

LS SUGGESTS

Glam Nails

It is not just the face that needs to look good for a good impression, the hands and feet are equally important. One way you can have gorgeous hands and feet is by grooming and taking care of your nails.

EATING RIGHT

What you ingest will definitely have an effect on your nails, and thus to grow stronger, healthier and shinier nails, add lean meat, eggs, milk, salmon, flax seeds, almonds, lentils and beans to your diet. Nails are made of the protein Keratin; hence, a diet rich in protein can help your nails grow faster and tougher. Essential fatty acids present in flax seed, folic acid present in lentils and beans, and biotin in almonds will keep your nails from becoming too brittle and breaking off.

BREAK THE HABIT

Habits like biting your nails or peeling your nail polish off are your nails' worst nightmare. Just leave the poor things alone. If you bite your nails due to anxiety or boredom, find an alternative like chewing a gum or twiddling your thumbs. If a

chipped nail polish irks you then use a polish remover to wipe it off immediately instead of peeling it off. Peeling can chip away the top layer of your nail bed making your nails more sensitive to breakage.

MINI MANI AND PEDI

You can create your own, easy-to-do routine at home for the perfect hands and feet. Cut your nails according to the shape you want. Then soak your hands and feet in warm water but not for too long because the water can make your nails soft. Then scrub away dead skin cells and remove dirt under your nails with a cuticle remover. But don't cut your cuticles because they can sometimes lead to more cuticle formation and infection. Just push your cuticle back. Then file your nails to get that sharp edge but do not file back and forth. File from the corners to the center in one direction and in one fluid motion. This will help prevent frayed edges. Lastly, don't forget to moisturise. Apply a nail polish the next day to ensure that your nails have dried completely.

MOISTURE IS YOUR BEST FRIEND

Moisturisers will not only make your hands and feet look smoother but will also keep your nails healthy. You can apply your daily lotion or moisturizer or you can use a cotton bud to apply some olive oil to your nail bed and cuticles. This will prevent your cuticles from drying and chipping and your nail beds from looking rough.

PROTECT ALL THE WAY

When applying nail polish, make sure you apply a clear base coat or nail hardening lacquer first. This way when you do apply a nail polish it will prevent staining of your nails while keeping them strong. Don't keep your polish on for long. Make sure to remove them after a week. Wait for another week of rest before applying a new coat.

Pretty nails can truly give your hands and feet the right make over. Choose the colours to suit your day to day life, and you are set to go.

By Tanzim Islam Silony

CHECK IT OUT

Ramadan with Radisson Blu Chittagong Bay View

Enjoy a delightful month-long Ramadan celebration with Radisson Blu Chittagong. Radisson's Xchange restaurant is offering iftar and dinner buffets for all foodies, priced at Tk 2,950.

You can also enjoy Take away iftar boxes priced at Tk 1,100 from the hotel lobby, boasting a variety of iftar items from home and abroad.

As a special offer, Radisson Blu will be hosting an Eid bazaar throughout the month of Ramadan with new designer clothes, cosmetics, jewellery and many other things.

Finally, during the holy month of Ramadan, guest can enjoy a quiet stay at their Superior room for Tk 11,611 per night till 15 June, 2018.

For more information, please call +88 01777 701118

Delightful Ramadan specials at Le Méridien Dhaka

Enjoy iftar and dinner buffet with live food stations for the entire month of Ramadan with Le Méridien Dhaka. A wide variety of healthy and delicious items will be served at Le meridien's various restaurants.

Latest Recipe will serve buffet dinner and iftar from the time of Maghrib prayer to 11:30PM priced at Tk 4,100++ per person, and for the sehri, there will be a buffet from 12:30AM till the time of Fazr prayer, priced at Tk 1,950++ per person.

At Olea, there will be buffet iftar and dinner from the time of Maghrib prayer to 11:30PM, priced at Tk 3,900++ per person. Here, exquisite Arabic cuisine will be prepared by Chef Munir. At the Banquet restaurant of Le Méridien Dhaka, there will be a package meal offer, which starts from Tk 2,200++ per person and will run from the time of Maghrib prayer till 11:30PM.

At Latitude 23 restaurant, a Take Away iftar box will be available for guests at Tk 1,900++ per box. Also Reshmi Jalebi at Tk 2,200++ per kg and Halim at Tk 1,500++ per kg will be available. There will be a decorated stall in the lobby where all these delicious items will be displayed and guests can purchase directly from 4PM onwards.

For more information, please call +8801766673443.

Ramadan 2018 with The Peninsula Chittagong

The Peninsula Chittagong is giving away banquet halls at no cost for 100+ guests parties along with the following Iftar Banquet Menus (per person): pre-plated iftar at Tk 699++, pre-plated iftar followed by dinner (table service) at Tk 1,099++, and pre-plated iftar followed by buffet dinner at Tk 1,399++.

They are also offering the biggest buffet arrangements in town, with their buffet iftar followed by buffet dinner at Tk 3,500 (all inclusive) only at Laguna Restaurant with a wide selection of scrumptious dishes. 'Buy 1 Get 1 Free For All!' offers are also available on selected Bank Cards/Cash payment only.

Guests can also experience a very reasonably priced Bengali/Continental Peninsula iftar platter served at Club 21/ Café 24/ Gec West Restaurant. The Peninsula Chittagong also welcomes everyone to Café 24 -Take Away Iftar Shop with 15+ individual items to choose from or you could just grab one of their Take away Iftar boxes.

The Peninsula Chittagong also has a Ramadan Staycation Package with accommodation, sehri and buffet iftar followed by buffet dinner all together at an amazing price.

For more information, please call 0175554608 or visit <https://www.facebook.com/thepeninsulachittagong>



ইউ এইচ টি পদ্ধতিতে প্রক্রিয়াজাত এক গ্লাস প্রাণ ইউ এইচ টি মিল্ক
দেবে যখন তখন ইনস্ট্যান্ট পুষ্টি। যখন চাই, যেভাবে চাই-

কটো. ঢালো. খাও

