

Benefits Of Applying Tomato On Your Face

WHY ARE TOMATOES GOOD FOR YOUR SKIN?



- THEY
- HAVE ANTI-AGEING PROPERTIES
- * PROMOTE HEALING OF WOUNDS
- * REDUCE RISK OF SUNBURN
- * FIGHT CELLULAR DAMAGE
- * STIMULATE COLLAGEN PRODUCTION

Tomatoes are an essential ingredient to have in any kitchen. It has proven to be a delicious and important addition to various dishes across the cuisines. However, did you know that they are beneficial in the kitchen and in your skin-care regime? Using tomatoes on your skin may seem like an odd choice initially, but just wait till you discover how much of a godsent blessing they really are.

This juicy fruit is packed with vitamins and nutrients that are so advantageous for the skin on your face, that you would regret not using it before. The best part about it is that it is so easily available in every house and can be used in almost any form, which makes it perfect to include them in your

daily routine. They are also suitable for all skin types, so you don't need to worry about that. Continue reading to find out the exact benefits and the ways you can use tomatoes to the best of your advantage.

Gets Rid Of Dead Skin - Due to the environment being so polluted, especially if you live in a metro city, your skin absorbs a lot of dirt and oil each time you step out. Your skin becomes uneven, and the dirt clogs the pores. It is not easy to get rid of this with just regular cleansing, you have to properly exfoliate your skin. Tomatoes are full of enzymes that make them great as an exfoliator that helps in getting rid of dead skin cells. You needn't even worry if you have sensitive skin, as tomatoes are mild on the

skin. **Reduces Oiliness** - Tomato Reduces Oiliness. This is one of the biggest benefits of tomatoes for your skin. If you have oily or acne-prone skin, you may be struggling with your face producing excessive oil. Greasy skin can be quite troubling and affects the overall health of your skin. Even your makeup doesn't stay in place with all the oil hampering with it. Tomatoes do a great job of combating this and reducing the oil content from your skin.

Prevents Acne - Acne is an extremely common condition in people across age groups. It is usually caused by dirt or bacteria that are trapped in the skin or even oil getting stuck in the pores. This leads to the skin on your face having many breakouts, on top of this if you are prone to popping your pimples, it could cause your skin to even have more problems.

Tomatoes contain vitamins A, C, and K, and also have acidic properties that help in maintaining a proper pH level for your skin and have deep cleansing properties. Using tomatoes may not be enough to cure the root cause of your acne if it runs deep, but it surely assists in minimizing it and preventing breakouts.

Tightens Pores - Tightens Pores, When you have large and open pores, it serves as an attractor for things like dirt, dust, and pollution, basically everything you do not want on your skin. When these pollutants mix with the natural oil on your skin, it can cause breakouts. Tomatoes work as a natural medicine to shrink pores and even diminish their appearance.

Acts As A Natural Sun Protectant - If you live in a place where the sun just does not

seem to go away, you must apply sunscreen every time you step out of the house. Without this, you may get sunburns and your skin might get raw and itchy, leaving with you red marks and spots that you do not want to have on your face. Tomatoes contain a compound called lycopene that protects you from the harmful effects of UV rays. You cannot replace tomatoes with your regular sunscreen but it can be used as added protection. Tip: Mix two tablespoons of plain yoghurt with half of the crushed tomato and apply it to your face. Wash it after 15-20 minutes.

Treats Sunburns - There are times when no matter how much effort we take to prevent any sun damage on our skin, we are still affected by it. Sunburns can be quite troublesome, they leave so much redness



on the skin, heat the skin, and can give you extremely itchy rashes. With an abundance of vitamins A and C present in tomatoes, they can reduce the effects of sunburns on your skin. It soothes your skin and takes away the redness of the skin. Mix tomato



juice with a bit of buttermilk and apply it wherever you have a sunburn, and allow the mixture to cool your skin down.

Soothes Irritable Skin -- A lot of people have extremely sensitive skin, and with it, it is very easy for your skin to react negatively to certain makeup or skincare products. This is normally due to one or more ingredients in them that may not sit well with your skin. Your skin may flare up due to this and can be extremely irritable and itchy. Tomatoes have several anti-inflammatory compounds in them such as beta carotene, lutein, vitamins C and E, which help in soothing the skin.

Gives Skin A Youthful Glow - Gives Skin A Youthful Glow, Everybody wants that glowing, youthful skin which almost seems impossible to achieve sometimes. Using tomatoes on your face helps in the production of collagen. Collagen is a protein that gives structure to the skin. This gives your skin a clear texture and keeps it soft and glowing even as you may start to age.

Single This Holiday Season? Your Perfect Partner Is Just Around The Corner!



It's officially cuffing season, but if you're sitting on the sofa, binge watching travel shows as you sip hot chocolate alone, we understand how it might not be the most ideal scenario.

Whether it's exploring bioluminescent beaches, chasing sunsets, or embracing winter wonderlands, the journey becomes even more enriching when shared. If you find yourself yearning for a like-minded companion to join you on these escapades, fret not! In the spirit of fostering connections and igniting unforgettable adventures, happn, one of the leading dating apps which brings people together in real life, unveils a curated set of invaluable tips to discover your ideal travel companion.

Leverage Geolocation - Why limit your search to the familiar? Let geolocation work its magic! Whether it's a fellow traveller exploring the same destination or a local eager to showcase hidden gems, broaden your horizons for potential travel companions.

Explore Common Interests - Engage in conversations that go beyond, "Have you been here before?" Find someone whose wanderlust aligns with yours and sparks a sense of adventure.

Safety First - It's crucial to prioritise safety and verify the authenticity of profiles by checking

for certified accounts. Additionally, meeting in a public place before the trip allows to build rapport, establish trust, and ensure compatibility in person. Share travel itineraries and ensure your friends or family knows your whereabouts.

Compatibility Check - Assess compatibility beyond travel plans. Dig into shared values, lifestyles, and habits. Ensuring compatibility during extended travels is like ensuring your favorite playlist matches the vibe of your road trip. Day-to-day compatibility matters as much as compatibility in exploring new destinations.

Respect Boundaries - Respect personal boundaries and preferences. Not everyone's comfort level is the same, and some might want a bit more leg room. Be mindful of individual needs and communicate openly about personal space. In any case, at any time of the travel : communication is key.

Have Fun - Above all, enjoy the journey! Embrace new experiences, forge connections, and create everlasting memories. Traveling with a crush offers a unique opportunity to explore not just new destinations but also each other's personalities and quirks. So, soak up the adventure, relish those new encounters, and revel in the joy of shared exploration.

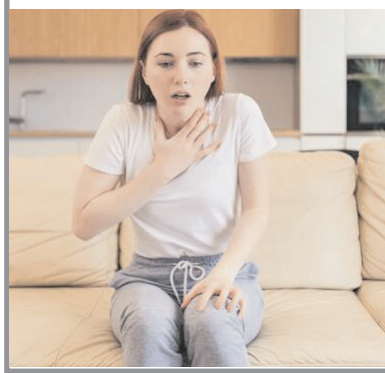
Understanding Panic Attacks And Panic Disorder For Effective Management

Astonishingly, the global incidence of panic attacks has increased by 55% from 1990 to 2019. Today, approximately 4.05% of the global population suffers from some kind of anxiety disorder. To add to these figures, panic attacks can occur out of the blue, affecting anyone, anywhere. Individuals mostly report feeling as if they are getting a cardiac attack and seek cardiological intervention, as the fear of dying and the thought of 'going crazy' go hand in hand with a panic attack.

What Is A Panic Attack?

A panic attack is a sudden and overwhelming surge of intense fear or extreme discomfort that typically reaches its peak within a matter of minutes. During a panic attack, individuals may experience a range of distressing symptoms, such as palpitations, profuse sweating, shaking, feelings of being smothered, a choking sensation, discomfort in the chest, nausea, lightheadedness, chills or heat sensations, numbness or tingling in various parts of the body. The individual might also feel disconnected from reality (derealisation) or detached from oneself (depersonalisation), etc.

Panic Attacks vs. Panic Disorder - Panic Disorder (PD) is characterised by recurrent, unexpected panic attacks that occur without a clear trigger. Hence, not all panic



attacks meet the criteria for a panic disorder nor do all lead to the condition.

It is possible for an individual to experience panic attacks when confronted with known triggers (Expected Panic Attacks), such as heights or closed spaces.

It can occur in isolation as a result of stressful events, situations, or overwhelming circumstances in their lives. For instance, an individual might experience a panic attack on hearing about the loss of a close friend. As they grieve through the loss, they might not experience the condition again.

Panic attacks can frequently occur in the background of other mental health conditions such as Generalised Anxiety Disorder, OCD, depressive disorder, and even personality disorders.

When the recurrent attacks are caused as a bodily response to a substance consumed (like recreational drugs or medications) or another medical condition (hyperthyroidism), they won't be considered as Panic Disorder.

What Causes Panic Disorder?

Neuroimaging studies show that the fear circuit of the brain, particularly the part called the amygdala, which processes emotions such as

fear and anxiety, is overactive in people with panic disorder. Current understanding also suggests that abnormalities in the hypothalamic-pituitary-adrenal (HPA) axis, which controls the body's stress response, may be involved in the development of panic disorder. However, further research is needed to fully understand the neurobiological mechanisms underlying panic attacks and panic disorder.

Treatment Options

Therapeutic interventions offered by mental health professionals are crucial for managing panic attacks. Cognitive Behavioral Therapy (CBT) and Psychodynamic Therapy have proven roles in helping patients deal with thoughts of intense fear. Relaxation techniques, which incorporate mindfulness practices, meditation, and emerging therapies such as Virtual Reality also demonstrate substantial evidence in reducing the symptoms of panic and aborting the attack early.

Oftentimes, these attacks can be so severe that an individual might feel too incapacitated to make use of a psychological intervention or relaxation techniques. In such instances, medications are effective in relieving these acute symptoms.

Medications can also help in improving mood and reducing anxiety, when panic attacks occur in the background of other disorders like depression or other anxiety disorders.

Prevention

According to mental health professionals, the frequent presentation of those suffering from panic attacks does not meet the criteria for panic disorder. For recurring unexpected panic attacks to be diagnosed as a panic disorder, they must be associated with more than a month of persistent worry about:

Having another attack, or going through the aftermath of an attack, like losing control, worrying about having a heart attack, or worrying about dying; and

Significant changes in behaviour due to the attack. These might include, for instance, quitting a job or avoiding social events

Getting timely help and managing a panic attack effectively can prevent this disruptive mental state. These strategies involve seeking regular treatment, identifying the underlying causes of these attacks, incorporating healthy lifestyle changes, and educating patients and their families about this condition.

Follow these lifestyle tips to help prevent panic disorder

Regular exercise, having a fixed sleep schedule, timely intake of nutritious meals, can help people manage their symptoms better. Stress management. Getting 8 hours of restful sleep. Decreasing coffee / tea intake; avoiding these beverages 6-8 hours before bed. Having a routine, both for mornings and evenings. Sunlight exposure. Spending time in nature. Spending quality time with friends and family. Setting aside time for pursuing hobbies. 15-20 minutes of moderate activity daily, like brisk walking.

Mudras for Sleep: 12 Poses for Deep Restorative Sleep



Even after feeling exhausted after a tiring day, aren't you able to get sound sleep? Yes, many people are facing the issue of sleeplessness due to several reasons which warrant making some profound lifestyle changes before it leads to critical health problems. This is where incorporating specific yoga mudras for sleep into your daily routine can be a natural and efficient way to normalize your system, which might aid you in regaining good sleep patterns.

Yoga practice has been ingrained in Indian culture, which has many

positive benefits for our bodies. Let us go through this article to learn how mudras can benefit sleep. Read on!

How Do Yoga Mudras Help With Better Sleep?

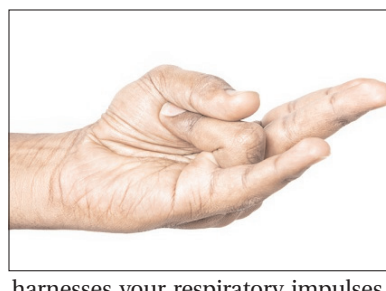
Mudras are hand gestures that help relieve stress, significantly support your sleep cycle and improve your sleep quality. There have been comparisons between several therapies like acupressure, acupuncture, and reflexology with mudra therapy. However, there needs to be more research in this regard.

According to a small study conducted in 2018 on patients with snoring problems and sleep apnea, yoga mudras have shown improvement (1). However, there is a need for standardized protocols for the study, according to the study authors.

Best Yoga Mudras for Good Sleep:

We have listed some of the best and easy-to-do mudras to improve overall health and sleep efficiency.

Shakti Mudra - Shakti Mudra is a perfect yoga mudra for sleep, which



harnesses your respiratory impulses, calming your mind because this Mudra is signified as vital energy. This Mudra leads to better sleep and improved circulation by healing your emotional or physical trauma.

Matangi Mudra

Matangi Mudra is perfect for deep sleep because it improves metabolism and increases willpower by stimulating the naval chakra. Practicing this Mudra reduces sleep problems significantly by improving personal well-being.

Prana Mudra

Prana Mudra is also called the 'seal of life energy,'

which helps redirect the course of prana to where it is required. This Mudra alleviates your sleep concerns by vitalizing the prana elements associated directly with sleep. Additionally, while treating your sleepiness, it also calms your eyes and improves your metabolism.

Adi Mudra - Adi Mudra is another mudra for good sleep at night where the Sanskrit word Adi means first or primal. This seal is symbolically used to calm your mind and is often practiced in spiritual yoga. Adi Mudra reflexes your brain by directing and locking the energy.

Surya Mudra - Surya Mudra signifies the Agni element and is therefore called Agni Mudra. This Mudra helps your body support the flow of fire energy. It also helps restore your sleep cycle while stimulating the fire factor, which cleanses the impurities.

Jnana Mudra -- This is ideal for sleeplessness and a seal of knowledge and wisdom. This Mudra is often performed during meditation and helps

you attain peace of mind. This hand gesture eliminates tension and discomfort that might disturb your sleep cycle by offering a sense of grounding and relaxation.

Dhyani Mudra - Dhyani Mudra is a perfect mudra to sleep immediately by increasing healing, calming your mind, and balancing both sides of your body. You can get a good quality sleep when your mental state is peaceful.

Apan Mudra - Apan Mudra facilitates better sleep by promoting relaxation and relieving stress efficiently. This Mudra is generally practiced with both hands.

Mushti Mudra - Mushti Mudra, Mushti means 'fist' or 'closed hand.' This Mudra helps you eliminate depressive emotions from your body, leading to calm and healthy sleep habits.

Ksepana Mudra - Ksepana Mudra is an ideal mudra to get sleep because it helps eliminate negativity, suffering, and despair from your body.

Practicing this Mudra enables you to sleep peacefully by making a measurable difference in your energy. Twist your arms upwards.

Let your fingers point towards the head's crown, to the forehead, nose, and lips, and then to the heart while you exhale. As you breathe out to avoid being negative, you can feel the energy flow into your body.

Anjali Mudra - Anjali Mudra is a familiar hand gesture in yoga spiritual practice and meditation and is also called prayer position or Namaste Mudra.

