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Dr. Vrushali Rane- Khan is a consultant Dermatologist at AMAYA Anti-aging clinic, with an expertise in Aesthetic Dermatology, Trichology, Laser and Derma to – surgery. She has had an extensive training to achieve a comprehensive understanding of both disease and aesthetic aspects pertaining to skin, hair and nail. A member of the Indian Academy of Dermatology, Venereology and Leprology (IADVL) as well as Cosmetic Dermatology Society of India (CDSI). She has had the opportunity to present many scientific papers and posters, won awards and attended workshops to keep abreast with all the latest developments in the field of dermatology.

1 My skin is dull. What can I do about it?

Dull skin is generally related to dryness, nutritional deficiency and textural imperfections. Start using a mild cleansing lotion, regular use of sunscreen and moisturizer for dry skin. Nutritionally, you need to have a coloured fruit every day, eat a 'B' complex vitamin and ensure you have proteins (egg/sprouts/fish) in your meal. A fortnightly microdermabrasion or chemical peels, depending on your skin, will correct your texture.

2 What is hair mesotherapy, does it work for Thyroid related hair loss?

Hair mesotherapy is nothing but injecting a fluid that will provide nutrients, growth factors and vitamins directly in the root of the hair. A minimum of 3 injections lets you know if the treatment is working. Hormonal causes for hair loss, as in your case, will not really benefit with mesotherapy. Visit a dermatologist; find out the cause for hair loss (only hormonal or any additional nutritional cause) and then a call for mesotherapy needs to be taken.

3 I had read about stem cell injections as treatment for aging skin. Does it work?

Stem cell is a cell that firstly is your own, like your hair root cell or dental stem cell, which when injected back into your skin can convert into any type of cell and multiply to produce millions of similar cells. So ideally, stem cell if injected into a bald patch should grow hair and if injected into aging skin should induce collagen generation. However most stem cell preparations currently available are plant derived and do not have this effect when injected into the human skin. Hence unrealistic expectations should not be attached with this treatment.

4 What cream should I use for dark circles?

Dark circles are a common problem. The causes are manifold with mild ones like fatigue, lack of sleep, repeated rubbing, allergy, etc. to pigmentation, thin skin, prominent blood vessels, sunken eyes, Iron deficiency and hereditary cause. It is very important to identify the cause rather than use a random under-eye cream. Your dermatologist can help you with identifying the cause. From your side, start wearing a sunscreen or Ultraviolet proof sunglasses, stop rubbing your eyes and limit eye make-up to the minimum.

5 I had developed a tan on my arms after a beach vacation. It's been 3 months now, but my arms continue to be dark. Why is that? And what can I do about it?

Tanning is a temporary phenomenon & generally subsides in a few weeks' time with protection against the sun. But, if the Ultraviolet exposure is continued, Pigmentation develops, which needs treatment to disappear. Start using a sunscreen lotion with SPF 30 and PA+++ . Use a glycolic acid 12 % cream at night. Don't use scrubs/pumice stone or any harsh material on your skin.

6 I am a 35 year old woman. I had pimples as a teenager but they stopped in my late 20's, I have been having new eruptions since the last 6 months. I am doing regular cleanups and stopped oily and fatty foods but my skin continues to erupt. Please help.

This is called Adult acne. Hormonal imbalance & stress are major causes for pimples in this age group. Incorrect cosmetics (oil based) or treatments like cleanups and facials can irritate the oil glands further and aggravate acne. Firstly, stop your beauty treatments & limit your cosmetic use. Start using a mild cleansing face wash. Visit a qualified dermatologist to investigate for hormone levels & initiate treatment.

For any queries or suggestions on skin care, write to us at contactus@karyd.in