

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Be confident in your endeavours. Socialising in groups will lead to romance. Get creative while managing finances. Your lucky day this week is Wednesday.



TAURUS (APR. 21-MAY 21)

Don't regret your actions. Conflicts over finances are likely. Difficulties with your partner may cause isolation. Your lucky day this week is Tuesday.



GEMINI (MAY 22-JUNE 21)

Avoid those who are demanding. Be more self-reliant at work. Put in some overtime to get ahead. Your lucky day this week is Saturday.



CANCER (JUNE 22-JULY 22)

Get involved with family. Lending or borrow money is ok this week. Try to be there for a friend. Your lucky day this week is Monday.



LEO (JULY 23-AUG 22)

Don't let someone else take credit. Help out your family. Get creative with home décor. Your lucky day this week is Sunday.



VIRGO (AUG. 23-SEPT. 23)

Travelling will lead to partnerships. Focus on learning new skills. Go through all your legal papers. Your lucky day this week is Thursday.



LIBRA (SEPT. 24-OCT. 23)

Look out for your siblings. Someone at work will try to outdo you. Be more expressive about your feelings. Your lucky day this week is Friday.



SCORPIO (OCT. 24-NOV. 21)

Socialising will lead to partnerships. Invest in financial ventures. Be careful when leaving the house. Your lucky day this week is Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Control your spending habits. Your boss may be pushy. Take on only what you can handle. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

You will discover new things about yourself. Pay up your dues. Start working out. Your lucky day this week is Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Don't overdo it. Try and relax. You may get upset with peers or relatives. Your lucky day this week is Monday.



PISCES (FEB. 20-MARCH. 20)

Your talent will be recognised. Control your temper. Deception will lead to issues in relationships. Your lucky day this week will be Monday.

CHECK IT OUT



Ramadan at Long Beach Suites Dhaka

Enjoy a variety of traditional and oriental cuisine with refreshing beverages at Long Beach Suites Dhaka. The hotel's Cozy Sizzler Restaurant is serving up a delightful buffet iftar, followed by dinner as well as a special chaat counter, offering papri chaat, dahi bara, dahi fuchka, samosa chaat etc. All of these can be enjoyed at Tk 3,399 all-inclusive per person.

BOGO offer is available with selected Banks and telco partners. Aside from these, there will be a special sehri set menu at Tk 1,265 all-inclusive per person.

For more information, please call 01755557940, or visit <https://www.facebook.com/longbeachsuites>

Children's Eid collection at Kay Kraft

From newborns to children of all ages, Kay Kraft has clothes for the upcoming Eid celebrations for all ages.

For girls, the line-up includes shalwar kameezes, tops, lehengas, frocks and saris. The boys can find their new favourite wear from the collection's panjabis, shirts and t-shirts. As always, matching clothes for the family are also available.

Fabrics used in the collection include handloom cotton, voile, linen, georgette, silk etc. with a variety of motifs. Colours include green, white, brick red, coffee, black and many more.

For more information, please visit <https://www.facebook.com/kaykraft.com.bd>



SMC Enterprise Ltd. introduces Joya Ultra Comfort Wings Sanitary Napkin

SMC Enterprise Limited (a subsidiary of Social Marketing Company) introduces Joya Ultra Comfort Wings Sanitary Napkin. It is the first and only antibacterial sanitary napkin in Bangladesh. The antibacterial chip reduces infections and bad odour during menstruation. The napkin's highly absorbent cotton soft top cover is soft, dry and very comfortable. Its smart channels prevent leakage and the 5x thin pad provides total comfort. Joya Ultra Comfort Wings Sanitary Napkin is innovative, modern and comfortable, making it the smart choice over competing products in the market. Each packet of Joya Ultra Comfort Wings Sanitary Napkin contains 8 pads and is now available at Tk 100 only.

Eid with Nipun

Keeping the weather and the upcoming festivities in mind, Nipun Bangladesh is all set with a collection featuring fabrics like cotton, linen, tant cotton etc. Motifs like floral, Thai, architectural motifs are in the spotlight on saris, shalwar kameezes, kurti, men's panjabis, shirts as well as on the children's line.

For more information, please visit <https://www.facebook.com/nipun.crafts>

Ayurveda Research & Health Center



Founded by Lady Sarwat Abed and Zahida Ispahani, Ayurveda Research & Health Center (ARHC), is the first ever authentic Ayurveda Panchkarma centre in Bangladesh. Initiated back in 2014, ARHC is situated at Banani, Road 23. The research centre concentrates on pain, and weight management and beauty-related issues as well as hosts relaxation and rejuvenation programmes, especially designed to suit individual needs.

Ayurvedic treatments revolve around two methods, Shodhanam (Detoxification) and Shamanam (Pacification). At ARHC, detoxification is done with the help of Kerala Panchkarma, and herbal supplements are used for pacification. With two doctors and a team of about 12 fully-trained therapists, ARHC consists of nine treatment rooms equipped with specially designed Panchkarma massage tables and a yoga room, capable of carrying out all sorts of Ayurvedic treatments.

Upon their first visit, one gets a free consultation to discuss their problems with a doctor. Then a custom-designed plan is made to suit one's specific needs.

From everyday issues such as skin problems, hair problems, and sleep disorders, to more severe issues like diabetes, fertility problems, mental illness and kidney problems, ARHC has herbal remedies for them all. Treatments for pain relief include local oil retention therapy, hot poultices, lemon massage, egg massage, rice massage, and even enema therapy. A combination of diet plans, herbal massages, and detox programmes are used to tackle stress or handle weight related issues.

Furthermore, ARHC has a variety of beauty treatments consisting of scrubs, polishes, and facials. What makes these

beauty treatments so unique is because there are no artificial chemicals, and instead rely on the use of natural herbs, fruits and vegetables. Starting from Tk 2,500 all the way up to Tk 7,000, these beauty treatments are designed to relax the body. There also have bridal packages that give individuals a beautiful rejuvenating look for the big day, leaving their skin glowing and fresh.

The centre also has a shop from which customers can buy herbal products manufactured by ARHC.

For Ramadan, there is a flat 15 percent discount on beauty services and 20 percent discount on treatment packages. So what are you waiting for?

Address: House No 88, Road No 23, Block A, Banani

Website: www.ayurvedabdb.com

Follow them on Facebook at <https://www.facebook.com/ayurvedacenterdhaka/>

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Photo: Collected