Mithila

Rafiath Rashid Mithila started her career in 2002 as a model. However, since then she has done many notable projects as a singer, actress and model. She also works as a Program Manager, Education for BRAC International.

SKIN CARE

Mithila always starts her day by cleansing her skin with Bioderma Purifying Cleansing Gel. Once her skin is completely clean, she moisturizes herself using the Body Shop

Vitamin C Glow Boosting Moisturizer to keep her skin soft and smooth. She also makes sure to drink a lot of water to keep herself hydrated, as hydrated skin is the path to good skin. Mithila tries to avoid makeup on a daily basis as this allows her skin to breathe since on the days she has shooting, she usually has to apply very heavy makeup.

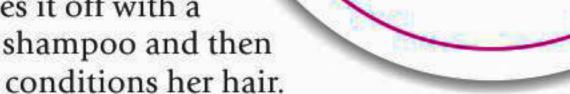
HAIR CARE

The Body Shop Vitamin C

Glow Boosting

Moisturizer

To keep her hair healthy and smooth, she tries to apply oil to her hair as frequently as possible. Mithila is a big fan of herbal oil. She either uses herbal oil or a concoction of castor, almond, coconut and olive oil to make sure her hair gets the nourishment it requires. After keeping the oil overnight, she washes it off with a good shampoo and then



Mithila tries to stay makeup free during work. Since she has to travel a lot for BRAC,

MAKE-UP



Bioderma

Purifying

Cleansing

Gel



office look as simple as possible. She applies a little bit lipstick and some face powder if required. Among her favourite lipstick brands are MAC, Nyx and

> Sephora. However, when going to a party or dawat, she adds a little bit of kajal and mascara to play up her eyes.

REGULAR WEAR

Be it for office or running errands, Mithila tries to dress as comfortable as possible. She usually always wears a loose kurti with tights or pants. However, when needed, she also likes to wear salwar kameez.

PARTY WEAR

When going to a party or dawat or a wedding, Mithila's favourite outfit is saree. She usually keeps on switching between jamdaani, kataan and silk depending on the occasion and her mood.

