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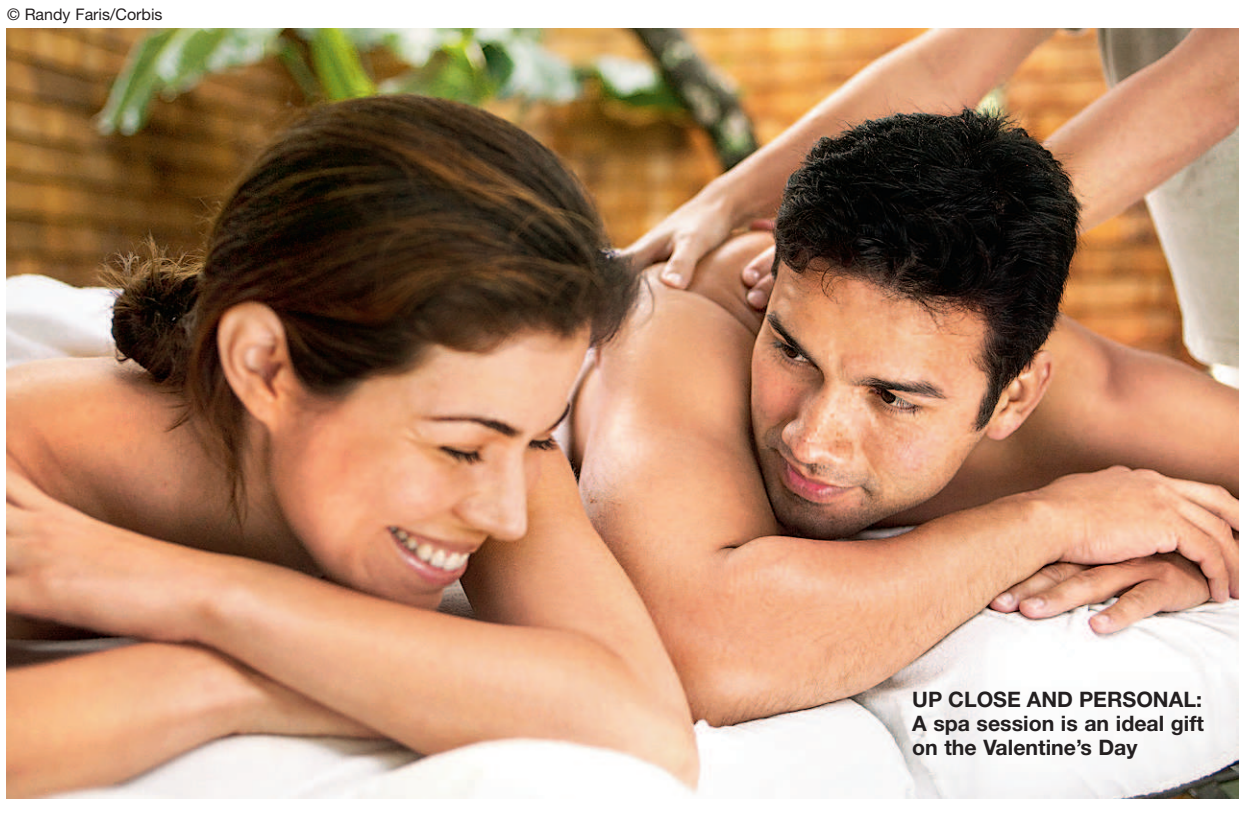

UP CLOSE AND PERSONAL: A spa session is an ideal gift on the Valentine's Day

So, what's your V-Day gift?

Couples are all ready to get gorgeous this Valentine's Day and are gifting their partners spa and salon packages, and dermatological treatments like the dating botox! Debarati S Sen reports…

Valentine's Day has always been about love, togetherness and of course gifts. Gone are the days when you could woo your partner with just red roses, chocolate, and cuddly teddy bears; these days both partners would want so much more — maybe a jab here or beauty filler there would be ideal. A derma filler, a botox injection, a hair transplant, a rejuvenating facial or a whole day pampering in a spa — these can be some of the most cherished gifts you could offer.

Dermatologist Dr Soma Sarkar Mukherji says, "Couples have a huge range of gifts that they can choose from. Since most of the procedures that involve beautification or enhancement of any particular feature of the face are lunch-time procedures, meaning that they take very little time to complete, couples are eager to take it up." The husband or the boyfriend can gift his lady love a jab of botox or a derma filler. Non-surgical and injectible treatments are a rage not just among those who are already showing visible signs of ageing but also the younger lot who just want to look their best and maybe change a little of their appearance and face, to look more attractive.

Cosmetic physician Dr Rashmi Shetty says, "Usually the husband or the boyfriend comes to us with a budget and then we design a personalised package for his partner." One of the most popular treatments is the Oxygen treatment because it does not involve injectibles. People who are not comfortable with all the poking and jabbing opt for it. Explaining the treatment Dr Shetty says, "We infuse vitamins and oxygen directly into the facial skin with the help of high pressure. The active ingredients that are pushed into the skin makes it look very fresh and young."

Couples these days are keen to invest in procedures that enhance their appearance rather than spending a few thousands on jewellry. Dr Soma asserts, "Earlier these treatments were very expensive but not anymore."

Cosmetologist Dr Swati Srivastav says that some of the ideal gifts for Valentine's day would be the lip filler, a Lesobotox, Volumafiller, microderm and peels. "A Lesobotox also referred to as the dating botox gives an instant glow on the face and there is a healthy shine of the cheeks just like when you apply a blush. A filler can help to get rid of the dark and sunken under eye look. A Volumafiller can voluminise the cheeks to get a high-cheek bone effect."

If you are preparing to wear a low cut neck for the D-Day then a jab of botox on the cleavage would be a good idea to get rid of the wrinkles. "Bikini laser can get help in the reduction of hair. Body polishing, peels and microderms are great V-Day gifts as well," says Dr Srivastav.

What with a demanding job and a demanding social life, most couples these days are leading very hectic lives. The V-Day is one day when they want to spend some quality time together. The best gift for such couples would be a spa package, where they not only relax and enjoy the massages but would be spending the entire day with each other as well.

> 'USUALLY THE HUSBAND OR THE BOYFRIEND COMES TO US WITH A BUDGET AND THEN WE DESIGN A PERSONALISED PACKAGE FOR THE PARTNER'
>
> – Dr Rashmi Shetty, Cosmetic physician

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OUT IN THE OPEN: A couple massage can not only be relaxing but is great way to strengthen your relationship

Devendra Upadhyay of Rudra Spa says that they have an offer for couples that includes a massage, chocolate wrap, facial, manicure and pedicure. Esther, who works in the spa says, "The package for couples also includes a hair wash and blow dry for only the ladies." The fact that this package is valid till the 28th of this month makes it easier for couples who would be busy on the Valentine's Day.

Ranjan Gupta, head operations of the Le Sutra says that one of their packages includes airport transfers, a special room called the Vasna room or room of love, a deep tissue massage, a bathtub that is filled with rose petals, salts, foam, aroma oil and a scented candle atmosphere. "The Angdai spa is offering gift vouchers that can be personalised and are valid for one month," says Gupta.

So, have you decided yet, on what your gift is going to be this Valentine, for your special someone?

debarati.sen@timesgroup.com

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TREATMENTS YOU COULD OPT FOR

Lucky lips
Lip augmentation stays for six months to a year and is a simple 10 minute procedure

Infuse life into your face
Infusing oxygen and other active ingredients can get a fresh youthful glow to your skin

Get the blush back
Dating botox or Lesobotox is what you will need to look dewy fresh

Just a jab
Removal of laughter lines with injectibles takes around 10-20 minutes.

Keep a-breast
- Breast augmentation can help you look attractive but takes a long time.
- Botox on cleavage can get rid of visible wrinkles

Slim 'n' trim
- Liposuction takes care of tummy, thigh bulges and double chin but is time-taking and needs proper post-operative care

Scare the scar away
- Laser treatment for scars

Fill it, forget it
- Dermal filler can also remove scars, fill the depressions on the cheek
- Lips can be made fuller

Manly and handsome
- Hair transplant costs around Rs 60 to 70 per hair but your baldy'll love it
- Male breast reduction

No acne any more
Chemical peeling on face for acne
Infusing oxygen and other active ingredients can get a fresh youthful glow

TIMESCLASSIFIEDS

VEHICLES

LIGHT VEHICLES FOR SALE

FOREIGN VEHICLES

BMW

2007-BMW 320i, 11300 kms Thane Reg. Graphite Grey, Beige Interiors. BSI – 5 yrs, Self Driven. Strictly no Brokers, Exp: 20 Lacs. Owner: 9820060300

EDUCATION

EDUCATION FOR OTHERS

MUSIC

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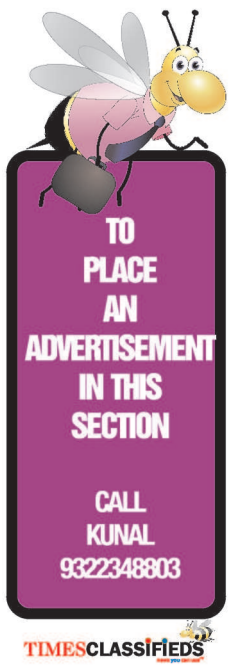
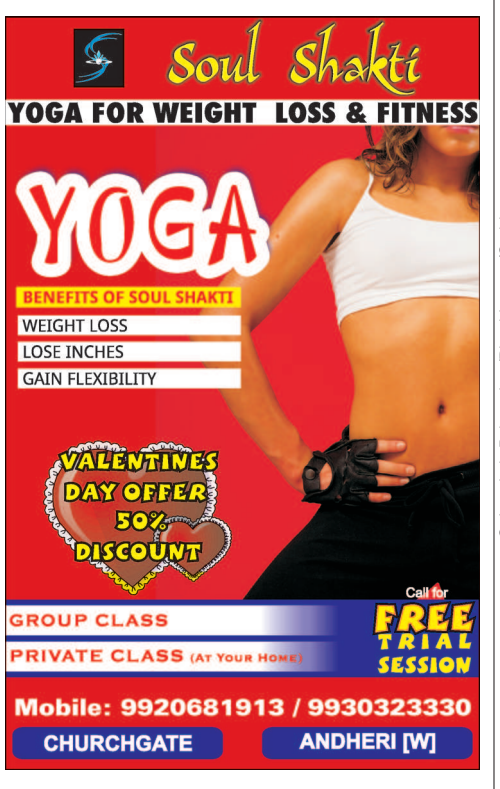


TIMESCLASSIFIEDS

GET NOTICED



Take that breath away

Bad breath can take away a lot from your relationships. Here are expert tips on how to avoid it…

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Halitosis is a term used to describe noticeably unpleasant odours exhaled in breathing. Wikipedia says that Halitosis has a significant impact — personally and socially — on those who suffer from it or believe they do (halitophobia), and is estimated to be the third-most-frequent reason for seeking dental aid, following tooth decay and periodontal disease.

Dr Mukul Dabholkar,, cosmetic dentist says, "Bad breath is one of the most embarrassing and distressing conditions, especially with today's lifestyle issues like working long hours, skipping regular meals, lifestyle diseases, systemic diseases like diabetes, hiatus hernia, liver problems, etc." He says, "The neglect and failure to attend conditions causing bleeding gums which could be localised in the mouth can cause severe bad breath."

Bad breath can cause relationship issues if not handled well. There have been instances when couple have grown apart due to this reason. "I used to have a boyfriend whose breath had this bad stench that was unbearable. Out of politeness I tolerated it for a while but then later I just gave up. He broke off with me when I told him about it," says a young collegian Tinkle Gada.

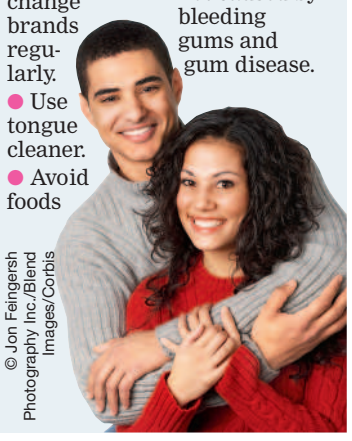
Experts say that bad breath is caused by improper oral hygiene. Sometimes it is also due to hormonal changes. Dr Dabholkar says, "Bleeding gums caused by abnormal chewing habits; vitamin deficiency, cancer and chemotherapy, drugs etc can lead to Halitosis." Other causes of this disease is dehydration etc.

Following simple tips can help you to avoid bad breath. So this Valentine's day make sure your breath is cool and fresh so that you can share those intimate moments.

DSS

FOR A FRESHER BREATH

- Drink adequate water
- Eat low calorie small meals every 2 hours.
- Brush teeth twice a day with toothpaste.
- Use mouthwashes; change brands regularly.
- Use tongue cleaner.
- Avoid foods like garlic , alcohol, onion.
- Get investigated for systemic conditions like gastritis, hiatus hernia, diabetes, liver disease, if the condition is not caused by bleeding gums and gum disease.



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