

## HOROSCOPE



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

Be sure to find out all you can before you commit to anything. Make changes that will enhance your appearance. Your lucky day this week will be Sunday.



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

The distance may make you both appreciate each other more. A lot can be accomplished if you organize your time. Your lucky day this week will be Tuesday.



**GEMINI**  
(MAY 22-JUNE 21)

Your partner needs extra attention and is feeling rather insecure when you're not in sight. Your support and concern will help. Your lucky day this week will be Thursday.



**CANCER**  
(JUNE 22-JULY 22)

Try to curb your bad habits, and compromise if your partner gives you an ultimatum. Your lucky day this week will be Saturday.



**LEO**  
(JULY 23-AUG 22)

You are best not to retaliate if members of your household are trying to pick a fight. Your lucky day this week will be Monday.



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

Opportunities to get ahead are evident. Read some books on self-awareness. Your lucky day this week will be Friday.



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

Don't give them the use of your credit card. Try to convince a good friend to take a holiday with you. Your lucky day this week will be Wednesday.



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

Problems with your boss could lead to unemployment. You can invest in profitable ventures. Don't make unreasonable promises. Your lucky day this week will be Monday.



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

Think of starting a new business or emotional partnership. Travel and learning should be on your agenda today. Your lucky day this week will be Friday.



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

Don't overspend on items for your home. Talk to superiors about problems that you feel are getting out of hand. Your lucky day this week will be Monday.



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

You may be able to impart knowledge that's innovative to those searching for a new angle. Your lucky day this week will be Monday.



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

You can bet that situations will get out of hand if you allow others to interfere. Your lucky day this week will be Saturday.

TIPS

# DEALING with dry facial skin

We all deal with dry facial skin or patches every once in a while. And the hectic everyday life a Bengali lives does itself no favours. The best way to tackle dry facial skin is to gently clean your face to remove dirt, excess oil, and then moisturising to help strengthen your skin. Here are some tips to guide you through this process.

## USUAL SUSPECTS OF DRY SKIN

Our skin contains its natural oils that combat hostile environments by keeping in the moisture and keeping the face hydrated. But rigorous activity or even things like taking a long shower can strip our skin of its oils. This makes us more susceptible to dry flaky skin. Some soaps and cleansers directed at preventing dry skin could actually be having the adverse effect! There is also the issue that a particular type of product does not go with your skin type. Experiment a bit and then stick to the one

**As Bengalis, we use our hands while eating and dirt or food get stuck under our nails. That can become a haven for bacteria so be sure to get all the dirt out when washing your hands.**

that is best for you. On a more general note, look out for fragrance free cleansers and harsh anti-bacterial soaps. These usually make your skin drier.

Other causes include side effects or medication, poor skin care, hormone imbalance, skin conditions, extreme weather or diseases. Anyone can get it and as such you must learn the steps to proper skin care in order to prevent dry patches.

## CLEANSING YOUR FACE

Wet your face with some warm water. Take care to avoid hot water or anti-bacterial soaps as these rid the face of its natural oils.

Look for a gentle, alcohol-free cleanser and massage it around your face. Leave it on for a minute then rinse your face with warm water. Use a soft towel to wipe your face.

## MOISTURISING YOUR FACE

When it comes to moisturising, use a product that is designed for your skin type and provides sufficient moisturisation and UV protection for best results. Apply a facial moisturiser every day to keep your skin hydrated.

## DRY YOUR FACE THOROUGHLY

When you shave or apply facewash then wash it off, your face becomes dryer than before. Therefore, it is critical you moisturise thoroughly after cleansing but avoid rough towels. They are known to damage your skin by causing further dryness and irritation. Buy a small soft towel or a 'gamcha'; pat your face after a shower.

## PREVENT DRY FACIAL SKIN PROBLEMS

It's really important to establish a good skin care routine and maintain it every day for the rest of your life. Some other tips to remember is that you should not use very hot water. In fact the colder it is the better; hot water can dry out your skin by stripping it of its natural oils, so it's best to use cold water to tighten cuticles and pores, which will prevent them from getting clogged.

Cold water can stop the dirt from getting into the pores in your skin and even the scalp. If you must use hot water though, keep the shower length to 10 minutes maximum.

Another helpful tip to keep out skin breakouts is to stick to ointments and creams when it comes to moisturising products. These are less irritating than

lotions. Try to find creams and ointments containing oils like olive or jojoba oil.

Other ingredients that work really well to prevent dry skin are shea butter, lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil and petrolatum. If you can, keep a small non-greasy cream with you and apply it every time you wash your hands.

## WHAT TO LOOK OUT FOR WHILE SHOPPING

When you go shopping, you will notice stacks upon stacks of creams, moisturisers and lotions. It can be quite an overwhelming task. There may be some that sound like they might fit your skin type but another product may have a cooler logo! So which one will you pick?

Sadly we cannot help you in picking the right one, but we can give you a push in the right direction. For dry flaky skin, petroleum jelly moisturisers work best. For oily skin, pick out a comedogenic or light-weight moisturiser.

As Bengalis, we use our hands while eating and dirt or food gets stuck under our nails. That can become a haven for bacteria so be sure to get all the dirt out when washing your hands.

Take care to use unscented cleansers or face washes. Scented products with anti-bacterial additives can be very harsh on the skin in cases of prolonged usage. Avoid using toners, peels or other products containing alcohol since it is very drying. While exfoliating, make sure you do not scrub too hard or too much as it is known to irritate and thicken the skin.

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