

for 'eternal youth'

3.4%

Increase in cosmetic

surgery procedures

globally among

Gen Z, in 2024

76%

Gen Z women agree

that maintaining

their appearance is

a key priority

51%

Gen Z men have

dedicated beauty

and grooming

routines

(According to Mastermind Behaviour Services, Mintel Research, IMARC)

₹340

crore

Anti-ageing market

size by 2033, fueled

by Indian Gen Z

are often

seen as a shortcut.

— Dr Ajay Rana, dermatologist &

aesthetic physician

but without a

foundation,

results are

short-lived

proper skincare

storytelling. He plans to make the series' production design and characters available for others to use, creating what he calls "a rainforest of ideas." Users can adapt elements from Warlord for their own projects, with the stipulation that they pay one cent per use and make their creations open source for others to build upon. "The whole idea is that great stories can become their own platforms," Kapur says,

A collaborative storytelling ecosystem

adding, "They don't need to be hosted by another platform."

As reported by Variety, Kapur's vision extends far beyond traditional

# Can self-worth be built through needles?

Shruti Haasan on fillers and getting her nose fixed: It hurt, but if I could make it prettier, why wouldn't I?

Many bring pictures of influencers that have been edited to look like the features they want to copy. This trend shows how digital edits set unrealistic beauty standards, which is why it's so important to get professional help to set realistic, natural-looking

 Dr Pradeep Kumar Singh, head, Cosmetic & Plastic Surgery at a Gurugram-based hospital

goals

Beyond The Botox: India's Growing Potential For Aesthetic Surgeries Propelled by Gen Zers

Gen Z is saying 'yes' to Botox and plastic surgery

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## From filtered faces to real-life fillers

Not too long ago, cosmetic procedures like Botox and lip fillers were kept under wraps and mainly reserved for celebrities or the uber-rich. Today, the story is different. Scroll through Instagram or catch a conversation in a cafe, especially among Gen Zers, and chances are that you'll hear words like Botox, fillers, jawline, and lip flips tossed around casually. "They don't see these procedures as big changes, like the older generations. However, too many procedures can make you look unnatural. So, before getting any, it's important to get healthy advice, set realistic goals, and make sure that your overall health is a priority," said Dr Pradeep Kumar Singh, head of Cosmetic & Plastic Surgery at a Gurugrambased hospital.

the mirror. I did validation. I did chose to show way I've alwa —A 2

Lip enhancement didn't fix me, it just helped me stop fighting the mirror. I didn't do it for trends or validation. I did it because I finally chose to show up for myself, the way I've always wanted to

—A 24-year-old, who didn't want to be named

Cosmetic treatments aren't about vanity — they're a quiet response to a world that constantly says, 'You're not enough.' It's less about chasing perfection and more about wanting to feel seen, safe, and accepted

 Dr Malini Saba, psychologist and advocate for women and girls



#### More than skin deep

What's raising concern is how early Gen Z is getting exposed to cosmetic tweaks, and it's this balance between acceptance and autonomy that's at the heart of this growing trend. Psychologists share that this new norm may be masking something deeper. "Fixing your face is seen as self-care. But underneath that is a discomfort... Self-worth can't be built through needles and filters. If it could, we'd be seeing more joy. We're seeing more anxiety, comparison, and disconnection," said Dr Malini Saba, psychologist and advocate for women and girls.



Social media— the new mirror

a kind of beauty ideal that feels both aspirational

anonymity, a 24-year-old woman who recently got lip fillers, shared, "I didn't do this to impress anyone.

I just wanted a bit of fullness. It wasn't a big deal

either considered it or have had something done

it's no longer a taboo, but a choice. However, not

everyone is jumping in on the trend yet. "I haven't

less because I haven't," said Asfi Javed, a 25-year-

old Mumbai-based influencer. Is this wave of quiet

cosmetic tweaks just about appearance? Experts

say that it's often about control and not just vanity.

Dr Ajay Rana, dermatologist & aesthetic physician,

medicine training institute, added, "There's been

a noticeable trend among those in their early 20s.

and founder-director of a cosmetology and aesthetic

Many are influenced by social media filters, celebrity

look natural with glowing skin, minimal texture, and

defined features without looking overdone."

culture, and the desire for instant results. They want to

for me." She's not alone, as most of her friends have

already. In cities like Mumbai, Delhi, and Bengaluru,

done it yet. Maybe someday, I will. But I don't feel any

Social media plays a huge role in this shift. Filters have

blurred the line between real and retouched, creating

and achievable with a little help. On the condition of

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