

WELLNESS WISDOM

# Beat the HOLIDAY Blues

A POST-HOLIDAY DETOX HAS BECOME  
A REALITY WITH VACATIONS BEING ALL  
ABOUT INDULGENCE.

By **Bindu Gopal Rao**

After a few weeks of putting your feet up, indulging in delicious food and taking a break from work, getting back into the swing of things can be a bit of a challenge. Returning from a holiday often leaves you feeling tired, overstuffed and overwhelmed. It is necessary to rejuvenate and replenish your body and skin with some much needed nourishment before returning to your daily routine.

## SKIN AND HAIR CARE

The first step in your quest to achieve your post-holiday glowing skin is to exfoliate. A good exfoliation will help to slough off dead skin cells that may be contributing to a dull complexion, dry skin and clogged pores. "You may already follow a strict natural skincare routine, but it may have fallen by the wayside a bit over the holidays. Late nights, travel and rich food all take their toll on your skin, and while you may be feeling rested internally, externally your skin may be looking a little dull," says Sol Malik, President, LuxaDerme. Before you dive into applying your various lotions and potions, the next step in your routine is to hydrate your skin. Using products that are rich in Red Ginseng, Sea Kelp and Green Tea help brighten tone and smoothen your skin in less than 30 minutes. Aishwarya Sawarna Nir, Founder, Global Beauty Secrets opines, "Begin your day with warm lemon water to energize your body and keep con-







suming enough water throughout the day to help your liver and kidneys filter out the toxins. Exercise to refresh yourself and stay fit. Follow a regular skin care regime that is cleansing, toning and moisturising. Detoxify your skin with face packs which have charcoal as its active ingredient. In Greece ‘Activated Charcoal’ used by the surgeon Hippocrates for healing is also known as ‘Black Magic’ because of its colour and effectiveness. The ‘activated’ charcoal particles will help deep cleanse the toxins from your face while minimizing pores and reducing excess oil from the skin. Practicing this ritual of masking continuously may help combat acne problems and regulate oil production. De-tanning with activated charcoal, Aloe Vera, Jojoba oil, Tea tree oil and Vitamin E will help remove black heads, unclog pores and brighten the skin.” Seal in the moisture to combat dryness and rough skin with creams that are rich in emollients like Argan oil, Shea butter, Cocoa butter and Olive oil to boost the skin’s natural barrier. Eye creams which are rich in Vitamin K, AHA’s, and Vitamin C will help reduce dark circles and puffiness. “While ice rollers help to moisturize and refresh your skin any time of year, in summer, they are just a treat. They also give you a great chance to cool off during the day as you rub the smooth, icy roller over your sweltering skin and as your skin tans throughout the holidays under hot summer, you need to remove the damaged skin,” says Vibhuti Arora, Owner, House of Beauty.

#### DIET DAIRIES

Add greens to your diet especially after a holiday as it works as a natural detox. “When we choose food groups that are closer to nature, the raw-natural re-

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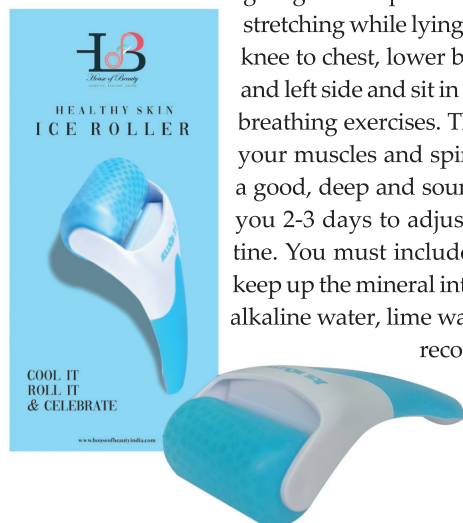
sources, we are preserving our green system and also building vitamin-mineral store house in our body. A well-illustrated example includes our choice of choosing an apple over apple cheese pudding. It had always encouraged me to learn the science behind the food and how it can be therapeutically used to make healthier bodies and this is essential post a holiday too,” says nutritionist Heena A. Kukreja, Founder, Health Essential.



## DO IT RIGHT AND SLEEP TIGHT

Holidays are meant to rejuvenate you but getting back to your old routine can be tiresome. The journey back, change in weather and difference in food can take a toll on the body and mind equally. If you are coming back from an international holiday, adjusting to the time change is very important. "The best way to do this is to get 7-8 hours of good sleep and wake up to your time zone. To get the best sleep, do some gentle stretching on your back before

going to sleep. You can do gentle hip stretching while lying down on your back, knee to chest, lower back rotation to right and left side and sit in vajrasana to do deep breathing exercises. This will help relax your muscles and spine and help you get a good, deep and sound sleep. It will take you 2-3 days to adjust to your daily routine. You must include other fluids too to keep up the mineral intake, like buttermilk, alkaline water, lime water and the like. It is recommended to stick to a light fluid diet for a few days before you jump to your



regular diet. Fresh cut fruits, green salads should be your friends for the first week," says Janmejy Shekhawat, Physiotherapist & Chiropractor, Reset Bangalore.

Always get back home at least 1-2 days before returning to work. You then have time to do your laundry, stock up on groceries and unpack. Nadia Issadeen, Marketing Communications Manager, Mövenpick Hotel Colombo says, "To feel refreshed one should get more sleep. A nice warm mug of almond milk and saffron helps to sleep better. When one wakes up in the morning, some gentle stretching is refreshing too. In addition to sleep, one can try natural cleansers like ginger tea which helps with digestion, or some warm water with lemon. Going fresh and lean with some vegetables, whole grains and fish also helps to detox the body. A good start to the week would be to rejuvenate the skin and work on nutritional meals rich in protein and healthy fats. One can also relax with a face mask or purifying mask to take away all that holiday makeup and sunburn."

## SPA THERAPIES

When you return from a holiday you can beat the blues by going for a detoxifying spa treatment. These are intended not just to remove toxins from your body but also help you refresh and recharge your batteries. "Samunprai massage is one of our highlight spa therapies in the Farmer Collection and is recommended for detox and rejuvenation after a holiday. This Thai-style massage combines acupressure with aroma therapy. As part of the treatment you will be ensured that your aching muscles and tired spirit are invigorated," says Ashok Nair, Director of Experiences, Four Seasons Resorts Thailand.

So the next time you holiday, have a blast but make sure you come back and rejuvenate so that you are able to handle your work with a panache that is impossible to match. 🌸