

BEAUTY feature

# SHOWER TIME

## Get The Mood And Temperature Right

Light some candles, and put on relaxing or uplifting music via your waterproof speakers to get you in the mood. "Strike the perfect balance for your skin by choosing the ideal shower temperature – neither scorching hot nor freezing cold," recommends **Dr Geetika Mittal Gupta**, founder of Isaac Luxe Clinic in New Delhi and Mumbai. She adds, "Before exfoliating or shaving, take a few moments to prep your skin in a warm shower. This helps to soften the skin, open up pores, and loosen dead skin cells, making exfoliation and shaving much smoother."

## Shampoo Your Hair

Shampoo your hair to get rid of the oil, or, if you're someone who uses a lot of styling products, use a detox shampoo to help get rid of any product build-up. You can also use a scalp scrub.

## Deep Condition Your Mane

After shampooing, you can skip the regular conditioner and apply a hair mask on your tresses. Proceed to the other steps in the shower routine, and rinse out when the other steps are done.

## Exfoliate Your Skin

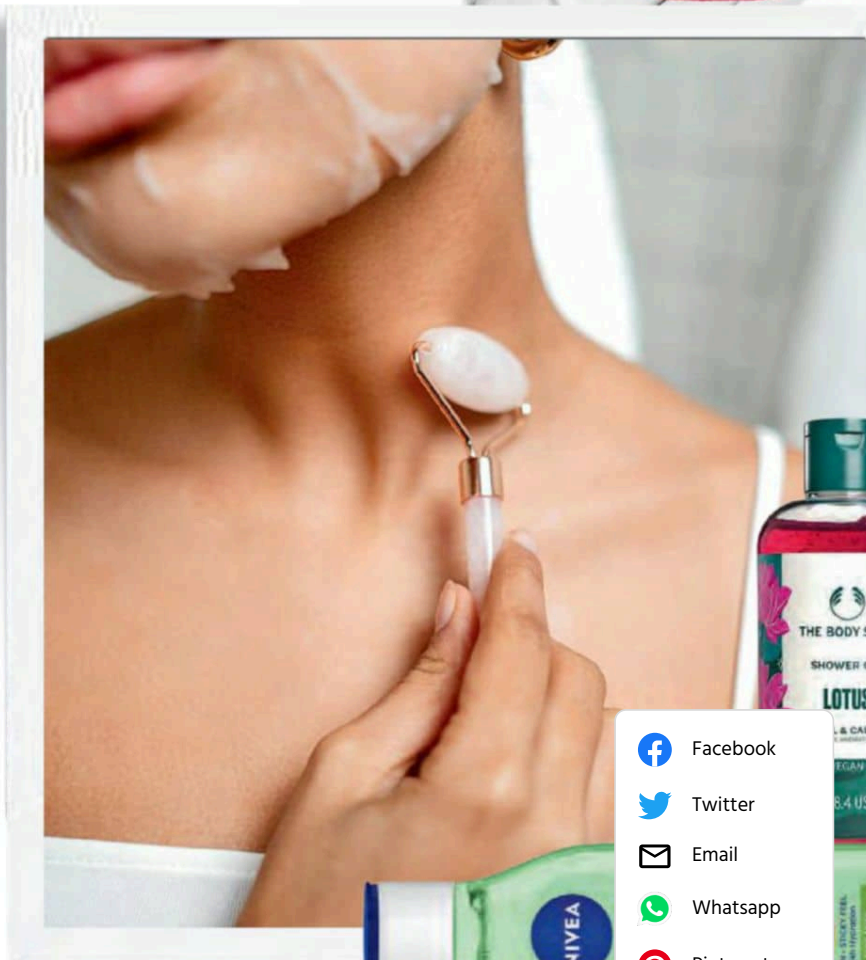
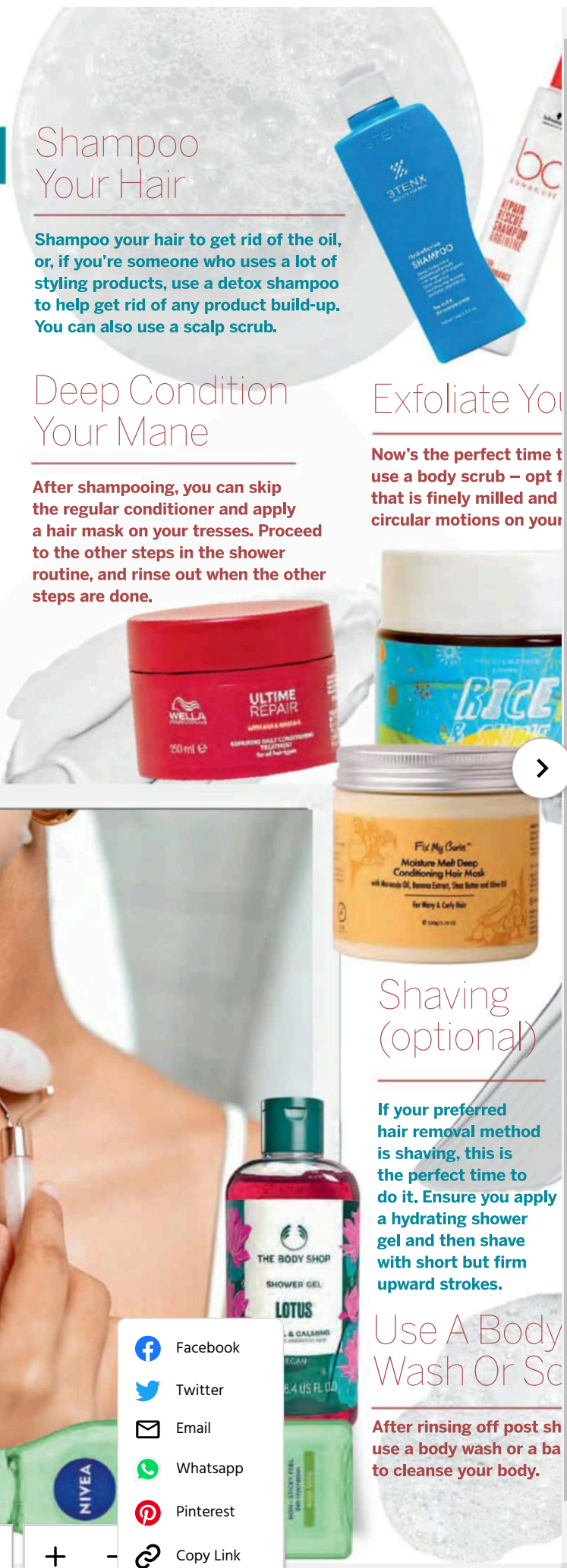
Now's the perfect time to use a body scrub – opt for one that is finely milled and use circular motions on your skin.

## Shaving (optional)

If your preferred hair removal method is shaving, this is the perfect time to do it. Ensure you apply a hydrating shower gel and then shave with short but firm upward strokes.

## Use A Body Wash Or Soap

After rinsing off post shave, use a body wash or a bar soap to cleanse your body.



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