



On the go make-up kit

Stuck in a gridlock, yet there are miles to go!

Dhaka traffic can be ruthless at times and on a Thursday evening it seems a little too merciless. Heading home to change into a new outfit with a new look is out of the question, but making an appearance at the bash in the unkempt look is equally not an option. It is on such moments of desperation that your 'on-the-go' make-up kit comes in handy. Although it cannot promise miracles, it does have the potential of being a last-moment saviour!

A 'on-the-go' make-up kit usually has almost all the regular ingredients, but in smaller quantities - more suitable for carrying around all the time. There is quite a variety of cutesy kit bags available, but you can also use a regular old travel kit and refill with your regular use items every few days.

The trick is to know what is absolutely necessary, and what you can do without lugging around for simple touch ups. The following are a list of must-have that every girl should have in her kit -

WET TISSUES

One of the most versatile and essential elements of the kit would be the pack of wet wipes. Equally effective in refreshing your look to cleaning up accidental spills on the favourite top, facial wipes are lifesavers.

After a long day of work, you can expect dust particles to clog up the pores which irritate your skin, making the surface look very dirty. Depending upon your skin type, keep a packet of wet tissues in order to clean your face without having to ruin your make-up.

MAKEUP BRUSHES

A set of small brushes, preferably which can multitask, is also a good option for a kit. One brush for foundation/concealers and another for eye shadows should be good enough. Keep them in such a way so as to protect bristles from bending or breaking.

FOUNDATION/CONCEALER

The work of a foundation is to lay a base on your face for putting on other make-up. Concealer has to be applied before the foundation and it hides the blemishes and



cleans the pores, evening out the skin tone. As these form the base for make-up, these must be in the kit.

BLUSHER

The best shade for every day blush is the one that's the most like your natural flush. Just to give your cheeks a little pinch all you need is a good blush.

Blush lends you a beautiful, healthy flush that radiates from within, lifting your face and helping to distract from tired eyes or thrown-together hair.

LIPSTICK/LIPGLOSS

A simple bright lipstick can do wonders to a person's look, and can even be worn without much support of other products, or on an otherwise plain face. So keeping a couple of neutral shades like naturals and pinks, are obvious choices for the kit.

Also, take the day's choice along when you apply it in the morning.

A scarlet lip adds oomph to almost all outfits, and can be another staple for the good touch-up kit. Opt for lip-glosses or tinted lip balms if you are not too comfortable with wearing lipstick.

EYE-SHADOW

Small palettes with neutral colours, or perhaps a couple of shades in a few spectrums, should be enough. On the other hand, a range of nude shades usually work with everything, and have a fixed spot in a good kit. Of course, if you are using a particularly fancy shade someday, you can

always put that in the bag for the day as well.

EYELINER

Even on those dreadful don't-want-to-get-out-of-bed days, rarely do women skip on kohl or eyeliner. For the simple stroke of the eyeliner or a dab of kohl on the lids, it also needs upkeep. Keeping a waterproof liner or kohl, especially ones that have an eyebrow pencil attached, can be very handy.

MASCARA

The work of mascara is to give your lashes volume and exposure. You can use waterproof mascara, which can be applied from the root to the tip with only a few quick strokes.



BODY MIST

No matter how fashionable you are or how beautiful your make-up looks, smelling bad is inexcusable, and very off putting as well. If you are always on the go, sweating can be a big problem, especially in tropical climates like ours. Therefore, do not forget to keep a mini perfume or a body mist that fits right into your mini make-up kit.

Be it a workplace or a party, a handy touch up kit will let you fix any wear and tear of the day, and put your best foot forward, regardless of how long the day has been.

By **Mormee Mahtab**

Photo: **LS Archive/Sazzad Ibne Sayed**

FYI

Prescription or over the counter

It is normal for most of us to go up to a pharmacy and ask for medicines without bothering to seek prescriptions from a doctor. And most pharmacies play along and sell prescription drugs as if they were over-the-counter drugs. This practice has become so frequent that we never stop to think whether we could be unintentionally harming ourselves.

Dr Natasha Rea Harun, MBBS, explains why it is important to know the difference between prescribed and over-the-counter (OTC) drugs.

"Prescription drugs are the ones prescribed by doctors or any other licensed healthcare providers, and they are sold only at pharmacies. On the other hand, OTC drugs can be bought off shelves at general stores, supermarkets as well as pharmacies without having to show any prescription," she said.

"OTC drugs help to subdue mild symptoms of illness in patients. Medicines which are sold over-the-counter such as paracetamol, anti-histamine (for allergies) and anti-ulcerant (for flatulence) are easily effective for treating common ailments, without showing any signs of serious side-effects," she states.

Although OTC drugs are safe to use until the symptoms persist, there are some which can end up doing more harm than good because of prolonged use.

However, prescription drugs are more powerful than their OTC variants. Here Dr Harun adds, "They usually have a higher concentration of chemicals for tackling severe cases of different diseases". Some even work differently from the OTC drugs in treating the same illness. But neither OTC nor prescription drugs discriminate in their ability to turn potentially fatal when misused. So it is always better to check with your doctor before venturing into your local pharmacy or supermarket.

By **Antara Islam**