

# Herald Cafe



## Summer-ready: Skin and hair care on the go

Anxious about losing your glowing skin or luscious tresses? The heat is real, and so are its deadly fallouts

Elsa Angel Rose

Taking care of our hair and skin has no excuses. Being judicious of what this blazing sun can do to skin and hair is important. Protecting them is our responsibility and a part of a broader idea of self-love. We explore the many effects of heat on our skin and hair, common illnesses, and how we can tackle these efficiently.

### DO'S AND DON'TS TO PROTECT YOUR SKIN AND HAIR BY DERMATOLOGIST DR BINDU STHALEKAR

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| <p><b>DO'S</b></p> <ul style="list-style-type: none"> <li>Use a broad-spectrum sunscreen (SPF 30 or above) and reapply every 2-3 hours if outdoors.</li> <li>Cleanse your face twice daily with a mild, gel-based cleanser.</li> <li>Hydrate your skin using light, water-based moisturisers.</li> <li>Drink plenty of water—hydration starts from within.</li> <li>Wear breathable, cotton clothing and a wide-brimmed hat when out in the sun.</li> </ul> | <p><b>DON'TS</b></p> <ul style="list-style-type: none"> <li>Don't skip moisturizer—even oily skin needs hydration.</li> <li>Avoid stepping out during peak sun hours (12 pm - 3 pm).</li> <li>Don't over-exfoliate or use harsh scrubs—they can irritate sun-exposed skin. Stay away from heavy makeup, especially if you're sweating—it can clog pores.</li> </ul> |
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### SUMMER DIET FOR HEALTHY SKIN AND HAIR BY DR JOLINE FERNANDES

**Include these:** Seasonal fruits rich in water and antioxidants like watermelon, cucumber, papaya, mango, leafy greens like spinach, amaranth, moringa, and more. Foods that contain Omega-3s such as walnuts, flaxseeds, and fatty fish. Hydration items such as coconut water, buttermilk, lime water, and soaked sabja seeds. Zinc and biotin-rich foods like pumpkin seeds, sunflower seeds, eggs, whole grains, and local summer berries.

**Limit these:** Deep-fried and processed snacks, sugary beverages, and excess caffeine, excess dairy products (if acne-prone)



### NEED VARIED SKINCARE FOR MEN AND WOMEN?

Skincare is based on each skin type and concern, regardless of gender. "While the core skincare principles are the same—cleansing, moisturizing, and sun protection—men's skin is typically thicker and oilier due to higher testosterone levels. Men may benefit from stronger exfoliants and lighter textures," said Dr Bindu Sthalekar. According to her, "Women's skin can be more prone to sensitivity or hormonal pigmentation, so their routines may include gentler formulations and targeted treatments like under-eye care or melasma therapy."

### TRY THESE SAFE AND SIMPLE DIY RECIPES

**Cucumber & aloe gel soothing mask**  
Mix equal parts fresh cucumber juice and aloe vera gel. Apply to the face for 15 minutes to calm and cool sun-exposed skin.

**Rosewater & glycerin mist**  
Mix rosewater with a few drops of glycerin and store in a spray bottle. Spritz on your face throughout the day for a hydrating, refreshing boost.

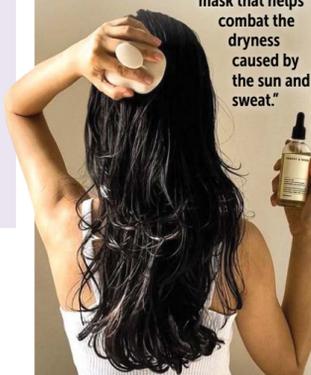
**Oatmeal & yogurt exfoliating pack**  
Mix 1 tablespoon ground oats with one tablespoon plain yogurt. Apply gently to exfoliate dead skin and reduce oiliness.

**TIP:** Always patch-test any homemade remedy, especially if you have sensitive or acne-prone skin.



### SELF-LOVE THROUGH SKIN AND HAIR CARE

Nadaisa Caren Gomes, a beauty influencer says, "I prioritise hydration both internally and externally, drink a lot of water, and use a gel-based moisturiser. I never skip sunscreen, facial mists are also handy. For hair, I try to reduce heat styling, I use a leave-in conditioner, and I use a hair serum with UV protection to save my hair from sun damage. Once a week at least, I wear a deep conditioning mask that helps combat the dryness caused by the sun and sweat."



### COMMON ILLNESSES DURING SUMMER

Acne breakouts, especially in young adults, due to sweat, oil, and dirt accumulation are common during summer. Fungal infections like ringworm, heat rashes, or prickly heat, particularly in children or people with sensitive skin are noticed. Sunburn and tanning, often from unprotected exposure during peak hours are also common. Melasma and pigmentation tend to worsen in summer due to sun exposure. For hair and scalp, diseases like Seborrheic dermatitis (greasy dandruff), Folliculitis (inflamed hair follicles due to sweat buildup), and increased hair fall due to dryness, heat stress, and frequent washing are common.



'STARS OF THE FUTURE' ON A CULTURAL TRIP TO PORTUGAL



ST ANDREW'S SCHOOL, VASCO ORGANISES FUTSAL TOURNAMENT

### SWIPE RIGHT

Yami Gautam, Emraan Hashmi to star in a film on Shah Bano case



Yami Gautam and Emraan Hashmi are set to star in a film inspired by the life of Shah Bano. This comes on the 40th anniversary of the landmark judgment of the Shah Bano vs Ahmed Khan case (Supreme Court 1985). The judgment is seen as one of the milestones in Muslim women's fight for rights in India and the battle against the set Muslim personal law. The film is a high-octane drama set against the backdrop of a case that changed the constitutional history of India. Emraan Hashmi is playing Yami's husband, a character inspired by Shah Bano's husband, Ahmed Khan.

### Will Brad Pitt get married for the third time?

The 'Wolf' actor Brad Pitt and Ines de Ramon are looking to take the next step in their relationship after having dated for a couple of years. The source close to the movie star revealed that he and Ines de Ramon are enjoying each other's company and could plan on getting married. Ahead of getting together with Ramon, Pitt was married to the 'Friends' star Jennifer Aniston and then to Angelina Jolie, with whom he shares six kids. An insider revealed, "Brad is finally feeling free of his past and the seemingly endless divorce from Angelina. He wants Ines to know he'll always be there for her, no matter how far he travels for work."



Coldplay's South Korea Concert was joined by BTS' Jin. He performed his hit songs, 'The Astronaut' and 'My Universe', with lead vocalist Chris Martin.

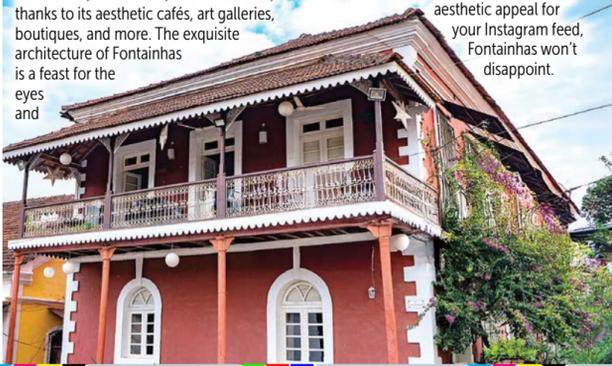
# Five most Instagrammable places in Panjim

Creating the best posts on Instagram has become second nature these days. Here are five most Instagrammable places in and around Panjim, without breaking a sweat

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**Fountainhas:** The vibrant homes and narrow, winding lanes of Fountainhas are far from being a hidden gem—they're a visual treat that rarely goes unnoticed by tourists. This charming neighbourhood holds a special place in the hearts of travel enthusiasts, influencers, and artists alike, thanks to its aesthetic cafés, art galleries, boutiques, and more. The exquisite architecture of Fountainhas is a feast for the eyes and

soul, reflecting a harmonious blend of Portuguese and Goan cultures and heritage. It's no surprise that Bollywood has turned to this picturesque locale time and again, with movies like 'Ek Villain', 'Malang', 'Dilwale', and others being filmed here. If you're in search of a spot that delivers aesthetic appeal for your Instagram feed, Fountainhas won't disappoint.



**Campal Promenade:** If you're in the mood for a more offbeat, non-touristy experience, Campal Promenade is the perfect escape. This serene bylane by the sea offers a peaceful retreat—ideal for walking, exercising, or simply unwinding. Stretching along the Mandovi River, the promenade is surrounded by lush greenery and features thoughtfully designed infrastructure, making it a favorite among both travelers seeking tranquility and fitness enthusiasts alike. Campal Promenade has also caught the eye of Bollywood, with scenes from 'Chup Chup Ke', 'Golmaal', and more filmed here. Whether you're looking to clear your mind or capture some laid-back, aesthetic shots for your social media, this scenic spot is a must-visit.



**Fonte Phoenix Spring:** Fonte Phoenix Spring is a must-visit for anyone who appreciates the divine beauty of traditional temple architecture. Dating back to the 1850s, this historic site has stood the test of time, quietly preserved through generations. For travelers looking to blend culture, history, and visual appeal into their journeys—or their photo feeds—Fonte Phoenix Spring is an unforgettable stop.

**Miramar Beach**  
Whether you're chasing sunsets or longing for a peaceful stroll, Miramar Beach offers a quick and convenient escape right in the heart of Panjim. Formerly known as Gaspar Dias Beach, it's a favourite among influencers focused on travel, luxury, and lifestyle. Situated at the confluence of

the Mandovi River and the Arabian Sea, the beach offers stunning views of Fort Aguada in the distance. Featured in Bollywood hits like 'Singham', 'Golmaal', and more, Miramar has grown into a commercial hub. With its golden sands and postcard-worthy views, Miramar Beach is perfect for those looking to add a scenic touch to their Instagram feed.

### Our Lady of the Immaculate Conception Church

Originally built in 1541, the church underwent a significant transformation in the 1600s, resulting in the stunning structure we admire today. This monumental church, renowned for its Portuguese Baroque-style architecture, has been prominently featured in several Bollywood films, including 'Josh', 'Ajab Prem Ki Ghazab Kahani' and 'Aashiqui 2' among many others. Tourists are drawn to the church's effortlessly serene and laid-back vibe. At any time of day, visitors can be seen soaking in its tranquil aesthetic. The surrounding Panjim Church Circle is also a favourite among shopaholics, thanks to its charming stalls and eclectic restaurants that offer a little bit of everything. With its rich history and striking beauty, this iconic landmark makes for a picturesque addition to your social media feed.

