

# Shamim Ara Nipa

*Shamim Ara Nipa is a dance diva well-known for mesmerizing the nation with her aura and graceful moves. She has been honored with Ekushey Padak, the second highest civilian award in Bangladesh, for her contributions in the field of dance. Besides all these, she is also well-known for her evergreen beauty. This week we present to you a glimpse of the secrets behind this beauty.*

## SKIN CARE

Skin care is an integral part of her life among all the heavy makeup and over-use of cosmetics. So removing makeup thoroughly is a must for her in order to maintain healthy skin. Her everyday essentials include a moisturizer from Clinique to hydrate her skin and an eye cream and a night cream from Loreal, without which her daily skin care regime remains incomplete. But in days when she has programs or shows, mostly when consecutive, this whole simple process becomes a lot more tiring. In order to remove the high coverage makeup that she applies during performances, she uses olive oil and coconut oil-based creams. Their greasy texture makes the removal process easier and cleanses the layer of makeup effectively. She also tries to pay routine visit to parlours, once or twice a month, for more effective skin and hair care.

## HAIR CARE

To heal damage caused by regular styling, Nipa treats her hair with oil massages followed by a pack or protein treatments at the parlor. Being allergic to oil she can't withstand it for long, but tries using homemade packs whenever she gets time. She believes 'clean hair means healthy hair' and thus, no matter how busy her schedule is, taking a shower is a must for her before going to bed, every day. In case of shampoos and conditioners, she prefers using Loreal, but her choice sometimes varies.

## MAKEUP

Being an extremely popular and prominent dance artist, Shamim Ara Nipa's schedule remains tightly packed with programs and shows. Heavy makeup is her regular thing and sometimes when there remains multiple shows scheduled on the same day, her makeup needs to be

even more pigmented. For dance shows on stage and TV, where heavy makeup is a must, she prefers foundations of Indian brands which, according to her, blend with our skin tone easily. Red lipsticks are mostly worn by her to look more vibrant during her performances. In case of lipsticks, eye shadows and blush, color seems a bigger concern for her than brands. She sometimes chooses her eye color from Sephora eyeshadow palette according to her costume. To complete her look, she enhances her lashes with Loreal mascara. In her usual days, to break free from this burden of cosmetics, she prefers going makeup free yet presentable. Keeping aside her on stage appearances, she doesn't fail to amaze people with her everyday looks as well. She uses a Mac Studio Fix Foundation to conceal her blemishes when going out to run errands. Lipstick and Kohl are her favorite sidekicks daily. Pink, purple, brown and maroon are her favorite lip shades but she also prefers nude and natural tones on her lips when it goes with her mood and looks.

## REGULAR WEAR

Salwar Kameez and Kurtas are her favorite regular wears. They are not only more easy-to-go but also more comfortable for her dance classes. These attires make her look more graceful during her dance lessons and more admirable to her students.

## PARTY WEAR

Saree is Nipa's favorite choice when going to parties, interviews or as a judge in shows. She wears Kameez for shows only when she has many other works on the same day and needs to cover them all. She accessorizes her looks as per the requirement of the event or function.

By Sushmita Sruti Choudhury

PHOTO: SHAHREAR KABIR HEEMEL





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