

Coconut oil for shiny locks

Ask any elderly lady the secret of their hair care, and they will swear by the humble coconut oil and its gazillion benefits. For thousands of years, we have witnessed Bengali beauties apply coconut oil as the prime ingredient for hair nourishment. But have we ever wondered why this favouritism?

First is obviously its widespread availability, but that alone cannot be a factor. If we delve a bit into science, we learn that coconut oil is the richest natural source of lauric acid — a naturally occurring ingredient supportive of hormone and cellular health.

Moreover, coconut oil's special properties allow it to penetrate the hair cells in ways that other natural oils cannot, helping to prevent protein loss and providing relatively amazing results in the shortest time possible.

The western world has not been left far behind either. Once they learned the benefits of the amazing ingredient and what wonders it does to locks and curls, they immediately adopted it into their hair care regimen, especially those who favour the organic way.

But does it mean that coconut oil application has no rules or guidelines? Not at all!

This is where science probes in further and provides the perfect solution for the utmost benefit.

HOW TO SAFELY USE COCONUT OIL FOR THE HAIR

The best application process for coconut oils in general is directly on the hair rather than the scalp. However, for those who are suffering from dandruff caused by fungal infections, it is better to be applied on the scalp as the benefits precede the negative effects.

A popular word of caution is that few people may be allergic to coconut oil in large quantities and to avoid such circumstances it is always recommended to use the oil in small amounts.

Your grandma would be able to provide numerous narratives on this account. Most of which would include hair packs made of ingredients like yoghurt, honey, Indian gooseberry, fenugreek, etc. — but the prime ingredient of the hair packs would always be coconut oil.

The science behind it explains everything. Coconut oil helps to bind all the ingredients together, easily seeping into the hair-shaft and providing for the many benefits of the total component.

So, yes. If it is hair health you want to discuss, there is no better alternative than coconut oil after all!

- LS Desk

Bengal Meat to manage Turkish Red Crescent's Qurbani sacrifice

Turkish Red Crescent has recently signed an agreement with Bengal Meat for their Qurbani management. The project includes services covering disease-free quality cattle sourcing, cattle health management, slaughtering, meat processing, packaging, and distribution. The meat will be distributed by Turkish Red Crescent to those who are most in need in Bangladesh. Apart from

this project, Bengal Meat will also run its online Qurbani cattle sales and processing services for upcoming Eid-ul-Adha.

AFM Asif, CEO of Bengal Meat and Bora Tumer, Head of Delegation in Bangladesh of Turkish Red Crescent signed the agreement on their respective organisations' behalf. Other senior officials were also present at the ceremony.

Radisson Blu Dhaka bags Luxury Restaurant Awards

Radisson Blu Dhaka Water Garden celebrated the accolade of The Luxury Restaurant Awards for its restaurants. For the first time ever, a restaurant from Bangladesh has won this prestigious award.

Radisson Blu Dhaka has achieved this feat not for just one restaurant but for two restaurants at the same time in two separate categories.

Sublime bagged The Best Restaurant for European Cuisine in South West Asia Region and Spice & Rice won The Best Restaurant for Asian Cuisine in the same region, beating all other countries and entrants in the categories.

World Luxury Restaurant Awards inspires excellence and ignites healthy competition in the luxury restaurant industry. The awards further promote the nominated restaurants based on culinary excellence and memora-

ble experiences from an outstanding atmosphere and service. It highlights those categories for which the restaurant should be renowned, further attracting more attention, not only from food experts, journalists and gourmards, but a host of visitors from around the globe.

Christoph Voegeli, General Manager, Radisson Blu Dhaka Water Garden, said, "We are extremely proud of our professional, talented and hardworking food and beverage team that works under the guidance of Director of F&B Ramani Shanmugam and Executive Chef Jed Archdeacon. We thank all our loyal customers and owners for being with us and supporting us!"

For more information, please visit their Facebook page at <https://www.facebook.com/RadissonBluDhaka> or book directly by dialling +88 02 9834555.

Parachute
ADVANCED™
EXTRA
CARE



Hairfall solution without coconut oil?

No way!

That's why Parachute Extra Care!

It has the nourishment of Coconut oil, Methi, Amla and Aloe vera, which provides extra care to revive rough hair and reduce hairfall in just 45 days.

