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SANBIT SAHA



Priyanka Chopra

SHOW SOME LEG

Your summer guide to scoring Priyanka Chopra's leggy look

Rochelle Pinto
rochelle.pinto@hindustantimes.com

As summer gets hotter, the hemlines get shorter. Stars like Priyanka Chopra and Mugdha Godse aren't afraid to show off their toned stems, pulling out their miniskirts and short rompers to beat the heat.

These quick-fix methods will help you get your legs mini-worthy.

Smooth skin

Instead of spending painful hours in the beauty parlour every week, many city girls are opting for laser hair reduction to get rid of the problem of wax strips permanently.

Dr Hema Pant, of Kaya Skin Clinic, reveals that the summer

is when she gets maximum appointments for laser treatments. "It's one of the most common procedures that clients opt for these days and we even have mothers bringing in their teenage daughters for the treatment," she says.

While this may have raised eyebrows a couple of years ago, Pant insists that it's become de rigueur. "People are keen on it because it's a more permanent solution. The only thing that used to deter them was the pain as these sessions hurt when performed on such a large area. But now, we even have painless treatment in certain centres."

The treatment is divided into six to eight sessions that cost about Rs 72,000 for the whole leg and Rs 35,000 for the lower leg. Maintenance sessions can be done about twice a year. It promises no scars. "Immediately after the treatment, there will be a little irritation. But if the patients avoid dehydrating the skin and regularly moisturize and cover up with sunscreen, there is no problem.

Tone up

Summer is usually when couch potatoes renew interest in their New Year's resolution for super-model legs. Leena Mogre, director of Leena Mogre's Fitness, agrees, saying, "In summers, people want to show off their bodies in skirts and shorts. Though women want to have great legs throughout the year."

While she insists that there is no substitute to a good dedicated workout, she does offer some quick tips to getting your calves in shape.

"People shouldn't be misled into thinking that this will get them fool-proof results. Add these to your routine for faster results," she advises.

■ Take the stairs instead of opting for the lift. Once you've got yourself in a good momentum, climb two steps at a time.

■ Brisk walking is good



for the calves.

■ Add to standing calf raises by doing calf raises while sitting at your desk.

■ Do leg extensions while sitting to target your thigh muscles.

■ Skipping is a great cardio exercise. Dancing also helps, but only if you manage to work up a sweat.

Wardrobe advice

Star favourite, designer Swapnil Shinde, predicts the return of the '60s minis. "Minis are going to be very trendy, especially when paired with chain or stud detailing for that grunge look." While he doesn't think shorts are trendy, he advises fans to opt for colourful ones with floral prints. "And lose the gladiator sandals that have been done to death. The T-strap sandal is the footwear of the season," he signs off.

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