

Workshop Series: Self care Superpowers

The best way to attain the beauty and wellness we want starts with knowledge and focus. Knowledge about ourselves, our skin, our hair, and focus and priority on self-care. Join our self-care superpowers workshops to understand and adopt the right changes to achieving not just your best hair and skin but truly lasting inside-out beauty and wellness.

Format of this online workshop:

Duration: 30 minutes

10 Minutes: Basic scientific discussion of the topic

10 Minutes: Specific issues and Tips

10 Minutes: Interactive discussion (Q & A)

Charges:

INR 500 per workshop for all workshops or

INR 750 per workshop

ONLY 5 PARTICIPANTS PER WORKSHOP.

TO SIGN UP, CLICK HERE:

<http://bit.ly/doctoraparnasworkshop>

Go Basic with Skin Care Essentials: The 123 approach

8th May - 4 PM on Zoom

Everyone talks about having a skincare routine. But why is it really needed? What are the benefits of a skincare essential routine? We also read a lot of articles on the Japanese 7 step routines and Korean 10 step routines. I will be explaining an essential, yet minimalist routine that you can adapt easily into your life without depleting your resources. We will also discuss cleansers, sunscreens, toners, and their place in a routine as well as serums.

Zap those Zits: Acne 101

29th May - 4 PM on Zoom

One of the conditions that plague teenagers and adults and is the cause of much depression and angst is the dreaded pimples or acne. Once they come, they rarely seem to leave and keep popping up when we least expect it. We will be looking at what causes acne, what are the treatments, how do we stay acne-free after treatment, and the safety of acne medications. We will also look at lifestyle interventions and the role they play in keeping those zits at bay.

Eat Right, Glow Bright: The Skin-Deep Approach

5th June - 4 PM on Zoom

A decade ago I wrote a book on the importance of diet for the skin, which was an instant bestseller. We are what we eat and it reflects in the way our skin and hair appear.

We will be discussing skin-friendly foods, Foods that are an absolute no no and foods that are suitable specifically for different types of skin and different skin diseases.

I will also be sharing my 3 top glow recipes with you with PDF copies mailed to you.

Hair raising Tales: All about Hair loss

26th June - 4 PM on Zoom

One of the most psychologically distressing things to both men and women is losing hair. Hair loss is complex and different in both men and women and it is important to understand not just the reasons but also the stages of hair loss to arrest it early. We will be discussing the various merits of available treatments and also focus on the lifestyle changes that significantly affect hair loss and hair growth. We will also briefly touch upon hair-friendly foods and how to incorporate them into a regular diet.

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