

Athiya Shetty's Skincare Secrets: Hydration, Simplicity, and Confidence Over Trends.

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Athiya's glow comes from inside out — focusing on **hydration, clean beauty, and effortless fashion.**

Mumbai: Bollywood actress and new mom **Athiya Shetty** is redefining skincare goals with her simple yet mindful beauty routine. Known for her radiant skin and laid-back style, Athiya believes less is truly more.

In a recent interview, **Athiya** revealed that **hydration, moisturizing**, and a gentle routine tailored to her dry skin are the real secrets behind her glow. Her **skincare philosophy reflects balance, comfort, and consistency.**

Morning Routine: Sunscreen, Hydration & Minimal Makeup

Athiya's mornings start with the basics:

1. **Sunscreen:** Her absolute skincare essential.
2. **Lip Balm:** Never leaves home without it.
3. **Blush & Mascara:** A soft touch of blush and mascara for a fresh, natural look.

But the most important step for her glowing skin? Drinking plenty of water throughout the day.

Night Routine: Cleanse, Moisturize, Rest

Athiya swears by a no-excuses cleansing habit — no matter how tired she is, she never sleeps with makeup on.

1. **Cleansing:** The foundation of her nighttime ritual.
2. **Moisturizer:** Essential for her dry skin.
3. **Eye Cream:** Keeps her under-eye area hydrated and refreshed.

She also keeps up her hydration levels at night, reinforcing that **glowing skin** starts from within.

Homemade Beauty & Childhood Habits

Reminiscing about her childhood, **Athiya** fondly remembers making DIY face masks from fruits and veggies in her fridge. These natural skincare remedies still influence her approach to beauty today.

Makeup Minimalism: Less is More

Athiya prefers balancing her makeup looks: either a bold lip or smoky eyes, never both.

Her favorite makeup product? Blush, which she admits she's "**obsessed**" with. While she feels lipsticks are a bit overhyped, a highlighter remains her timeless favorite.

Haircare: The Power of Coconut Oil

When it comes to haircare, she keeps it traditional with coconut oil — a habit passed down from childhood, keeping her hair healthy and nourished.

Comfort-First Fashion

Athiya's style mantra is simple — comfort over trends. Whether it's an oversized hoodie with track pants or a sleek black dress for an event, her focus is on wearing what feels good.

Her signature accessories? A chunky bracelet and a timeless wristwatch. And when it comes to shoes — **it's always flats over heels.**

Style Advice to Live By

Athiya follows her mother's fashion advice and trusts her own instincts. For her, style isn't about following trends, but about expressing your personality and feeling confident in your skin.

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