

# 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.



The Body Shop Vitamin C Glow Boosting Moisturizer

### 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

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 conditions her hair.

### MAKE-UP

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



MAC

Sephora

Nyx

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.

By Amira Amin



Bioderma Purifying Cleansing Gel

## মাদার নতুন নাম



<p>কালার গার্ড</p> <p>কাপড়ের রঙকে রাখে নতুনের মতো বাক্বকে</p>	<p>মাল্টি বুস্টার</p> <p>কাপড়ের যে কোন দাগ-ময়লাকে নিমিষেই দূর করে</p>
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