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INSIGHT

WTC COMMUNITY WEEKLY



Healthy Skin while Fasting

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2 PM

Live on Instagram
@wtc.jakarta @skinplusclinic

skinplusclinic.com

Skin Care, A Little TLC

It is said that having clear, healthy skin is a blessing and a privilege on its own. It's a lifetime investment and people go to great lengths to achieve it.

During Ramadan, the skin becomes dehydrated due to the reduced intake of fluid as people fast. This can worsen by over-washing your face. Other common problems include dullness and breakouts, and nobody needs them come *Lebaran*.

Find out how to get your skin glowing for the big day on Jakarta Land's Insta Live Talk with Skin+ Clinic this Thursday at 2pm. Go to Instagram @wtc.jakarta and send your questions to stand a chance to win an exciting prize.

Simple Skin Tips

- **Drink enough water**
at least 8 glasses a day
- **Moisturize**
use rich cream or oil-based for dry skin, and gel-based for the oily type
- **Wear face masks**
not the COVID-prevention one, the facial one
- **Don't overwash**
use face mist or fix spray, store in fridge to cool
- **Wear sunscreen**
apply at least an SPF-30 before going outdoors

Yours trully,
the community editor