

# Featured in

# TIMES OF INDIA

## Confidence begins with self-acceptance

**D**r Sayali Mahajan (MD Dermatology, AAAFP (Europe) is the Founder of SaySkin Clinic, Navi Mumbai, says, "As a dusky little girl, I remember wishing I could change my skin — literally. I believed that if I could just become fairer, I would feel prettier, more accepted, more confident. Growing up, I realised it was never really about colour. It was about how I saw myself. Today as a dermatologist, I meet many people who sit where I once did — questioning their reflection, wanting to 'fix' something before they can feel worthy. And I understand that feeling more than I often say."

She adds, "I've seen how deeply words, comparisons and childhood experiences stay with us — how someone once made to feel 'less' can grow up believing it. So when someone walks into my clinic, my role is not just to treat their skin, but to understand their story and to remind them, gently, that they were never 'not enough' to begin

with. Aesthetic medicine has the power to enhance, refine and restore, but it should never come from a place of self-rejection. Whether it's working towards healthier skin or a more even tone, the intention matters."

Beyond treating skin, Dr Sayali's role as a dermatologist and aesthetic physician is to guide patients towards becoming the best version of themselves — safely, ethically and confidently. "Whether it's treating acne, improving texture or addressing anti-ageing concerns, my aim is not to change who you are, but to help you feel more like yourself. Confidence comes from finally accepting yourself and then choosing to evolve," she concludes.

Where: SaySkin: Advance Aesthetic Dermatology Clinic, Shop No. 23, Shreeji Heights, Sector 46A, Seawoods, Navi Mumbai.  
Call: 91-705 805 0233.  
Instagram: @sayskinclinic  
Website: [www.sayskin.in](http://www.sayskin.in)

