



EYE

## Swim time!

**S**WIMMING is one of the best forms of exercise. It requires you to use many of the muscles in your body, for building strength and endurance and is beneficial for your metabolism and the cardiovascular system. The water provides a natural resistance when you are swimming, while also making the activity less strenuous on your body. Water, in most cases, also provides a natural cooling element for the body.

There are many places in and around the town where you can practice swimming or learn to do so, for that matter.

The Dhaka Regency's rooftop swimming facility is offering an opportunity to relax and relieve you from anxieties. You can use the pool without a membership card for Tk 1500 per person, per day. You can also apply for a membership on a monthly basis. For couples' membership it will tax you Tk 30,000 and for an entire family it is Tk 40,000; single membership is Tk 20,000.

For details contact: Dhaka Regency, Airport Road, Khilkhet, Main Road, Dhaka; Timing: 7am to 9pm. #02-8913912.

If you want to stay fit and enjoy your leisure in a luxurious environment then Radisson Blu Water Garden Hotel is the place for you. You can also pay on a monthly basis; this will not tax your wallet by more than Tk 45,000; Tk 85,000 will allow your family members to use the facility.

For details contact: Radisson Blu Water Garden Hotel, Airport Road, Dhaka Cantorment, Dhaka; Time: 6am to 11pm. Price: Tk. 3500 per person (daily); #02-8754555.

If you are looking for a similar extravagant experience you can try the facility that The Westin Dhaka has on offer. The rate for daily use of the pool is Tk. 2000 per person. The refreshing water of the pool at the

facility is the perk of the facility.

For details on membership and other additional offers, contact: The Westin Dhaka, Plot #01, Road #45, Gulshan - 2, Dhaka; Time: 7am to 10.45pm; Price : Tk.2000 per person (daily); #02-9891988.

Bashundhara Gold Gym is offering a 20 percent discount on applying for membership. From 6.30am it will cost you around Tk 64,810 and from 9am to 5pm is Tk 47,950. To avail this offer, contact Gold Gym, Bashundhara City, Level 9 &10, 13/Ka/1, Panthapath, Dhaka; Time : 9am to 5pm; Price: Tk 80,000 (monthly); #0179 726 0682.

Officers' club has different timing and professional trainers for both men and women, catering to a more conservative membership. They also provide swimming costumes. Training time for men is 1pm to 2pm, and for women it starts from 3pm till 4pm.

For details contact: Officers' Club, 26 Baily Road, Ramna, Dhaka, Time : 10.30am to 12pm, 6pm to 7.30pm; Price :Tk 4700 monthly (men), Tk 5100 (women); #02-9358958.

Hotel Sonargaon also offers separate timings for women to maintain privacy. Timing for female members is between 10am and 12pm and for men it is between 6pm and 11pm.

For details contact: Hotel Sonargaon, Kazi Nazrul Islam Avenue, Dhaka; Time: 10am to 11pm. #02-8111005.

Learning to swim is important for more reasons than one. Mastering this skill at a young age can benefit you throughout your life. If you didn't acquire the skill at an early age, it probably is never too late. Enjoy the cooling, soothing effect of a cold swim on a hot summer day.

**By Mehnaj Kabir**

**Photo: LS Archive/Sazzad Ibne Sayed**



### Dr. Jhumu Khan

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# BREAST AUGMENTATION WITHOUT KNIFE



Women are always charming and beautiful. Natural traits, interweaving in never-ending harmony, make each of us fascinating. Every woman strives to be attractive despite her age or social status. To be

charming with her natural appearance and correct body shape, **Silicone and scalpels are not the only way to get it.**

### A) POWER THREAD LIFT: Desired Nonsurgical option

If you are concerned about mild sagging or drooping of breasts, it can be your option without surgical intervention.

Polypropylene threads with fine cogs or barbs are inserted strategically to achieve the desired tissue support which remain anchored in their new position for 3-5 years.

### B)AQUA FILLING: Breast Filler

Aquafilling is a hydrophilic gel that creates the depot of physiological 0.9% sodium chloride solution embodied in a three-dimensional spatial molecular structure of linear polyamide based on the multiple hydrogen links between carbonic and amino groups. These are compounds similar to face fillers which are injected into the breast from an inconspicuous injection point. With fillers, there is no operation needed to achieve up to 1 cup size enhancement of the breast. There is little downtime, and you will be able to get back to work the next day.

### LONG LASTING EFFECT

1. Aquafilling gel is a highly elastic gel which degrades slowly and provides for high effectiveness.
2. The effect in breast augmentation lasts more than five years.

In Breast Augmentation Clinic every woman receives the most personal and professional care. We understand that every human being is both physically and emotionally unique and has different needs and expectations.

## Dr. Jhumu Khan's Laser Medical

NEW LOOK NEW LIFE

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