

## CHECK IT OUT

# Khazana's iftar treats

Khazana's iftar bazaars are in full swing at their restaurants in Gulshan-2, Uttara, and at Unimart.

"This year we have decided to surprise our guests with an array of sumptuous dishes along with our popular Khazana ke Jebebi and Shahi Haleem," said Avishek Sinha, Director of Khazana.

Khazana, the 'Trip Advisor 2016 Certificate of Excellence' award-winning restaurant, beckons you to partake in a royal experience as it recreates the 200-year old culinary legacy from the kitchens of the majestic Awadhi Nawabs.

Celebrity master chefs from ITC Dum Pukht are showcasing 'Jashn E DumPukht' at Khazana's iftar bazaars and iftar-cum-dinner buffet at its Uttara branch. 'Dum pukht' is a process of slow-cooking in a sealed 'handi', allowing the ingredients to mature in their own juices, consequently bringing out the intense flavours and aromas – a departure from the products of any other culinary style.

Reviving the artfulness of this Nawabi fashion and presentation, Khazana brings you the grand cuisine of India in a setting that truly befits its regal origins. Signature dishes are 'Dum Pukht Biryani', 'Kakori Kabab', and 'Shahi Nehari'.

Be it the 'Nizami rolls', 'Chicken Kathi rolls', or 'Sigree rolls', or the live cooking stations, Khazana surely knows how to tease your taste buds. And Khazana restaurant at Uttara is holding iftar and dinner buffet throughout the month.

Meanwhile, for the corporate clientele, a wide variety of special packages for iftar parties are being offered. Khazana has already started taking bookings for the iftar and dinner parties. They have also introduced special iftar take-away boxes and 'dalaas'.

The iftar bazaars open at 2pm and continue till the delicacies last! Contact numbers: 01711476379 (Gulshan); 01682000300 (Uttara).

# Ramadan @ Radisson Blu Chittagong Bay View

Radisson Blu Chittagong Bay View presents a vast array of unique experiences for Ramadan.

It is hosting the first-ever in-hotel 'Ramadan Bazaar' - right at the lobby, where visitors can find a wide range of products to ensure their Ramadan is spent in a more enjoyable way. The bazaar, which will run for the entire month of Ramadan, operates from 10am to 12am and hosts 24 stalls promising great variety, value and choices. The Ramadan Bazaar is a must-visit for pre-Eid shoppers.

The hotel invites you for iftar in their relaxed, family-friendly setting at Xchange, which is featuring a unique décor with Arabian lanterns, dates, and traditional fabrics. With a lavish menu changing daily, guests discover new flavours. From South East Asian to Pakistani to Middle Eastern to traditional Bangladeshi cuisine, Xchange is sure to delight your taste buds. The iftar and dinner buffet is priced at Tk 2950 (per person; all-inclusive). But for

children aged between 6 and 12 years, the price of the meal is Tk 1475; there is no charge for children under 6 years.

For larger groups, the hotel has arranged 'The Royal Arabian Fatoor - Exclusive Ramadan Tent'. From butler service to the decor and music to Arabian delicacies, the arrangement provides an Arabian experience.

Radisson Blu Chittagong Bay View has also designed eight different menus to mark the iftar experience in style. Prices start from Tk 1200++.

Meanwhile, 'Mezbaan' and 'Mohona', the hotel's state-of-the-art pillar-less ballrooms are the venues of choice for corporate iftars. The 950 square-meter ballrooms can be divided into three sections to create exclusive dining areas. The Ramadan festival, 'Fast Fiesta 2017', is partnered with RSRM, PRAN, Igloo Ice Cream- Abdul Monem Ltd, Transcom, The Daily Azadi, P2P Communication and Eventz.

# Laser Medical Center for acne treatment

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For more info, call 01954333888 (Uttara branch), 017727711199 (Dhanmondi branch), or 01711660938 (Gulshan branch).

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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 (ladipectin & 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.



**Dr. Jumu Khan**

MBBS (DMC), DCD (Cardiff University, UK)  
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