

I Tried 5 Instagram Beauty Hacks

Here's what you should know

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Instagram beauty hacks have taken the world by storm. Hundreds of self-proclaimed beauty aficionados flood our newsfeeds everyday and, expert or not, they seem to have a hack for *everything*. With so many tricks out there designed to make your life easier, not boarding the hype-train seems almost unlawful.

So, I took it upon myself to try out some of the most popular beauty hacks and see if they work.

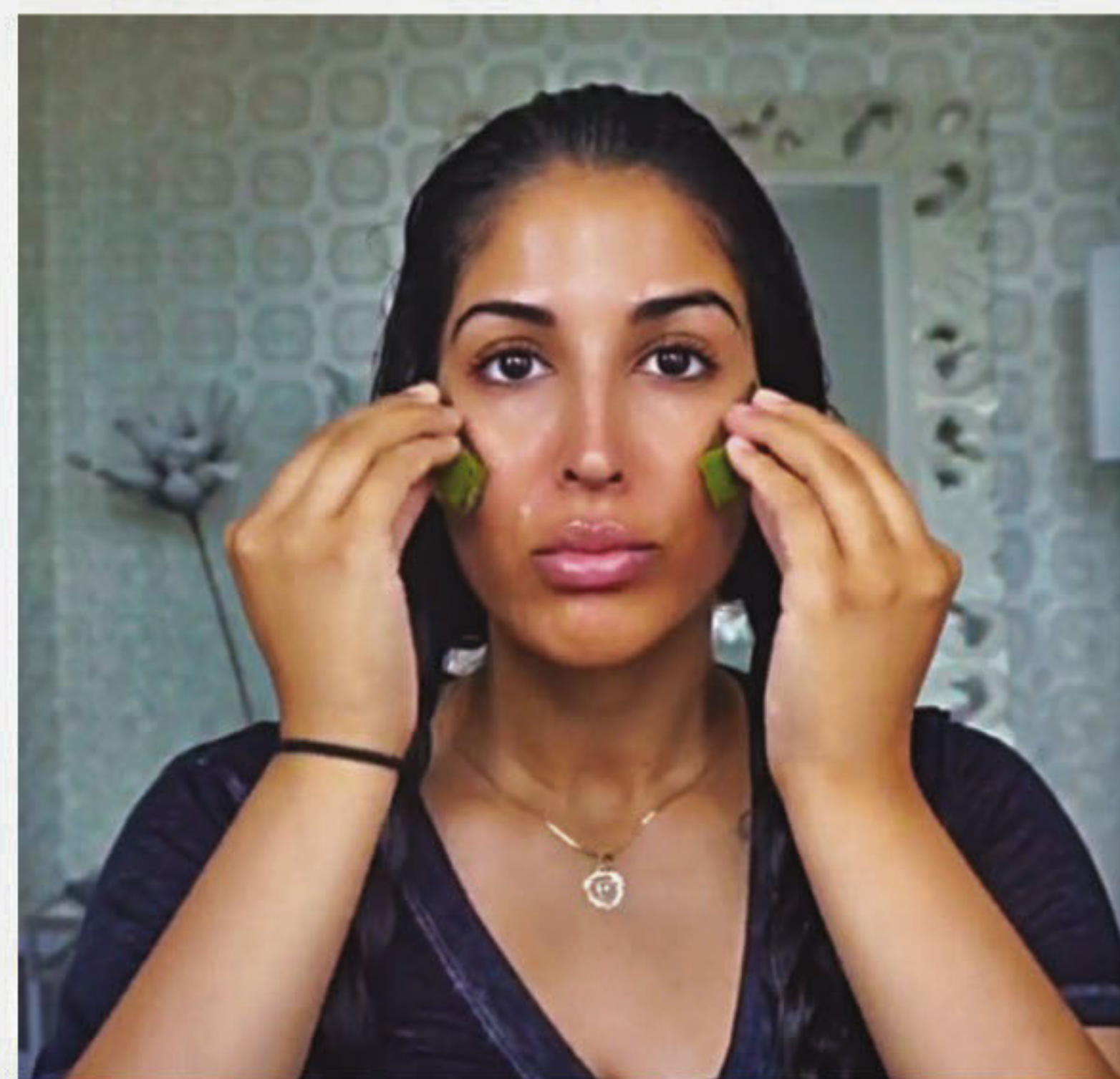
APPLYING VASELINE TO YOUR LASHES MAKES THEM THICKER AND LONGER.

Since I've been using Vaseline for years to achieve fuller lashes, I can vouch that this trick works wonders. Imagine my surprise when I discovered that it not only leads to under eye acne but also causes milia, which are little cysts under the eye and along the lashline. Upon close inspection, I did find tiny white bumps along my lashline - and no, that's not normal.

Yes, long, fluttering eyelashes are a dream but it's time you steered clear of this particular beauty hack. Instead, try the aloe vera gel, castor oil and Vitamin-E oil concoction that beauty blogger Farah Dhukai swears by. It's a tried-and-tested success.

USING RED LIPSTICK TO COLOUR-CORRECT DARK UNDER EYES

According to the internet, dotting red lipstick under your eye eliminates dark



shadows. While I'm a fan of the colour-correcting trend, I hadn't tried red lipstick as a substitute. As I'd suspected, this beauty hack left me looking like a demonic clown. The red lipstick doesn't blend well, and leaves your face in a pink mess. Final verdict? Stick to orange/peach hues to counteract dark under eyes. If you have a darker skin tone, this might just work for you.

As for the rest of us, we'll pass on looking like Jigglypuff.

GARLIC SHRINKS PIMPLES OVERNIGHT

Numerous beauty bloggers swear by garlic's acne-healing properties. So, I

decided to put it to the test. First, take a clove of garlic and make some cuts in it to extract the juice. Rub the garlic on pimples you may have and *voila!* You're left with clear skin the next morning.

Or so they say.

While garlic doesn't heal acne overnight, following this routine diligently, over a couple of days, visibly reduces acne. Final verdict? This works - just not as "instantly" as they say.

So, if you're looking for a magical acne-healer that works overnight, get in line like the rest of us.

USING HAIRSPRAY TO SET YOUR MAKEUP

If you've been blessed with oily skin like yours truly, this beauty hack will come in handy often. Sure, hairspray keeps your hair intact but it's not designed to do the same for make-up. It'll keep your make-up in place for 1-2 hours tops. So if you're looking at hairspray as a permanent fix, you might need to reconsider. The fumes in hairsprays contain large molecules which could clog your pores and cause blemishes.

If you see yourself reaching for a hairspray often as a substitute for a makeup setting spray, it might be a good time to invest in the real thing.

RUBBING LEMON ON YOUR SKIN FADES SCARS

Raw lemon, which is highly acidic, can actually darken scars upon immediate exposure to the sun. Hence, use lemon sparingly - mix it with honey or your usual face pack for better results. Most importantly, apply the face mask 7-8 hours *before* stepping out into the sun to avoid sunburns and hyper pigmentation.

You're welcome.

Mithi Chowdhury is a dog-loving-movie-watching-mediocrity-fearing normal person. Either that or a penguin. Find out at mithichy612@gmail.com

Moinot Ghat: Quick Escape for the Bored Dhakaite

FATIUL HUQ SUJOY

Moinot Ghat as a day trip destination for Dhakaites has been garnering quite some popularity for the last several months. Being an avid fan of rivers, boat trips and minimal time to reach a destination, I just had to give it a visit. And I must say, it was well worth a day.

Moinot is a small quay on the bank of Padma located in Dhaka. Now don't get your hopes up like I did when hearing that it's in Dhaka. Padma is still miles away from the city and the nearest river is still everyone's favourite, Buriganga. The quay is situated in the Dohar Upazilla, southwest of Dhaka city and is around 2 and a half hours of travel from the capital.

Moinot is titled as mini Cox's Bazar, which you'll understand right away after reaching the shore. Be it the gush of fresh cold air, the stretched out sandy shore, or the vast Padma, you'll immediately decide it's a place worth a second visit.

After reaching, the place has three options in stall for you. One, you can enter one of the quay's restaurants, almost all of them serving hilsha dishes. Two, you can walk on the shore, occasionally dip your feet (or yourself) in the waves and take sips of tea in nearby tongs. And three, you can hire a boat for an hour or so, take a ride to a nearby islet and contemplate about life in blissful isolation.

You can visit Moinot for a weekend's stress relief trip or even arrange a huge picnic there for your class or office. The one facility that isn't there is accommodation. But that's actually a blessing in disguise. The best thing



about Moinot is that it hasn't yet become this overly popular tourist attraction where private corporations reap profit providing urban commodities and swarms of visitors feel rather obliged to litter around. So visit Moinot while it still is a serene escape to nature and not a glorified drainage facility.

One last thing, don't underestimate the might of Padma. If you can't swim or aren't that good a swimmer, be extra cautious while bathing. Try not to turn a fun day out into a tragedy.

Itinerary:

Buses for Moinot Ghat leave from Gulistan and cost BDT 90. Only Jamuna buses will take you right to the shore.

When you decide to leave for Moinot is completely up to you. But keep in mind that the sun from 11 am to 2 pm is no friend to wandering travellers. So you can leave at 6-7 am and be done before lunchtime. Or as I would suggest, you leave around 10-11 am, reach there by 2, have lunch and then start the stroll. Bonus for the latter plan: you get to enjoy the sunset.

The boat trips cost around BDT 500 per hour. A boat is big enough for about a dozen passengers. The last bus trip back to Dhaka is around 6 pm. And since there's no place to crash there at night, I highly suggest you don't lose track of time.

Fatiul Huq Sujoy is a tired soul (mostly because of his frail body) who's patiently waiting for Hagrid to appear and tell him, "Ye're a saiyan, lord commander." Suggest him places to travel and food-ventures to take at fb.com/SyedSujoy.