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CELEBSPACE

What are the five essentials for a good pair of lips?

Always apply a natural lip balm to protect your lips. Also apply a thin coat before you apply a lipstick.

Do not lick lips repeatedly. Licking your lips may seem like an easy way to moisten things up, but it actually does more harm than good.

Don't breathe with your mouth. Any moisture that manages to make it to your lips will quickly be whisked away if you constantly blow air across them.

Remove your lipstick before going to bed using a cleanser and apply lip balm before going to bed.

The best way to keep your lips moistened is for you to stay hydrated. That means drinking lots of water — generally about eight glasses a day.

What special care do you take of your lips?


I use lip lotions at night; it is Emami Vasocare for me now. Use it and you will feel the difference. One definite point to remember is — never bite dry skin off your lips. Instead, try to soften them using lip lotions or lip balm.

How did the association with the Calcutta-based Emami Vasocare come about?

Emami is a renowned brand and we have all grown up using this brand's products at some point in time. It is a brand which is doing well for almost four decades and there are certain standards that it adheres to. So, when they decided to launch Vasocare lip guard, they got in touch with my agents at Carving Dreams and when I learnt about the product I decided to associate with them. Needless to say, I am delighted to be connected with a brand like Emami Vasocare.

LOVE YOUR SELF...

**...SAYS BIPASHA BASU
AS SHE TELLS t2 HOW
TO GET THOSE LUCKY
LIPS AND HOT BOD!**



Are there any Emami products that you personally use?

I am using Vasocare for my lip care at the moment.

With winter around the corner, what kind of extra care do lips need?



Although chapped lips are usually more common in winter, lips can dry out on any day of the year. The skin on the lips lacks oil glands; it

(I WOULD RATHER HAVE THE WORLD'S) HEALTHIEST LIPS. HEALTHY LIPS LOOK HOT.... I THINK I AM BLESSED WITH GOOD LIPS!

tends to get dry and cracked easily during winter due to the dry air. You have to take special care of your lips to maintain their requisite moisture level. Also, you should have a healthy diet with good source of vitamin B2 or Riboflavin. A good intake of vitamin B2 will nourish your lips and you will never face cracked lips.

What would you rather have — the world's hottest lips or the world's healthiest lips?

Healthiest! Healthy lips look hot...

Are you a lipstick person?

I have to use lipstick as a part of my make-up for my films, events and shoots. But on a non-shooting day, when I don't need to be in make-up, I don't apply lipstick. I only apply lip balm. The shades I use depend on where I am going, the occasion and the time of day. I love nude colours and in dark ones, red is my favourite!

Whose lips would you kill for?

I wouldn't kill for anyone's lips. I think I am blessed with good lips!

What are your day and night looks for winter?

In Mumbai, winters are enjoyable. It's pleasant and not freezing! I prefer my garments to be comfortable... garments which will reflect my personality and my penchant for fitness.

Your bikini look in the *Players* promo is getting a lot of attention. What are the essentials for a bikini body?

I am a fitness enthusiast and it takes a lot of discipline and special care to get a fit body. A

IT IS IMPORTANT THAT YOU EXERCISE TO STAY FIT. THE MAIN EMPHASIS SHOULD BE ON ABS AND LOWER LIMBS. DON'T INDULGE IN SWEETS AND JUNK FOOD. EAT HEALTHY AND EAT ON TIME. STAY HYDRATED. THESE ARE IMPORTANT NOT JUST FOR A GOOD BIKINI BODY BUT A FIT AND FABULOUS BODY IN GENERAL

regular exercise routine that works on all your body circuits is important. My fitness DVD *Bipasha Basu Love Yourself* — *Fit and Fabulous You* is

designed for that. I am happy that my discipline has paid off and I have received umpteen compliments for the (*Players*) look. It is important that you exercise to stay fit. The main emphasis should be on abs and lower limbs. A mix of cardio and weight training helps. Don't indulge in sweets and junk food. Eat healthy food and eat on time. Stay hydrated. These are important not just for a good bikini body but a fit and fabulous body in general.

We know that you lead a disciplined life and yet you love your *maachher jhol* and *mishti*. How do you strike a balance?

It is the basic philosophy of my life and I advice the same to everyone too — Love yourself. Do not deprive yourself but know what is right for you and your body, and eat small and balanced portions. Exercise should be the mantra. It is mine too. I believe that a fit and healthy mind is important for a fit and healthy body. You need not be a gym freak — you can walk or jog outdoors, closer to nature. You can do yoga at home. You can even dance — it's a fabulous way to stay fit. Or work out with the help of fitness DVDs in the comfort of your house. Choose whatever suits your routine, but do allocate at least half an hour to yourself, to your fitness every day. It is a must, no matter what. Stay active, stay fit.

Priyanka Roy

Who has the best lips and hottest body in Bolly?

Tell t2@abp.in

BEST OF BIPS



CORPORATE

Corporate suits and minimal make-up summed up Bipasha's power woman look in this Madhur Bhandarkar film.



OMKARA

From *Beedi* to *Namak issak ka*, Bipasha's gravity-defying lehngas and cleavage-flaunting cholis gave sexy a new name in this Vishal Bhardwaj winner.



DHOOM:2

Playing a double role, Bipasha looked as fab in racer-back tees and figure-hugging denims as she did in sexy swimsuits and colourful sarongs.



DUM MAARO DUM

With straight hair, full lips and a boho-chic look, Bipasha turned heads in this Rohan Sippy film. Rewind to *Te amo* to know what we are talking about.



SHOB CHARITRA KALPONIK

Crisp cotton saris, hair pulled back in a bun and big bindi defined Bipasha's Bangali look in this Rituparno Ghosh film.

In which film has Bipasha looked the best? Tell t2@abp.in