



Beauty expert: **DR NIGMA TALIB**

*World-renowned naturopathic physician
Dr Nigma Talib coerces us to look beyond
magic formulas for flawless skin*

If you'd visit Dr Nigma Talib with complaints of a big zit, she'd probably ask you to lay off the dairy before prescribing a skincare routine. The London- and Los Angeles-based naturopathic physician and aesthetician is a leading advocate of a holistic wellness routine. It's a mix of innovative facial treatments and healthy dietary recommendations that can fix anything from ageing skin and chronic skin disorders, to bad sleep and even infertility.

Proof of her work lies in her star-studded clientele that includes the likes of Penélope Cruz, Sienna Miller, Rosie Huntington-Whiteley and Charlotte Tilbury, among many others. While an appointment with her requires a six-month-long wait, you can shop for her

skincare products and supplements on Net-A-Porter.

Your beauty philosophy...

Whether it's eczema, acne, psoriasis or dermatitis, it's all rooted in how well your gut is digesting your food, and the balance of good and bad bacteria in your gut. You'll see a massive change once your gut is balanced.

Your top health tip...

Keep your gut happy, and avoid gluten, dairy, sugar and wine—it's tough, but the payoff is huge. I take a collagen and probiotic supplement every day for healthy flora and good skin. And vegetarian digestive enzymes are a

great way to support a sluggish digestion after too much indulging.

Your favourite beauty advice...

Get LED treatments to treat sun damage and ageing skin, and never underestimate the power of a good DIY mask. I love my papaya and avocado formula for the winter.

A beauty mistake to avoid...

Doing too much! Your skin just needs a serum, a moisturiser and a weekly mask. Wearing too many products will cause more damage.

DR TALIB'S KIT



Dr Nigma Talib
Hydrating
And Plumping
Serum No. 1,
₹ 14,700
approx.



Dr Nigma Talib
Crème No. 1,
₹ 12,802 approx.



Heliocare
Advanced
Gel SPF
50, ₹ 1,640
approx.



Oxygenetix
Oxygenating
Foundation,
₹ 4,200 approx.



Charlotte Tilbury
Retoucher Concealer Pen,
₹ 2,150 approx.

Career defining moment...

I took two years to put together my first book, *Reverse The Signs Of Ageing* (Vermilion, 2015). I was writing it for my patients, but I didn't expect people to send messages about how it's changed their skin, and overall health and wellness.

DR TALIB'S PAPAYA AVOCADO FACE MASK

- 1/2 ripe papaya (small): packed with antioxidants and AHA
- 1/2 avocado: effective moisturiser for dry skin
- 1 tsp honey (runny): improves moisture levels
- 1 tsp fresh lemon juice: natural skin lightening
- 1 egg white: skin tightening and rich in vitamin A
- 1 tsp plain yoghurt: natural probiotic
- Apply the mix for 5 minutes, then rinse it off with warm water, and pat dry.



— MAMITA MODY