

Shweta Tripathi's Skincare Secrets at 40

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Actress **Shweta Tripathi**, renowned for her roles in *Masaan* and *Mirzapur*, continues to captivate audiences with her youthful glow and authenticity. At 40, she attributes her radiant skin to a holistic approach encompassing diet, exercise, and mental well-being.

1. Holistic Approach to Skincare

Tripathi emphasizes that while skincare products play a role, the foundation of healthy skin lies in what one consumes and thinks. She states:

“Rely on products, but more importantly, rely on what you feed your system: the food you eat, the drinks you consume, and what you think.” [Hindustan Times](#)

She advocates for homemade meals, highlighting their simplicity and reduced use of butter and oil, which contribute to better skin health.

2. Daily Skincare Rituals

Understanding her dry skin, Tripathi prioritizes moisturizing. She also embarked on a 30-day skincare challenge to establish consistent habits. Her approach underscores the importance of knowing one's skin type to select appropriate products.

3. The Power of Oil Pulling

An advocate of Ayurvedic practices, Tripathi incorporates oil pulling into her morning routine. She believes this ancient technique not only benefits oral health but also enhances her skin's appearance.

4. Fitness and Mental Wellness

Tripathi integrates various exercises, including dance, strength training, and yoga, into her routine. She emphasizes that discipline in any form of exercise pays off. Additionally, she believes that positive thoughts significantly impact skin health, stating:

“Everything that we think or feel impacts hair and skin. Stress, for example, can negate the benefits of even the best products.” [Hindustan Times](#)

5. Makeup Philosophy

Preferring a natural look, Tripathi opts for minimal makeup. She highlights the importance of using products that suit one's skin type and emphasizes the need for proper skincare before makeup application

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