

# The healthy-skin life

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## A FULL NIGHT'S SLEEP

A sound sleep is often preventive of almost any health problem in the world. Maintaining healthy skin is no exception. During slumber, the skin's repair mechanism is activated. Furthermore, sleep deprivation induces stress which results in oily skin and acne. So, to top a skin pampering day off,

getting seven-eight hours of shut-eye is a must.

Everyday minor activities have an effect on skin health, and small but conscious changes can over time have a visible and sustainable effect in the long term. For that glowing, smooth and youthful skin, pamper away every so often, but also be mindful of the everyday care aspects.

**By Puja Sarkar**  
**Photo: Sazzad Ibne Sayed**  
**Model: Mohini**  
**Make-up: Piya's Beauty Essentials**  
**Styling: Sonia Yeasmin Isha**

This week Star Lifestyle is bringing to you a special supplement on winter skin care. Happy reading!  
 — LS Desk

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Think twice before saying things, and keep our emotions in check. Be patient, acting on the impulse to rage will blow the relationship. Your lucky day this week will be Tuesday.



**TAURUS**  
(APR. 21-MAY 21)

Think over again the impulse to do something just to spite a partner. Focus energies on realising tangible goals. Electrical problems may be an issue. Your lucky day this week will be Saturday.



**GEMINI**  
(MAY 22-JUN. 21)

Avoid large groups of people. Health issues could disrupt your routines. Be generous with children. Your lucky day this week will be Thursday.



**CANCER**  
(JUN. 22-JUL. 22)

Loved ones can test your composure. Accept the inevitable. Problems with teeth may mess up your schedule. Your lucky day this week will be Thursday.



**LEO**  
(JUL. 23-AUG. 22)

A good time for self-improvement. Sign up for online courses and seminars. Try to break bad habits. Your lucky day this week will be Sunday.



**VIRGO**  
(AUG. 23-SEP. 23)

Be more observant of your environment, including the people in it. Doing things by the book can be productive. Pursue new paths to interesting friendships. Your lucky day this week will be Saturday.



**LIBRA**  
(SEP. 24-OCT. 23)

Romantic inclinations will lead to committed relationships. Difficulties at an emotional level may be likely. Cooperating with co-workers can bring success. Your lucky day this week will be Sunday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Honesty remains the best policy, but be diplomatic. You could come into some money. Discord with a loved one could arise. Your lucky day this week will be Thursday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Listen for both sides of the story. Avoid confrontations with employers. Friendships could end quickly. Your lucky day this week will be Saturday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Be more understanding. Any attractions toward clients will be one sided. Ask colleagues to pitch ideas. Your lucky day this week will be Sunday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Look at the finer details. Plans can cost more than anticipated. You may find yourself interested in more than one person. Your lucky day this week will be Sunday.



**PISCES**  
(FEB. 20-MAR. 20)

Honesty will win you points and respect. Confusion regarding other people's money will reach a crisis. Don't divulge a secret. Your lucky day this week will be Wednesday.

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