

# Garlic to make your skin glow

**M**ake garlic a daily ritual, as it contains sulphur compounds that are a must for gorgeous skin and body, and are also potent phytonutrient that scavenge free radicals," says Shilpa Arora, a health practitioner, nutritionist and macrobiotic consultant and a member of the macrobiotic association of UK. Garlic boosts your immune system and is a powerful antibiotic. Plus, it's a great detoxifier. When cut, grated, pressed, crushed or chewed, fresh Garlic releases enzymes that in turn, trigger a cas-

cade of beneficial chemicals reactions inside your body. All this results in the formation of more than 200 phytonutrients, each of which has impressive powers.

## BEAUTY SERVING TIP

You can eat garlic raw, steamed, roasted or use it to give flavour to almost any dish. It is also great for marinating fish, chicken and vegetables, that can be then chopped and tossed it into a salad or stir fries.

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## THE TIP Makeup for humid weather

-  Before applying makeup, rub ice over your face to close pores and tighten skin.
-  Use oil-free tinted moisturizer on your face as base, instead of heavy foundation.
-  Use primer on your eyelids before applying eye makeup. Use liquid eyeliners instead of wax-based pencil ones.
-  When it comes to beauty products, use matt, oil-free, or lightweight products. Also make sure to use mineral powder.