

4<sup>th</sup> International Conference and Expo on

# Cosmetology & Trichology

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## Skin care: Novel horizons from ayurveda

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Healthy skin is the most desirable and decisive component of beauty. The cosmetic demand of this aesthetic era necessitates every individual to resort to the daily routine practices required for healthy skin. Ayurveda, which is one of the most evolved branches of medical science, elaborates various routine practices for healthy skin. They are *Abhyanga* (oil massage), *Udvaartana* (rubbing and anointing), *Utsaadana* (rubbing and kneading), *Udgharshana* (powder massage), *Anulepana* (facial anointments), *Nasya* (nasal instillations), *Shiro abhyanga* (head massage) etc. and finally *Nidra* (adequate sleep) also counts to a major extent in the maintenance of healthy skin. Skin type in Ayurveda is mainly determined by the *Prakriti* (constitution/temperament) of the individual which are of 3 major types i.e., *Vata*, *Pitta* and *Kapha*. Whatever may be the skin type, dry/oily, sensitive/resistant, pigmented/non pigmented, wrinkled/tight or non wrinkled, all of them are incorporated under the above 3 major types of temperaments. Both the routine practices as well as therapeutic modalities are planned according to the temperament which varies greatly for different constitutions. For example skin of an individual of *Vata* constitution would be lusterless, having rough texture and cracks due to dryness and thus should be given warm and unctuous therapies and oil massage for lubrication and natural moisturizers for hydration. Similarly individuals of different constitutions require different modalities. Hence the novel approach of Ayurveda regarding skin care is highly rational and scientific.

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## Periocular rejuvenation in 2015

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Amazing advances have occurred in the field of Ophthalmic Plastic Surgery over the past decade. We now understand that a significant portion of facial ageing is due to loss of the natural fullness around the eyes that is present when we are young. As we age, this fullness is lost leading to “hills and valleys” around the eyes where there were once smooth contours. Fortunately, advances in technology are available to directly address these problems. This presentation will explain our current approach to periocular rejuvenation including eyelid surgery, laser, hyaluronic acid fillers, and Botox. Extensive clinical examples will be used to reinforce these concepts.

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