



PHOTO BY SANKHA KAR

# Women are under a lot of pressure

“SKINCARE AND THE USE of a variety of ingredients on the skin is a subject that has always fascinated me.

I grew up in Bulawayo, Zimbabwe, and started using cosmetics as a teenager. I didn't have much of a clue about the ingredients that were needed to make a good skincare cosmetic - I simply knew what worked for me.

Much later, when I travelled through Africa by road, the lush flora of the tropical rain forests of central Africa gave me ample opportunity to learn

about the natural ingredients from forest plants that worked wonders on local people's skins.

When we shop for food, we always check the labels for ingredients and additives to learn what we are eating. I think the same goes for cosmetics too.

Most women would like to know what goes into a pot of cream that they are using. But not many of us

