



Mallika Tarkas Parekh, Founder
and Director of AMP Fitness, LLP,
Exclusive Licensee of Physique 57 in India



SkinCeuticals
Hydrating B5 Gel,
₹6,100 (approx).

"Honestly, it feels amazing to be able to give my make-up products a rest! The lockdown has been about exfoliation and hydration for me. My favourites include the SkinCeuticals C + AHA serum, which smells awful but really works for my skin, the SkinCeuticals Hydrating B5 Gel, and the Joanna Vargas Exfoliating Mask and Daily Hydrating Cream. If I'm feeling fancy (even for Zoom meetings), I spritz on Jo Malone's Nectarine Blossom and Honey Cologne to brighten up my mood."

