel, Medical Director and Dermatologist, The Bombay Skin Clinic says, “The hair shaft has keratin fibre, which is susceptible to damage due to UV exposure. While UVB radiation is responsible for hair

Our kitchen has more ingredients that you can imagine that can help you detox your hair. Mash them up for DIY tricks. Mash a banana and mix it with yogurt and honey. Leave the paste on hair for 30 minutes to make the hair shiny and soft hair. Have five almonds soaked and peeled every morning for nutrition.

Best face forward

Our skin accumulates toxins from unhealthy lifestyle and pollution. The face is more prone to housing toxins in front of ears, jawline under the chin, around cheeks, temples, and forehead. To remove these toxins face detoxifying must be resorted to.

Rajni Ohri, Founder, Ohria Ayurveda says, “A natural detoxifying mechanism focusing on the lymphatic system is needed. Lymph nodes that filter toxins must be drained out. It can be done through face massage with face oils



Glutathione and milk thistle hugely support liver detox.

A mixture of banana, yogurt and honey can help condition hair.

Consuming olive oil and orange juice together can cleanse our system.

protein loss and UVA rays contribute to colour changes. Also, dirt and dust weakens the roots.”

“You must avoid hair products that are laden with parabens, SLS and ingredients such as eugenol, coal tar, ammonia, formaldehyde etc. These are the culprits that can strip your hair off lustre and longevity, making them prone to breakage,” Dr Batul says.

They must have a pH matching that of the scalp. Avoid detergent-based sulfates and glycol families such as sodium lauryl sulfate and propylene glycol. They dry the hair out and may even cause scalp allergies. Cysteine and keratin building hair treatment can be done to tackle frizzy hair.

with fingers or using an Ayurvedic tool, *kansa vataki*. It is made up of copper, zinc and tin with a rosewood handle. It assists lymphatic drainage and unblocks blocked energies and can be used to stimulate the *marma* point to aid a free flow of prana, the life force.

Vibha Khanna Rastogi, Director of Sawadhee Traditional Thai Spa says, “Steaming and deep cleaning open up pores that give out toxins and make treatments more effective. A deep cleansing mask extracts dirt from beneath layers of the skin. Once toxins exit, splash face with cold water to close pores, tone, use serum followed by moisturiser.”

Your face is what you face the world with, so you definitely need to take care of it.