



## Flaunt your finest flush!

A good makeup look is a sum of many parts; all the elements must compliment each other to achieve the complete look. While the lips and the eyes are important, it's the cheeks that help bring everything together.

The right shade of blush will help take years off of one's face. Add the right amount of colour to a pale face and you can create the illusion of healthy, younger-looking skin. Many women from our part of the world feel blushes are unnecessary but they could not be more wrong.

Warm, dusky skin-tones benefit incredibly from the right shade of blush as it adds just the right amount of glow and takes the pallor out of one's skin. In this regard, blushes truly are the unsung heroes and they are finally getting the love and attention that they so richly deserve!

Now that winter is here, blush colours need a switchover. This season the trend is shifting towards a natural flush. A soft haze of light pink or peach will bring that natural flush to your face.

This can be achieved using the shades one already owns. But be sure to go easy on how much you apply. Also, choose bright but sheer shades that lets skin peek from underneath.

A powder or cream formula is perfect but make sure the texture is light and not heavy. And do not forget to blend, blend and blend! This look is perfect for the day-time.

For those enchanting winter gatherings and parties, dial up the glamour quote a notch. Opt for slightly deeper, jewel-toned shades to complement the rest of your night-time makeup routines. Again, application is key. You do not want any streaks or harsh lines.

Use a fluffy, tapered brush to attain smooth results. Top it off with a bit of shimmery highlight and you are set to be the belle of every ball this winter!

By Sabrina N Bhuiyan

## Moisturisers

First of all, coconut oil smells good and secondly, it makes for a great moisturiser. When you apply coconut oil on your body it will take you to the beach. You will be left with a silky smooth body that is soft to the touch and because they are quite affordable, it's really a win-win situation!

You can also prepare your own moisturiser at home. Just take one teaspoon of cocoa butter, one cup of aloe vera gel, two cups of coconut oil, one teaspoon of vitamin E oil, and a few drops of essential oil. Take some bee wax and boil in a container. Take a medium sized bowl and combine the essential oils with the vitamin E oil. Once the oil is melted, let it cool for some time and then add aloe vera gel to it. Blend it well until it takes the form of a lotion and you are set!

By Mehnaj Kabir



## Oatmeal hair mask



This hair mask is best suited for those who suffer from an oily scalp, dandruff, irritation or inflammation. It nourishes the oily scalp by eliminating excessive oil. It is also a treatment for dandruff and also protects from hair follicles which results in hair growth.

The ingredients are simple. All you need is one tablespoon of oatmeal, one tablespoon of fresh milk and one table spoon Almond Oil. Mix the ingredients until they make a paste. Ensure that your hair is free from tangles before applying this pack. Apply this pack gently on your hair, leave it for 15 to 20 minutes and then rinse it off with lukewarm water. For better result, lemon juice diluted in water can be used to rinsing off this mask.

By Mehnaj Kabir

## Hair care

It is a great idea to treat your hair with deep condition treatments once a week, especially during winter. It will help restore the moisture which usually gets depleted because of the cold air. Wash your hair a minimum of two to three times a week. This will help your hair from drying out. Be sure to always dry your hair before you head out. Regular trims are a great way to keep your locks in good health.

By Mehnaj Kabir



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