



**Aishwarya
Rai**

A DAZZLING GLOW!

“The more we nurture ourselves, the more radiant we become physically, spiritually and emotionally,” says Shobha Tummala, a practitioner of the Indian wellness system *ayurveda* and founder of Shobha salons in New York City. Just look at Bollywood beauty and L’Oréal spokesperson **Aishwarya Rai**, 34, who glows from an ayurvedic facial: In a

bowl, mix 2 egg whites, 1 tsp. of gram flour (like Nirav Gram Flour, \$4 for 2 lbs., at iShopIndian.com) and 1 peeled, mashed cucumber. Apply to clean face and let sit for 10 minutes, then rinse. **Why it works:** Cucumbers’ mild astringents shrink pores, while gram flour exfoliates. And egg proteins constrict blood vessels to reduce puffiness.