

BEAUTY TALK

BY SADIA MOYEEN

Beautician, La Belle, 13/A/2 Kemal Ataturk Avenue, (3rd/4th fl) Gulshan -2



Beauty in the rainy Summer

Thunderstorms and rain have ushered in the rainy season which means we need to tweak and tailor our beauty regimen to suit the changing weather. The heat causes additional problems for oily and combination skin types - which are the most common skin types in Bangladesh. The dust irritates clogged pores, leading to breakouts, as the humidity really allows the dirt to settle in, creating trouble of enormous proportions.

For good skin, slapping on everything you find and what the others suggest is not the answer. Here are some tips to make sure you are on the right foot when it comes to proper skin care :

Knowing and understanding your skin is a must. What works for your friend may not work for you, even if the product is of good quality. When trying something new, only use that product to track its progress or side effects. If it doesn't work, stop using it immediately.

Cleansing is key to achieving results with oily or combination skin. Even oily skin needs to be hydrated, as we have to strip it of its oil content, not moisture.

Use a light cleansing lotion and massage on face for a few seconds. Wash off with face wash, and wipe off any excess with a toner and cotton swabs. Or, you can exfoliate with a gentle scrub.

Apply a mask to settle and tighten the skin.

Set cucumber juice in ice trays and apply cube all over the face whenever required. It will refresh the skin and tighten pores.

Use an aloe gel as moisturiser.

If you wish to make a bespoke homemade mask, here are some ingredients that can be used to

make them. Play around with them in different combinations, keeping the clay as a base:

Multani mitti or clay, Neem powder or fresh neem leaves, turmeric, fresh or powdered, Aloe gel, sour yoghurt, lemon juice, tea tree oil, apple cider vinegar, sea salt, and honey.

If your oily skin has already led to acne, which happens when excess sebum production causes the blocked pores to trap bacteria, then you're dealing with a slightly more serious situation which may require medical intervention.

It's important to unblock pores, but exfoliating with a scrub may lead to damaging the pimples and may leave a mark, so beware. Use chemical exfoliants such as glycolic acid foam washes to loosen the sticky bonds between dead cells and slough away from the outer layer. Also, don't exfoliate every day.

Always keep cold towels and cucumber ice cubes handy in the afternoons or when it's exceptionally hot. Wet wipes kept in handbags are useful.

MAKE UP TIPS FOR OILY SKIN

Skin prep is really important for a lasting make up. Tone it up to balance the oiliness. Use matt-effect primers before using make up on oily skin. Possibly compact powder foundations are most suitable for oily skin as those absorb oil. Select light foundation with maximum coverage as thick foundations will be uncomfortable.

Keep compact powders handy for touch ups and makeup setting spray will help retain the makeup making it last longer.

POP UP

Quick Fix Rainy Summer Wedding

Monsoon weddings can be like fairytales too, but with a catch . Quite a few things can go wrong and ruin your big day unless you're careful. Not to worry though, as we'll be sharing a few tips to fight monsoon wedding hurdles. Now, take notes!

STAY AWAY FROM VELVETS AND HEAVY EMBROIDERIES!

Avoid velvets and heavily embroidered outfits this season. Such materials will make you feel like you're carrying an extra weight due to the humidity. Opt for materials that are lighter and have prints on them instead of embroideries. Florals can be a great option.

SAY YES TO PASTELS

Pastels are a big YES and are very trendy currently. It'll make you look like a fresh bloom amidst all the monsoon dullness. There's so many soothing shades to choose from too! Choose one to match the colour scheme of your big day or wedding invite.

LONG LENGTH? NO WAY!

Avoid long or billowy dresses. Attires such as 'lehenga' with a should be completely avoided for their tendency to get mud-stained easily.

SHALWAR SUIT, COME THROUGH

Inspired by the Pakistani style, wearing a gorgeous set of 'Shalwar Kamiz' has become popular lately. These sort of dresses weigh less than the typical sarees/lehengas, and reduce the chance of getting clothes dragged on the ground.

STILETTOS ARE A NO-GO

Avoid pencil heels and stilettos. We don't want your gorgeous pair to be stuck in the mud while you're having the perfect outdoor wedding shoot, do we?

FLATS, WEDGES OR PLATFORMS INSTEAD!

If you don't want to wear flats, understandably, just go for a pair of wedges or platforms. Have your feet comfortable and the best shoot will ensue— thank us later!

Make your perfect dreamy wedding happen by being prepared and foresighted with these tips. After all, we want to make sure you get the fairytale you deserve!

By ZohainaAmreen

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