

DIY



Wallpapers that inspire

Have a stash of wallpapers from yesteryears lying around with no particular intention of ever pasting them on your walls? This is actually a treasure-trove for creating some bonding time with the family and engage in numerous DIY projects.

REVAMP THE FURNITURE

An easy start can be the tabletop. Clean the desired top properly with any household cleaner making sure to get rid of every speck of dust so it does not obstruct the wallpaper from clinging to the top. Take a foam roller, dip it



into glue or furniture glue, and paste the wallpaper.

Make sure to use a form of roller to slowly rub across the top, taking care of all the creases. Cut off any edges that might be sticking out. Lastly, place a glass on top as a protective measure against spillage of food and drinks. Apart from table tops, this same process can be repeated to almost any furniture - bed headboards, wardrobe fronts, back of bookshelves, drawers and even refrigerators!

AROUND THE HOUSE

Ceilings are also another place that can be modified using the right wallpaper; it can add a little pop of colour to any room. This is possibly the most neglected aspect of any room, and with the right use of wallpaper it can be turned into something dazzling. And it works best to add colour to children's rooms. However, one word of caution, a room

with patterns on both walls and ceilings can seem a bit too much and might be an eyesore, so it is best to place patterns on either one.

STAIRCASES LOOKING TOO DULL?

Try this novel wallpaper trick to give some life to them. You could follow the same pattern for every stair, or different patterns for alternate stairs. One could also stick the wallpaper under the staircases for people to admire as they pass below. The thumb rule remains the same: make sure to clean the surface properly, apply glue, and then stick the paper.

You can add a touch of life to dull doors too. This time, opt for patterns or just stay plain with a single colour.

Plain white window blinds are by far one of the most mundane parts of an office or a room. Rejuvenate them by sticking wallpapers on them. You could go with the same wallpaper you have used on the walls in that very same room or with the contrasting shades for a vibrant impact.

For this, you will need to measure out the blinds in length and width, cut out wallpaper, put the blinds in a lying down position and go one step at a time, so as to not tear the wallpaper when it comes into contact with the strings.

Last of all, you can frame them! Yes, simply frame wallpapers and nothing more. Opt for patterns, colours or textures that go well with the theme of your room, and frame them in small pieces. You will be amazed by how artistic and beautiful this will look.

The best thing about all this is that they need not be permanent, and with changing trends and your changing tastes, wallpapers can be replaced fairly easily.

So it does not matter if your house gets a makeover because now your furniture and accessories can get one too, in a jiffy.

By Anisha Hassan
Photo: Collected

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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 (ladipeonectin & 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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