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Organizer: **Smriti Parrohit 9820816617 Manjusha 9920974024**

Gayatri.S  
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In the world of beauty, nature-derived ingredients are particularly appreciated and sought after for their gentle yet effective properties. Here, we highlight the potent benefits of oranges, papaya and saffron

# A power-packed trio for skin and hair

Oranges, papaya and saffron—these orange-hued ingredients form an intrinsic part of our beauty rituals

fron in skin and hair care.

→ **GLOW GETTER**

The importance of vitamin C in skincare can't be stated enough, and oranges are a powerful source of this vital compound. Sharing her thoughts on this citrus fruit and its role in skincare, Dr Pallavi Sule, a dermatologist and aesthetic physician, says, "Oranges are rich in vitamin C and antioxidants, which help in collagen production, promote skin elasticity, and reduce wrinkles and fine lines. Brimming with natural citric acid and a high concentration of water

and salts, it acts as a gentle exfoliant to remove dead cells, unclog pores, brighten, and improve complexion, and fade dark spots. It also protects skin from environmental damage, pollutants, and UV rays."

→ **DIY hack:** Dried orange peel powder can be mixed with yoghurt and applied to the scalp to reduce dandruff.

→ **THE SECRET TO YOUTHFULNESS**

Papaya, a tropical fruit, is loaded with powerful nutrients that offer numer-

nourishment for soft, supple, and plump skin."

→ **DIY hack:** Mix papaya pulp with honey, yoghurt, or aloe vera gel to create a gentle exfoliating face mask.

→ **AN ANTIDOTE FOR RADIANT SKIN**

Saffron, also known as kesar, is a treasured spice that not only finds pride of place in culinary preparations but skincare too. Sule says, "Saffron is a good antioxi-

dant with several anti-inflammatory properties that help soothe and brighten skin, reduce redness and even out skin tone. It also helps to control acne."

→ **DIY hack:** Prepare a brightening face mask by blending a few strands of finely crushed saffron with milk or yogurt.

→ **HAIRCARE RULES**

While these ingredients offer plentiful benefits to skincare, they do their

bit for haircare too.

Shaily Kataruka, the founder of a haircare brand, says, "The vitamin C in oranges nourishes hair strands and follicles for stronger and thicker hair while vitamin E protects hair from damage and acts as a natural hair conditioner. Papaya, on the other hand, nourishes hair from root to tip and benefits dry and damaged hair whilst conditioning, hydrating, and softening tresses. Finally, saffron helps promote hair growth, intensely nourishes the scalp and boosts shine and lustre."

→ **DIY hacks:** Apply a paste of orange juice and aloe vera gel, or orange peel powder with honey and water, or mashed ripe papaya with ripe banana to your scalp and mane for 15 minutes before shampooing to boost hair health. You can also add 10 to 15 strands of saffron to 100 ml of almond oil in a tightly sealed bottle and store it in a cool and dark place for about 10 days. Apply this oil to scalp and hair once or twice a week.

Incorporate these ingredients into your skin and haircare regime to reap their many benefits.



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