

Hola Summer

Your go to summer skincare guide

From the author 'Hello healthy skin'

.....

Gift yourself healthy practices to
maintain good skin this summer

.....

Let your skin enjoy summer and also
keep it glowing

SINDHU VINOD
NARAYAN

HOLA

SUMMER

Your go-to summer skincare guide

SINDHU VINOD NARAYAN

Copyright @ 2022 Sindhu Vinod Narayan

All rights reserved. This book or parts thereof may not be reproduced or sold in any form, stored in any retrieval system, or transmitted in any form by any means - electronic, mechanical, photocopy, recording, or otherwise - without prior written permission of the publisher.

DEDICATION

Hello there, yes, it's you who am calling. Want to know the secret that guarantees healthy skin during summer? This book is my gift to you. Know the secrets of keeping your skin healthy and hydrated this summer.

Share this gift to those you care about and spread the word. Your word of mouth will help my book reach many who would love to take care of their skin.

This book is dedicated to my mom who was behind the success of whatever I am today. She was there to see when my first book got published. And I know she's up there smiling knowing that I am doing it this year too.

ACKNOWLEDGEMENTS

I thank God almighty who gives me the strength to handle anything and everything.

I thank Blogchatter for giving me the opportunity to write and pursue my dream. I thank them wholeheartedly for supporting writers and for creating a trustworthy community who are there for each other.

I thank my husband who supported my decision to pursue writing and make my passion into a career. I thank my kids who were supportive in terms of giving me my space on our bed so that I could write while they sleep.

I thank my Mom for being my inspiration in every walk of life and helping me take that step to reach that extra mile. Her loss is irreplaceable, but I know she's up there guiding me in whatever I do.

Table of Contents

| | |
|---|----|
| Factors contributing to heat stress | 12 |
| Extreme weather | 12 |
| Tight clothing..... | 12 |
| Food consumption..... | 12 |
| Intense physical exertion..... | 12 |
| Dehydration..... | 12 |
| Medical conditions..... | 12 |
| Inflammatory illness | 12 |
| How to reduce body heat | 12 |
| Tender coconut water..... | 13 |
| Peppermint tea | 13 |
| Cold foot soak..... | 13 |
| Foods rich in water content..... | 13 |
| Appropriate dressing..... | 13 |
| Aloe vera..... | 13 |
| Buttermilk..... | 13 |
| Fenugreek | 13 |
| BENEFITS OF USING CUCUMBER FOR SKIN | 14 |
| Cleanses skin..... | 14 |
| Reduce dark circles | 14 |
| Treats fine lines and wrinkles..... | 14 |
| Reduce puffiness..... | 15 |
| Cooling agent..... | 15 |
| CHIA SEEDS - SUMMER SUPERFOOD. DID YOU KNOW? | 16 |
| CHIA SEEDS BENEFITS FOR SKIN | 16 |
| Helps Hydrate the skin | 16 |
| Prevents acne..... | 17 |
| Aids skin glow | 17 |
| Building blocks for skin..... | 17 |
| Stressbusters | 17 |
| Aids good gut health | 17 |
| Reduces free radical sun damage..... | 18 |
| Soothes and helps in reducing inflammation..... | 18 |
| Improved sleep patterns..... | 18 |
| CHIA SEED OIL | 18 |

| | |
|---|-----------|
| SUMMER DETOX DRINKS..... | 20 |
| THE CC WATER | 20 |
| THE LS WATER | 20 |
| THE AC WATER | 20 |
| VIT C OVERDOSE..... | 21 |
| SUMMER FOODS FOR GLOWING SKIN | 22 |
| Watermelon..... | 22 |
| Citrus fruits like oranges and lemon..... | 22 |
| Yogurt..... | 22 |
| Banana..... | 23 |
| Tofu | 23 |
| Dark chocolate..... | 23 |
| Bell peppers | 23 |
| Green leafy vegetables | 23 |
| Berries..... | 23 |
| Seeds | 24 |
| Tomatoes..... | 24 |
| FACE PACKS FOR THAT GLOWING SKIN IN SUMMER..... | 25 |
| Curd and rice flour..... | 25 |
| Turmeric and honey | 25 |
| Curd and Turmeric..... | 25 |
| Banana and honey..... | 26 |
| DRINKS THAT GIVE YOU THE GLOW DURING SUMMER..... | 27 |

SUMMER SKINCARE PROBLEMS

Being in a tropical country, it's like summer for most of the year. Moreover, summers in countries like India are very harsh. In addition to greasy skin and excessive sweat, we have a big list of skin problems that would tag their way along. Sweat adds much more to the existing problems by becoming a magnet and attracting all dust particles. If we could only sit at home and keep sipping juices all through the day that would be the best way to keep away from summer. But do you think is it even possible? So, it is always good to know about the skin problems that would pop up in summer and be aware of ways to tackle them.

You cannot be running around to the doctor or keep booking appointments for online consults for every skin issue. Be it small or big. It is best to be prepared to take necessary precautions in the first place to avoid it. While all skin problems can't be avoided, some can be prevented in the first place.

BREAKOUTS:

Acne can be witnessed all through the year but it peaks during summers due to an increase in temperature. The perspiration in the human body is more during summers to keep the body cool. This will make the sebaceous glands produce more oil to keep the skin moisturized. The oil mixes with bacteria, and sweat and then clogs the pores resulting in breakouts.

What can be done for prevention?

Make sure to use only non-comedogenic products which do not clog the pores on the face, neck, and back.

Remedy

Mix two tablespoons of tomato juice with lemon juice and apply on to the face. This will help in unclogging the pores. Use this mixture once a day. A cleanser with salicylic acid can be used to unclog the pores.

PRICKLY HEAT

We sweat a lot during summers due to the increase in temperature. So, when the sweat glands get blocked, you get a heat rash or prickly heat. These are tiny itchy bumps. When they break, they release sweat which again causes itchiness.

How to prevent it?

Wear loose-fitting clothes or breathable fabrics. Wiping off sweat or taking bath after excessive sweating post-workout or high physical exertion.

Remedy

A good home remedy to treat heat rash or prickly heat would be to apply aloe vera gel that can calm and soothe the skin. The soothing nature of the gel helps in faster healing.

SUNBURN

We know it's a summer necessity that sunscreen needs to be applied repeatedly at frequent intervals. But despite that, if you get a sunburn, you should stay indoors until it heals and not make it worse by continuing to get exposed. Sunburns can cause redness, itching, and even peeling of the skin.

How to prevent it?

Apply sunscreen generously and avoid over-exposure to sunlight for longer durations.

Remedy

Apply cucumber slices to soothe the burns. Can also be made into paste refrigerated and then be applied like a mask. This also works great to be applied as a mask.

Can apply the chilled moisturizer that does not have alcohol.

DRY SKIN

Despite a rise in temperatures your skin can also seem to be dry because of over-exposure to heat, pool, and ACs for a longer duration.

How to prevent it?

Use a mild cleanser and take a shower with warm water instead of hot water.

Remedy

Honey is a natural humectant and helps retain moisture, you can apply honey and wash it off after 15 minutes.

Using a moisturizer once you get out of the shower, when skin is still damp lightly will help seal the moisture.

BODY ODOUR

The folds of the skin are the best places for bacteria to thrive. And if you wear tight clothes it makes it all the more favorable for them. So, during the summers when sweat, oil, and bacteria get mixed we see that they result in hydrogen sulfide and fatty acids which cause body odor.

How to prevent it?

Wearing clean undergarments and using anti-fungal powder in the skin folds.

Remedy

Use deodorant which does not have alcoholic ingredients and shower twice a day.

HOW TO REDUCE BODY HEAT?

The ability of the body to generate and release heat can be measured by body temperature. As such 98.4° is the normal temperature. But for adults it can go up to 99°.

The autonomous nervous system keeps the body within, two to three degrees to normal temperature. But when it rises above, we are under heat stress.

There are a number of factors that contribute could be as the food, and the surroundings. Let's take a look at the causes

Factors contributing to heat stress

Extreme weather

When you are exposed to extremely hot and humid weather, body heat rises. This could be prolonged exposure to sunlight or even physical exertion.

Tight clothing

When you wear tight-fitted clothes, it traps moisture. Synthetic fibers when fitted tight make it difficult for the skin to breathe.

Food consumption

Eating oily and fried foods which have more spice or foods rich in high protein contribute to heat stress.

Intense physical exertion

Active muscle and related blood circulation when working out can produce more heat.

Dehydration

Dehydration can prohibit the body's ability to sweat which can lead to heat stress.

Medical conditions

Medical conditions like arthritis, leukemia, and hypothyroidism which make the body produce more thyroid could be some of the contributing factors.

Inflammatory illness

Having an inflammatory illness might spike up temperature indicating there is a problem within your body that can cause fever.

How to reduce body heat

We know that the best way is to stay hydrated by drinking enough water to cool the body now. Let's also take a look at the other ways to keep the body cool.

Tender coconut water

Tender coconut water consumption is great to keep hydrated. The vitamins, minerals, and electrolytes help in replenishing lost energy and help to rehydrate.

Peppermint tea

Due to high levels of menthol peppers tea helps to reduce body heat and provides a cooling effect. Can be hot or cold. Consuming it hot will make the body much hotter and sweat a lot and make the body cool.

Cold foot soak

Dipping legs into a cold water tub will help instantly reduce heat. Make sure the chillness is tolerable. Also, for an added cooling effect add a few drops of peppermint oil.

Foods rich in water content

Watermelon, strawberries, and citrus fruits are rich in water content and help reduce body heat instantly. Cucumbers and cauliflowers can also be consumed with salads along with yogurt dressing.

Appropriate dressing

Aloe vera

This magic plant can help in cooling your body. Applying the gel helps to cool down and provides a soothing effect. Consuming pure aloe vera gel with water or aloe vera juice also helps cool down.

Buttermilk

This wonder drink is everyone's favorite during Summers. Probiotics and vitamins help in restoring energy in the body.

Fenugreek

Consuming overnight soaked Fenugreek seeds can help lower body heat. You can also consume it in the form of Fenugreek tea.

These remedies can help you in lowering body heat. If the body still has heat stress even after these remedies consult a doctor. Do take it seriously as it can lead to heatstroke.

BENEFITS OF USING CUCUMBER FOR SKIN

When it's summer we know that temperatures soar up high, and your skin needs that extra care and hydration to keep itself glowing. None other than cucumber can be your best friend to help you out.

When we say cucumber for skin, the vivid picture that comes to our mind is a woman who has a towel wrapped on her head at a spa, having cucumber slices over her eyes and all masked up. But is it only on-screen and does cucumber help your skin? The answer is definitely yes.

Swelling, puffing, dark circles, or whatever concerns the area around your eyes your inexpensive go-to treatment was and is cucumbers. So let's see how it helps skin.

Cleanses skin

Cucumber helps in eliminating toxins from deep down the pores. It's a natural cleanser. Due to its high-water content, it can be used as a toner that offers instant freshness when used on the skin. Cucumber juice is an excellent alternative to alcoholic toners which comprises harsh chemicals which can harm your skin.

Reduce dark circles

With an abundance of antioxidants and silica, cucumbers help in lightening the dark areas around the eyes making them a successful home remedy for treating dark circles.

Treats fine lines and wrinkles

Though cucumbers contain higher water content they are also good agents for moisturizing skin. Applying cucumber slices to the eyes and surrounding areas helps in increasing the moisture thereby reducing wrinkles and fine lines.

Reduce puffiness

Ascorbic acid and caffeine help in controlling water retention levels. Cucumbers have these in abundance and are hence a great ingredient to help you deal with the puffiness of the eyes. Controlling water retention levels in turn helps in reducing swelling and puffiness around the eyes and surrounding areas.

Cooling agent

The cooling property of cucumbers is the main reason that cucumbers are part of many skincare products that concern soothing inflamed skin. The cooling property helps in soothing the inflamed area and helps in faster healing. Products that have cucumbers or simply use cucumbers for after-sun skin problems will help in faster healing.

Here are some DIY eye pads that can help heal dark circles and puffiness

You need cotton pads and cucumber juice as the main ingredients.

Cucumber and sandal

Sandalwood has skin brightening properties and hence when mixed with cucumber juice it makes a great face pack to lighten pigmentation. Add 2-3 tbsp of cucumber juice to 2 tbsp of sandalwood powder. Apply on the face and wash off when it dries off.

Cucumber and potato juice

Potato juice is another best ingredient in treating pigmentation. Imagine how the combination of potato and cucumber will work then. Use the juice of one cucumber and one potato. Dip cotton pads and place them over the eye. Remove after ten minutes. Do this regularly to see amazing results.

CHIA SEEDS - SUMMER SUPERFOOD. DID YOU KNOW?

Chia seeds are the new in-house popular superfood that you see included in all diets that people follow today. Be it smoothies, cereals, milkshakes, yogurt, or even detox water you can find chia seeds being one of the ingredients.

And why is it a superfood or a powerhouse ingredient? Because it's loaded with proteins, calcium, omega 3 fatty acids, zinc, iron, magnesium, vitamin E, and unsaturated fats.

Surprised that the small seeds contain these many needed nutrients.

Well, wait till you hold your breath, even more, cause the below facts are going to keep your eyes wide for a much longer time.

Every 2 tablespoons of chia seeds has

20% protein

32% magnesium that is needed daily

41% of daily fiber

64% more potassium than a banana

100% more omega 3 fatty acids than salmon

2X times the antioxidants of blueberries

3X times the iron from spinach and

5X times calcium from milk

Next time does not hesitate if you have the option of including chia seeds in your meal. You can thank me later. But wait till you know about the benefits it offers for the skin. Because we are discussing summer skincare, it is high time that you start including this superfood as well.

CHIA SEEDS BENEFITS FOR SKIN

Helps Hydrate the skin

Being rich in fiber content, it helps in absorbing and retaining much moisture content. This is one of the best ingredients that help keep skin hydrated and makes sure skin isn't dry or patched up. Chia seed gel can be used as an alternative to aloe vera gel due to its similarity in providing a soothing and cooling effect.

Prevents acne

Chia seeds are rich in zinc which helps in fighting against acne-causing bacteria. The gel is great for the soothing acne-affected area. The protein helps to repair damaged skin and the fiber helps in excess oil absorption in the skin.

Aids skin glow

Regularly, if chia seeds are consumed, it helps in boosting the elasticity of the skin. The presence of multiple nutrients like vitamin C, vitamin A, iron, and folates also help in boosting the glow of the skin.

Building blocks for skin

As chia seeds are rich in proteins, they contain the nine essential amino and fatty acids needed for skin repair and growth. They repair the tissues, and muscles and also help in boosting collagen production which is much essential for healthy skin. Hence, they are a great dietary source to include for skin benefits.

Stressbusters

Tryptophan and magnesium are elements that reduce stress and are found in abundance in chia seeds. Stress affects skin first and foremost in the form of dullness and breakouts. Hence if we have less stress, we have healthy skin.

Aids good gut health

Chia seeds have highly water-soluble fiber. This is much needed for maintaining good gut health. It aids in providing good bacteria to the

intestine and helps in regulating bowel movement. A healthy gut is very much a prime role player in having healthy skin.

Reduces free radical sun damage

The antioxidants present in chia seeds help in fighting against free radicals damaged that is being caused by harmful ultraviolet radiation. The omega 3 fatty acid and antioxidants together help in fighting signs of aging and prevent fine lines and wrinkles. They do this by helping in boosting collagen production.

The omega 3 fatty acids act as an effective skin barrier against UV radiation.

Soothes and helps in reducing inflammation

Inflammation is the main reason behind major skin issues. The anti-inflammatory properties of chia seeds, help in the soothing affecting area. The cooling property helps in relieving any irritation.

Improved sleep patterns

Good sleep is very much needed to maintain healthy skin. When you sleep well, you give the skin enough time to repair and rejuvenate itself. Tryptophan in chia seeds helps to calm down the brain and helps in relieving sleeplessness due to high anxiety levels. It helps promote good sleep.

CHIA SEED OIL

Another ingredient that is finding its way into the skincare industry is chia seed oil. The oil is cold-pressed and is a versatile ingredient in its presence in skincare products. Serums and lotions now include chia seed oil as one of the major ingredients with anti-aging properties.

The best way to use it would be post-cleansing. You can use a potent serum that has chia seed oil as an ingredient.

Here are three chia seed face packs to help you tackle summer skincare woes.

CHIA AND COCONUT OIL

Mix two tablespoons of chia seeds with two tablespoons of coconut oil. Apply it to your face and wash off after 15 minutes.

CHIA, HONEY, AND OLIVE OIL

Soak two tablespoons of chia seeds in water. After 20 minutes strain and add a tablespoon of honey and olive oil.

Apply the mixture to the face and wash off with lukewarm water after 15 minutes.

Chia seeds help in reducing dark spots and blemishes. Honey and olive oil help in moisturizing the skin.

CHIA, LEMON, AND COCONUT OIL

In a bowl add two tablespoons of chia seeds, half a tablespoon of lemon juice, and about half a cup of coconut oil. Let it rest for about 20 minutes until it becomes a gel.

Apply this gel onto the skin. Once it dries out, wash with lukewarm water massaging in circular motions.

SUMMER DETOX DRINKS

Though you keep yourself hydrated by drinking enough water it is also essential to flush out toxins regularly to keep your skin healthy from the inside out. And also, the flavored water can be a great alternative to regular water that comes with health benefits.

THE CC WATER

Coconut water is great for hydration and with the numerous nutrients, it offers it's a summer essential to stock it up. Add some sliced cucumber to coconut water and let it remain for about an hour. Drink this up that will help in replenishing skin and is an instant coolant. It helps in hydration from within and helps fight signs of aging. This is a must-have if you want to boost collagen production.

THE LS WATER

Lemons and strawberries make a great combination in not only mocktails but also as a good detox option. This helps eliminate toxins and gives you that radiant glow. To a pitcher of water, add 4-5 chunks of strawberry, a spring of fresh basil, and the juice of one lemon. Let it infuse for half an hour. Enjoy this all-rounder that helps cleanse and also fight signs of aging.

THE AC WATER

Yes, you almost got this right. This concoction has apples and cinnamon. Add a few slices of apple and a cinnamon stick to a pitcher of water, and leave it to infuse for 30 minutes. Sip it throughout the day. Helps in

fighting against acne, dark patches, and spots. One more benefit is that it can also be used as a face mist that helps rejuvenate your skin from the surface.

VIT C OVERDOSE

This is a clear winner when it comes to the race among detox waters. The ingredients are the powerhouse of vitamin C and help fight against anti-aging. A handful of pineapple chunks slices of orange and two tbsp of lemon juice to the pitcher of water. Let it infuse and drink it up. You can also replace or even add kiwi and watermelon. Like they say the more the merrier.

SUMMER FOODS FOR GLOWING SKIN

We've seen summer detox recipes and it's time to get to know about some summer superfoods that will help you maintain good skin. When you have a skin problem, I know it gets very difficult to deal with it because you have a new brand or a product being launched every day, and even now when you are reading this who knows there might be more launches or even discoveries at labs to deal with skin problems. But what you should keep in mind is, that what you put on your body is not much more important than what you put into it. Which will only mean that you will have to follow healthy eating practices to give you a natural glow. So what are the foods that you can have more during summer? Let's take a look.

Watermelon

Due to high amounts of water content as much as 90%, this helps to keep you hydrated. The body's natural sun protection and collagen production get boosted due to high vitamin C content.

The signs of aging also get reduced due to antioxidants. So on the whole, the fruit helps in clearing out pigmentation and blemishes, and elasticity see a betterment.

Citrus fruits like oranges and lemon

Citrus fruits have high vitamin C content that helps in improving texture and complexion. Proline and lysine the amino acids in Vitamin C also help to give you that younger-looking skin.

These fruits help in restoring collagen which can give you a younger-looking skin appearance.

Yogurt

Yogurt is everyone's favorite and can be had with all meals. The lactic acid content helps in nourishing your skin. It also has Vitamin D, B2, B12, and B5 which are essential for good skin health.

Banana

Bananas are available all through the year but are much necessary for summers because of their richness in potassium which helps in moisturizing and protecting your skin. Folate and other micronutrients present such as phosphorus, and magnesium help in being effective anti-microbial and anti-oxidants.

Not only that, the peel is excellent in curing acne scars that give you nightmares.

Tofu

Tofu and other soy-based products help in reducing wrinkles and fine lines. These are protein sources that do not heat your body like the other high-protein foods.

Dark chocolate

Recently being recognized as a superfood, dark chocolate helps skin during summers because of its anti-inflammatory properties. The rich antioxidants present help in fighting against signs of aging.

Bell peppers

Bell peppers due to the high presence of antioxidants and vitamin C help in fighting against free radical damage. The vitamin C content is much higher in red and yellow bell peppers than in their citrus fruit counterparts. So try to include them in salads, gravies, and raita.

Green leafy vegetables

The cruciferous vegetables have potassium, protein, iron, and minerals. Since they also have high water content, do not forget to include them in your meal plates.

Berries

A combination that can be nutritious and delicious. Blackberries, blueberries, and strawberries help in preventing sun damage. They help in giving you healthy skin that is soft and supple. This is because they are rich in vitamin C and antioxidants.

Seeds

Sunflower, chia, melon, and flax seeds can be a good addition to our diets which help to maintain good skin. They are rich in anti-oxidant and also omega-3 fatty acids much essential for healthy skin.

Tomatoes

Lycopene in tomatoes helps in fighting against sun damage. Tomatoes are rich in antioxidants and hence help in shielding skin from UV ray damage. It also helps in fighting against signs of aging like fine lines and wrinkles.

FACE PACKS FOR THAT GLOWING SKIN IN SUMMER

We are already halfway through the scorching heat, here are some DIY face packs that will help you in dealing with summer skincare woes.

Curd and rice flour

This wonder face pack is great for exfoliation. Rice flour is a miracle ingredient that will help you deal with fine lines and wrinkles. Rice is one of the most important ingredients in Korean skincare because of its brightening properties. It can help in reviving your skin from summer dullness. Curd can help in soothing skin due to its anti-inflammatory properties.

- Mix two tbsp of rice flour with a spoon of curd.
- Apply on to face.
- After 15 minutes, mildly exfoliate skin in circular motions and wash off.

Turmeric and honey

This is great for acne. The ingredients help in fighting against acne-causing bacteria and help keep pimples at bay.

- Mix two tbsp of turmeric powder with a tbsp of honey.
- Apply on to face
- Wash off after 15 minutes.

Curd and Turmeric

This face pack helps to cleanse, moisturize and also help fight against acne. Curd helps soothe the skin and turmeric has antimicrobial properties which fight against acne-causing bacteria.

- Mix a pinch of turmeric with a tablespoon of curd.
- Apply on to face.
- Wash off after ten minutes.

Banana and honey

This face mask helps to cleanse, remove dead skin cells and also moisturize skin. It also helps reduce fine lines and prevents breakouts.

- To one ripe mashed banana add 3-4 drops of honey
- Make sure to blend both ingredients well.
- Apply on to face.
- Wash off after 15 minutes

DRINKS THAT GIVE YOU THE GLOW DURING SUMMER

The key to maintaining good skin during summers is to stay well hydrated. Drinking enough water plays a major part in maintaining skin health. But instead of just sipping water you could also try these out, that not only help you feel hydrated but also has numerous benefits.

LASSI

Made from curd and has all the essential vitamins and minerals needed to boost your skin. The lactic acid in curd helps in treating blemishes and dark spots. On the whole, the drink helps in providing nourishment to the skin. Helps in reducing acne and improves complexion due to the drinking containing calcium and vitamin D.

One quick tip would be to add gulkhand which will also help cleanse the digestive system which is much needed for good gut health. And you know that when your gut is healthy your skin is also healthy.

BUTTERMILK

One of the most common and favorite summer drinks is buttermilk. Rich in calcium and probiotics the drink helps you refresh energy levels and also helps in maintaining good skin. Lactic acid helps to keep skin moisturized and radiant. A fresh tempering of cumin powder, curry leaves, and garnished with coriander leaves will not only make it drool-worthy but also aid in getting you healthy hair and a good digestive system.

LEMON JUICE

One of the easiest and most refreshing drinks throughout the year. Helps in replenishing lost electrolytes. Being a rich source of antioxidants and

vitamin C, it helps in fighting signs of aging caused due to free radical exposure. Lemon helps to boost the growth of new blood cells and helps in glowing skin. It also helps to keep a check on excessive oil secretion in the skin.

SATTU SHAKE

A high-protein drink that helps keep you active all through the day especially if it's consumed on empty stomach. Helps in keeping health ailments at bay and gives skin the needed glow. It helps to instantly cool your body and is a great to help in preventing skin wear and tear.

PANAKAM

This sweet instant energizer is not only great for your tastebuds but also helps to include a good amount of iron. Much needed for the natural blush. It also has lemon that helps in doing its thing against anti-aging.

AAM PANNA

Summer rings the bell for mangoes, so aam Panna becomes a favorite for everyone in the house. It helps reduce body heat and also has nutrients like iron and folate. So, you get the glow from inside.

AUTHOR BIO



Sindhu is a freelance content writer and a social media influencer based in Chennai. She had a passion for writing even while working in the IT industry. So she quit her job to pursue her dream as 'That Madras Mom'. She enjoys taking care of her home and her two kids while writing about parenting, skincare, and fashion. She is one of the top ten voices of anchor Podcasters and an upcoming YouTuber.

