

Because Wellness Matters

GLOBALSPA

Volume 01 | Issue 01 | Digital Edition 2019

CELEBRATING
FRIENDSHIP
AND
WELLNESS
AT
NAAD WELLNESS



A LOOK AT
ALTERNATIVE
THERAPIES

ULTIMATE Revitalisation
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GLOBALSPA

Volume 01 | Issue 01 | Digital Edition 2019

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George Washington once said, "True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity, before it is entitled to the appellation." In today's technologically driven time, maintaining friendships and relationships can be a huge task. Thus having a direct impact on not only our health but also well-being. The GlobalSpa digital edition brings the very concept of wellness and rewinding.

Our first digital edition talks about the significance of Ayurveda, Yoga in our day-to-day lives. NAAD Wellness located just on the outskirts of New Delhi, India, provides a unique experience for its guests; away from the hustle and bustle of the city life. Come along in the journey through our girl gang Eshaa Amiin, Pooja Gogia, Kitty Kalra, Nikhita Tandon, Gaurie Pandit Dwivedi, Harpreeth Suri at Naad Wellness Pvt. Ltd. to re-discover wellness with friends. The hospitable environment and a highly recommended place with great food. In this digital edition, you will come to know about different types of Yoga practices, what can help you cut down arthritis, getting to know about the highly common disease now-a-days- PCOS, busting some myths about KETO diet and many more. What highlights this edition is the essence of friendship and how it is carried through wellness overall.

For our first digital edition we've packed in lots of action as you go through the ensuing pages. I eagerly look forward to your valuable feedback and suggestions for our upcoming editions.

Stay healthy, stay happy.

Parineeta Sethi
Chief Editor & Publisher



NAAD



Turkish Hammam

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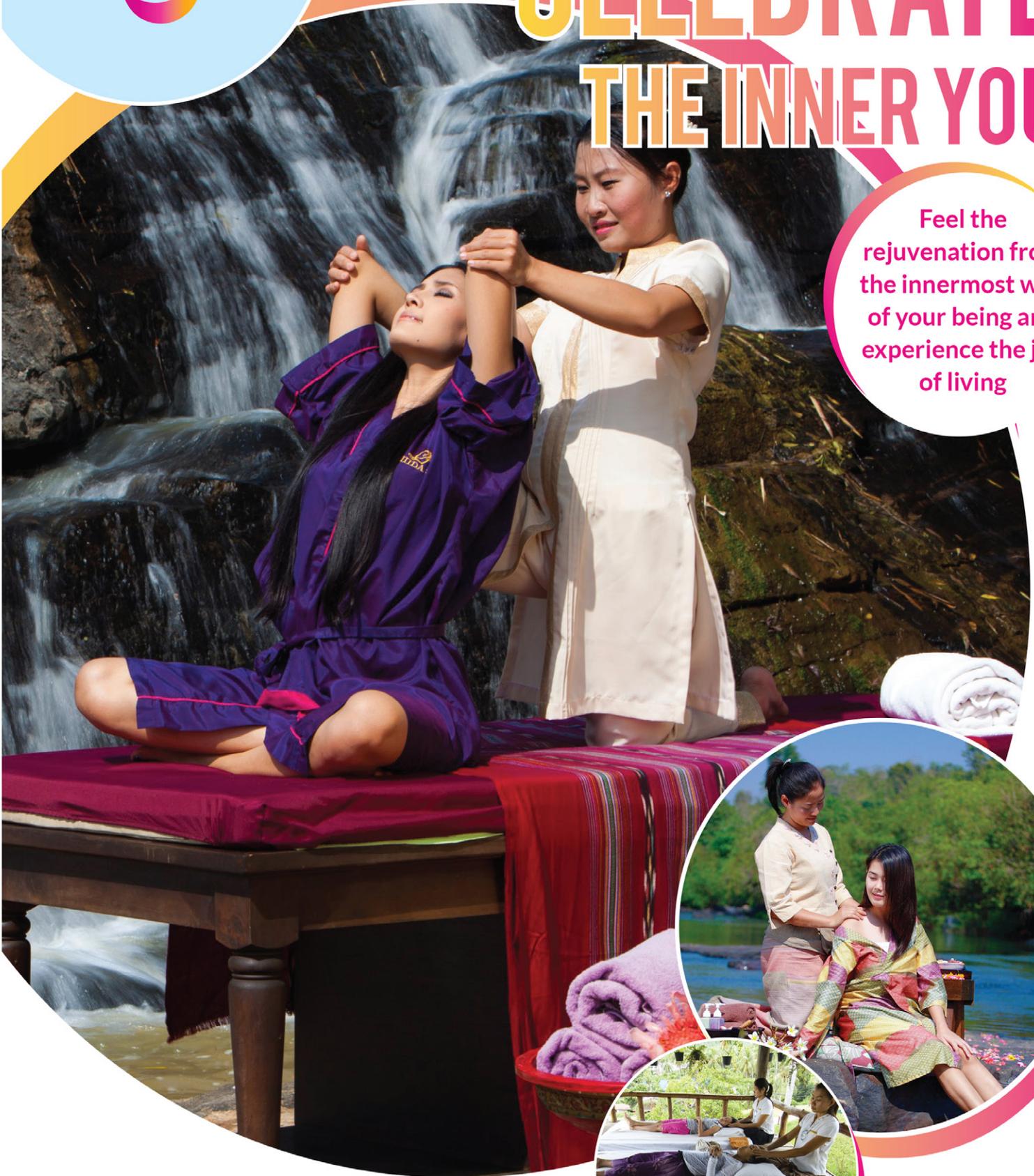
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CELEBRATE THE INNER YOU

Feel the
rejuvenation from
the innermost well
of your being and
experience the joy
of living



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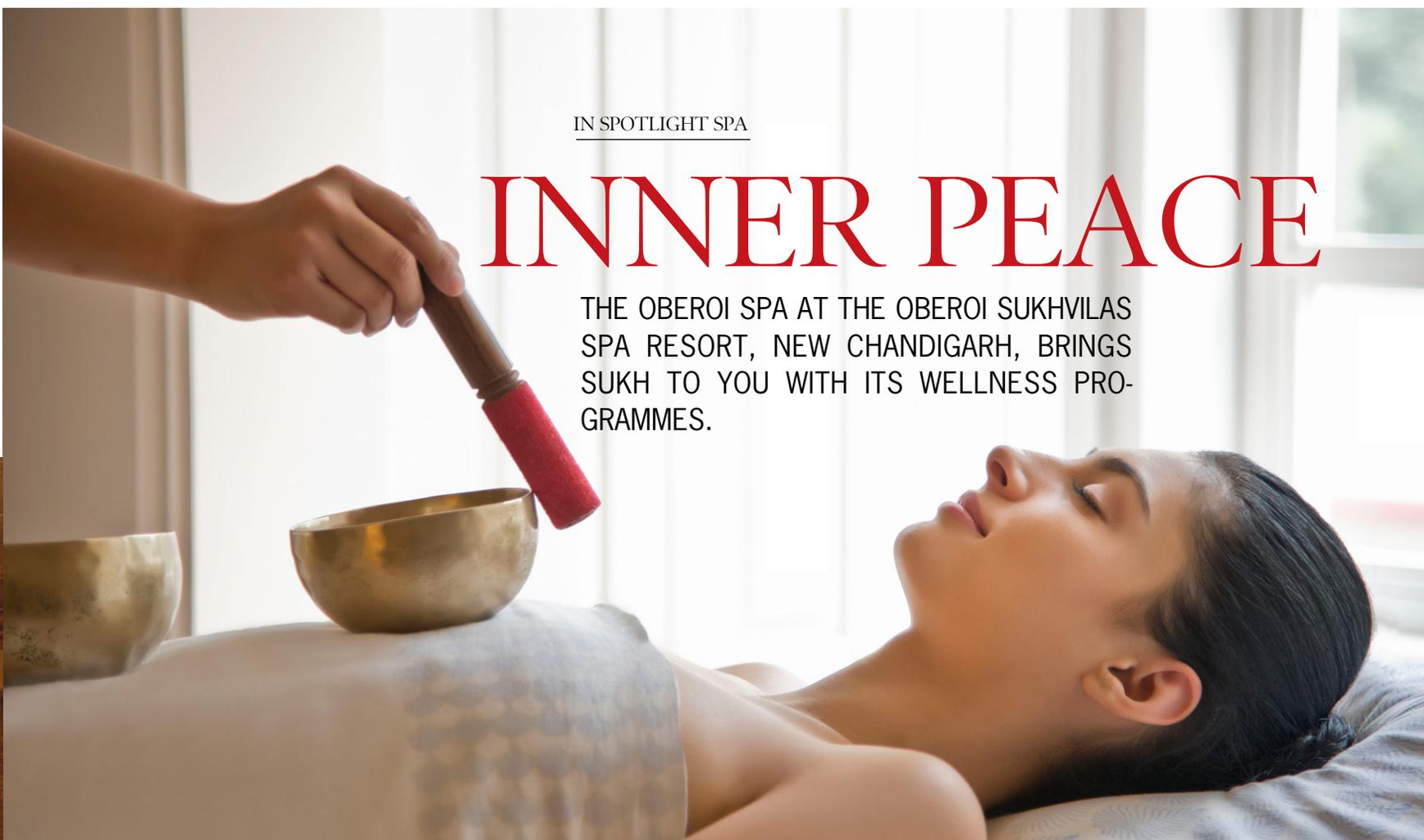
Email: reservations@thrs.co.in

www.rayavadee.com

IN SPOTLIGHT SPA

INNER PEACE

THE OBEROI SPA AT THE OBEROI SUKHVILAS SPA RESORT, NEW CHANDIGARH, BRINGS SUKH TO YOU WITH ITS WELLNESS PROGRAMMES.



Adjoining a natural forest, embellished with water features, and an environment which promotes a sense of wellbeing through Ayurveda, Eastern and Western therapies, The Oberoi Spa of The Oberoi Sukhvilas Spa Resort, New Chandigarh, is a tranquil space which creates a relaxing environment. The Oberoi Spa has been designed around Sukh, a Sanskrit word that means good space and Upavasa meaning to be near oneself. By spending time in Upavasa at The Oberoi Sukhvilas Spa Resort, New Chandigarh, guests can attain an abundance of Sukh that will stay with them long after they leave the resort. Purposeful and customised authentic Ayurveda rejuvenation, detox and weight management programmes are offered to help individuals discover their inner Sukh. These personalised Ayurveda programs and complementing wellness menus are guided by the resident Physician through internal and external herbal applications, panchkarma, yoga, reflections and cultivation of good eating habits for along-lasting transformation. Guests are encouraged to spend time soaking up the healing energies of the forest through guided forest bathing, bird watching and star gazing.



The Adlon Spa by Resense

Address: The Oberoi Sukhvilas Spa Resort, Pallanpur Village, New Chandigarh 140110, India

Call: +91 160 2720000

Email: reservations@oberoigroup.com

www.oberoihotels.com/hotels-in-chandigarh-sukhvilas-resort



ELEMENTAL

Factors

THE ALDON SPA BY RESENSE AT HOTEL ALDON KEMPINSKI BERLIN OFFERS AN EXPERIENCE OF NATURAL BEAUTY THROUGH ITS VARIOUS TREATMENTS.

Inspired by Europe, the Aldon Spa by Resense has been carefully designed with every element of the spa to provide you with classical service, a luxurious experience and an element of surprise. Resense and The Adlon are rich in European tradition, but as they appreciate spa experiences from all over the world, hence, you will also find the most treasured, global experiences in their menu. Their array of services does not simply include treatments, but rather, experiences that achieve your desired result and a little more. As soon as you enter, the welcoming area, with its fireplace and illuminated walls made of Alabaster, sets the tone of the spacious but cosy and relaxing spa with its elegant mix of minimalism and Manhattan style. At Adlon Spa by Resense, exclusive beauty treatments, massages and therapeutic programmes are offered which combines a high level of expertise, and the latest findings on skin research and natural cosmetic products. The spa also offers the natural cosmetics brand elemental herbology which combines the beauty of nature with the power of herbal medicine in one unique care range.



The Adlon Spa by Resense

Address: Hotel Adlon Kempinski Berlin, Unter den Linden 77 · 10117 Berlin · Germany

Call: Tel +49 30 2261 1220

Email: spa.adlon@kempinski.com

www.kempinski.com/en/berlin/hotel-adlon/luxury-spa

HOLISTIC Healing

CLINIC, THE SPA AT NARENDRA BHAWAN BIKANER USES BOTH HOLISTIC AND STATE-OF-THE-ART TECHNOLOGY TO PROVIDE AN ULTIMATE MIND OF RELAXATION.

The Spa at Narendra Bhawan Bikaner is an entirely novel concept based on the holistic and gently persuasive power of flowers and plants. Inspired by the famous Bach Flower Therapy, their specially developed Flower Essences soothingly help instill harmony and bring balance to all aspects of being. The therapies, in combination with state-of-the-art Bemer technology for Physical Vascular Therapy, improves microcirculation enabling the body's own self-healing powers to promote an inner and an outer radiance. The clean sharp décor at The Spa, inspired by the great sanitariums of Europe, is intended to promote serenity and a sense of calm. The Clinic acts as a haven affording the guests absolute privacy and comfort.



Address: Narendra Bhawan, Karni Nagar, Gandhi Colony, Bikaner – 334001

Contact: +91-151-2252500

Email: dm@narendrabhawan.com, www.narendrabhawan.com

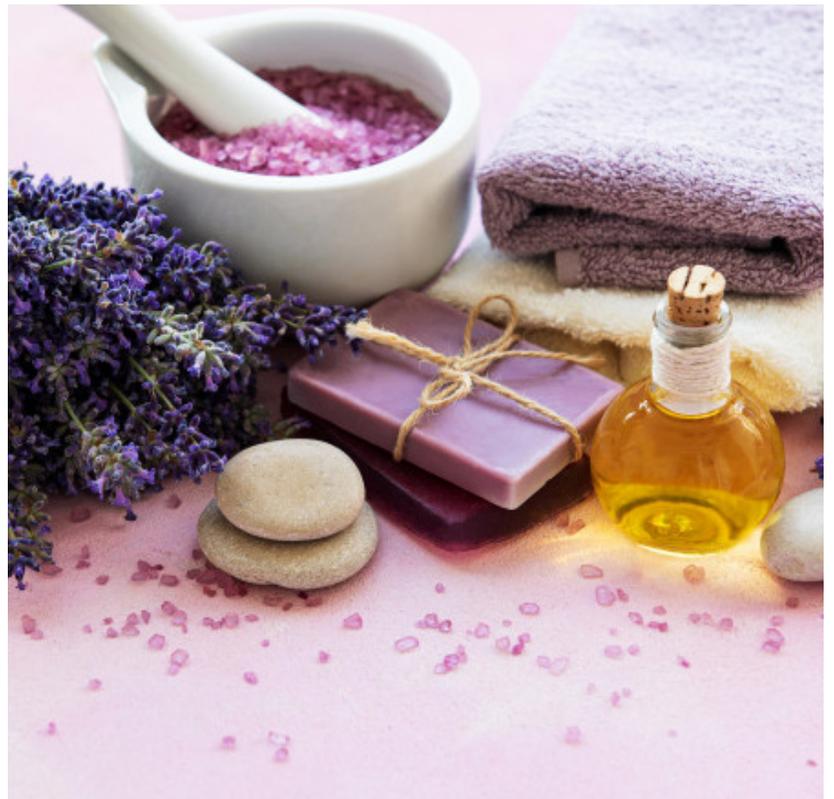
A LOOK AT ALTERNATIVE THERAPIES

TRADITIONAL MEDICINE, OR ALTERNATIVE THERAPIES, IS GAINING ALL CARE FOR THEIR RICH HISTORY AND MULTITUDE OF BENEFITS.

They are also known as complementary and alternative medicine (CAM) and should be discussed with the doctor before use. They can be suggested by the doctor or by a specialist in a given type of treatment. In this article, we will look at the different types of alternative therapies:

Acupuncture

It is developed in China and stimulates the specific point on the body through an array of energy force. If this array of procedures is blocked, then the human body is ill. Currently, it is being used by millions each year. The most popular variety of acupuncture consists of penetrating the human skin with fine thin needles which are controlled either electrical stimulation or the practitioner. According to Epidemiology International Journal, acupuncture reduces chronic pain and depressions.



Acupressure

It's similar to acupuncture, but no needles are involved. Practitioners apply firm or light pressure to the specific points on the body using their hands, elbows, or feet. Through applying the pressure, the blockages on the human body are relieved; hence, the energy can flow freely again, thus restoring the wellness. Acupressure help reduce anxiety for people who have scheduled for surgery.



Aromatherapy

It uses essential oils extracted from plants roots, seeds, and leaves to enhance healing. The oil can be taken through inhaling, taken by mouth or massaged into the skin. Aromatherapy can be used to relieve pains such as headache, infections, inflammations, anxiety, and stress.

Ayurveda / Ayurvedic medicine

To promote wellness, practitioners use different techniques such as massage and herbs. It originated in India and has a wide variety of treatments for many years. The practitioners suggest the appropriate diet and meditation after an exam.

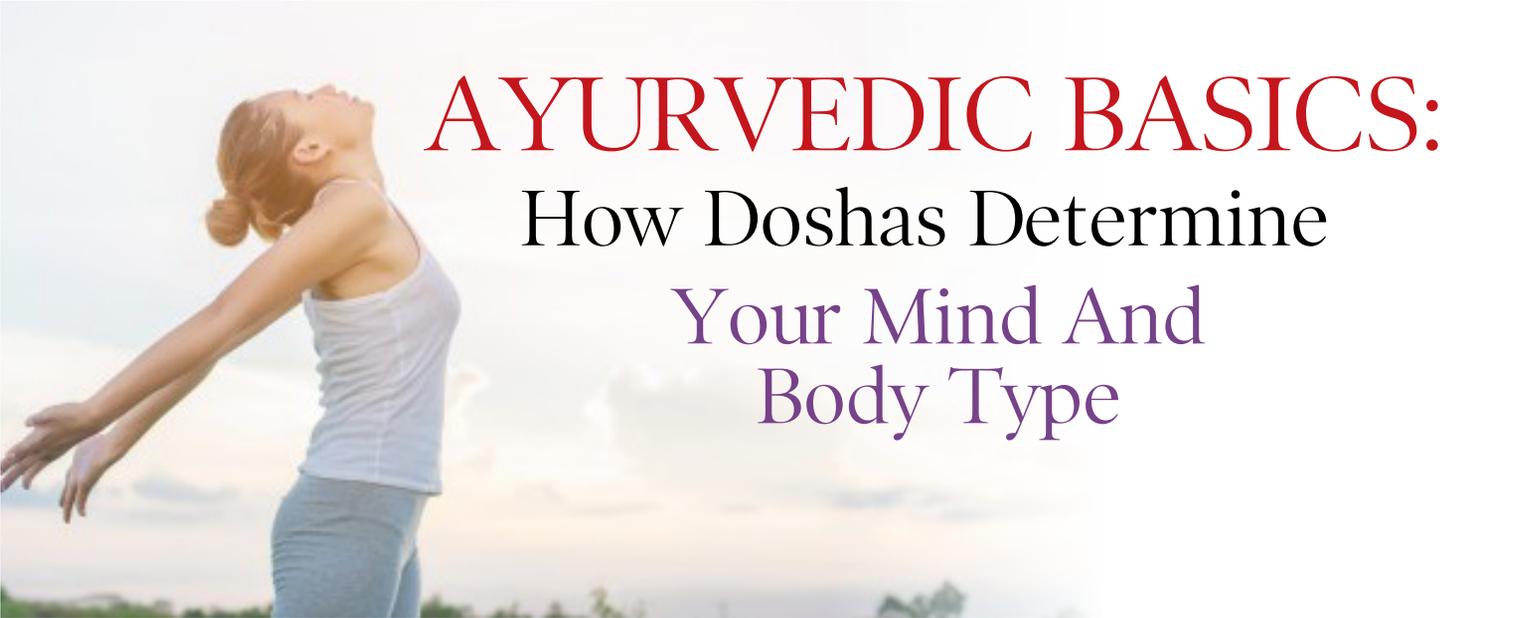
Chiropractic

This involves physical realignments and “adjustments” of body structures such as joints, necks, knees, arms, head and shoulders. This is very helpful for people with pains on their body structures. The main purpose of the realignments is to restore mobility hence relieving the pain.

Homeopathy

It is based on the principle that taking highly diluted plant based medicines can help the body heal itself. It functions almost like a vaccine.





AYURVEDIC BASICS: How Doshas Determine Your Mind And Body Type

VARIOUS QUESTIONS REGARDING THE WAY A PERSON'S CHARACTER OR PHYSICAL/MENTAL SICKNESS OR EVEN VARYING BODILY ISSUES ARE ASKED. DID YOU KNOW THEY'RE ALL RELATED TO THE DOSHA TYPES?

We have constantly wondered why certain people stay slim despite consuming huge amounts of food or few of them just can't sit still and are constantly active as opposed to few who are couch potatoes. This is because of the unique Dosha effects on the individual.

WHAT ARE DOSHAS?

Ayurveda in India explains every individual has a combination of predominant primal elements which govern the body type and mental state. These are Vata, Pitta and Kapha, and these together are called Doshas.

Vata - consists of space and air

Pitta – consists of fire and water

Kapha - consists of earth and water

Individuals have a combination of all types, but one of them being dominant than the rest.





Vata

Vata symbolizes movement which governs the motor activities in the body such as the flow of liquids, breathing and communication of thoughts through mind and body. A balanced Vata person can be highly creative, communicative and expressive but on the imbalance side, it can lead to insomnia, digestive and constipation problems along with the lethargic mental and physical state.

Pitta

Pitta personifies transformation which helps in digestion, metabolism and maintaining body temperature. A balanced mind tends to have heightened concentration abilities with intelligence. Imbalances lead to quick temper and body inflammation.

Kapha

Kapha represents structure which aids in storing energy, lubricates the entire body and bulks up the tissues. These individuals embody love and compassion, but an imbalance can make them greedy and possessive and susceptible to obesity and congestion in organs.

Determining which Dosha type an individual belongs to help in resolving imbalances associated with it by lifestyle changes. This can significantly influence one's physical, emotional and mental state.

TYPES OF POPULAR YOGA

YOGA IS CONSIDERED TO BE AN ESSENTIAL PART OF A HEALTHY LIFESTYLE AND HAS SEVERAL TYPES OF YOGA EACH HAVING ITS OWN UNIQUE WAY OF PRACTICING.

The practice of yoga traces its origin to the Indus-Saraswati civilization in northern India over 5000 years ago and has been spread, over the years, to various countries across the world. Practicing yoga is known for being a key element of a healthy life style as it helps in releasing stress while improving our physical strength and flexibility. There are various types of yoga, each specializing in a particular field. Here's all you need to know about the popular types of Yoga.

Hatha Yoga

It is a wider type of yoga which is an umbrella term covering all kinds of physical yoga practices. It gives a special emphasis on the importance of right posture and requires you to hold a pose for a considerable amount of time. Meditation is also regarded as an essential part of Hatha yoga.

Iyengar yoga

This form of yoga is recommended for healing of injuries and joint problems. Founded by B.K.S Iyengar, this form focuses on precision of the body alignment and the performance of pranayama. It helps in gaining strength, mobility and stability.





Vinyasa Yoga

Being an extremely smooth practice, it is commonly referred to as flow yoga. In this type of yoga, a number of poses are strung together to form a sequence where each movement requires synchronized breathing. ‘Surya Namashkar’ is an example of Vinyasa yoga. This type of yoga improves your flexibility and stamina.

Ashtanga Yoga

Ashtanga yoga, also known as eight limb path, is a form of modern yoga and requires a lot of energy. It emphasizes three actions- Pranayama (breathing system), Asana (posture) and Drishti (place where you are looking). It is also called power yoga as it is physically demanding and increases the strength and flexibility of your body.

Bikram Yoga

Created by Bikram Choudhury, it is also known as hot yoga since it is practiced in a room heated to 35-42-degree Celsius with a humidity of 40%. It consists of 26 postures practiced in a particular sequence. The heat results in vigorous sweating thereby reliving yourself of the toxins.

Prenatal Yoga

This type of yoga is specially designed for pregnant women as it focuses on breathing techniques that help in reducing shortness of breath and works on pelvic floor muscles. It also helps in improving sleep and reducing stress and anxiety





Anusara Yoga

A part of Hatha yoga, this type of yoga preaches a philosophy which believes all human beings to be 'good people'. It focuses on the principles of alignment, placing them in all of the physical asanas which includes over 250 poses. It leads to rapid healing of injuries and increase in strength

Kundalini Yoga

It is a blend of physical and spiritual practice consisting of meditation, breathing exercise, chanting, mudras and asanas with a focus on neural activities which help in raising the awareness of body and mind. Practice of kundalini yoga is believed to act as a cleanser of the blocks in one's energy field.

Jivamukti Yoga

This form of yoga emphasizes on all three aspects of yoga i.e. physical, spiritual and ethical. It is one of the most powerful and structured practices and is followed by a number of celebrities. It follows 5 basic principles- meditation, music, non-violence, devotion and scripture.

Kripalu Yoga

Founded by Amrit Desai, this type of yoga focuses on the importance of mind, body and spirit by providing an emphasis to the importance of meditation. It leads to gradual process of physical healing, psychological growth and spiritual awakening.

GEARING UP For CROSS-FIT

ENERGETIC AND ANEW, HERE ARE THE FRESHEST PICKS FOR YOUR CROSS-FIT AND GYM TRAINING THAT IS COMFORTABLE, SUITABLE, AND STYLISH ALL AT THE SAME TIME.



Fila Men's Marcos 2 Plus
A pair of round-toe black sneakers with a regular styling and a lace-up detail, and patterned outsole.



Clarks Men's Tri Spark
Men's sneakers tri spark, bright red, with classic sports appeal, these casual shoes offer maximum comfort for all-day wear.

Super Kicks by Truffle Collection

Detailed with diamante, these oversized lace-up sneakers make the outfit look sassier yet effortlessly stylish.



Nike Joyride

Designed with an innovative cushion system that's dynamic and personalized for all types of runners.



Men's Adidas Originals Ozweego

Inspired by vintage runners, the shoes put a fresh spin on '90s style the decorative nylon cord at the ankle.



Bugatti INSTINCT Autumn Winter Collection 2019

The new Bugatti Women's sneakers collection that exudes much suave comfortable, sleek and feminine designs.

FEELING FIT IS MORE IMPORTANT THAN LOOKING THIN: LEENA MOGRE

By Shilpi Madan

AT 57, CELEB FITNESS EXPERT AND NUTRITIONIST LEENA MOGRE ARE A FEISTY, FITNESS FORCE TO RECKON WITH.

She has zero time for superfoods and anti-ageing nibble specials. “You simply cannot survive on a smoothie for breakfast, get real. Eat what you have been eating always: sabudana khichdi, poha, upma, vegetable sandwich...,” she says, brushing aside the brouhaha over glamorised seeds, millets and more, in her signature brusque style. Leena Mogre has been the force behind the shapely figures of Madhuri Dixit, Bipasha Basu, Kangana Ranaut, Isha Koppikar, and brought in power yoga to revolutionize the world of fitness in 1997. At 57, she is fitter and tauter than many 25-year-olds, having authored Total Fitness, and set up her studio Leena Mogre’s Fitness in Mumbai – ready to re-launch in its hipper version, complete with a YouTube presence. And yes, over the years, she has successfully maintained her agility and suppleness through a combination of sound diet and regular exercise.

What is your take on fitness in the 50s?

It is a three-pronged approach: You need to lead an active lifestyle, prioritise internal wellness and be ready to adapt to change. Your exercise routine of course needs to be configured depending upon whether you are starting off on the fitness circuit when you are in your 50s, or whether you have always been making time for daily exercise all these years.



And how exactly does it play out in reality?

(laughs) Only 0.1 per cent individuals hit the gymnasium. The rest are busy frittering away time, chatting, latching onto cell-phones, planning lunches and parties...The self-drive to stay fit is missing. Women tend to become ‘comfortable’ with injuries, adopting a sense of resignation towards life, situations, their weight, and food becomes the biggest turn-on. Ladies at kitty parties pile on food as if it is going out of style. My advice is to look at yourself nude, in the mirror, and invest time in shaping your own health and stamina.

What is your advice?

Be natural. Stay regular with your facials, opt for spa visits, go for deep tissue massage to activate lymphatic drainage. Once you hit 50, double your level of activity, halve your intake of food. You need to make time for regular medical check-ups, invest a minimum of half an hour, three times a week in an exercise routine.

Bust a myth

Walking does not do anything for you unless you walk correctly- with your core tight and legs moving in small, consistent steps with the speed increasing steadily and slowly, for a period of 45 minutes at least.

What is the simplest parameter by which you can judge if you are unfit?

Climb a flight of steps or sprint for 100 meter or pick up your own luggage off the conveyor belt at the airport. If you are breathless, you are unfit.

How can one plan the 'get fit' schedule then?

Get your fitness assessment done. This uncovers your level of flexibility, lung capacity, mental strength, and range of motion. Enrol in a group activity like yoga, Zumba, Pilates, to keep the motivation flowing. It takes a minimum of six months for any activity to show effect once you progress into your 50s.



Are there any certain foods that can be included for better intake?

Pure jaggery is rich in iron. Baked or grilled sweet potato brings in fibre and essential minerals and makes for a great pre or post work out snack.

What do you advise against?

Feelings of self-pity generated when you catch the glamorous pictures of ectomorph celebrities (like Shilpa Shetty, Malaika Arora, Mandira Bedi) on social media. Admire and take inspiration from them. Each body type and biology are different. Instead of getting comfortable in larger sizes in clothing, focus on exercise and diet.

Parting shot?

Count your blessings. Look around and realise that you are in a much better shape than many others.



INVESTING IN A Better Mental Health



THIS WORLD SUICIDE PREVENTION DAY, WE WANT TO AID YOU WITH A FEW TIPS THAT ARE NECESSARY TO COMBAT STRESS, THE BIGGEST CAUSE OF SUICIDE UPRISE, AND HOW YOU CAN MANAGE IT EFFECTIVELY THROUGHOUT LIFE.

Today's lifestyle has voluntarily or involuntarily invited stress as a major part of our life. Where for most people it's become part of who they are, some don't even realize its accumulating and being internalized.

Studies show that 40% of all adults suffer from acute stress affects and more than 90% of visits at the doctor's office are for stress-relief problems. Addition to that, studies have revealed that the lifetime occurrence of mental disorders in people is over 50% due to untreated acute stress issues.

So what can we do to keep ourselves in check? Is there any way we can evidently improve our mental health? The answer is yes. It's beyond just possible. But just like it takes time to build and maintain a body, the same goes for the mind.

Read on to find out how you can practice a positive change in your life:

Exercise. Yes, we saw you roll your eyes. But exercise is and always has been the very first step to creating a better health, both for the mind and body. It helps build self-esteem, self-image, and alleviates anxiety and depression; thanks to the dopamine released.

Contrary to what you may feel, exercise is not going to tire you out. Remember: something is better than nothing. Even the smallest of activities can bring changes in your life. Some easier ways to include exercise in your daily life are dancing, cleaning, washing your car, walking during work break, ditching the elevators, spending time at the park, playing with kids, walking your dog and stretching during TV commercials.

Socialize and connect. Despite all experiences good and bad, humans crave companionship. It's a design we're born with and that's exactly why socializing puts a lot of stress out of our vibe. Connecting with an older friend, spending time with family or even smiling at a stranger! You'll have a greater sense of companionship and value for life and people, ultimately helping you sustain a happier life.





Don't be frugal with sleep! Skipping a few hours of sleep seems like a good idea until after a while you're not only looking like a zombie but also feel like one. Disregarding sleep is one evil you shouldn't practice. It weakens the immune system, increases risk of diseases like those of coronary and cancer and readily affects your cognitive abilities. Unwind at the end of the day and keep astray of electronics for at least two hours prior. Skimp on sleep and you skimp on health.

Feed your brain right. Not many pay attention but the food we consume plays a big role in determining our mood and health. People respond differently to different foods, so it's best to work out what works best for you. Items like fried food, alcohol, trans fat and sugar affect the mood in a rather negative way. Make sure to incorporate more nuts, vegetables, fat fish and fruits in your diet. Maintaining a proper diet is vital to an improved health.

Clarify your thoughts. It's rather tough to live with a mind so perplexed it starts fishing out in your daily life. Have the heart to analyze your emotions and thoughts so you keep clarity in life. Don't be afraid to explore, find purpose and wake up every morning with a firm grasp. Don't let a clouded mind affect other aspects of your life.

Your mind is a bedroom. You shouldn't close the door and stuff towels at the creak. Have the heart to declutter it, lighten it, spread love in it, learn in it and take care of it. A resilient mind guarantees a resilient life.

Reach out to this suicide prevention hotline :
AASRA - 022 2754 6669

DOES YOUR FOOD LABEL SAY “NATURAL”?

MISLEADING LABELING BY FOOD INDUSTRY EXPOSED!



INDUSTRIES ARE NOW PUSHING FORWARD THE “EAT NATURAL” AGENDA SINCE IT’S HEALTHIER AND BETTER FOR YOUR WELL BEING. BUT IS THIS TRULY MODESTY TOWARDS CONSUMERS OR IS IT YET ANOTHER FAÇADE OF A SOLUTION ABOVE SOMETHING MUCH DEEPER?

Anytime you walk into the market to shop groceries, you find products labeled “natural.” In most cases, you find people buying these goods, knowing in mind that they are buying healthy and conscious that the choice they have made is beneficial to their bodies and free from harm. What you do not know when buying is that these labels are just promising, but in the long run - misleading.

At the back of your mind, when purchasing all-natural products, you are very much aware that the goods have not been tampered with by any chance. Many people would prefer buying natural goods because they do not know it is just a registration. Some sellers will have this label in their meat and poultry products to prove they are all-natural.

In some cases, natural for sellers could mean there is no artificial or any other form of additive. However, there are no set regulations to confirm and monitor whether food producers follow any guidelines whenever they are manufacturing and labeling products as natural.

All-natural food products can be cultivated using pesticides, and for meat, animals can be fed with synthetic animal feeds and treated using antibiotics. Therefore, natural could just be a word with no valid evidence about how much or little compounds have been used to deplete and even eliminate the naturalness of a product.



You should demand regulation of food processing systems, and more importantly ensure that the products are healthy and up to natural standard levels. It is conscious since the day in day out people out there is trying to manufacture environmentally friendly and healthy foods.

Unfortunately, they are barred and disgraced by the availability of natural labels in the market, which they really are not. Natural is just a mere weak regulation used by food vendors to mislead the consumers.

EXPERT SAY

DIY-HOMEMADE VITAMIN C SERUM

By Dr. Nirupama Parwanda

A DAILY DOSE OF HOMEMADE VITAMIN C SERUM TO BRIGHTEN AND
SMOOTHEN YOUR SKIN.



Gone are the days when one could do nothing but pray to have youthful skin in their late 30s. Fine lines and wrinkles seem like a bane to the skin and having a young and glowing skin is the ultimate desire of any person.

If you are one of those people who have their top-notch skills on when it comes to skincare, then I'm pretty sure that you must have come across 'Vitamin C serum'. To those who haven't heard of it let me tell you some of the benefits of Vitamin C for your skin.



Boosts collagen- collagen can be described as the building blocks of the skin. Thus, when you apply the serum on your face it boosts the production of new blocks on your skin making it glowing and healthy.

Fights fine lines and wrinkles- Vitamin C is the most touted product when it comes to anti-aging and fighting fine lines and wrinkles. The concentrated level of antioxidants it helps in combating the never-ending war with aging.

Sun protection- since vitamin C has high antioxidant properties it also helps you in fighting anything which is damaging for your skin. Vitamin C is an amazing protector against the sun but cannot be used as an alternative of sunscreen. Nevertheless, when you combine both the products together, you'll get some amazing results.

Combats skin discoloration- if you have an uneven skin tone or have red patches on your skin then Vitamin C is one of the best options for you to curb it. Only after a couple of uses, you'll notice the difference.

Now that you know the benefits of Vitamin C, the first thing you'd want to do is order it for yourself. To the people who already know about how potent Vitamin C is for your skin, they must be aware of how it can cut a large hole in your pocket. If you don't know about it yet, then Vitamin C serum is one of the costliest ones and can cost you quite a fortune. Nevertheless, now that you know about this powerhouse of the cosmetic industry how can you let it go? So today I'm going to teach you a very easy way to DIY your own Vitamin C serum. I'll try to keep it as simple and as cost efficient as possible.



Ingredients needed

- Vitamin C capsules/ powder- 1tbsp
- Glycerine- 1tbsp
- Aloe Vera gel (optional)- 1tbsp

Once you've got all your ingredients in one place simply mix them thoroughly and store it in a dark coloured container. Storing it in a cool and dry place in a dark coloured container is going to prevent it from getting oxidized quickly. This way you can continue using your serum for some time.

Pro tip- there are many DIYs which suggest diluting the vitamin C powder or capsules in water. However, try and avoid doing that. Since you have to use Vitamin C in the form of serum and have to ensure that it gets penetrated in your skin evenly, using water as a diluting agent may not give you the best of the results. When you mix Vitamin C with water it gets crystallized again and anything which is crystallized cannot penetrate in the deeper layers of the skin. So, there is a possibility that you might end up with a superficial glow on your face (because of Vitamin C's antioxidant properties) but it won't work effectively.

Patch test- this tip is for every skin care product you might buy in the future. Before applying anything directly on to your face try doing a patch test on your arm. If you feel any irritation or discomfort it clearly shows that the respective product isn't friendly on your skin.

The serum that we've made over here can last up to a week if it has been preserved in a proper manner. You might have to make a fresh serum thrice a month or maybe more but trust me the effort that you put in here are going to be worth it. Not only you are going to get a glowing and healthy skin but also, you'll be saving a lot of money. Taking care of your skin doesn't always mean spending a lot of money. If you have the proper knowledge and ingredients, you can always come up with new and better ideas.

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take over the high seas*

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DECEMBER 2019



PILATES ESSENTIALS THAT CAN HELP

You Tone Down Arthritic Flares



ARTHRITIS IS A BROODING PAIN FOR A LOT OF PEOPLE AROUND THE WORLD. APPROXIMATELY 350 MILLION PEOPLE SUFFER FROM ARTHRITIS WHEREIN MOST OF THEM ARE ACUTE CASES. HERE'S WHAT YOU CAN DO ABOUT ARTHRITIS AND ITS FLARES TO EASE OVER TIME.

Rheumatoid arthritis patients suffer from painful joints affecting their mobility greatly, not to mention the excruciating pain. Pilates can be a means to combat the severity of arthritis flares. Despite the rigidity of the painful joints, arthritis patients need to stay active. Since they are prone to weak core muscles as a result of degenerative spine changes and muscle inactivity accentuated by chronic pain, Pilates can be the palliative in such a scenario.

What is Pilates?

It is an exercise regime designed to ease pressure on the hips and other joints, making it joint-friendly mind and body workout to increase mobility and ease the pain.

Benefits of Pilates:

For the RA patient, Pilates can improve the flexibility of joints so essential to remain mobile. The varied benefits ensure the following:

- Postural balance,
- Spine stability,
- Strength,
- Improved breathing; and
- Better movement control.



How does Pilates work?

Pilates does not aim to prevent RA flare-ups but enhance your ability to deal with potential side effects. It helps to strengthen muscles surrounding the joints, thus decreasing the risk of further damage and the occurrence of pain. Strong quad muscles ensure that your range of movements like walking, standing and sitting get easier as well as less pain in your knees.

How to get started with Pilates:

Consult your doctor before you commence any workout schedule. A physical therapist will design a customized regimen for you. Being a low-impact technique, a typical workout initiates improving your posture. Sessions may also include exercises for leg, arm and shoulder movement. It is advised that you shun exercise during RA flare.

Tips for Pilates workout:

With the increasing popularity of Pilates to deal with the debilitating RA symptoms, you have a range of options. Make an informed decision with the following inputs:



- Choose Mat Classes in a dedicated Pilates Studio.
- A well-equipped studio has many advantages.
- Ensure that the instructor is Pilates trained.
- It is recommended that you have sessions two to three times a week.

You will feel the change in two weeks under a good instructor. By six weeks, the benefits will be visible and show in your well-being.

UNDERSTANDING The DERMATUDE Meta Therapy

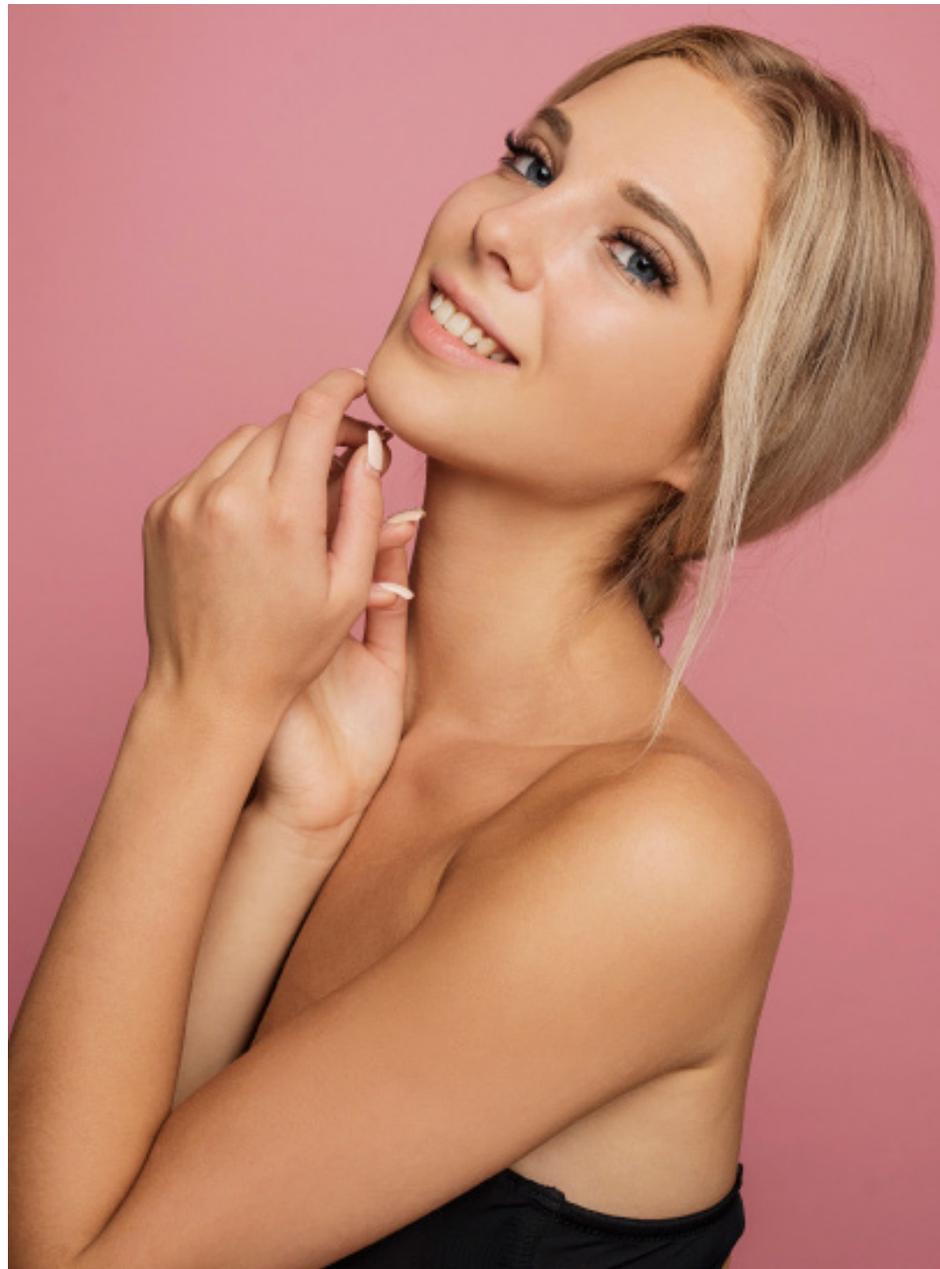
By Ridhi Lakra

EVERYTHING YOU NEED TO KNOW
ABOUT DERMATUDE META THERAPY!

Beauty Influencer Shagun Gupta has introduced Dermatude, one of the latest innovations in the beauty industry. The Netherlands based Dermatude is a non-invasive facelift alternative for skin rejuvenation, anti-aging, skin hydration, and restoration. Shagun Gupta gives us more on the Dermatude Meta Therapy.

What is Dermatude meta therapy and how is it beneficial?

Dermatude Meta Therapy is a new non-invasive, non-traumatic method of skin rejuvenation. This therapy helps in hydrate and restore the skin's natural glow. Meta Therapy conditions the skin's surface using specially designed polycarbonate modules that remove dead skin cells and deeply cleanses the skin.



How long do the results last for?

Meta Therapy initially starts with 4 weekly treatments, then can subsequently be reduced to one treatment each for next two months and later to one treatment in 3 months to retain results.

Is there anything about this therapy that specially benefits the Indian skin type?

Dermatude Meta Therapy perfectly suits Indian skin tones. Most of Indians believe in 100% natural skin improvement treatments. Meta Therapy combines both aspects: natural skin improvement from the inside out and externally applied active ingredients by means of special serums. A dual effect in the battle against skin aging is tackling not just the consequences, but above all the cause of skin ageing.

Are there any pre-treatment or post-treatment steps we need to take care of?

It involves normal cleaning using pre and post-treatment cleansers and toners that work in tandem to enhance and prolong the effect of the treatment regime.

This is the first time Dermatude Meta therapy has arrived in India. What response are you expecting? Do you think it'll appeal to the Indian mass?

We introduced Dermatude Meta therapy in India in August 2019. The response has been phenomenal. We have done about 30 treatments so far and have sold products as well. The pricing for both treatment and products too is quite affordable.





What do you think is the most suitable age to start using anti-aging products or treatments?

The skin starts showing the first signs of aging from the age of 30. Skin becomes thinner, blood circulation deteriorates, and the natural production of collagen and elastin starts to slow down, causing the skin to lose its firmness and elasticity.

As a beauty influencer, what has been the most important thing for you?

The most important thing is to introduce the best beauty techniques, trends, and treatments that have been immensely popular in the global market.

Lastly, what does beauty personally mean to you?

For me beauty means confidence



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COVER STORY

Friends WHO SPA TOGETHER Stay Together

Text & Photos : Ridhi Lakra
Location : Naad Wellness Private Limited





WELL THE SAYING GOES SO TRUE, THERE IS NO BETTER TIME TO BOND WITH FRIENDS THAN A SPA TIME, HERE WE ARE AT THE NAAD WELLNESS EXPERIENCE EXPERIENCING THE INNER HEALING.

Maintaining an optimal level of wellness is crucial to live a higher quality life. GlobalSpa with its core concept – “because wellness matters” celebrates the very meaning of well-being with the friends of the brands at the NAAD.

Located on the outskirts of New Delhi, Naad features a bouquet of curated experiences that aim to heal and initiate you towards holistic wellbeing. Rooted in the ancient principles of Ayurveda, Yoga & Naturopathy, the therapies and services restore balance to your five senses and help you tune into a sound you.

Joining the two-day trip were the Eshaa Amiin-Stylish, Nikhita Tandon-Fashion Designer, Kitty Kalra- Fitness Expert, Harpreeth Suri-Influencer, Pooja Gogia- Influencer and Gaurie Pandit Dwivedi. As the bunch of six vibrant women explore the NAAD their way. They also got chance to indulge in a complete healing program. Guided by Naad’s resident Ayurvedic and Naturopathic physicians, various programs here help to restore balance, strengthens immunity against modern-day lifestyle disorders and sets your body and mind on the path to healing.



Eshaa Amiin

A prominent celebrity stylist, Eshaa Amiin has come a long way from styling for TVCs and magazines like the Forbes, Filmfare, The Man and Mandate, to styling for celebs like Karisma Kapoor, Akshay Kumar, Varun Dhawan, Alia Bhatt, and many more. Amiin has her own niche clothing line – Eshaa Amiin Label. With high-energy levels Eshaa keeps up to her shoes with her regular works and fitness regime.

What fitness means to you? How does it look like in your routine?

Fitness to me is a way of living. My daily routine is a mix of yoga and functional workout.

What is your concept of balanced diet?

For me a balanced diet is to eat home cooked food, eat the right quantity, don't overeat and eat at the right hours. I try to not eat anything beyond 8pm.

Your favorite spa?

On the daily I'm not a spa person but I do take regular sports massages.

Your favorite spa destination?

So far, it's been Atmantan in Mulshi.

What are your beauty rituals that you keep to when on holiday?

So far, it's been Atmantan in Mulshi.

What's your fitness routine when on a holiday?

Lots and lots of walking.

Do you have any every morning or every evening wellness ritual that you swear by?

Every morning I start my day with two glasses of hot water with lime and honey and for evening it's just to eat before 8pm.

What's your mantra for managing stress?

My mantra for managing stress would be to make sure that you take out some 'me-time' for yourself, maybe half-an hour just to sit with yourself. Do whatever you enjoy, and your body enjoys and make sure you're physically and mentally fit. For me I try to keep my work as organized as possible and cut off from my work for at least two hours since I wake up.

Must haves in your makeup kit?

My base foundation and my lipstick.

You as a wellness ambassador, what would you like to tell our readers?

Make sure you're taking out just half an hour or an hour everyday just for yourself to include some amount of wellness and fitness into your lives, be it running, meditating, yoga or just walking on the treadmill. Do whatever you want like Pilates but do something whichever keeps you fit mentally and physically and keep you happier so that you're able to balance things around you.

Tell us about your experience at NAAD.

It's been amazing. I've really enjoyed my weekend here. People are lovely and warm. The therapies have been very interesting; the Abhyanga massage has been my favorite. The Salt Cave is very new, and I've not seen that anywhere. Also, when it comes to holistic eating, they have some delicious recipes. I've totally enjoyed my stay here.

Often behind some of the most prestigious events, Pooja Gogia is the Director at Saltt Catering, Shakkar and a Luxury High-End Event curator. Apart from being an impeccable food entrepreneur and lifestyle influencer, Pooja channels herself for food, travel, and fashion into being the perfect boss-lady at work and a mom at home. Pooja shares her experience at the NAAD and trick for keeping up.



Pooja Gogia

What fitness means to you? How does it look like in your routine?

Fitness is not a destination, it's a lifestyle. I believe in being fit and eating healthy, so fitness plays a very important role in my life. In my routine, once I get up in the morning, I try doing a little bit of meditation followed by Surya Namaskar and in the evening, I try going to the gym or taking a long walk.

What is your concept of balanced diet?

I try and take a lot of fruits and vegetables and I try and mix a lot of carbohydrates and proteins. I avoid having lot of fried stuff and include more healthy stuff.

Your favorite spa?

There are many but the ones right now I remember are the The Oberoi Udaivilas, Udaipur and JW Marriott Mussoorie Walnut Grove Resort & Spa. Also, a spa called Bliss in Miami at The W Hotel.

Your favorite spa destination?

Switzerland for the mountain views that I get there and Thailand, of course.

What are your beauty rituals that you keep to when on holiday?

I take all my makeup off at night followed by some night cream or night oils that I use. Then the first thing I do in the morning is wash my face with cold water and have chia seeds and water.

What's your fitness routine when on a holiday?

On a holiday, I'm more relaxed and chilled out but definitely I try to start my day with some type of meditation, and I try and walk a lot since I don't get to go to the gym

Must haves in your makeup kit?

A lip and cheek stain, a lipstick, kajal, and mascara.

You as a wellness ambassador, what would you like to tell our readers?

It's very important to invest in yourself. One must always take out time for a little bit of exercise for himself/herself, even if it's just a walk, swimming or any activity that interests an individual. Please don't starve yourself or follow any type of fads. Eat healthy, eat a lot. Maybe eat in gaps of 2-3 hours.

What's your mantra for managing stress?

With the kind of work profile and load, stress does come naturally to everybody. Even I get stressed with the kind of work I h With the kind of work profile and load, stress does come naturally to everybody. We should think positive always and try to keep ourselves happy. I try and meditate every day because that relieves all my stress, and this is something I'd suggest to everybody as well. ave. I try thinking positive things and keep myself happy. I definitely try and meditate every day because that relieves all my stress, and this is something I'd suggest to everybody as well. Please meditate, go for walks, spend time with yourself, stay positive and stay very happy. If you bring happy thoughts in your mind, stress will go away.

Tell us about your experience at NAAD.

There is so much to talk about NAAD and I would recommend this place to everybody. The place has a warm vibe to it with amazing food one can indulge in. The place has an array of massages and I would definitely recommend the Abhyanga massage and the Turkish hammam. The one-on-one sessions with the doctors and experts would definitely be a highlight of the place for a holistic diet plan and therapies.

Celebrity fitness expert, health coach, and motivator – Kitty Kalra is internationally trained in Stott Pilates, Zumba and Doonya which is a dance fitness movement. She is also the recipient of the “Bharat Nirman Make in India Award 2016” for her plenty contribution in the field of fitness. She has motivated millions with her story of recovery from spinal injury with the strong will power and continues as a dance and fitness trainer. Kitty share her daily regime of fitness and her experience at the NAAD.

What fitness means to you?

Fitness for me is a whole package. It's being happy and healthy in mind, body and soul. For me it must be a habit and lifestyle so that it flows effortlessly to you. It's not just seasonal like for some wedding. It must be a continuous flow and if you love yourself then everything just flows then.

How does it look like in your routine?

Being a fitness expert, my routine is only fitness and health. I do take classes and I teach a lot of routines so I work out for 2 or 3 hours every day but then I stand and teach all my other clients while they workout so I'm actually in the fitness zone for about 6 hours every day.

What is your concept of balanced diet?

A lot of color on your plate. A lot of water. Lemon water for sure. Good proteins and carbs and fiber.

Your favorite spa?

I think it's Sixth Senses but I have a feeling that NAAD Wellness is slowly going to take over because I'm going to come back here and experience so much more that I could not. I think Bali or Koh Samui. But I did go back to New Zealand and there are so many spas.

What are your beauty rituals that you keep to when on holiday?

Whatever fruit I eat, I apply it on my face. That's the easiest and quickest you can get. I also carry a little face scrub and mud pack with me, so I keep using it every 2 or 3 days to cleanse my face off of all the dirt.

What's your fitness routine when on a holiday?

I do carry a mat and a thera-band all the time. If I don't get much time to do, then I do a workout with my thera-band. If not even that then go for a run. But I always do make sure I do my 20-30-minute workout in my room. Some dancing maybe, and if I find a gym at any hotel then I do a little bit of that as well.

Do you have any every morning or every evening wellness ritual that you swear by?

The morning one is turmeric, ginger and lemon water first thing in the morning. Throughout the day I do three glasses of lemon water and around 5:30-6:00 I have chia seeds water with cucumber



Kitty Kalra

Must haves in your makeup kit?

Concealer and mascara.

You as a wellness ambassador, what would you like to tell our readers?

Love yourself. You're the best. Don't wait for other people's approval. Kiss yourself in the mirror every day and say I Love You and everything is happening for your good. If you believe in all these principles, you're going to stay happier, healthier and more positive. Being positive is the only way to get ahead in life and gratitude is the biggest magical tool that you will ever have. Live in a lot of gratitude.

It's important to prioritize what you can fit in your day and your life. Everything doesn't have to come to you at the time when you wanted. That's the first thing we have to realize that what is important. Apart from that I think very important to do is something that you love. More than that it's very important to have a positive set of people around you that push you to love yourself and see yourself as the best version of yourself. If you've already started believing you're the best version of yourself, I think you've already achieved a lot of health and happiness in your own mind and soul.

Tell us about your experience at NAAD.

It's been a beautiful and totally mesmerizing experience here. Everything here is so holistic – from the spas to the therapies and the food is divine. We even asked them that we need to take back some recipes. So much so they also told us things like how to do oil pulling, how to do Yoga Nidra at home so that we take something healthy back as an experience here. It's a must visit place.

What fitness means to you?

Fitness right now is taking 50% of my life, it's become very important. With age your body tends to slow down and fitness is the only way you can always look very pretty and young. I think when your head is in the right space that's when your mental health as well works best. These days I'm exercising five times a week and I'm on a strict diet. I'm hoping to lose more weight and just have a more peaceful mind. So, I'm enjoying my fitness regime these days.

How does it look like in your routine?

My day starts with Pilates and I'm following a detox diet right now. A more of a holistic diet is what I'm following right now. I must say, at night before I come back home from work, I love to go for my dance class. It just makes me energetic and peps me up for the next day.

What is your concept of balanced diet?

I'm a purely vegetarian person so for me a balanced diet is something high on carbs and proteins. Though I have a sweet tooth, I'm restricting myself right now and concentrating more on greens, pulses and just for my protein content a lot of soya. I think it's okay to have some dairy but I'm keeping away from lot of highly fried, oily and spicy stuff right now.

Your favorite spa?

It's a spa town near Prague, it's called Karlovy Vary.

What are your beauty rituals that you keep to when on holiday?

I never go off to sleep with makeup. I keep Vaseline and Johnson's Baby Oil with me all the time and I have this nice herbal oil which I keep using for my glow. But most importantly I think just half an hour of walk or meditation is enough to keep your mind and skin glowing all the time.

What's your fitness routine when on a holiday?

I try to keep it simple during holidays because I love to sleep all day. Half an hour of walking or jogging is a must for me then. Two hours of meditation is a must for me.

Must haves in your makeup kit?

BB Cream. It's okay if you don't have on heavy makeup but I think using a BB cream which has moisturizer, tint, and a bit of makeup is enough for me.

You as a wellness ambassador, what would you like to tell our readers?

I would suggest taking your wellness more seriously. Give yourself that break, go to some destination or spa and please add half an hour of wellness to your life. It could be through gym or meditation or even food. But do add a little bit of wellness seriously in your life.

What's your mantra for managing stress?

I do lead a very stressful professional life, so I think the best way to reduce stress is just by meditation. Even if just 20 minutes or walking around a park where its greenery, it just keeps me very happy.



Tell us about your experience at NAAD.

My experience has been great. It's a little far from Delhi but I think it's the apt place. Go with your family or group of friends. My experience has genuinely been very beautiful, and it opened my eyes to a lot of new healthy and holistic vegetarian food, diets that I had never imagined could be so tasty. The best was the Yoga Nidra Class – just to be covering up for the sleep that you've been losing out – I think that was the best way. More than that the staff were amazing. They were very welcoming; doctors were very understanding and sweet. They knew just the right thing that was needed for your body.



Gauri Pandit Dwivedi

Former model and Bollywood actress Gauri Pandit Dwivedi have shared roles in various movies and advertisements. She made her debut with the 2005 film *Andhrudu*. Gauri share with globalspa more about her way of healthy life.

What fitness means to you? How does it look like in your routine?

Fitness for me is being healthy. I think if you strive to be healthy fitness will follow. Fitness is a very important part of my routine. I try to work out about 3 to 4 times a week. So, fitness in my routine would mean eating healthy and trying to work out whenever possible.

What is your concept of balanced diet?

Eating healthy and nutritious food, having the balance between all nutrients in your food which you eat.

Your favorite spa?

The Clarins Spa.

Your favorite spa destination?

Anywhere in Thailand like Phuket.

What are your beauty rituals that you keep to when on holiday?

Sunscreen is something I carry with me and I try to use irrespective of where I am and what I'm doing.

What's your fitness routine when on a holiday?

I try to walk as much as I can.

Do you have any every morning or every evening wellness ritual that you swear by?

Not really but I think yoga.

What's your mantra for managing stress?

Yoga and meditation. Just taking out even 15-20 minutes of your day for meditation is great for your mental health.

Must haves in your makeup kit?

A blusher and an eyebrow pencil.

You as a wellness ambassador, what would you like to tell our readers?

Wellness would mean a lot of things, but I think most importantly trying to eat healthy as much as we can and exercise. These two things combined would show results.

Harpreet Suri, with over 43k followers at @momwearsprada, is a corporate hustler turned mommy influencer, brand consultant, and a full-time fashionista sharing stories of her young mom life through Instagram. Harpreet is successful in breaking stereotypes by sharing beauty and fashion feeds across all woman to portray age really plays no number when it comes to owning a style.

What fitness means to you? How does it look like in your routine?

Fitness is a way of life. I start by early morning by walking in the farm that I live in. It just relaxes my mind since it's very green.

What is your concept of balanced diet?

A mix of lot of proteins, a little carbs and very less fat.

Your favorite spa?

Anandas at Himalayas.

Your favorite spa destination?

Bali.

What are your beauty rituals that you keep to when on holiday?

I carry a lot of sheet masks with me. I also grate pulses to carry them in boxes and keep using them.

What's your fitness routine when on a holiday?

I walk and not take cabs.

Do you have any every morning or every evening wellness ritual that you swear by?

I do a combination of different waters my dietician gives me. My favourite is fenugreek.

What's your mantra for managing stress?

The best way is to completely switch off. If you keep thinking, it just multiplies.

Must haves in your makeup kit?

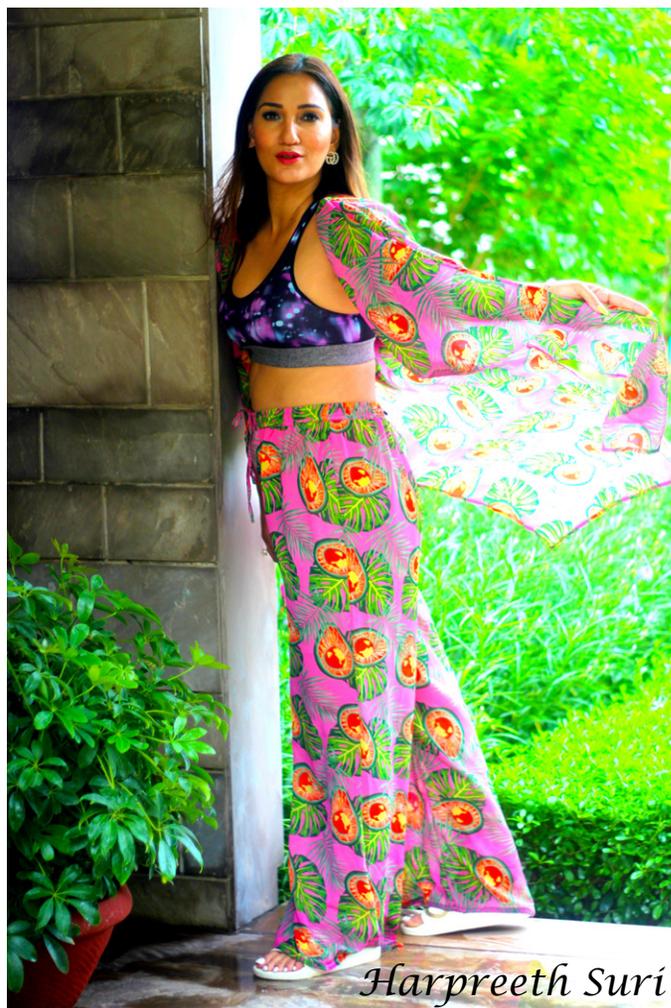
Foundation, MAC lipsticks and highlighter.

You as a wellness ambassador, what would you like to tell our readers?

It's very important to invest in yourself because that goes a long way.

WHO has recognized stress and mental health as one of the problems today. How do you balance in life?

By looking at my kids grow. They really de-stress me with their silly questions and innocence. That's my mantra – just playing with my kids.



Tell us about your experience at NAAD

It's amazing. They're treating me like a princess. I spent a good amount of time at Salt Cave, I'm looking forward to my Turkish Hammam tomorrow morning. I've never till date slept in a spa but I slept like a baby. I also did the Yoganidra. I loved this place.

HEALTHY FOODS TO BINGE ON

MUNCH ON THESE DELECTABLE FOODS TO KEEP YOUR ENTERTAINMENT
& HEALTH ON TRACK!

Hours on Netflix or TV can't pass while starving, and just sitting on the couch while munching won't be justified. But what can really work out while not literally working out is binge eating of healthy food! Foods with a mixture of healthy, lip-smacking, and efficient ingredients are listed below to make your entertainment as nutritious as ever

1. Sourdough Burger

Sourdough bread pieces have tikka/cutlet made out of kidney bean, garbanzo beans, black beans along with basic vegetables like cucumber, onion slices and tomato and hung curd dip amidst of all this. This is a balanced, highly nutritious replacement of the regular fried, cheese, mayonnaise burger as it contains components rich in fibre and protein.

2. Sali Par Eedu

A quintessential parsi dish, Sali par eedu is made with eggs on fried potato straws that are layered as a bed and cooked with tomatoes, coriander, some pepper. It can be made in an air fryer or oven to make it less fattening since less oil will be used to fry the potatoes.





3. Drinkable Soups

Drinkable soups are packed with organic antioxidant – packed produce, often extracted using high- pressure processing, delectable and convenient to have. Best part is that these do not require to be heated, just open the bottle and gulp down the drink.

4. Zucchini Chips

The potato chips are surely captivating but utterly unhealthy as they are deep fried. On the other hand, zucchini chips are baked, easy to cook and if topped with olive oil, can easily give the essence of salt and other spices.

5. Frozen Grapes

Frozen grapes are the healthy version of candies. It has the same texture & the crunchiness as a candy. Easy to make at home & already available in markets are just your regular grapes frozen to make the obvious healthy choice.





6. Butternut Squash for Mac n Cheese

Now replace the usual all-purpose flour-based elbow macaroni with butternut squash that is not only healthy but will also provide a great textural change to your causal macaroni and cheese. Its sweet taste will go well in contrast to the salty taste of the cheese and will provide the perfect balance of cheese with veggies.

7. Whole Wheat Pizza

The ever first choice pizza love, is actually made of white flour which is full of calories. For a healthier option, white flour base can be replaced with whole wheat base. Grill the pizza and for toppings prefer olives, sun dried tomatoes, pickles and dollops of salsa. Also, try hung curd cheese instead of cheese.

8. Toasted Walnut Hummus

The walnut-full dish is packed with nutrition, protein & healthy fats. Blended with chickpeas, orange zest in a walnut garlic puree, serve the hummus in a bowl alongside toasted pita bread or with a variety of colourful raw vegetables.

9. Smoothies

Instead of whipping up a quick milkshake which surely does taste amazing but is full of added sugar and flavourings, make a smoothie with milk or yogurt as a base & add fruits, and voila! You have an alternative for milkshake, ready to slurp on dessert.



10 TRUTHS ABOUT THE KETO DIET

THE TRENDING KETO DIET THAT FOCUSES ON A LOW-CARB DIET PLAN HAS RAISED MANY QUESTIONS, SOME IN ITS FAVOR AND SOME CALLING IT AN UNHEALTHY FAD. DOES KETO WORK? IS IT A 'ONE SIZE FITS ALL' DIET PLAN? WHAT ARE ITS SIDE-EFFECTS? WHAT MAKES IT WORK? WHY WOULD IT FAIL? GLOBALSPA HELPS YOU DEMYSTIFY TEN MYTHS ABOUT THE KETO DIET, AND SPELLS THE TRUTH.



Ketogenic, or more commonly called keto, is an emergent diet plan with low-carb and high-fat intake. The diet works by adjusting the body from using glucose as the primary source of energy to using ketones, i.e. fat.

But like any diet plan, keto has its own set of conceptions people tend to believe regardless of them being true or not, and that's exactly why we decided to decode some of the many misconceptions revolving around about keto.

Take a look:

1. It only works for weight loss.

The keto diet might've started trending for its benefits on weight loss but it's a misunderstanding, though common, that it's the only thing it's useful for. Studies have recently revealed that keto diet helps in various other ways like improving gastrointestinal problems, cognitive functioning, and normalizing blood sugar level. Revelations that it could help prevent the risk of diabetes and cardiovascular diseases have also risen.

6. You can't eat produce on diet.

Fruits and vegetables are good sources of carbohydrates, yes, but they're also important for antioxidants, fiber, minerals and vitamins. Abandoning these natural nutrients can cause many problems, one of which is constipation. Although some are off the list, you can always opt for vegetables like cauliflowers, cucumbers, broccoli, mushrooms, avocados and spinach. Fruits you can consume consist of berries like raspberries, blackberries, strawberries and cantaloupes.

7. High-fat low-carb diet = High-protein diet

That is one very wrong equation. Excess protein in your body gets converted into glucose, throwing your body off kinesis. Not only that, the amino acids in proteins when disintegrate increase ketone levels in the body which can prove problematic for a follower considering they already have high ketones. In reality, the diet suggests only 70% fat, 20% protein and 5% carbs.

8. You can't drink alcohol.

Not true. While not all alcoholic drinks are on the table, there are some. Pure alcoholic drinks like rum, vodka, tequila, whiskey, red wine and white wine are keto-friendly. For mixers, sugar-free tonic water and diet soda can be used. Reminder: moderation is key. Even though there's a whole spectrum of alcohol to choose from, stay grounded as to not make it part of your daily routine. It can end up reducing fat loss and eventually failing the diet.



9. Keto works the same for all genders.

Women, as a fact, are more prone to changes and effects of diets as compared to men. Part of the reason why keto works different for men and women is because of estrogen present in females. Keto works well for both, no doubt, but women are tended to do so carefully. Women are suggested to consume an alkaline diet along with keto to make sure their pH levels are maintained and body changes are healthily brought about. Reducing stress levels and its causes is also recommended.

10. Keto is a long term/short term diet.

It's been debatable whether keto is a long-term solution or short. However newer research has come to prove it's neither. People have different blood sugar responses to the same foods which implies – keto is not the answer for everyone. It's about finding the right diet for you, and it may or may not be keto. You can always meet up with a dietitian to analyze what works best for you and your body.

Rumor has it: the myths have been busted! We assure you can trust this one.



FOLLOWING SEPARATE DIET PLANS FOR DIFFERENT BODY TYPES

NO ONE DIET IS FIT FOR ALL. WE'RE ACCUSTOMED WITH DIFFERENT BODY TYPES AND IT'S FOREMOST TO CONSIDER THAT AND THEN SET GOALS. WANT TO KNOW YOUR BODY TYPE AND WORK AHEAD? READ ALONG TO FIND OUT.

Understanding your body type is essential in determining your fitness plan, fashion, and style, and the best diet to follow. According to Psychologist William Sheldon, human beings can be categorized into three main body types, and based on this classification; you can determine the best diet for your body type.

Ectomorphs

Ectomorphs tend to be tall and lean, have minimum body fat and in most cases have difficulty in gaining weight. They tend to have small bone structures coupled with thin limbs. This category of people mainly tends to have a higher metabolism rate like endurance athletes.

The best diet for Ectomorph depends on your unique goals. Do you want to gain weight? Build endurance? Build muscles mass or maintain your slender physique. However, regardless of your goals, the best diet of any ectomorphs should contain more carbohydrates. This is due to their fast metabolism rate.

Ensure your diet contains more carbs. Also, include vegetables and fruits to keep a balanced diet.



Endomorphs

According to leading psychologist Sheldon, this group of people tends to be the exact opposite of Ectomorphs. They tend to be plump, have large arms; narrow legs and skinny wrists. Their bodies contain a higher percentage of fat as compared to muscle, hence can be described as heavy and round.

Thus, Endomorphs must be keen with their calorie intake. They should consume fewer calories and burn more calories to maintain their ideal body type. Since they burn calories at a slow rate, Endomorphs should limit carbohydrates intakes since excess sugar are converted into fat.

Their ideal diet should contain more fat, fewer carbohydrates, and more proteins. The rule of thumb is 30% carbohydrates, 35% of proteins and 35% fats.

Mesomorphs

Mesomorph individuals have features that lie between Endomorphs and Ectomorph. They have a medium frame, gain muscle easily, burn calories moderately, and have more muscle than fat. The unique feature of this category of body type is that they can gain weight quickly and can easily lose weight. Hence, the ideal diet depends on the goals of the individual.

The ideal diet of Mesomorphs should be a mixed diet consisting of a balanced amount of carbohydrates, fats, and proteins. Also, include some fruits and vegetables to ensure that you have a balanced diet.

Thus, what is your body type? Depending on your unique body type and the unique fitness goals, you can easily design the best diet plan.



HEALTHY EATING DURING CHANGE OF SEASON

EATING RIGHT DURING CHANGING SEASON IS WHAT'S ESSENTIAL FOR KEEPING UP YOU HEALTHY AND FIT.



There are 4 seasons in the year according to which we are supposed to alter our diet plan. These seasons are Spring, Summer, Fall and Winter. There are abundant reasons as to why we should eat according to these 4 seasons, no matter where we live. Eating according to the seasons is what nature intends. Everything depends on our eating pattern in these different seasons, our weight, energy, and wellness. We should not give up on our intake of fat-free food, carbs, proteins and sugar all year around, rather these should be eaten in specific ratios at different times of the year. This way we all will lead to a more sustainable lifestyle. Paras Sharma, Brand Manager, Indian Earth Foods in some interesting factors.



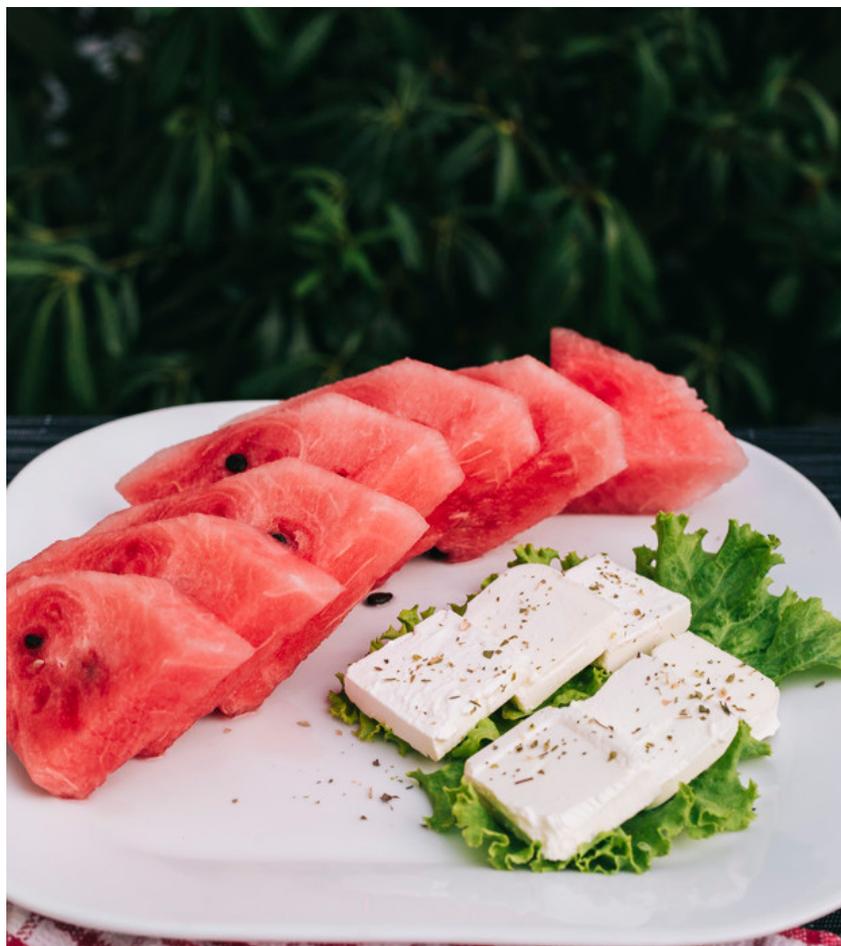
What To Do?

Eat produce grown in their ideal growing season, as they contain more nutrients than when grown offseason. Fruits and vegetable are at their peak of freshness when are in season and they taste the best at this time. Avoid eating off-season produce and make the most of seasonal produce.

As we change other things according to the season example clothing we need to change our diet habits as per the season and it makes sense to shift are dietary plans.

A diet is something that an individual eats on regular basis. It does not mean you need to give up on your carbs, sugar, protein and other things throughout the year. You need to set a routine according to what has to be eaten when.

Diseases like obesity, diabetes, autoimmune and other preventable chronic conditions linked to diet and lifestyle have increased. Thus it is important to pay attention to what we put in our system. We should invest in food which is fresh, whole food, free of genetically modified ingredients, chemicals, hormones, added sugar, trans fat and other toxins. This can be seen as a good investment to your health as it will help in the long run preventing the need for health care drugs and keeping all the chronic diseases away.



What To Eat?

Early summers are the best to eat whole foods, Foods that are light and cooling. A decrease in grains, nuts, seeds, meat and dairy products. Eat plenty of non-starchy vegetables and fruits.

Late summers, start a gluten-free diet. Incorporate Indian Earth's Gluten-free cornflakes in your breakfast. Have hydrating fluids and cooling foods. Non-starchy vegetables and fruits and additional protein and fat.

Fall is for superfoods. It's time to eat heavy starchy vegetables. Warming foods and increase in your protein and fat intake. Some quantity of grains and beans.

Winter is here and its time to say hello to sugar-free food. Rest and digest is the mantra. Eat heat producing foods with more proteins, carbs, fat and starchy veggies. Add Indian Earth's seed range to your diet along with grains, beans and dairy products. Also, eat sautéed and baked food.

Spring is the time to go organic. Cleanse and detox your body at this time of the year. Eat lighter foods and use lighter cooking techniques. Leafy greens, sprouts, herbs are a big yes for spring. Lower your calorie, protein and fat intake.

Support your body and mind with this shift in the dietary plan as per the season change and stay healthy all year around!



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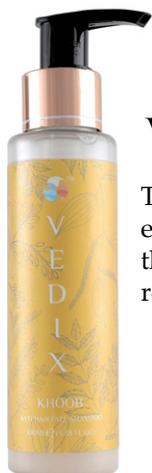
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IGNITE PASSION IN YOUR RELATIONSHIP

By Ridhi Lakra

People say you are what you eat, and while plenty of things we consume have a direct impact on our hormones, brain chemistry, energy, and stress levels, some also may serve a much sexier purpose: Aphrodisiac. "Foods that heighten sexual desire and awareness are considered aphrodisiac foods. Certain components/nutrients in foods that raise the heartbeat, increase blood flow or increase the production of serotonin (a neurotransmitter popularly known as the feel-good hormone), by sheer attribution to its physical effects are known as Aphrodisiac foods," says Anupama Menon, Nutritionist & Food Coach. There's a great deal of lore surrounding foods that supposedly boost your sex life, and throughout history, various edibles have been hailed as intense aphrodisiacs. "There are certain reasons to find such foods to be, sometimes for

their chemical composition, sometimes for the kind of nutrients the foods comprise of, sometimes just by the appearance of certain foods to be found identical to the sexual organs of the human body. The reasons behind certain foods being considered to enhance a person's sexual urge and hence, the love life is because of the kind of enzymes those foods produce inside the human body after consumption," Preety Tyagi, Nutritionist.

Here's a list of the most indulgent aphrodisiac foods.

Chocolate

Cocoa contains the chemical phenylethylamine, a stimulant that sparks dopamine production in the brain and conjures just the sort of subtle feelings of well-being and excitement that have sex seem like a great idea. Chocolate also works in the body by increasing nitric oxide and promoting blood flow to your sexual organs, which increases sensation, satisfaction, and desire.

Bananas

Phallic allusions notwithstanding, bananas have a lot to offer when it comes to boosting sex drive. These fruits deliver a punch of potassium, a nutrient key to muscle strength (which might make orgasms extra-intense.) They're also packed with nutrients like potassium and vitamin B, which are essential to sexual hormone production. Also, banana contains bromelain, an enzyme which triggers testosterone production.

Pomegranate

Known as the love apple, here's another suggestive fruit that packs a punch. It's high in antioxidants, so boosts blood flow, in turn increasing genital sensitivity. The Pomegranate benefits not just stops here, it is also known as the powerful natural aphrodisiac properties. A pure pomegranate juice helps in increasing the testosterone level in the body and increase sexual desires.



Salmon

You probably already know the salmon is a stellar source of Omega-3 fatty acids that support a healthy heart as well as shiny hair and glowing skin. But you may not know the connection between steamed fish and a steamy night of passion. Those essential fatty acids also maintain hormone function and may raise dopamine levels in the brain to prime you for optimal arousal

Strawberries

Though they may not possess any magical secrets, the antioxidants and phytochemicals in strawberries help to reduce joint inflammation. Their beautiful colour, sweet flavour and shape make them the perfect treat for sharing with your beloved at a seductive meal. If you come across a double strawberry, be sure to break it in half with someone special... an old legend promises that this will bring true love

Figs

One of the dry fruits that stands out for its incredible benefiting properties is fig, which also belongs to the mulberry family. This small-bell or pear-shaped fruit is available throughout the year in dry form but better when is fresh. Figs are rich in high amino acids similar to that of dates, which boost sexual stamina, and increase libido. You add these figs to your fruits salads to enjoy the benefits.

Olive

Not only does olives taste delicious, but it also offers many health benefits for you. When it comes to be an aphrodisiac, the black olives are believed to increase woman's sex drive. While the green olives are known to make men more virile. Moreover, the olive oils are rich in essentials fatty acids and these help in good health for increasing testosterone productions and maintain the organs.

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UNDERSTANDING PCOS

By Dr Anu Sridhar



PCOS BEING A HEALTH CONDITION FOUND TO OFTEN AMONGST WOMEN, IT IS IMPORTANT TO KNOW THE HOW AND ABOUT OF THE ISSUE.

Polycystic Ovary Syndrome is a major health issue which affects around 10% of women in their reproductive years (18-44 years), thus making it one of the most common causes of infertility in adult females across the world. Despite being prevalent amongst a significant number of women, PCOS is often difficult to diagnose and treat as individuals often mistake it to be a skin condition and do not seek medical assistance until the condition worsens. Skin issues are only a symptom of the disorder, PCOS is a result of an internal underlying hormonal imbalance and hence a relatively complex disorder which can be treated with multiple approaches.

Why exactly does PCOS occur?

PCOS is a hormonal disorder which if left untreated has the potential to lead to various other diseases. The disorder is a sign of imbalance in reproductive hormones and as a consequence clusters of small, fluid-filled cysts containing immature eggs develop in the ovaries. Cystic ovaries along with irregularities in the menstrual cycle and increased androgen levels (androgen is a hormone present in males) are the three most common factors present in PCOS. The relevant hormonal imbalances have been extensively researched and a resistance to insulin has been found to be a universal factor. While a family history of PCOS is relatively common, the exact familial links to the disorder remain unclear. At present, it is widely accepted that genetic and well as environmental factors combine to develop the condition.



What is resistance to insulin?

Insulin is a biochemical produced by the pancreas and released to regulate and reduce the sugar levels (glucose) in our bloodstream. When the blood cells are resistant to insulin, they do not respond to it causing the pancreas to release more of the chemical. This ultimately results in a surplus of insulin in our bloodstream. The main problem is that insulin also impacts reproductive hormones therefore leading to hormonal imbalance. Once considered an infertility condition and often mistaken to be a skin ailment, today PCOS is classified as a metabolic disorder along with conditions such as type 2 diabetes, cardiovascular disease and stroke.

What are the symptoms of PCOS?

Even though PCOS is driven by an internal condition, apart from cystic ovaries and menstrual irregularities the majority of symptoms are visible on the skin and the body surface. This has led to the diagnosis of the condition being significantly harder. Hormonal imbalance cannot be identified by simple physical examination and patients mistake the condition to be a simpler skin ailment.

The excess insulin in the bloodstream causes the ovaries to produce testosterone which leads to-

- Acne
- Skin tags
- Hair loss
- Excess facial hair growth (hirsutism)
- Thick and rough skin especially around the elbows and knees
- Patches of dark skin on the neck, underarms, thighs and chest

The subsequent hormonal imbalance also leads to several non- surface symptoms-

- Frequent mood swings
- Sharp increase in weight and obesity
- Glucose intolerance
- Ovarian cysts
- Irregular menstrual cycle



The Diagnosis and Treatment of PCOS

Dark patches on the skin and excess hair growth are signs that medical professionals keep an eye out for when diagnosing PCOS through a comprehensive physical evaluation. However, ultrasound of the uterus and ovaries as well as a thorough blood examination are strongly recommended.

As the primary cause of PCOS remains unclear, treatment is directed at the symptoms. However, few treatments cover all aspects of the disorder while remaining effective long term. In fact, a focus on skin issues may even mask the seriousness of the condition. The primary goals of treatment must be to instigate regular ovulation cycles, reduce androgen levels and reduce insulin resistance as well.

Metformin, which is used to treat diabetes, is a common prescription given to PCOS patients to regulate insulin levels. Clomiphene is also administered in order to induce regular ovulation cycles along with antiandrogens.

While the pharmaceutical treatment is applied, an absolutely vital component of controlling PCOS is reducing weight and obesity. The weight of an individual directly affects the insulin as well as hormone production and maintaining a healthy, stress-free lifestyle and following a moderated controlled diet can go a very long way in controlling and slowly recovering from PCOS.



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