



## SKINCARE TIPS FROM KANGANA RANAUT

**What are your skincare do and don't for winter?**  
One must use a good moisturiser. Don't neglect your skincare regimen... winter takes a toll on one's skin and a good moisturiser is a must to protect it from the vagaries of the climate. Even when I am shooting in harsh conditions, I ensure that I moisturise my skin twice a day.

**What's your regular diet and exercise regimen?**  
I make sure that I eat small healthy meals at regular intervals, drink a lot of water and exercise. I don't go overboard with food and exercise even if I have a hectic schedule.

**Are you a spa person?**  
I go for hair and body spa. Using good hair products is a must.

**What are your home remedies for skin problems?**  
Healthy skin is very important to look good and feel good. Try and stick to natural products as much as possible and follow a healthy diet. Milk cream works wonders for dry skin... use it with saffron regularly for glowing skin. Rose water comes handy for instant freshness and

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**Rekha has the best skin in Bollywood, says Kangana**

radiance. Do not forget to use a good lotion after bath and before going to bed at night. Eat a nutritious diet rich in vitamins, like almonds, for healthy and glowing skin.

**Your bag will always have...**  
Lip balm, perfume and moisturiser.

**You are the face of Emami's BoroPlus Total Results Moisturising Lotion. Why would you recommend it?**  
Dryness is an enemy of the skin in winter... dryness damages the skin inside out. You can see the effects of damage in the form of several signs like roughness, dullness, tightness and flaking. This new range of BoroPlus lotion has ingredients like milk cream, almonds, saffron and rose water that work deep down.

**Ratnalekha Mazumdar**