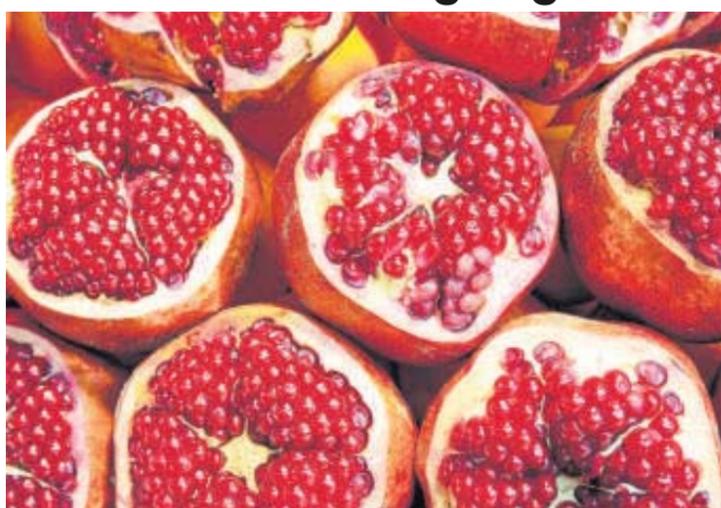


Here are some fruits which won't add to weight gain



Pomegranate protects against and fights cardiovascular diseases

Fruits are known to be healthy if eaten in its whole form. Juicing them is known to create problems of weight gain in some individuals. Here is a list of healthy fruits that you should eat this season:

PINEAPPLE

The fruit contains bromelain, which has the ability to digest proteins. It also has anti-inflammatory properties. Due to its beneficial effects on digestion, it helps reduce the risk of cancer and heart disease. It's rich in manganese and vitamin C, which are beneficial for improved heart health and immunity.

APPLE

It is rich in fibre, especially if you eat them with the skin. They help lose weight in some genotypes. It contains pectin, which is a prebiotic fibre that feeds the good bacteria in your gut. This, in turn, helps improve your metabolic health. The fibre in apple also helps reduce cholesterol. Eating three or more apples (with the skin) a day helps

reduce one's appetite due to its high-fibre content.

POMEGRANATE

The antioxidants in pomegranate guard the body's endothelial cells against damage, and therefore, it is known to



preserve vascular function in ageing adults. It protects against and fights cardiovascular diseases by supporting the synthesis of nitric oxide (which helps dilate blood vessels), reduces oxidative stress (which protects the arteries), and inhibits oxidation of the bad cholesterol (LDL). It also has very powerful anti-inflammatory effects. Some studies show that pomegranate juice may

reverse atherosclerosis if had regularly for one year. However, if you are diabetic then you are better off eating a couple of whole pomegranates. Pomegranate juice is also known to stop the progression of prostate cancer. Therefore, pomegranates are incredibly healthy for most lifestyle diseases, and you must eat at least one pomegranate every day.

WATERMELON

Rich in lycopene, carotenoids, vitamin A and C, watermelon is a superfood that helps reduce high blood pressure. It is also a natural diuretic, as it contains 90% water and is low in calories. It helps relieve constipation. Some people do experience more gas and bloating after consuming watermelon. They should avoid taking this fruit at night. For those who do not like to drink water, eating watermelon is a good way to improve hydration.

Anjali Mukerjee, nutritionist

Protect your tattoos this summer

This season is the perfect time to flaunt your tattoo in sleeveless tees, shorts and beachwear. However, with the scorching sun, it becomes all the more important to take care of your tattoo and the skin. After all, you don't want to be attacked by skin infections, allergies and heat rashes.

Here's how to protect tattoos in summer:

- Showing off the tattoo is one of the key reasons for getting it done, but that's also the reason why it fades away. The sun's UV rays will quickly reduce the beauty of the tattoo, making it appear dull, resulting in colour spreading or scarring. Therefore, sun protection is important. Apply sunscreen generously on the tattoo. Make sure that you do this soon after you get inked. Usually, 10 to 14 days after getting a tattoo done, limit your sun exposure and apply sunscreen.
- No matter how difficult it is,

control your urge to flaunt your tattoo for at least initial days of recovery, in order to avoid any kind of infection. Scarring, sunburn and skin problems like Melanoma are other issues that may affect your skin.

- It is quite normal to feel itchy and sensitive on the area of the tattoo especially after the first few days you get it done. Therefore, use a moisturiser with an antioxidant formula.

- If you plan to go on vacation after getting a tattoo done to places with beaches, oceans or swimming pools then you must wait for 14 to 20 days to have your tattoo recover properly, as staying too much in water can also hamper the healing and can damage your expensive tattoo.

IAN S
(With inputs from dermatologists Rohit Batra and Vivek Mehta, and aesthetic and cosmetic physician, Neha Mittal)



PHOTO: ISTOCK

IT'S YOGA TIME FOR OUR DIVAS SPOTTED

When you are in the business of Bollywood, being on top of your fitness game is a priority. Our shutterbugs caught these glam ladies tapping into zen-mode with Yoga. While Parineeti Chopra was caught multiple times this month, exiting her class, here are some more fitness freaks.



Malaika Arora Khan



Kareena Kapoor Khan



Parineeti Chopra

PHOTOS: YOGEN SHAH

PHOTOS: ISTOCK



PHOTO: SHUTTERSTOCK

BAN THE TAN: FLOWERS TO YOUR RESCUE

These flower-infused face pack recipes will help you get rid of tan and leave your skin smooth and glowing

Perna Gauba

It's that time of the year when the ruthless UV rays of the sun rob your skin of moisture and leave it tanned and rough. The UVA rays penetrate to the lower layers of the epidermis, where they trigger cells called melanocytes to produce melanin, a brown pigment

While applying a sun screen with at least 50 SPF is a must, natural home-made floral face packs can also come to your rescue. Flowers infused face packs remove dead cells, nourish your skin and replenish lost moisture. The result is rejuvenated, naturally glowing skin.

Make these soothing floral packs at home to get rid of tan naturally.

Inputs by: Beauty experts Richa Aggarwal and Shahnaz Hussain

perna.gauba@htlive.com

SUNFLOWER PACK

Sunflower is rich in vitamin E, which is an essential vitamin for healthy, supple skin. Tomato contains lycopene which accelerates the brightening process. Make a paste of finely crushed sunflower, add tomato pulp and raw milk. Keep it in the fridge for half an hour and apply.



LOTUS PACK

Lotus flowers contain linoleic acid. It is great for sensitive skin. This pack also helps tighten pores. Make a paste of crushed lotus flowers or boil them. Drain the water and keep it aside. Now, make a paste of besan (gram flour) and a pinch of turmeric. Keep this pack in the fridge for 10 minutes. Apply on your face and leave on for 10 minutes. Rinse off with cold water.

ROSE PETALS

This pack is great for all skin types. It removes tanning and keeps the skin free from inflammation, burning and itchiness. Mix sandalwood powder to crushed rose petals and coconut water in to paste. Apply thick paste on your skin, massage to rub it off gently from the skin.



MARIGOLD PACK

Marigold is enriched with antibacterial and anti-inflammatory properties, antiseptic agents and excellent astringent which helps clearing blemishes and removing skin

tanning. All you need to do is take crushed marigold petals, mix them with raw milk and soak this overnight in glass bowl. Add lemon juice before applying on skin, keep it for a few minutes and rinse off with cold water.



HIBISCUS AND GERANIUM PACK

Hibiscus soothes the skin and reduces pimples, and other skin imperfections. Make a cold infusion by allowing a few flowers to stand overnight in a cup of cold water. Next morning, crush the flowers. Mix the flowers with three teaspoons oats, two drops tea tree oil and add the water you kept aside to mix into a paste. Apply on the face and leave on for 15-20 minutes.

JASMINE PACK

Jasmine helps soothe and clean the skin, and also leaves a nice fragrance. For the pack, mix chilled yogurt and aloe vera juice in crushed petals of jasmine. Apply the pack and leave for 20 minutes. Use this pack regularly to avoid tanning and wrinkles.



PHOTO: ISTOCK

Keep your hair healthy and shiny this season

Summer is approaching, and you know what that means for your hair—dry, dull and possibly greasy hair. However, with a little care, this doesn't have to be a season of bad hair days. Expert Manisha Chopra who's a senior consultant, dermatology, has listed down few tips for you which you can swear by this season.

- **Cover up:** The dust and pollution causes dull hair. So, cover up your head with a scarf when you're stepping out of the house.

- **Don't wash too much:** We tend to wash our hair too frequently than required owing to the greasy, itchy scalp. But be careful not to do it too much since it can lead

to a dry scalp and your hair may lose its natural oils and moisture.

- **Hair dry:** During summer, avoid using hair dryers or styling products since the weather is already adding to the fuzziness and dryness of your hair. Let your hair dry naturally in order to have healthy shiny hair.

DUST AND POLLUTION LEADS TO DULL HAIR SO COVER UP YOUR HEAD, WHEN YOU STEP OUT OF THE HOUSE

- **Eat right and stay hydrated:** Eating right works well for a healthy body and mind, but also for our hair especially in summers. Eat fruits and vegetables with high water content, fibre content like melons, carrots and spinach and drink plenty of water to keep them hydrated as well as shiny from the root to the tips.

- Use a moisturising shampoo during summers to prevent hair drying, and don't forget to use a conditioner.

- If you colour your hair, don't do it at short gaps as it damages the hair.

- Don't leave oil in your hair for too long as it can give rise to folliculitis or hair root infections.

IAN S