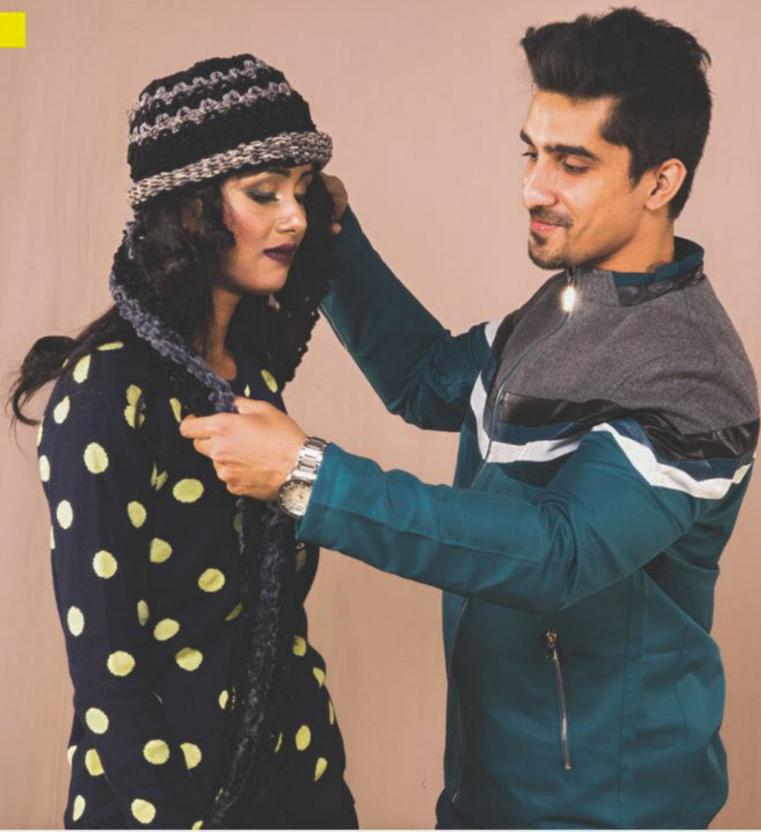


TIPS



Winter in boho-chic

Boho-Chic has been a recurring phenomenon in the fashion atmosphere. Call it "bobo", "gypsy", "festival chic", or even "cocktail grunge", the basics remain close to the natural unkempt look with lots of patterns and fringes. Now that winter is almost here, we have come up with a few things you can add up to create that perfect bohemian look. Hear us out.

SCARVES: Wear a deep green or brown scarf around the neck. Fringes are a plus with this look. You can also make a half turban out of a patterned scarf if you want to wear an ornamental neckpiece.

CROCHET: Stick to the classics with a white crochet top or add some earthy

colours to brighten up the winter. Also, try colourful crochet shrugs over base coloured tops and get cozy.

JEANS: Jeans are easy options for winter. Make them boho with your choice of "boyfriend" or "flared" jeans.

HATS: Find a floppy hat to go with your style. Even though winters here don't make hats a necessity, keep one for the beach or even for an evening out.

JEWELRY: Boho jewelry is earthy and chunky. Choose a mexican style woven bracelet or a big ring. If you're wearing a half-turban, dangling earrings will go well. Experiment with the materials and also try a fringe necklace if you have been avoiding fringes in your outfit until now.

MAKEUP: Long black eyelashes are a must with the boho look. Use shades of brown, gold, or nude to add mystery to your eyes and natural, neutral shades for the rest of your face.

SHOES: Suede shoes with stitches and needle patterns scream boho right away. However, well paired ethnic sandals, ankle boots, or even cowboy boots will do the job effortlessly

HAIR: One word. Waves.

By Afsin Ahmed

Photo: Sazzad Ibne Sayed

Model: Shanto, Antara

Wardrobe: Le Reve

Make-up: Farzana Shakil's Makeover Salon

TIPS

BODY BRUSHING

Body brushing or dry brushing is an old technique that has resurfaced, and is now being used and talked about heavily because of its benefits.

So what is body brushing? It is simply what it says - brushing your body while it is dry.

There are numerous benefits of body brushing, one of them being a body exfoliator. We often give importance to exfoliating out facial skin, likewise our body skin needs some exfoliating too to get rid of dead rough skin cells, giving the skin a less coarse appearance. It also helps stimulate cells, reducing the appearance of cellulite. Not to mention it unclogs pores, making your skin absorb nutrients and oils better than before.

Body brushing is always done with large brushes with natural bristles, long handles are better for flexibility when brushing. Always avoid synthetic or plastic brushes.

Now there are techniques to it. Body brushing must be done when the skin is completely dry, hence the term dry brushing. It is also important to start from the bottom of the feet and brush upwards in long strokes repetitively, similarly from the palm of your hands move upwards making sure to move towards the heart as you go along. This helps with your lymphatic system and aids in removing toxins from the body. Once you are done brushing your whole body, shower like you naturally would, followed by essential oils or lotions.

This technique does not only have physical values but brushing your body religiously can also help reduce stress, and works kind of similar to massages by relaxing your body and helping you let go of all that tension.

By Anisha Hassan



kumarika

ড্যান্ড্রাফ কন্ট্রোল

হেয়ার অয়েল

লেবু ও মেথীর গুনসমৃদ্ধ
খুশকী নিয়ন্ত্রন করে

চুলকে করে সুন্দর

kumarika

সুস্থ সুন্দর চুল। ন্যাচারালি।