

## Grooming Lounge -- a new haven for men's grooming

**A** makeover salon for men, Grooming Lounge, has been launched to cater the need for a total grooming solution. To offer cosmetic beauty and grooming for men, the salon was launched on 9 April, 2015 with a diverse range of men's grooming products and services.

Nowadays, men have become conscious about personal grooming and how they look. There has been an increase in the trend of men visiting parlours to make themselves more presentable and groomed.

Grooming Lounge offers modern grooming solutions like fish pedicure, Jacuzzi, steam bath, sauna, Thai massage, 'Malaysia foot therapy', tattoos and many more.

It also offers a range of other solutions like hair styling, haircuts, hair colour, facial, body care, body massage, spa package and a host of more than 70 modern grooming services. It also has a Kid's Zone, where children can avail hair cut services.

At the opening ceremony, Md. Arifuzzaman, Chief Executive Officer, said that there has been quite a lot of improvement and access to grooming for women in Bangladesh. However, there has not been any significant offering for men's grooming in the country. Therefore, to cater men's need for an international standard grooming solution, it has started its journey with an array of most modern grooming products and services.

The legendary singer, James, appeared as the Special Guest on the occasion and appreciated the initiative of Grooming Lounge and said that the time was right for such a specialised grooming service to be launched in the country that caters specifically to men.

Grooming Lounge plans to establish more such outlets in Dhaka and in other metro cities as well.

## Café Crise Cardiac Grill

**T**HE second branch of Cafe Crise Cardiac Grill (more popularly known as Clinic Café) has been inaugurated recently. The outlet is in Dhanmondi.

They are serving 'Omega Fish,' 'Calorie Count Fish,' a variety of shwarmas, burgers and salads.

There is also the option of set menu. Crise Cardiac Cafe has their special coffee and some soft drinks.

The outlet is located in House # 67, Satmasjid Road, Dhanmondi. For more information 01956499665.

## LOVING AND LIVING WITH PLANTS

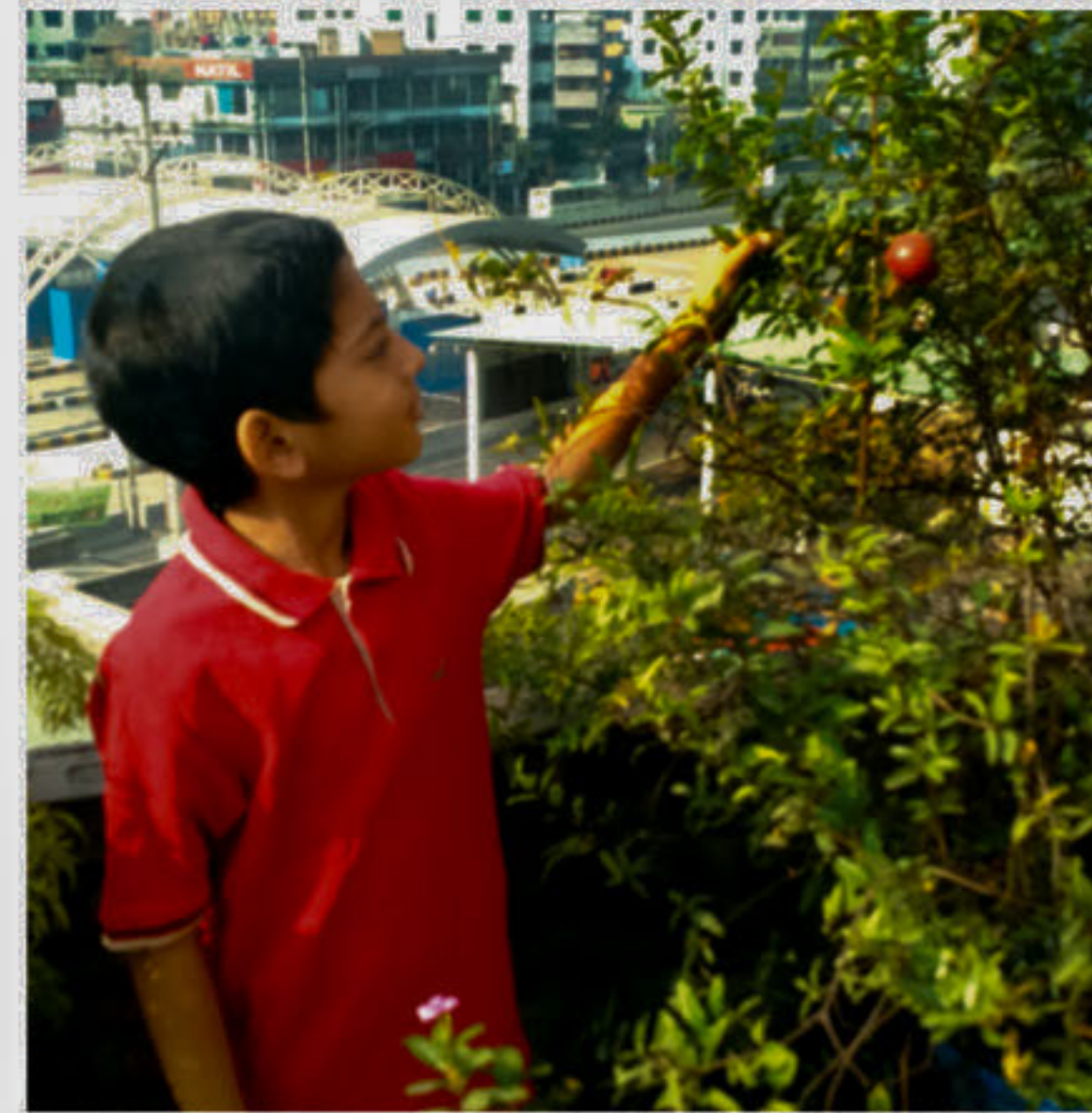
BY LAILA KARIM



## Introduce your child to Green life and TLC

**T**HE lives of young parents is not easy these days. Every day is a day of war in many ways, nurturing the child or children with the right food, right books, right toys or play materials and with the right people and simultaneously making time to be with the young toddlers are the biggest challenges. It is more difficult when both parents are working and live in a single unit family of three or four. I am speaking about the parents who are raising children aged 3 to 12 years old. This age is important to build the foundation for the type of child you want to see in the coming days. The influence of family practices and inner culture, surroundings and family relations among the members are all contributing factors in shaping the future of a child. This is the time to introduce the child with life – ethics and essentials without which growing up will not be complete. At the very first step to life, the child should be introduced with soil, water and plants (maati, pani, gach, pakhi too). This is required to help the child realise that we need to value these to live and to help let others live. Let your child start this journey as early as two or three, or even before!

But how do you go about doing this? Easy; do it naturally. Take him/her to any plant nearby and tell him/her about the leaves, flowers, soil and water. Tell the story of plants and flowers in line with our lives. Give the liveliness that plants may lack at first sight and evoke images of a family of trees. Make the story real and develop real relations. Tell them how the leaves are the



child of the plant and the flowers are the smiling faces! The branches are brothers and sisters and the neighbouring plants are the uncles, aunts and cousins. And the big trees are the grandpa and granny! Associate the story with our lives and make them understand the value of relationship in life. Involve them in daily care of these. Teach them how to dig the soil, give a pinch of fertilizer and show them how to pour water on the soil. Tell your child why damaging or squeezing of a leaf or a branch hurts the mother tree and the effect of any bad touches. With these learning, the child will grow better and this will be long lasting. Thus a journey of love and responsibility will begin.

To develop the love for nature, it will also be necessary to keep your child away from any marathon TV watching and save his/her mind from the computer affect, both of which are not good means of a

healthy growth. We often push our children to these without understanding the long term effect on their lives. A child should start his/her life with books – begin with the picture book and rhymes, make it a habit of reading and with the time he/she will grow his/her own choice, but give the right books to him/her. Please let him/her touch and speak to the plants every day as well.

I would request our young parents to take your child(ren) to the everyday essential market i.e. kacha bazar/super shops or wherever you go for your purchase. Show them the items and name them. It is always better to show the real thing than showing the images! Do not keep the learning limited to only plants... fruits – vegetables, fishes ... spread to other items (only not to the hanging meat pieces, this would be terrible to see in early life). Take your child to the nearby park – or at least to the nearby nurseries where s/he will be able to see the gifts of nature. Don't forget to tell him/her the value of water and why we need to conserve our trees & forest and water. Ask your relatives to present books, plants and flowers on your child's birthday and do the same. Create a small garden for your child by naming that after him/her and transfer the ownership with rules and responsibilities. We often hear the complaint of young parents and their frustrations of not being able to manage the young rebel. Teach the good things of life... life is not always so frustrating. We need to show the love to others first and make our children learn that.

## PENNY WISE

BY NASREEN SATTAR, Former CEO, Standard Chartered Bank, Afghanistan



## Online services

**T**HE current scenario of Bangladesh is that life can come to a standstill and mobility at times can become extremely difficult. We are fortunate technology has advanced to such a level that we are offered many alternate solutions.

We can conduct and continue with our lifestyle as much as is possible under the dire conditions!

Sitting at home you can conduct your banking/financial requirements by signing up and registering for online or internet banking with your bank.

Many people are wary about the use of online banking, because they are worried about the security aspect. However, let me tell you that as long as you follow instructions you are safe. Protect your password, do not share it with anyone, sign off as soon as you have completed your transaction and most importantly ensure that you do not conduct online transactions on a

public computer and restrict it to your own laptop or desktop.

Think of all the advantages that it provides you. Some of the many are:

You can check your balance and look at your statement for transactions that you have made.

You can transfer fund from one account to another account within your own bank.

You can transfer funds to accounts with other banks.

You can pay your credit card bills, mobile phone bills etc. using the online services.

Place requests for cheque books.

Request to 'stop payment' on a certain transaction.

There are many other facilities you can avail of and needless to say you need to complete forms and understand the methodology of online banking.

I recommend that if you are not already

using this service then please visit your bank manager and spend time with him to understand and avail of it. Trust me your life will be so much easier!

The same can be done with your day-to-day requirements. You can make online purchases for groceries and food and receive the same without stepping out of your homes.

For instance there are online grocery delivery companies through which you can order imported vegetables, cheese, meat etc. and local chemical free, fish, vegetables and fruits. Similarly you can go online and order food from various restaurants and the same will be delivered to your home and payment done after you have received it.

Most of the above did not exist a decade ago in our country and today we have so many options and alternatives. Why not use them from the comfort of your homes!