



# SAMREEN TRIES IT...

It's time to get your groove back! ELLE's beauty and health editor, Samreen Samad, shares her beauty resolutions and what she's keen to try in 2022



**Davines** Naturaltech Nourishing Hair Building Pak, ₹ 2,500



**BIODERMA** Sébium Gel Moussant Purifying Cleansing Foaming Gel, ₹ 1,575



**iS CLINICAL** Cleansing Complex ₹ 3,980



**Brillare** Mindfulness Body Wash, ₹ 1,495



**The Skin Pantry** Lemon Cheesecake Body Butter, ₹ 1,050

## MINDFUL CLEANSING

Now, I'm very particular about cleansing. I wash my face twice a day, and never sleep with make-up on—even if I've had a crazy night. But, I've never really paid much heed to the cleanser I used. Heck, most of them do the job, right? Well, turns out that actually cleansers are kind of a big deal. This year and forward, I'm picking ones that remove make-up, dirt, sweat and gunk without drying my skin or compromising my skin barrier. The aim is to avoid soap-based formulas, and ingredients such as mineral oil, parabens and fragrance. My favourites right now are iS Clinical Cleansing Complex, Sunday Riley Ceramic Slip Cleanser and Bioderma Sébium Gel Moussant. I've also added the new Foreo Luna 3 to my nightly routine. It cleanses beautifully, removing every speck of dirt, while being gentle on the skin.

## TLC FOR HAIR

The pandemic, lockdown and well, my laziness, have not been so good for my hair. But I plan to change that this year. I recently went to BBlunt Salon to try their newly launched treatment by Italian brand Davines—yes, they're finally in India. It struck me that I had forgotten the power of a good hair spa! My very bleached and dry hair was instantly revived. I also gave a shot to the Naturaltech Nourishing Hair Building Pak; it turned out to be as nourishing as promised. Its entire range is made with organic ingredients. Hair masks and spas are definitely going to be a regular ritual from now on.

## BODY CARE IS A MUST

I will admit that I don't look after my hands and feet as much I care for my face. But of late, I've been enjoying a nightly foot massage thoroughly. There's a little jar of The Skin Pantry Lemon Cheesecake Body Butter on my nightstand, which I lavishly apply on my feet, hands and elbows before hitting the sack. My feet are in a much better shape now, and I have been getting better sleep too. Also, I have let go of harsh body cleansers. The keywords for the coming year are easy, gentle and soft.

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