

WELLNESS FOR YOUR SKIN

Make your skin a priority this year with simple tips leading to glowing skin with Skin Rules by Dr. Jaishree Sharad

- By Aruna Rathod

As we usher in 2019, skin should be on our priority list. While fitness and diet are emphasized, skin is most often neglected even though it is the largest organ of our body. It is intimately linked to the nervous system and to the functioning of the rest of our organs. It displays physical signs that provide information for the diagnosis of physical and psychological illnesses. Work schedules and hectic lifestyles interfere with our healthy routines and the skin shows up stress in no time.

In order to help a layman understand the skin in a simple way, Dr. Jaishree Sharad, cosmetic dermatologist has written her second book, "Skin Rules". Written for both men and women across age groups, it has the backing of years of experience by the cosmetic dermatologist, and has an easy yet scientific approach to skincare - From the basics of identifying your skin type, acquainting yourself with the fine print on labels to home remedies, choosing the right make-up and the latest advancements in skincare treatments, this book has the answers to all your skin woes.

"Skin Rules" presents a six-week plan to blemish-free and radiant skin. Right from identifying one's skin type, skincare routine, and relevant skin treatments to alterations in diet and lifestyle, the book provides a holistic approach to skincare.



This is her second book, the first being Skin Talks, and both have been published by Penguin Random House, and released by Amitabh Bachchan and Shweta Bachchan Nanda.

Dr. Jaishree has been practising for nineteen years. She is the only Indian on the board of directors of the International Society of Dermatologic and Aesthetic Surgery. She is also the international mentor of the American Society of Dermatologic Surgery. She is the medical director of Skinfinity Aesthetic Skin and Laser Clinic in Mumbai.

The book has already received huge praise from various celebrities including Sonam Kapoor, Karan Johar, Ranbir Kapoor, Farah Khan, and Jacqueline Fernandes.