

Make over

BETWEEN US

Six 'real' women share their beauty tips on all things essential to a better, healthier, prettier YOU

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A MATERNAL BOND

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Sonia Notani, 25, manager at a life insurance company and her mother, Geeta Notani, manager with a cosmetic brand

Beauty means: "A healthy glow," says Sonia promptly. Her mother, Geeta, gives her simplistic take on beauty, offering, "A happy person from within is beautiful on the outside!"

Biggest beauty challenge: Like many other women living in the city, Sonia points towards the problematic T-zone. "Dealing with the T-zone is a major problem. Apart from that, my hair either gets too dry or oily, depending on the season." Her mom on the other hand refers to wrinkles as her biggest grouse!

One beauty rule they swear by: "Drinking lots of water," voices Sonia, iterating the much-exalted merits of the humble quencher. Vouching for the same is Geeta who adds that sunscreen is an absolute must for her.

A final word: "Eat healthy, look better," chorus this mother-daughter duo.



FRIENDLY VIBES

Model Tanya Vakil and her friend, Jahnvi Kohli, law student

Beauty means: “Beauty to me is radiance and is definitely skin deep. But at a higher level, it reflects on your personality as well,” opines Jahnvi. Tanya points out that “beauty is a balance of taking care of our body, mind and soul.”

Biggest beauty challenge: Like many others, Jahnvi too complains of oily and sticky hair. While pointing towards the hazards of her profession, Tanya says, “Heat treatments and using chemical products constantly really take their toll on my hair. Apart from that, constant application of too much makeup can be stressful to the skin.”

One beauty rule they swear by: Jahnvi swears by the idea of holistic well-being and says that “being healthy is the best way to take care of yourself.” Tanya vouches that “adequate sleep and keeping your skin clean is the most important mantra you can follow.”

A final word: “Stay healthy, stay happy!” offers this friendly duo on a parting note.



SISTERS IN ARMS

Karishma Trehan, fashion designer and her sister, Priyanka Trehan, accessory designer

Beauty means: “I think being at peace with yourself reflects in the way you look — that’s beauty for me,” says Karishma. While her younger sibling chimes in, “You should have skin that looks young and fresh, even without makeup!”

Biggest beauty challenge: “My biggest problem is maintaining my hair due to excessive humidity in the city,” opines Karishma. Priyanka adds that apart from mane trouble, keeping skin oil-free while

travelling is a pet peeve.

One beauty rule they swear by: "Washing my face three to four times a day makes my skin feel clean and fresh," claims Karishma, while Priyanka adds, "Sleeping for seven hours and working out everyday is absolutely essential. And yes, avoid junk food!"

A final word: Healthy eating seems to be the oft-repeated mantra that the Trehan sisters vouch for. "Don't skip meals," warns Priyanka on a parting note.