



The very versatile coconut oil

Coconut oil is something we all saw in our mother's kitchen growing up, and in their words "it is food for the hair." However, over the years we have gotten to know that coconut oil is not only meant for your hair but offers plenty more applications, helpful in its applications in beauty to health. It has been recently tagged as the "Wonder Oil"—capable of all. However, as with everything else, despite being simply wonderful with many things, coconut oil may not be suitable for everything and for everyone. Use of discretion, depending on the need and personal issues, need to be considered before dabbing on the wonder oil. This list will give a short discussion on the yes' and no's of coconut oil.

1. Makeup Remover – Yes. Coconut oil makes a perfect makeup remover even for the most stubborn of eyeliners. It glides on the skin like silk and with a cotton pad gets every speck of makeup off of your face. Not to mention it is natural, moisturising, lightweight, and a pleasure to put on the face; which beats artificially scented chemical makeup cleaners any day.

2. Moisturiser- Yes. Coconut oil is packed with Vitamin E, which most of us know is essential for healthy glowing skin. Vitamin E helps to repair dead skin cells, smooth out rough skin, prevent wrinkles and is an antioxidant. Coconut oil also contains proteins which aid in healing cracked skin and repairing skin tissues. These are the usual benefits we look for in body lotions and coconut oil delivers nothing less.

3. Body Scrub- Yes. Looking for packaged oil based body scrubs in stores are pretty useless, as coconut oil with some brown sugar makes the perfect body scrub for smooth skin. Not to mention it is sitting right in the kitchen, is inexpensive and extremely healthy.

4. Leather cleanser- Yes. Now this is a use most people do not often think of. As we all know leather cannot be cleaned with water, but putting some coconut oil on a piece of cloth and rubbing on stains or dirt on leather can get rid of them without distressing or harming the material.

5. Lip Balm- No. Even though coconut oil is an amazing moisturiser, it does not perform the same as a lip balm. The texture of lips is different from that of the skin on the rest of the body, and for most people it tends to sit on the flaky surface of the lips eventually drying them out more, which is the opposite of what we want.

6. Shaving cream- No. Shaving cream ingredients can sound bad, with the idea of all those chemicals ruining your skin, but coconut oil here is sadly not a solution. Even though it might work the first time when one has fully grown thin hair, but by the second or third time when hair is thicker and blunt it will not work as smoothly or effectively and will end up clogging the razor. The solution is to

use a hair conditioner if you are looking to let go of shaving creams. However, coconut oil can be used before shaving to soften the hair or after shaving to moisturise the skin.

7. Healthy cooking oil- No. Despite being a tasty cooking oil, coconut oil falls under saturated fats, the kind that has high cholesterol and blocks blood vessels. Fortunately enough it is not extremely damaging and occasional intakes will not cause any harm, but it is no sense "healthy", so the less the better.

8. Setting highlighters- Yes. Strobing is all the hype and everyone wants to achieve shiny cheekbones. Using coconut oil to set your highlight works like magic and helps kick your highlight up a notch. Just dab some on before applying your powder highlight and you are good to go.

9. Strengthens and conditions hair – Yes. Not just conditioning, but coconut oil deep conditions the hair without the use of manufactured hair conditioners which is always good since it is all natural. Also frequent use of coconut oil on the scalp strengthens weak hair and helps them grow stronger.

10. Helps with coloured hair- Yes. Hair once coloured tends to become rough and dry. Because of its moisturising and strengthening properties coconut oil helps restore damaged, coloured and frizzy hair.

11. Makes scalp greasy- No. Coconut oil nourishes scalp, it does not in any way make it greasy unless it is put on when the hair is unwashed or contaminated with dirt, in which case the dirt and oil clog up together to make it greasy and dirty.

12. Oil pulling - Yes. Oil pulling is mainly placing about a tablespoon full of oil, preferably organic, in one's mouth and swishing it around for about 15-20 minutes while pushing and pulling back and forth through the teeth, and then discharging it in the bin. Some of its known benefits are relieving headaches, whitening the teeth, and most importantly detoxing the body. The things to keep in mind while oil pulling is that it has to be discharged or else the bacteria that gathers in the oil would go back into the body. It is a bit of a challenge but with time people get used to it. Some people might have allergic reactions to this method so best to try it out in a smaller quantity first and completely avoid if allergic reactions surface.

Like all other things, coconut oil also has both pros and cons. Some of the pros even though are useful may not work for everybody, while some of the cons might be favoured by others. This is because people have different skin, different needs and different habits and things always may not necessarily work for everybody in the same manner.

By Anisha Hassan

Photo: Sazzad Ibne Sayed

WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (adiponectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.



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