

Skin Care at Home

Everyone wishes to have glowing and flawless skin. In this day and age, it's imperative to take extra care of the skin in order to prevent it from losing its natural moisture, glow, and fairness. There are four general skin types: oily, dry, normal and combination. In addition to this, it is possible to have sensitive skin along with one of the four general types.

Dry and flaky skin is a common complaint in the winter time. The cold, dry winter air sucks the life out of silky, smooth skin. Other factors that contribute to dry skin include aging, nutritional deficiencies, and a genetic predisposition. There are many lotions and moisturisers on the market to combat skin problems, but most of them come with a big price tag. Natural home remedies are not only cheap, but also quite effective in nourishing and hydrating skin back to a healthy state.

Olive Oil

Olive oil contains many antioxidants and healthy fatty acids that are good for skin. It can soothe and condition dry skin all over the body.

- Dab a thin layer of extra virgin olive oil under your regular moisturiser.
- About a half an hour before taking a shower, rub some olive oil on your hands, legs and other areas with dry skin and massage lightly. Take a shower and then apply a light moisturiser.

- Mix two tablespoons of olive oil, four tablespoons of fine brown sugar, and one tablespoon of honey. Rub this homemade scrub on your dry skin using light, circular motions for a few minutes. Take a shower and then apply a light moisturiser.

Milk

Milk has anti-inflammatory and soothing properties that greatly help get rid of dry and itchy skin. Plus, the lactic acid in milk

exfoliates dead skin cells and increases the skin's ability to retain moisture. Also, it helps lighten your complexion.

- Soak a washcloth in cold milk and put the cloth on your dry skin for five to seven minutes. Gently wash off the milk with another cloth soaked in lukewarm water. This way this natural moisturizer will remain on your skin. Do this every other day.

- Add a few drops of rose water to four tablespoons of milk. Rub this solution all over your body. Leave it on for ten minutes and wash your body with cold water.



Follow this remedy twice a week.

Coconut Oil

Coconut oil is really good for treating most skin conditions. It has a good amount of fatty acids that make up for any loss of moisture from the skin.

Liberally apply warm coconut oil all over your body before going to sleep. Wash it off in the morning. Do this daily to make your skin soft and smooth.

Apply coconut oil on your dry skin after you take a bath or shower. When the skin is warm and supple from your bath,

coconut oil is more readily absorbed. Do this regularly.

Aloe Vera

Aloe vera has soothing, antiseptic and antifungal properties that can help combat dry, irritated skin and prevent flaking. This simple remedy will moisturise your skin and form a protective layer that will keep your skin free from any kind of impurities.

- Cut open a fresh aloe vera leaf and squeeze the gel out of it.

Apply the gel on your dry skin. Let it sit for ten to fifteen minutes.

Rinse it off with lukewarm water.

Do this process twice a week.

Honey

Honey is considered to be one of the best natural moisturisers loaded with antioxidant, antimicrobial, and humectants properties.

- Thus, it helps lock in moisture to make your skin extra soft and smooth. Plus, honey has many essential vitamins and minerals that help improve your skin's health.

- Before taking a bath or shower, rub honey all over your body and leave it on for five to ten minutes. Repeat to enjoy well-moisturised skin before every shower.

- Measure out equal parts of unprocessed honey, beeswax, and olive oil. Melt the beeswax in a small pan over low heat. Remove it from the heat and mix in the honey and then the olive oil. Apply this mixture all over your body and leave it on for ten minutes. Then take a shower. Repeat every other day.

Try these easy remedies to relieve the discomfort that comes from dry skin and restore its natural soft, smooth texture

By Farnaz Alam

Photo: Collected



Cold Stone Creamery opens in Dhaka

Olive Tree Foods Limited has just brought forth the next level of ice cream in Dhaka by introducing Cold Stone Creamery. Globally, Cold Stone Creamery is well known for offering the 'Ultimate Ice Cream Experience.' Boosted by their rich ice cream - Signature Creations, ice cream cakes, shakes and smoothies, they are set to make waves and offer the public an altogether different and more complete ice cream experience.

The opening which took place on February 13 was a by-invitation-only event, which included a private preview and tasting as well as an inauguration event with on the spot entertainment.

Amongst the guests present at the opening were US Embassy Bangladesh's Deputy Chief of Mission, David Meale and Senior Vice President of International Operations and Development of Kahala Brands, Eddie Jimenez, the Chairman of Olive Tree Foods, Ehsanul Habib and the Managing Director, Sheikh Aftab Ahmed.

There were lots of things happening at



the opening, starting from a red carpet walkthrough to sudden flash-mobs exciting the crowd. There was also live music coupled with an ice cream themed fashion show, styled after the brand's Signature Creations which made the opening night as unique as it could get.

The highlight of the night was the ice cream itself which came out in cups, waffle bowls, and cones and went around the crowd as guests just picked up cups of different flavoured ice creams to try them out.

Cold Stone also left no tables unturned,

picking some of the most unique names for their ice cream. Some of their flavours that you can try out are the All Lovin' No Oven, the Berry Berry Berry Good, the Cheesecake Fantasy, the Cookie Monster and a few more.

Their Germanchocolatekake is also a must try with chocolate ice cream pecans, coconuts, brownie and caramel. For Oreo lovers – and there are many out there – there's the Oreo Overload which is a sweet cream ice cream with chocolate chips, double Oreos and fudge.

Cold Stone Creamery also offers a variety of exquisite shakes and smoothies which will definitely leave you wanting more.

Cold Stone is finally here and it promises to bring about another level of ice cream experience. So go check out Cold Stone Creamery and take your friends. You are guaranteed to have a blast and if you are feeling extra adventurous, try out their amazing Strawberry Banana Rendezvous!

By Naveed Naushad

Photo: Cold Stone Creamery