

**e-paper**Read **17** Time(s)

Sep 19 2014 : The Times of India (Ahmedabad)



## A skin-tastic experience

Cosmetics can do an amazing job when it comes to looking good, but nothing beats clear and flawless skin. Which is why, our beauties, who have made it to the top 12 of the Clean and Clear™ Ahmedabad Times Fresh Face 2014 finale round, were sent for an extensive dermatology consultation with our Clean & Clear skin care specialist and dermatologist, Dr. Smita Nagpal. After stressing on the importance of eating right and avoiding foods that can harm the skin and educating the girls on the correct way to look after their skin and protect it from external factors like sunlight, pollution and more, Dr Nagpal held individual sessions with each of them, understanding their personal skin issues and prescribing medicines and skin care methods for their skin type.

She enlightened contestants about the hazards of waxing and urged them to quit popping pimples and blackheads and gave them better alternatives. Says Nagpal, "Most girls have been complaining about hair fall and acne, a common complain owing to unhealthy diets and harsh pollution and sunlight they are exposed to." The girls have become busy with the skin-care regime prescribed by the expert and for all the right reasons -after all, two lucky girls get to be the next face of Clean and Clear™! Be there at Gulmohar Park, Satellite Road at 5.30 pm on September 20 for the grand finale! You too can get in touch with Dr Smita Nagpal for your skin queries at 9099197473 or email her nagpalsmita@gmail.com. Alternatively, you can visit her website <http://www.anyaskinclinic.com> or take an appointment at her clinic, Anya Skin Clinic, Navrangpura Branch, 201, Anmol Business Centre, Nr . Navrang School Circle, Opp. Neeldeep Tower , Navrangpura, Ahmedabad.



The dermatology session in full swing

Pics: Mayur Bhatt

