

BEAUTY TALK

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Make up trends 2015

Back with a Big Bang is the nude look. Carefully cultured yet deceptively natural, in reality a lot goes into the natural, hardly-there make-up look.

When you are not applying much, it is really important that what you do apply will get maximum mileage. Good, clean, clear glossy skin is the best place to start and does not need much at all. If in reality you have good skin, mix a dot of foundation with your moisturiser and you are good to go. Leave out compacts and powder for a natural glow as your natural oil in the skin will provide a shine.

If you are not blessed with clear skin that is what we address first. Pore reduction serum, which will also tighten skin, can be applied. Get a good foundation and concealer exactly the colour of your skin - not an iota darker or lighter. Clean, moisturise, apply foundation sparingly, for an even look then dab on concealer only on areas still discoloured or spotted. Avoid caking, because an inch of makeup was, is, and never will be in vogue.

Contouring should be done with darker shades of foundation and not as is the trend in Dhaka with blush colours. A clean look avoids harsh lines so blend strategically as this makes the face appear sharp.

Pale colours for the eyes, taupe, peach, pink, nude and matte colours for the lips metallic shades for the night such as bronze, brown and blue. All shades of blue including aqua, turquoise, and navy are walking the ramp this season.

Bold and solid hues are creating a dramatic evening look. Add smokey black on the sides and even all black.

If you feel you cannot carry off the blues, replace with grey going into black, brown shading into black or taupe to chocolate brown.

during the day look great. Save the shimmery Dark defined brows, ideally winged are all the rage this season and you can opt for brown for the day and black for the night. False eye-lashes are used to add drama; experiment with lighter ones for the day and heavy ones for the night.

If you don't need too much going on with the eye shades try a defined, strong, matte black eyeliner with blended dark powder underneath the lower lashes sans eyeliner. Just heavily applied mascara to lower lashes. Optional choices include white eyeliner inside the eye in the evening only if you have small eyes. You end up with a wide eyed luminous look.

Deep matte shades of lip colour especially red are most popular such as Ruby Woo, Diva, Russian Red and Lady Danger by Mac. These work well for both day and night. Patting on some foundation on your lips before applying lipstick will make it long lasting. Lip coats are also available to do the same but are applied after the lipstick.

Informal daytime lip wear colours are pastels, matte or slightly tinted lip gloss and you're good to go.



Dr. Jhumu Khan

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WHY AREN'T YOU LOSING WEIGHT?

You're following a weight-loss eating plan. You're exercising almost every day. You're proud of the new healthy habits you've learned. Yet week after week, the scale barely seems to shift. But if you know you've followed your reducing plan religiously, there's another possibility: A medical condition -- or medication -- may be to blame. Several conditions can cause weight gain or hinder weight loss. Among them hypothyroidism, PCO's, Cushing's syndrome, Syndrome X (also called insulin resistance or hyperinsulinemia) can be counted. Specially when your body is resistant to the hormone insulin, other hormones that help control your metabolism don't work as well.



Weight gain can also be caused by a number of factors like chronic stress, allergies, food intolerance, depression, digestive disorders and especially parasites.

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