

NEW BOMBAY PLUS

COMPLIMENTARY TO THE READERS



Yes, we're celebrating our 10th anniversary and we're making sure our readers have a fantastic time as we do! **Irene Fernandes** takes you through the skin care seminar organised especially for you, our readers

A SKINTASTIC DAY

As a part of our 10th anniversary celebrations, **New Bombay Plus** organised a skin care seminar for readers at the Skinfiniti Clinic at sector 10, Vashi on December 19. Eminent cosmetic dermatologist and dermatological surgeon Dr Jaishree Sharad conducted the seminar.

The event took off with a general talk and presentation by Dr Sharad on daily skin care. "The skin is the largest organ of the body and is most often ignored. Hence, there is an imperative need to look after it," said Dr Sharad. A slideshow presentation on the importance of skin and basic precautionary measures to slow down the ageing process was an eye-opener for the audience. Suggestions on how to counter winter problems during one's daily routine was the focus of the event. Tips on hair care, lip care, hands, feet, nails and diet regulations were also highlighted.

The lecture course was then fol-

lowed by a brief and personal interaction between the readers and Dr Jaishree. After the interactive session, each participant's skin was assessed by Dr Jaishree herself and accordingly specific treatment was meted out.

Enthusiastic readers who participated in the event were slotted into two batches. The first batch was conducted in the morning at 10:30 while the second batch commenced at 2 pm. Informed Dr Sharad, "The reason we divided the people into two different batches is simple. The morning batch is for those who are above the age of 28 years while the afternoon batch is for the youth. Each generation's needs are different." Both batches had around 15 participants.

Prerana Gosalia, a housewife who went in for skin polishing as recommended by Dr Sharad said, "Post-pregnancy my skin began to look and feel dull. It had lost its vigour. But after the skin polishing treatment, I definitely feel fresh



Dr Sharad examines a participant's skin during the seminar

and clear."

Another reader, T Sarita, also a housewife said, "I was recommended the revitalising treatment. The feeling is just simply great. It is so rejuvenating and relaxing."

A feedback session followed after the skin assessments and personal treatments. The readers claimed to have a wholesome experience that not only covered a lot of interesting facts about the skin and product knowledge but also explained the necessity of a disci-

plined lifestyle. To complete the event, a lucky draw was conducted at the end where one lucky person from the morning batch would be entitled to a free face lift worth Rs 1,000 and one lucky youngster would get a free Alpha hydroxy peel worth Rs 2,000.

Dr Sharad is a cosmetic dermatologist and dermatologic surgeon from Mumbai University. Having acquired her post graduation from the Balabhai Nanavati Hospital and Research Centre, Mumbai and a fellowship in Bangkok, she holds a practice of six years. She is also part of the international faculty for skin lasers. "I thoroughly enjoyed myself, especially interacting with each age group. I realised there are a lot of myths people carry around with them. They need to be aware of not only of their skin but also about other organs of the body. Blindly following advertisements is not going to help them sort out their health problems," she explained.

PIK NANDU KURNE