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Star LIFE

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GETTING AWAY FROM IT ALL
EID HOLIDAYS AT THE PALACE LUXURY RESORT P6
MAKING THE PERFECT EID DAY DELIGHTS
EID RECIPES FROM SALINA PARVIN P12-13
COMFORT AND STYLE FOR YOUR TODDLER
LULLABY'S FOR YOUR BABY'S CLOTHING P18

PHOTO: SAZZAD IBNE SAYED
MODEL: MEGHLA AND REHAN
WARDROBE: PREALI
MAKEUP: SUMON RAHAT
STYLING: SONIA YEASMIN ISHA
LOCATION: HOTEL INTERCONTINENTAL, DHAKA

A hot summer EID



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Hoping for an Eid like it has always been

After two years of observing the festivities on a curtailed scale due to the pandemic, we are once more celebrating Eid just like the good old days. Ramadan 1443 has been a special time for us, not only for the sacredness associated with the month, but also because it coincided with the Bengali new year. The prospect of yet another

summer Eid seems bright, and then there is always that hope that Eid day will be a blessed one, and we shall all rejoice to our heart's content.

The holy month of Ramadan is drawing to its end, and our Eid preparations are almost complete. The upholstery has been cleaned. The décor at the home front changed. Shopping for new clothes

complete, except for a few last-minute purchases. The ingredients have been accessed, and the spices procured to make sure the grand Eid luncheon is one to savour.

For two years, we lived in constant fear and even the joys of Eid were overshadowed by this persistent fear for our lives. The evils of the Coronavirus have not

left us for good, but is no longer stopping us from going on with our lives like before. We spent the days of Ramadan through fasting and abstinence, and now as set to celebrate Eid ul Fitr in the grandest fashion.

Eid Mubarak everyone.

-- LS Desk

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#FASHION & BEAUTY

Children's clothes from LULLABYS

When shopping for children, there are some factors that top our priority list. Sure, we may like to dress our babies in special clothes every now and then, but for regular wear, we are often looking for something comfortable that will keep them cosy and unbothered throughout the day. Lullabys is a new establishment dedicated entirely to the comfort, safety and convenience of your little ones.

T-shirts, dresses and of course, the most adorable piece of baby clothing, the rompers; all can be seen in a combination of bright and soothing colours at Lullabys. The designs consist of flowers, different types of patterns and minimalistic animations in them. The solid colours and tie-dyed prints are perfect for an outing on any special occasion.

"A baby's skin is naturally far more sensitive from an adult's and this plays a critical role when we consider making clothes for babies. Our entire research team is focused on finding the right material that are easily washable and keep children at ease," says Ikramul Hoque Rayan, founder and CEO of Lullabys.

True to his words, Lullabys works with 100 percent organic cotton fabric, producing casual wear for children starting from new-borns to eight-year-olds. Being lightweight and breathable material, this cotton also keeps the baby's skin safe from irritation and allergies.

Kurtas and other traditional wear are soon to be added to this line for the little ones. Lullabys also plans to offer customised outfits where dresses will be tailored by them to meet our individual requirements.

In his seven years of experience in the country's RMG sector, Rayan noticed how despite the growing demand for kids' wear, not many



outlets were specialising exclusively on it. "I saw how people often rely on foreign brands when it comes to safety and comfort for their babies. Ironically, we all know that some of the major brands worldwide make their purchase from Bangladesh," said Rayan. "Thus began the journey of Lullabys to address this market gap in our country."

But with great quality comes a big price, right? Lullabys says no. In addition to unmatched comfort, this brand is also going to save a hefty amount of your budget by offering the absolute best prices you can find around the city.

When talking about the sourcing of their fabric and production, Ikramul Hoque says, "Every element in Lullabys cloths are sourced from Bangladesh. Having worked in this field for so long, I know that we, as a country, are very strong in this field."

With an aim to offer top-notch quality at an affordable price, Lullabys has plans to open more outlets around Dhaka by the end of this year and eventually expand to more cities of Bangladesh.

For more information, check out <https://www.facebook.com/lullabysbd/>

You can also visit their store at Banani, Road-12, House-108, Dhaka 1212.

By Nusrath Jahan
Photo: Lullabys



#FASHION & BEAUTY

Redefine comfort for your feet with Amour

When choosing items of clothing, the importance of comfortable socks is often overshadowed because of its 'hidden' nature. Itchiness, red patches, sweating and suffocating inside the socks; it's chaos. Well, Amour says it is time to change our sock experience.

Sometimes inspiration from those close to us can work wonders and that is exactly what happened in case of Amour. In their 15 years of experience in exporting socks, the team of Amour had the opportunity to share some sample pieces with family and friends. This was quickly followed by amazing feedback and request to start local branding which eventually led to the beginning of Amour's journey.

"After looking into the local market, what struck me the most is how our people often have to pay high prices for compromised quality. It felt like we were depriving our own. That along with motivation from everyone, were perhaps the biggest driving forces in Amour's creation," said Mujibik Mahmud.

Not only does Amour claim unmatched quality and comfort, it has more than enough proof to back it up. Amour uses around 75 percent premium cotton such as Supima. Hold them in your hands, and you can easily feel your fingers sinking into that softness. Slide your feet into them, your heels and toes are finally at peace.

Amour socks are lightweight

On the other hand, we have 'invisible socks' which are the perfect companion for loafers.

For Women

Stilettos, pumps, chunky; there is a whole list of women's shoes that look beautiful but feel deadly after some time. Thankfully a little tricky invention i.e., the invisible socks can protect our feet from the inside while their beauty remains intact from the outside.

For casual wear, women can choose from long, three-quarter, and ankle length socks, all of which come in a combination of terry with single-jersey and non-terry. The low-cut studio socks cover your toes and stop just short of the ankle. Sleek, stylish and wearable with almost any shoe.

For Children

With a dash of bright colours, Amour has an adorable section for kids. Starting from new born babies to school children, there is something for everyone.

Attention to details is evident in each piece. Planets, the moon and stars, animals, nature; everything is painted beautifully in these cotton socks. Going the extra mile, Amour has also added 3D printed socks that have many types of animals, fruits and vegetables in them.

For girls, the edges of socks are done in picot;



and highly absorbent which makes them perfect for long hours of use. Because of their breathable nature, people with sensitive and allergy-prone skin can use them without worrying about blistered feet later on.

But Amour has not stopped at comfort and durability. Keeping in mind the individual requirements of different genders and age groups, they have introduced many colours and styles into their creation.

For Men

While the all-time classic long socks come in a range of solid colours as well as stripes, the crew socks have an added flair to them. These 3D sports socks consist of terry fabric around the ankle and heel area, while having breathable cotton on the bridge, guaranteed to keep your feet cool and dry on a hot day. The grip is also firm without being unnecessarily tight.

something we have only seen in foreign branded socks till now.

For now, Amour plans to expand its brand not only inside Bangladesh, but also in India and Sri Lanka. And seeing how their quality differs significantly from others, it should not take long for them to branch out.

Now the question is, from where you can get these amazing socks. Amour launched an e-commerce site so you can easily purchase online. For a more hands-on experience, Amour has recently collaborated with "Infinity Mega Mall" to reach a wider customer and base while establishing its brand loyalty among them.

Essentials:

E-commerce website: <http://www.amourbd.com/>

Facebook: <https://www.facebook.com/hellowamour/>

By Nusrath Jahan
Photo: Sazzad Ibne Sayed





#PRESS RELEASES

KHAZANA IFTAR BAZAR

Exquisite Hyderabad delicacies throughout Ramadan

During the entire month of Ramadan, Dhakaites have indulged in delicious and exquisite iftar dishes offered by Khazana. It is said that for many residents of Dhaka, breaking fast during Ramadan feels incomplete if they don't have the jilapi from Khazana, the Indian restaurant which has been serving for 20 years in Bangladesh.

"In India, the cuisine changes every 500 miles, from Hyderabad to Kolkata to Mumbai, so what we try to do is give you



that transformative taste which also goes with the local palate," said Avishek Sinha, CEO of Khazana.

The restaurant is showcasing Jashn-e-Nizam, a Hyderabad iftar special from the city of Charminar. Be it the Hyderabad murgh dum biryani with its aromatic taste that has just the right level of spicy chicken within or the nihari gosht, which feels so delicious when you have it with nan roti, the Charminar Food Stall at Khazana will be sure to make you enjoy the authentic delicacies of Hyderabad.

As food safety and hygiene is of utmost importance, Khazana has ensured to make the gourmet experience even more memorable, by putting live counters of kababs, rolls and its famous jilapi, 'Khazana ki Jelebi'. Watching scrumptious jilapi and kababs that scintillate your taste buds made right in front of you adds an even more special appeal for the live counters!

"The iftar cooking is all live; you see the rolls, the jilapis that are cooked right in front of you. This gives us the opportunity to demonstrate cooking with our freshly

sourced ingredients, which our guests appreciate and that gives us confidence to be trustworthy," added Avishek Sinha.

Khazana's other signature items like haleem, kadai chicken, dal makhni, fish Hariyali kabab, chicken dopiaza, dum ka murgh and many others are also available alongside their Hyderabad focused foods. Their matka lassi, available in sweetened and salted variant, offers a very refreshing taste. For dessert, in addition to the marvelous "jelebis" and laddu, their gulab jamun is another item that those of us who have a sweet tooth can't resist!

As you step into Khazana, you will notice the interior boasts a combination of modern and classical Indian design, coupled with its spiral staircase and impeccable sitting arrangements for the guests. Art on the walls provide a gallery like atmosphere while the emerald and gold shades throughout the décor gives off a royal look. It also offers an open rooftop terrace, hall room and a banquet hall.

Khazana restaurant has been holding iftar dinner buffet throughout the month. With only a few days left for Ramadan 2022, they are still catering to both family guests and corporate clients, offering special packages with a wide variety of selections, along with iftar take away boxes and dalas.

Khazana is located at House 8, Road 53, Gulshan – 2, Dhaka. For reservations please call 01711476379.

By Feda Al Hossain
Photo: Khazana

Rebirth — Le Reve Eid Collection '22

The fashion industry has emerged in the new normal and brought innovative designs and patterns. This vigour has also inspired Le Reve to launch their Eid '22 Collection. Their efforts have been to try and add something new in every step of the production. They have given special attention to party casuals and the classic styles such as shalwar kameez sets, long



tunics, panjabis, and for the first time — saris. The Eid Collection is available at all Le Reve stores in Dhaka, Narayanganj, Khulna, Sylhet, and Chattogram, and online at www.lerevecraze.com.

For convenience, orders can also be placed via messenger on their Facebook page www.facebook.com/lerevecraze or through live chat assistance on the website.



Based on the theme of 'Bengal Pride,' Sara Lifestyle's new collection is a brilliant presentation of artistic designs and creative production. The designs — geometric, floral, and traditional — have been carefully executed through screen print, *karchupi*, and embroidery. Keeping the hot summer in mind, the fabrics have carefully been

Themed Eid Collection by Sara Lifestyle

selected.

The exclusive Eid Collection from Sara Lifestyle is available at all their brick and mortar stores and also from their website, www.saralifestyle.com.bd, and their social media pages, www.facebook.com/saralifestyle.bd and www.instagram.com/saralifestyle.bd

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#FASHION & BEAUTY

Style your feet this Eid with Lá Mode

Footwear that fit the trend and lead the trend; Lá Mode seems to have the right ingredients for creating an amazing collection of ladies' shoes every time. They plan to continue the streak this Eid ul Fitr with their special collection, the "Festive Fiesta." Taking into consideration a diverse range of preferences, Festive Fiesta is a rather well-thought-out creation.

The pop and pastels of this series consist of bright summer colours like orange, peach, pink, mint, etc. Here, Lá Mode has incorporated the concept of 'dopamine dressing' into their shoes making use of colours that are universally known to uplift the mood. The classics on the other hand, focus on golden, silver, rose gold and the staple of all shoes, black.

In total it is bringing us 19 unique designs, 6 of which are varieties of flats and the rest consisting of block heels, stilettos, and kitten heels.

The trend train of glitters and stone work on shoes are back with a bang this year, and Lá Mode has hopped in it. Shimmer and stones combined with soothing colours such as beige, nude pink, etc. truly create the most amazing pieces.

Keeping in mind that Eid this year is in the hot month of May, Lá Mode has especially focused on making some exclusive open-toed sandals in both heels and flats guaranteed to keep our worries of sweaty feet at bay. The full-cover shoes have also been made with soft materials of premium quality to avoid unwanted blisters from long hours of use.

The team at Lá Mode says that the consumer response has been absolutely amazing for Festive Fiesta. Flats and kitten heels seem to be popular this Eid along with taller heels that come with belt.

While always staying stylish, Lá Mode never compromises on its comfort. "When making our products, we especially focus on ensuring that the sock insole is in perfect alignment with the sole of the feet. This gives a comfort like no other and makes our shoes wearable for long hours," said a member of their team.



Lá Mode truly has some of the best women's shoes in town. Their quality can easily hold up to the international standards while proudly being made in Bangladesh.

So, wait no more! Check out their best collections on their Facebook page "Lá Mode" and grab a pair before the stocks run out!

Website: <http://www.lamodebd.com/>

By Nusrath Jahan

Photo: Lá Mode

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Ramadan and Eid ul Fitr 2022 at The Palace Luxury Resort

Eid ul Fitr 2022 will be a reminiscence of the 'good old' Eids where people could celebrate one of the most festive times without having to worry about a pandemic. True, COVID-19 still persists but as more people are getting vaccinated, this year's Eid will be in way better circumstances than the past two years.

After one month of fasting, a lot of people feel the need to enjoy a relaxing vacation or stay-cation during Eid ul Fitr holidays. Many a times, people not only want to visit pristine and picturesque destinations, but also stay at a place that will bring them one-to-one with nature. The Palace Luxury Resort at Habiganj, Sylhet is an excellent and popular choice to meet this purpose.

Perhaps the most striking attribute of the resort is the lush green environment within which it is located. An escape into mother nature from monotonous urban life is something all tourists look for, and The Palace offers exactly that. The resort itself can be termed as a 'mini tourist spot' because of the ambience, natural aesthetics and tranquility.

"The resort has been constructed and designed as such that it seems nature itself has decorated the place," said Arifur Rahman, Managing Director of The Palace Luxury Resort. He also added "My days at Sylhet Cadet College were mostly amid tea gardens. That is where my love for tea gardens became very strong and I wanted

to be involved in work that concerned tea gardens. I wanted to combine the beauty of Sylhet's tea gardens with tourism. That is how my business partner and I went forward with the idea of The Palace."

Thanks to their attractive facilities, it becomes obvious why every year The Palace Resort is one of the favourite destinations for people to spend their Eid vacation. As Eid ul Fitr 2022 will be the first Eid since



the COVID-19 breakout where things are finally under control, The Palace Resort has come up with an amazing package for their guests — an offer of Tk 22,000 net (2 adults) per night including all buffet meals at the Tower Building. Guests get an additional discount of BDT 1000 per night off if they stay for multiple nights.

We often tend to do or try out activities during a vacation that we cannot do in regular life. You will be happy to know that The Palace has a number of recreational and



sports options in store like trekking, cycling, boating, fishing, badminton, basketball and maze. In addition to pool, sauna, spa and gym, they even have option of Turkish Bath. If you want a tour of the entire resort, you can opt for their Buggy Service.

"The idea behind these features was to make a resort that not only offers lodging, but also a lot of the activities that tourists expect from a vacation," said Arifur.

Good food is a very important aspect of every trip. It is a must to try out different items, cuisine and style of cooking. But it is not just taste we look for: we crave for standard too. The Palace Resort ensures top notch quality of their food items. They always use fresh and top-quality ingredients in the kitchen. The buffet station keeps a hot holding temperature which is more than 65°. All of the chefs and kitchen staff maintain safety protocols. In addition, the FNB (Food and Beverage) team have training on basic food hygiene knowledge, mostly from abroad.

A few days still remain of Ramadan. If you are someone who likes trying out different places for iftar, do give The Palace's Ramadan offers a try. They have introduced some new dishes this year. Keeping in line with their tradition of having deep fried items for iftar while also considering the health and nutrition of their guests, The Palace has a wide selection of half-fried baked items such as lentil balls, breaded spicy alur chop, and spring chicken chop. They also have a package for Tk 10,999 (2 adults) per night along with iftar, dinner and sehri at their Tower Building.

Some of their iftar items have gained a lot of popularity among their guests. Chicken lolly peyaju, cheese sambousek, mutton kabsa, mutton Hyderabad biryani, Moroccan mutton tagine, assorted baklava and basbousa, are some that top the list.

"The creation of The Palace Luxury Resort has not harmed the environment in any way. No trees were cut and no hills destroyed," mentioned Arifur.

The location, features and beauty of the Palace Luxury Resort simply creates a unique and outstanding aura. The experience that you will have at this resort will undoubtedly be a one to always remember. If you are planning for that much needed Eid vacation, then you know where to look!

By Faiza Khondokar

Photo: LS Archive/ Sazzad Ibne Sayed

Photo: The Palace Luxury Resort

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#FASHION & BEAUTY

Level up your fashion game with TAHAR

Often times, investing in our passion leads to some of the greatest outcomes. It is when we enliven our ideas and bring them to life that creates some spectacular masterpieces. Similarly, born out of sheer passion and the drive to tailor extraordinary clothing, TAHAR was inceptioned.

TAHAR is a clothing label that produces artfully designed ethnic wear for men. Since its beginning in 2019, TAHAR has been tailoring exquisite panjabis, with the collections getting better with each rollout. What started as an experimental stall at an event with only seven designs is now a well-regarded clothing line specialising on men's ethnic wear.

"Seeing the huge response and immense support of people in my first exhibition, I decided to grow and nurture TAHAR. It is mostly my creative aptitude, sheer passion for designing, and the love and encouragement of my patrons that drives me to make TAHAR better every day," said Mohammad Rahat Reza, owner at TAHAR.

Since then, TAHAR has proliferated and now boasts its own creative studio and option for global shipping, along with a massive online presence. After being sold out within weeks with all their previous collections, this Eid, TAHAR brings to you "The Ethereal Collection" with 22 new designs.



Both the colour palette and fabric have been chosen keeping the hot weather in mind. You can select from a wide variety of designs in light and subtle shades, such as white, silver blue, nude brown, peach, beige, moss green, and light pink. The panjabis are mostly embellished with works of zari, embroidery, and pearls meticulously done by hand.



The subtle colours are contrasted with borders of elegant katan, matte velvet, or prints in floral and paisleys. Apart from these, darker shades of black and maroon are also available that scream pure elegance. The fabric for this year's Eid line consists of soft mercerised cotton, which makes the panjabis lightweight, breathable and comfortable.

Apart from the festive collections launched during Eid and the wedding season, pieces of exquisite ethnic wear are available all throughout the year, especially their "Absolute Black Series" which

is a crowd pleaser. TAHAR also receives orders for special occasions, such as holud ceremony and Father's Day, enabling customers to order in bulk or purchase single pieces.

Owing to their in-house production, TAHAR specialises in bespoke panjabis, where customers are given the option to tailor fully customised clothing by being able to choose the measurements, colour, fabric, print, and design. Alongside, their creative studio provides the option to see and assess the product before purchasing if online does

not suffice.

At TAHAR, you can rest assured that each and every piece is designed with utmost care keeping tasteful sartorial splendour and top-notch quality in mind, aligned with their aim of providing the best to their patrons. High quality products and exquisite designs are what created a buzz among people with TAHAR.

"Through my vision, I want to create a style statement for people, particularly men. Something which complements their personality and boosts their confidence while enhancing their overall ensemble, so that they can also walk around fashionably," remarked Rahat.

TAHAR provides superior customer service, providing options to order online, purchase in-store, or via website for global purchases. With a record of zero missed deliveries, you can expect delivery within a couple of days if ordering from existing collection, 3 – 4 days for customised orders, and 4 – 7 days for global shipment.

To check out their collection, visit:

Facebook: <https://www.facebook.com/taharbdofficial>

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By Fariha Amber
Photo: TAHAR



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#FASHION & BEAUTY

Nature inspired fashion this Eid from ROSE BY NIZHU

While every flower is special in its own right, roses are indeed exceptionally beautiful! It is no wonder then that Rojina Akhter, owner of Rose by Nizhu, chose to name her boutique after this extraordinary flower!

Flowers of all kinds, especially roses, inspire her to create designs that are feminine, fresh and inherently elegant. One will find floral motifs reimagined and reinvented in Akhter's creations, in an impressive plethora of colours and styles. Her artistic flair has always leaned towards feminine styles and what is better than florals to express her boundless creativity?

Dainty tea roses in shades of pink adorn Muslin saris paired with a ruffled blouse reminiscent of the Victorian era, while bold peonies are embroidered on wispy chiffons in the prettiest of pastel shades.

A proud Bangladeshi, Akhter favours locally produced fabrics the most, especially Muslins which are featured prominently in her Eid collection this year. Rendered in soothing yet stunning shades, hand painted



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TikTok

with a distinct artistic flair, these saris and kameez sets are superb and perfect for Eid!

Other stylish details include ruffled borders and flowy silhouettes perfect for summer days. Light kurtis are available for those seeking simplicity yet not compromise on style. Pretty, pale shades of cotton have been made vibrant with details like pin tuck, pleats and gorgeous embroidery.

She also offers panjabis with intricate yet subtle work on collars and sleeves that are bound to make any man look dapper and feel comfortable!

Children are not left out either, for Akhter designs sweet and stunning dresses for little girls and cool panjabis for boys! Akhter also offers style consultations upon request for individual clients as well as families. Matching outfits are wonderful for Eid and Akhter is happy to co-design should clients wish for it!

Rose by Nizhu is a one-stop shop as it offers something for everyone and should definitely be on your must-visit list this festive season! Her page on Facebook and Instagram carries all the contact details and clients can visit her atelier upon requesting appointment. So, if your heart desires to adorn yourself in wispy, soft florals in the prettiest of shades, pay Rose by Nizhu a visit to truly stand out from the overdressed crowd!

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Tabinda, Arnira, Daud
Wardrobe: Rose by Nijhu
Makeup: Sumon Rahat
Styling: Sonia Yeasmin Isha
Location: Hotel Intercontinental, Dhaka



Perfectly Pretty *in* PREALI!

Bangladeshi fashion had hit a stalemate towards the beginning of the new millennium. Save for a handful of designers who were passionate about their craft, there was a massive dearth of high-quality clothes with original designs.

Women searching for unique, stylish outfits were at a loss and naturally turned towards neighbouring countries that offered so much more. Traditional Bangladeshi heritage weaves were relegated to the dusty old closets of grandmothers as there was a lack of representation. Designers used imported, mass-produced, low-quality fabrics that flooded local markets and customers had very little choice but to purchase such standard outfits.

Fast forward a decade and it's a completely different story.

Bangladeshi fashion scene is in its most incredible state at the moment where local designers are embracing traditional weaves like never before. Craftsmanship of artisans have elevated to international levels and they are creating absolute magic on heritage fabrics. These garments are bringing Bangladesh at par with other of South Asian fashion as well as the global stage.

NighatImam is one of those trailblazing designers choosing to represent Bangladesh and the splendid wealth of sartorial treasure that is present in our rich heritage and culture. Her fabrics of choice are quintessentially *deshi* that become a canvas where she unleashes her creativity like a true artist!

Imam's boutique Preali Collections boasts of stunning designs rendered on a plethora of magnificent fabrics and hues. As a fashion designer her focus is upholding the rich heritage of Bangladesh and its cultural nuances in the best way possible. According to her, our *deshi* fabrics are the best foil for her intricate designs and that is her preferred medium to express her designing sensibilities.

Silk muslin, an icon of Bangladeshi heritage and fashion, has always been her fabric of choice and for Eid this year, Imam has chosen it as the fabric du jour. The past few years have witnessed a renewed interest in this heritage fabric and rightly so! Imam's rendition of the muslin is resplendent; soft, pastel hues of ivory, beige, mint and powder blue has intricate, hand painted motifs embellished with rice pearls, rhinestones and sequins, bringing the sparkle of the stars to them. Your Eid parties will be star-studded affair adorned in these saris!

Alongside muslins, endi silk, organza, chiffons and lamé have been used for

kameez sets in bright, cheerful colours and shades. Floral motifs have been hand painted on these outfits with utmost precision, elevating every piece to a work of art.

The most interesting outfits in this collection are the fusion pieces that have been designed with the modern woman in mind who is a citizen of the world! She is fearless, feisty and fabulous wherever she is;



at home and abroad she juggles both worlds with equal aplomb.

Unique jackets, crop tops with wide-legged pants with chic contrasting borders and intricate details make for a stunning range that will appeal to any fashionista looking to enhance her style quotient. For men, Imam has designed dapper panjabi and coatees in contrasting colours that are sure to add a style flair to the wardrobe of any man about town!

In essence, Nighat Imam's stunning Eid collection has something for everyone and is a must-visit this year and the many ones to come!

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Meghla and Rehan
Wardrobe: Preali
Makeup: Sumon Rahat
Styling: Sonia Yeasmin Isha
Location: Hotel Intercontinental, Dhaka



DESHI MIX

SALINA PARVIN



Recipes for The Eid Spread 2022

PANEER TIKKA PULAO

This festive season, surprise your loved ones with this exotic Paneer Tikka Pulao. The juicy paneer and vegetables are marinated in a dense blend of curd and spices, before being cooked on a tawa, and finally tossed in with the rice to make a finger-licking delicacy.

Ingredients

For the paneer tikkas —

1½ cups cottage cheese, cut into cubes

½ cup capsicum, cut into cubes

½ cup onion, cut into cubes

½ cup thick curd

½ cup gram flour (besan)

1 tsp ginger paste

1 tsp garlic paste

2 tsp chilli powder

½ tsp garam masala powder

Salt to taste

2 tbsp oil

For the rice —

2 cups long grained

rice (basmati), soaked

for 15 minutes and

drained

1 tbsp oil

½ tsp cumin seeds

2 cloves

1 bay leaves

1 stick cinnamon

Salt to taste

For garnish —

A sprig of mint

2 tbsp fried onion

Method

For the paneer tikka

Combine the curd, gram flour, ginger-

garlic paste, chilli powder, garam masala,



coriander, salt and 1 tablespoon of oil in a bowl, mix well to prepare a marinade. Add the paneer, capsicum and onion to it, mix gently and keep aside for 10-15 minutes. Arrange the paneer, capsicum and onions on skewer sticks. Heat the remaining 1 tablespoon of oil on a non-stick griddle and cook the paneer tikkas for 4-5 minutes or until they are lightly browned. Remove from skewers and keep aside.

For the rice

Heat oil in a deep non-stick pan, add cumin seeds, cloves, bay leaves and cinnamon, sauté on a medium flame for a few seconds. When the cumin seeds crackle, add rice and salt, sauté on a medium flame for 2 minutes. Add 4 cups of hot water. Cover with a lid and cook for 10-15 minutes or till rice is cooked. Separate each grain of rice very lightly with a fork and keep aside.

Heat oil in another broad non-stick pan, add the paneer tikkas and rice, mix gently and cook on a medium flame for 1-2 minutes, while stirring occasionally. Serve

immediately with fried onion and a sprig of mint.

MUTHI KEBAB

Muthi kebab is purely a Punjabi dish. Everyone will love these juicy kebabs. Serve hot with different kinds of dip.

Ingredients

500g meat mince

2 onions, chopped

1 tbsp chopped coriander leaves

3 chopped green chillies

2 tsp ginger paste

1 tsp garlic paste

2 medium tomato, chopped

1 tbsp chopped mint leaves

1 tsp chat masala

1 tsp kebab masala

2 red pepper, crushed

½ tsp pomegranate seeds powder

1 egg

3 tbsp gram flour (pan roasted)

½ tsp cumin seeds powder

Oil for fry

Method

In a bowl, put minced meat and add all the ingredients except oil. Mix with your hands until well combined and let stand for 30 minutes to blend flavours. Now take a handful of the mixture and give them oval-like shape. Then heat oil in a pan. Deep fry the kebab until golden brown. Remove on a platter and serve hot.

DHUWAN DAHI GOSHT

Dhuwan dahi gosht is a Pakistani dish famous for its unmatched taste. Dhuwan dahi gosht is mutton cooked in a spicy yoghurt based gravy and then infused with a fragrant smoky flavour



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Ingredients

1 kg mutton
1 cup yoghurt
½ cup clarified butter
8-10 green chillies
1 tbsp red chilli flakes
1 tbsp cumin seeds
1 tbsp coriander seeds powder
1 tbsp mustard seeds powder
1 tbsp crushed fennel seeds
2 tbsp ginger-garlic paste
Salt to taste
Few coals
For garnishing —
Fresh coriander
Ginger slices

Method

Heat clarified butter in a pan over medium heat. Sauté ginger-garlic paste in it. When it turns golden brown, add mutton and cook for 10-12 minutes or until it starts to change its colour. Add yoghurt, green chillies, red chilli flakes, cumin seeds, coriander seeds powder, mustard seeds powder, crushed fennel seeds, salt and 2 glasses of water. Cover the lid and cook for 45 minutes or until meat is tender. Remove the lid and cook on high flame for 2-3 minutes.

Now fire up few coals and place on an aluminium sheet and place inside the cooking pot. Put few drops of oil and cover the pan. Let it simmer for another 5 minutes. Remove coal and dish it out. Garnish with fresh coriander and ginger. Serve hot with naan, paratha or rice.

GRILLED MUTTON CHOPS

Ingredients

6 large mutton chops
2 tbsp ginger paste
1 tbsp garlic paste
1 tbsp raw papaya paste
1 tbsp lemon juice
3 tbsp yoghurt
1 tsp dry red chilli, crushed
1 tsp red chilli powder
1 tsp garam masala powder
1 tsp coriander powder
1 tsp cumin powder
1 tbsp mustard oil
1 tsp mustard paste
Salt to taste

Method

In a bowl, mix together all the ingredients for marination. Marinate the mutton chops in the mixture for 5-6 hours or overnight. Heat oil in a pan, discard the extra marinade and fry the mutton chops on both sides for 2 minutes each. Fry on high heat so that the juices get sealed. Remove from heat. Preheat the oven at 200° C. Place the rack near the top flame. Transfer the chops to a baking dish and bake in oven for 10 minutes. Turn the chops on the other side and bake for another 10 minutes. Remove from oven and serve hot.

MURGH MAKHMALI

Ingredients

1 chicken, cut into 4 pieces
2-inch fresh ginger, peeled and minced
4 garlic clove, peeled and minced
4 tomatoes, diced roughly
4 green chillies, chopped
1 tsp cumin
1 tsp chilli powder

½ tsp red pepper flakes
½ tsp turmeric powder
½ tsp garam masala powder
½ cup yoghurt
2 tbsp fresh coriander leaves, chopped
2 tbsp oil
Salt to taste

Method

In a bowl, add yoghurt and chicken pieces, mix well. Keep aside for half an hour. In a large wok, heat oil over medium high heat. Add the ginger and garlic. Sauté for 10-15 seconds. Add the chicken pieces and cook for 2 minutes or until lightly browned on all sides. Reduce the heat to medium low. Add the tomatoes, chillies, cumin, red pepper flakes, salt and turmeric powder. Mix well. Cover the pan and simmer until the chicken is cooked through and the liquid is mostly absorbed. Remove the lid and cook uncovered until it thickens. Garnish with slices of fresh ginger, sliced chillies and fresh coriander leaves. Serve with warm rice, pulao or naan bread.

MUGHLAI BEEF FILLET CURRY

The beef yoghurt marinade creates a rich wonderful gravy and almonds add a Mughlai touch. It is

the beef fillets into the masala mixture, marinate it for 1 hour. Heat oil and ghee in a pan, add onion and ground red chillies and fry it. Now add marinated beef fillet in it. Mix well and cover with lid, cook for 8-10 minutes. Add yoghurt, ginger-garlic paste, hot spices and pinch of salt, stir and mix well. Cover and cook on low heat until tender. Add fried onions and cook for another 5 minutes. When it is done, garnish with the coriander leaves. Serve hot with rice, naan or chapati.

THAI GRILLED WHOLE FISH

Ingredients

1 medium sized fish (red snapper, sea bass, sea perch or any other white fish), cleaned
Salt to taste
2 limes
For the sauce —
½ cup water
½ tbsp tamarind paste
3 clove garlic
1 tsp brown sugar
1 thumb-size piece ginger, peeled and sliced
1 cup fresh coriander
2 tbsp fish sauce
½ red bell pepper (de-seeded and diced)
2 fresh red chillies, minced

Method

Prepare fish by rinsing it, then patting it dry. Make 2 to 3 diagonal cuts on the side of the fish with the knife. The cuts should be several inches apart. Squeeze the lime juice over and inside the fish. Sprinkle salt, mix and set aside while you prepare the sauce. Place water, tamarind paste, garlic, ginger, sugar, coriander, chilli and fish sauce in a food processor. Whisk well. Pour the sauce into the saucepan. Add pepper and simmer over medium low heat for 6-8 minutes. Cover and keep warm while you cook the fish. Grill the fish on the barbecue. Do not flip the fish too early, allow it to cook at least 3 minutes before turning. Turn and cook the other side for 3 minutes more. To serve, plate the fish and pour the prepared sauce over. Garnish with fresh coriander and wedges of lime.

SHUFTA

Shufta is a traditional Kashmiri dessert, especially made during festivals and weddings. It is a mixture of various dry fruits and spices.

Ingredients

½ cup almonds
½ cup cashew nuts
½ cup raisins
½ cup pistachio
½ cup walnuts
10-12 dry dates
½ cup dry coconut, cut into thin slices
½ cup cottage cheese, cut into small pieces
½ cup ghee
2 cups sugar
½ tsp cinnamon powder
½ tsp cardamom powder

½ tsp dry ginger powder
Saffron, a pinch
2 tbsp dried rose petals

Method

Soak almonds, cashew nuts, raisins, pistachio and walnuts in enough water for 30 minutes. Soak dry dates in another bowl. Cut the soaked dates into small pieces and remove the seeds. Heat ghee in a pan. Fry the coconut till slightly browned. Remove in a plate. Fry cottage cheese pieces in the same ghee till slightly browned. Drain the water from the dry fruits and add them in the pan. Add the fried coconut. Add sugar, cinnamon powder, cardamom powder, saffron, dry ginger powder and rose petals in the pan. Cook till sugar is dissolved. Serve immediately. If making it for later use, re-heat before serving

PEANUT BUTTER BARS

Ingredients

1 cup butter
2 cups cracker crumbs
2 cups powdered sugar
1 cup peanut butter
½ cup chocolate chips
4 tbsp peanut butter for spreading
1 tbsp mixed chopped nuts

Method

In a medium bowl, mix together the butter, cracker crumbs, sugar and 1 cup peanut butter until well blended. Press evenly into the bottom of a greased pan. In a microwave safe bowl in the microwave, melt the chocolate chips with the 4 tablespoons of peanut butter, stirring occasionally until smooth. Spread over the prepared crust. Refrigerate for at least one hour before cutting into squares. Garnish with chopped nuts and serve.

RABRI MALAI ROLL

Ingredients

6 bread slices
2 litre milk for rabri
1 cup milk powder
1 cup milk for mawa
1 tbsp ghee
½ tsp cardamom powder
2 tbsp pistachios, chopped
Pinch of saffron
4 tbsp sugar

Method

Boil milk in a heavy bottom pan until it gets thick in consistency. Collect malai and stick it to the inner side of the pan. Now add sugar and saffron and cook till sugar dissolves in milk and switch off the flame. Rabri is ready, allow it to cool.

Now cut all sides of breads and flatten it by using a roller and keep aside. Heat ghee in a pan. Add one cup of milk and milk powder. Stir continuously and add 1 tablespoon of sugar. Cook until the mixture gets thick. Remove from heat and keep aside to cool. Take the mixture in portions and make rolls out of them. Now take a bread and put that mawa on it and roll the bread while stuffing the mawa inside. Heat again ghee or oil in a pan. Fry the stuffed bread roll until golden brown. In a serving plate, arrange the fried rolls and put rabri on top of it. Sprinkle chopped pistachio and serve.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR



especially perfect for beef lovers, on Eid.

Ingredients

1 kg beef fillet
20g fresh coriander
15g ground red chilli
1 tbsp hot spices
½ cup almonds and sesame paste
½ cup green masala (blend coriander leaves, mint and green chillies)
2 large chopped onions
250g yoghurt
3 tbsp ginger-garlic paste
2 tbsp fried onions
4 tbsp ghee
2 tbsp oil
Salt to taste

Method

In a bowl, put green masala, almonds, sesame paste and salt, mix well. Then, put



How green tea helps in detox and losing weight

It's tempting, especially in Ramadan, to overly indulge in unhealthy foods that end up clogging our digestive system. To remedy that, we need detoxing which is basically the body's natural way of getting rid of the toxins while positively having an impact on weight loss, which can be done by having a nutritiously focused diet and healthy beverage like green tea, and what better time to start a detoxification process than the month of Ramadan!

What is detoxing?

Different toxins enter our body, be it in the form of environmental chemicals, excess medication that should be cleared out of our bloodstream or something harmful produced in the body. Our body's built-in systems eliminate these toxins and cleanses our digestive system with this detoxing process. A good detoxing can be also a type of diet that has a combo of healthy beverages and vegetables that cleanses our digestive system.

Ideal detox methods

A good detoxification plan follows eating fruits, vegetables and organic whole raw grains. Anything sugary or full of refined carbohydrates and processed food must not be consumed. You can also add high fibre foods and drinking enough liquid to help your body detox itself naturally. Adding a detox tea, in the form of green tea, to an already healthy diet also ensures an increase in fluid intake.

Green tea for detoxing

People turn to detox diets for an effective way to fight fatigue, lose weight and cleanse their bodies. Green tea detox, a simple way to flush our harmful toxins, has become increasingly popular because it's quite easy to follow alongside a healthy diet and lifestyle. Adding a few daily servings of the tea to your diet can enhance immune function, help in fat reduction and boost energy levels, all of which promote better health.



A good green tea detox involves adding a daily cup of green tea alongside your healthy diet. While the detox process is flexible regarding reducing calorie intake, it is recommended to exercise and follow a diet that's rich in essential nutrients to get the full benefits of the detox. The duration of the

Brought to you by



detoxification can be adjusted according to your needs, from following the process for a few days to several weeks.

Green tea for weight loss

In addition to the antioxidant elements of green tea that helps in detoxing, it's also aids significantly in managing weight. Several studies have shown that increasing your fluid intake helps in your weight loss efforts. As green tea is 99 percent water, drinking it not only helps us manage weight, but also aids in hydration.

Green tea is already a very popular pre and post workout fix for many people thanks to the antioxidant EGCG which helps in breaking down the fat in the body. Studies suggest consuming green tea before working

out increases the metabolic rate and burning more fat in the process.

One of the best ways to lose weight is by increasing our metabolic rate. Our body is constantly burning calories, even when we are sleeping or sitting down. Several studies point out that consuming green tea boost our metabolism rate and make us burn more calories, from three to four percent to as high as 8 percent.

Visceral fat, also known as belly fat, is associated with inflammation and insulin resistance, not to mention an obvious visual cue of weight gain. It's the kind of fat almost all of us struggle with the most. But regular consumption of green tea has a positive effect on eliminating belly fat. Several studies on green tea consumption, which contains catechins, reveal that a significant percentage of fat reduction comes from the harmful visceral fat.

Whether you are drinking Lipton's Pure and Light or Honey and Lemon Green Tea, they contain no calories at all, so the unsweetened option will not only make sure you have a zero calorie drink, but also aid you in weight management!

Green tea is full of goodness. It is a healthy solution for both detoxing your body of harmful elements and managing your weight. So, if you want a beverage that's not only delicious but also has a positive impact on your wellbeing, then look no further and indulge in green tea right away!

By Feda Al Hossain

Photo: Sazzad Ibne Sayed





#FOOD & RECIPES

GROCERY essentials for grand Eid feasting!

As soon as the moon announces the day of Eid, celebration begins, and so begins the preparation of a grand feast. Shemai on one stove, firni on the other, while there is a huge bowl of marinated beef on the counter; this is the most common scene in a typical Bengali household on chaand raat. However, things might not go as smooth if you are not stocked up on the right groceries. So, we are here to guide you through your Eid grocery shopping, to make sure you have everything you need for a memorable feasting with your loved ones.

Mains first

First and foremost, grab the items for your main dishes. This includes rice of your choice, beef, chicken (cut for both roast and salads and snacks), fishes like pomfret, bass, hilsa or prawn (of course you are allowed to choose any type but the ones mentioned go well with pulao). Although Eid is the only time when we take a break from veggies and devour meat non-stop, eggplant and pulao complements each other quite well. In addition, some people also like chunks of potatoes in their beef or chicken curry and hence, do not forget to add that as well.

Spices to bring out the true Bengali

After getting your mains checked off from the list, focus on hunting for the best spices to give your dishes a dash of aromatic magic. Powdered, whole or paste, spices in all forms have major contributions in our Eid dishes. These spices are what give the dishes their signature Bengali touch. So, make sure to have them in adequate amount. Besides ginger, onion and garlic pastes, cinnamon, cardamom, cumin, turmeric, *garam masala* are the basic spices you will need. The list is extendable.

Snacks as a teaser trailer

While hosting an Eid party, if your mains are running late, you cannot keep the

guests waiting. In the meantime, you need to serve some delicious savoury snacks.

Chotpoti is a saviour during times like these. Hence, while buying spices, check if you have the necessary ones for making chotpoti, and add dabli to your cart. For a healthier snack option, you can try purchasing either dried fruits like dates, apricots and salted nuts or salad ingredients like cucumber, tomato, cabbage, corn, mushrooms, chicken cubes, cilantro, sour curd or salad dressing and some cashew nuts as well. Although we traditionally do not treat salad as an appetiser and have it with pulao as sides, bending the rules a little never really hurt anyone.

Go unique with dessert

Ingredients for shemai, firni, gajorer halwa are staples and so are mishti and doi. But this Eid, why not try something out of the box? In this intensely hot weather, why not make some cookie dough ice cream for a soul soothing sweetness? Some heavy cream, milk, butter, flour, condensed milk,

brown sugar, vanilla essence and chocolate chips are all you will need.

Beverages for the chill

Our Eid feast is incomplete without the refreshing sips of chilled cola. And of course, the traditional borhani and mattha are timeless classics. So, do not forget to pick up a few bottles of your favourite beverages.

Furthermore, there are many who crave tea after a good feast. For those, stock up on tea as well.

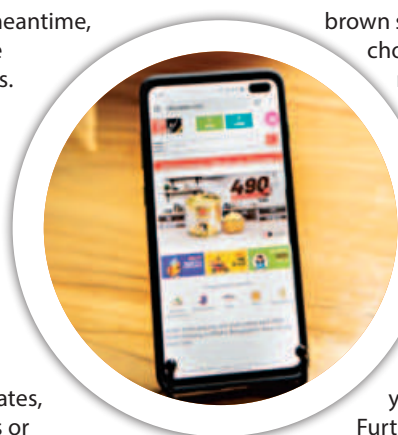
Miscellaneous and more

Milk (both liquid and powdered), ghee, butter oil, soyabean and mustard oil, (after all what is Bengali cuisine without oil and spices), almonds, pistachios, dried grapes, rose water, vinegar, etc., are necessary miscellaneous items. These are all generic items which are used in multiple dishes.

So, this Eid, be organised with your grocery shopping and have a happy meal with your family and friends!

By **Tanzila Kamal Protyasha**

Photo: **LS Archive/Sazzad Ibne Sayed**



Getting groceries is now easier than ever. All it takes is 30 minutes!

Online shopping for groceries is rapidly gaining popularity, primarily because of the convenience it comes with. For people who want to avoid a round-trip to supermarkets or wet markets, and allocate their precious time for something else, online grocery shopping is a game changer. Besides that, the benefits include not having to lug bulky items – a bag of rice, vegetables, meat and fish or miscellaneous items which are usually on a weekly grocery list – home on your own.

Having said that, it is now easier than ever to order groceries online and 30 minutes is all it takes to have them delivered to your doorstep. Super-fast delivery services (known as Quick Commerce or q-commerce), such as foodpanda's pandamart offers thousands of items, ranging from daily essentials such as fresh produce to baby food and cleaning supplies. Ever since pandamart launched in 2020, it has been garnering much applause from customers for its reliability and

speedy delivery. Whether you are a busy professional, hustling bachelor, midnight baker or a homemaker, pandamart offers a great deal of convenience for everyone in need of grocery shopping.

So, if you discover that you've run out of ingredients for an item you're preparing or your guests would love some ice-cream following dinner, there's nothing to worry about. With pandamart's swift delivery, you will get what you want or need in just half an hour.



Tahsin Reza, 27, a busy professional, is familiar with the desperation to get groceries. He enjoys cooking for his family and usually does this at night. He says, "I often forget to bring home necessary ingredients for cooking or crave ice-cream at midnight. With foodpanda's

pandamart, I usually have those delivered to me in 20-30 minutes." Nobody prefers to walk around carrying grocery bags and doing so on the way home from work can get very tiring, with the summer heat adding to the difficulty. Thanks to pandamart, shoppers can enjoy the convenience of

online grocery shopping with faster delivery times than traditional grocery delivery services and 24/7 availability across several areas. Moreover, online grocery shopping provides a nicer experience in comparison to traditional markets for those who avoid bargaining. Instead, different campaigns and discounts are available on pandamart for both new and existing customers. Many customers look for products from recognized brands out of concerns for taste and quality. pandamart has a large array of products from top local and international brands. So, pandamart can be your grocery destination to buy whatever you need for Ramadan and Eid. Simply open the foodpanda app and select the pandamart button to choose from over 4,000 products, including meat and fish, fresh fruits and vegetables, snacks, beverage, cleaning supplies, pet food, and even baby essentials.

Complete your Eid food spread with All Time Bread

Bread is a pantry staple in every household. Useful to make meals during any time of the day, from a quick jam sandwich for breakfast to delicious desserts post dinner, bread can be used in a variety of ways.

All Time Bread comes packed with nutrients and is baked fresh. Its soft texture makes it the perfect ingredient to whip up toothsome desserts, be it a quick one for children to grab on the go or a laborious one that can stand as the centrepiece of your dessert table.

CHOCOLATE BREAD BALLS

Ingredients

7-8 slices All Time Bread
50g butter
2 tsp caster sugar
100g dark chocolate
100g white chocolate
2 tbsp coconut oil
2 tbsp chocolate spread
Sprinkles for decoration

Method

Cut the All Time Bread slices into little cubes and grind them until you get a coarse and grainy mixture. Next, melt the butter and add it in, using your fingertips to incorporate the butter

well into the mixture. Add in the chocolate spread and mix again until you get a chocolaty dough. Lastly, add powdered sugar to the dough and combine well.

Heat the dark chocolate and white chocolate separately in a microwave, stirring in between 30s intervals until they are fully molten. Then, add in a tablespoon of coconut oil to each and mix. Form little balls of the dough by rolling it in your palms and dip each ball to the molten chocolate. Finally, place them in cups and top with sprinkles.

UMM ALI

Ingredients

10-12 slices All Time Bread
500g milk
½ cup powdered milk
2 tbsp sugar
2 tbsp corn flour
½ tsp cardamom powder
2 tbsp desiccated coconut
2 tbsp raisins
2 tbsp sliced almonds
1 tbsp chopped pistachios

Oil for frying

For the sugar syrup –

1 cup water
½ cup sugar
A few strands of saffron
1 tsp lime juice

Method

For the milk mixture, dissolve the corn flour in half a cup of milk and heat the remaining milk along with sugar and milk powder. Then pour in the corn

mixture and stir until it is. Lastly, add cardamom and stir to combine. Add water and sugar and come to a simmer. Once drop in a few strands of boil. Once it is slightly heat and drop in a few. 1 slice of All Time Bread and circle from the centre using a glass, small bowl, cutter. Fry them gently few seconds on each side, flipping constantly until they are light brown in colour. Take them off the heat and dip them immediately into the sugar syrup.

Then, place them onto your serving dish and top with desiccated coconut and almond flakes.

Pour in



the milk mixture on top and heavily garnish with slithered almonds, chopped pistachios and whole raisins on top. Serve chilled.

By Fariha Amber
Food and Photo:
Fariha Amber



#PRESS RELEASES

The Body Shop brings in amazing gift collections to celebrate Eid as one

Trusted by millions across the world, the British ethical cosmetics brand, The Body Shop has come up with an amazing new gift collection to celebrate spirituality and strength during this Ramadan and Eid. This new collection of Eid gifts from The Body Shop will help support their Community Fair Trade partners around the world, who have helped them grow.

With an aim to help drive positive social and environmental changes for producers and the local communities, The Body Shop's new collection for Eid gifts enables customers to treat their loved ones to gifts. The "Bath & Body Gifts" from The Body Shop is filled with treats in customer favourite flavours. With the juicy Strawberry Hair & Body Mini Collection, the elegant British Rose Beauty Collection, the caring Almond Milk & Honey or the Shea Beauty Delights, receivers of this collection can enjoy nourishment of all sorts.

Adding to that, the "Fragrance Gifts" can add elegance to any fragrance collection. The White Musk® Flora Mist Essential Selection can be the perfect small gift for floral fragrance lovers, consisting of a full-size shower gel and mist in the new modern, chypre fragrance. Moreover, the exquisite Black Musk Night Bloom Luxury Collection features full sized products from the deepest and darkest fragrance range. The Japanese Cherry Blossom Luxury Collection, on the other hand, accounts for the entire, irresistibly sweet and juicy fragrance range, all wrapped up!

For all the beauty enthusiasts, The Body Shop's makeup heroes are no less than a celebration of self-expression.



The Lip & Cheek Stain aids in building that bold or sheer colour as per preference. A subtle application can give a sheer colour, which can be built up to a more intense one with a few more dabs. It hydrates with 12-hour moisture, for that healthy-looking skin at all times. The Happy Go Lash Mascara enables a fuller-looking flutter by thickening and defining the lashes, while feeling gentle at the same time. For the fuller-looking, non-flaky flutter, this is certainly the mascara to go for!

For that on point, smudge-resistant and intense flick on the dramatic and defined eye look, The Body Shop's Liquid Eyeliner delivers bold results with its precise, easy-to-control tip. Moreover, the Brow & Lash Gel tames unruly brows and fixes them in place in a flash.

Ramadan and Eid are all about giving back and coming together. They are a journey of transformation and inner reflection shared with friends, family and communities across the globe. This Ramadan, give back and come together with The Body Shop's collection of Ramadan and Eid gifts and treats. Those can be purchased from any of the two flagship retail stores located at Jamuna Future Park and Bashundhara City Shopping Complex and the price starts from Tk 1690.

Essentials —

Instagram - <https://www.instagram.com/bdthebodyshop/>

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Eid Sari Collection by


Kadambari

Exclusive designs of Kadambari are handstitched and each product has a story of its own. This Eid ul Fitr, they have brought new designs based on flora and fauna in new forms. The radio and the camera have also been featured as themes for designs. Orders can be placed directly on <https://kadambariexclusive.com> or through their Facebook page, <https://www.facebook.com/KadambaribyRazbi>.

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Level up your oatmeal game with these add-ons

Oatmeal has a reputation for being the most filling, long-lasting, and of course healthiest of breakfast options—ideal to kick-start your day. This heavy grain is especially good to warm up winter mornings; a warm bowl of milk-soaked oats can do wonders in shooing away the chills and preparing you for the day, but different preparations can make it perfectly suited for summer consumption too.

There are a host of health benefits to oats, including a high content of dietary fibre and protein, as well as its effect on reducing cholesterol and provide long lasting energy throughout the day. This makes it a good option not only during normal healthy eating days, but also during Ramadan, especially for sehris, as its slow burning quality lets people feel full for longer, staving off hunger until iftars.

During Ramadan we tend to indulge on spicy, deep fried foods. It makes a good decision to replace all that with a bowl of healthy oatmeal.

Some detractors might say oats, and a lot of other healthy food, might be tad bit bland, and thus not as tasty as all the other options. But that is not true at all, is it? It just depends on the one who prepares these meals, and here we give you some ideas to up your oats game in a fun way.

Fresh fruits

The texture of oats contrasted with the sweetness of fruits is a well-established combination full of dietary goodness. In Ramadan, having the same sehri meals can

become a bit boring, and the easy way of just switching the topping can make oats feel and taste different every day, and keep you full until iftar too.

Freshly cut fruits like bananas, mangoes, apples and all types of berries are the most popular toppings to go with oatmeal, mainly because of their accessibility. You can either mix them up or just stick to a single fruit type according to your taste. Rich in vitamins,



fruits will not only add a touch of freshness to your palate but also help you satiate the dessert cravings.

Dry fruits

The compatibility of oats with fruits is not just true for fresh ones, but also dried ones, as well as nuts and seeds. Apricots, dates, raisins, etc. are not only loaded with nutrients but natural sweetness as well. They have the power to transform your plain oatmeal into a rather fancy and delish bowl of wholegrains without the need of added



sugar. Therefore, you can enjoy your oatmeal sweet while keeping your calorie count in check. Furthermore, these fruits will bring an array of colours to your bowl, making it look more appetising. Remember we eat with our eyes first!

Honey and syrup

Honey, maple syrup, and other syrups too, can be suitable alternatives to sugar to make oatmeal preparations. Since the whole point of having oatmeal is treating your body to a healthy meal, you might not prefer anything sugary. The healthy sweetness of honey and delicious maple syrup have got your back. Only a few swirls of these will make your oatmeal pleasantly sweet and way yummiier.

Nuts and seeds

Another group of scrumptious add-ons for oatmeal are nuts. Nuts such as almonds, walnuts and pecans, will add crunchiness to your mushy oatmeal, adding a variety of textures to your oatmeal dish. Moreover, nuts are loaded with healthy fats and antioxidants and hence are responsible for an impressive number of health benefits. They also provide

a really good source of proteins and good fats, and that makes them all the more suitable for sehris during Ramadan. However, be careful to not overdo the nuts as they have a warm effect and very calorie rich, and overeating them is unhealthy. Six to seven nuts per bowl will do just the right job of nourishment and flavouring.

Chocolate?

Although overall sweet milk chocolates are considered unhealthy for regular consumption, dark chocolate is actually quite healthy. That means, a healthy dose of dark chocolate shavings can help you elevate the oatmeal sehri breakfast without much guilt. Besides, there cannot be a better way to brighten up your morning than relishing on some chocolatey goodness! Coconut flakes is an equally healthy option. Furthermore, it will add a dash of sweetness and aroma to your plain oatmeal.

Spice it up!

If you are not one with a sweet tooth, there are a host of recipes to make spiced versions of oatmeal. Spices like cinnamon, black pepper, paprika and cayenne, will not only take the heat up a notch but also bring out a savoury flavour to your oatmeal. Chopped blanched vegetables, eggs, cheese, and host of other savoury options are easy pairable with oatmeal preparations for healthy breakfasts, and iftars and sehris during Ramadan.

By Tanzila Kamal Protyasha

Photo: Sazzad Ibne Sayed

Styling: RBR

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*WHOLE GRAIN COUNCIL
**3g OR MORE PER DAY OF SOLUBLE FIBRE FROM OATS HELPS REDUCE BLOOD TOTAL- AND LDL- CHOLESTEROL LEVELS.
(USFDA, EU COMMISSION REGULATIONS)
*COMPARISON WITH SIMILAR FOOD: "BREAKFAST CEREAL (CORNFLAKES)", ATLAS OF INDIAN FOOD, 2015.
-OATS CONTAIN FIBRE & SLOWLY ABSORBED CARBOHYDRATES THAT CAN INCREASE SATIETY (PROVIDING LASTING ENERGY)

#PRESS RELEASES

Eid Collection by Friendship — Colours of the Char

The slow and sustainable fashion brand of the country, Friendship — Colours of the Char celebrates weaver's art in a world that is running on fast, throw-away fashion spun on automated machines.

Their new collection is in gorgeous block prints, muted and vibrant colours and the most alluring combination of hues that promises coolness, comfort, unbeatable style and so much more.

The makers have



chosen “hope” as the inspiration behind this year's collection. In keeping with the theme, the saris all boast lively colour combinations. There are tassels, flowy blouses, ruffles and halter-necks, all doing their bit to make the saris come alive. The innovative ways in which the pieces are draped add to the seemingly limitless possibilities with this collection.

Nazra Mahjabeen Sabet, director operations at Friendship Colours of the Chars mentioned how slow fashion recognises that there are human beings behind the clothes we wear, and

one conscious buy can change the world. The statement rings true as the new collection rolls out with unparalleled craftsmanship showing through the folds of the saris demanding recognition and respect.

Essentials —

Find their exclusive products at their shops located on the 2nd floor, House 40, Road 12, Block E, Banani; and House 352, Road 27, Dhanmondi.

By Munira Fidai



Now exclusively available at Aarong Tegaon and Banani multi-brand outlets

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ALL SHOPPING IN ONE PLACE: Need or Occasion, Daraz is the solution!

This Eid, Daraz is the one place needed for all shopping. From groceries to healthcare and beauty products to fashion, the variety of attractive discounts being offered is the perfect chance to buy daily essentials. With Daraz's adherence to international quality standards and product authenticity, effective delivery system, various payment systems and easy return policy, customers now have access to the best brands from the convenience of their own homes.

Those who shop on Daraz can benefit from Flash sales, 10% prepayment discounts, bKash cash back, and up to Tk 12,000 discounts on mega deals, vouchers, and other special offers. What further makes Daraz the best platform to get all essentials this season is their Weekend Wonder (Fridays and Saturdays). During these two days, specific brands including Godrej, Garnier, Unilever, Nestle, Khaas Food, RB and PRAN will be offering 5% collectible voucher, up to 58% discount and 10% bKash cashback. These discounts make shopping for groceries, beauty and healthcare products both convenient and cost effective.

Daraz Mart for all household essentials
During the month of Ramadan, iftar arrangements are a time for family and friends to gather and break their fast

with healthy and delicious food. The festivities of Eid which follow call for an array for celebratory and scrumptious food. To meet the demands for preparing these meals, Daraz Mart is the answer! This platform is an extension of Daraz which offers an extensive assortment of groceries including favourite everyday brands like

Maggi, Radhuni, and more. Apart from having all these brands, Daraz Mart provides exclusive discounts, next-day delivery in Dhaka and Chattogram.

Daraz Mart has everything needed here to provide us with all the groceries to prepare an iftar spread. Their selection includes products like atta, maida, lentils, cooking oil, sugar, salt, rice, noodles, powdered drinks and many more. These products are all sourced from popular brands like Teer, Sena, Mozammel, Nestle, Fresh, and Dano. Other than the wide array to choose from, customers can now get up to 20% off on PRAN, 10% off on Chashi, 28% off on Fresh, 18% off on Radhuni, 5% off on

Teer, 7% off on Sena, 22% off on Mozammel, 27% off on Nestle, 18% off on Foster Clarks, 14% off on Tang, 18% off on Fresh, and 12% off on Dano products.

After a hearty meal, comes the clean-up. Daraz Mart has also got us covered on that too! The platform houses products like tissues, wipes, toilet cleaner and air fresheners needed to keep our houses clean and fresh all year around. Among their products, discounts include up to 65% off on Planet, 36% off on Godrej Aer, Harpic, 25% off on Dettol, 25% off on Trix. With Daraz Mart, a clean home is now just one order away!

The Perfect Eid Look

Daraz is a platform where we can get a variety of makeup products from local and international brands to create the perfect Eid look. From eyeshadow palettes to lipsticks to eyebrow kits, everything needed to present our best selves during Eid is under one roof. However, with the heavy makeup comes the need for good skin care. Daraz provides options for us to take good care of ourselves as well with products like moisturisers and sheet masks, body lotion, soap, shampoo, body spray, hair removal cream, hair oil, face wash and many more. These products are not only necessary during celebrations but for any time of the year. Needed not only to keep oneself looking fresh but also to maintain hygiene, the discounts being offered on healthcare

and beauty products demand that we make the best of them! Their discounts include Ribana at flat 12% off, Focallure at up to 60% off and Inglot at Flat 40% off. Furthermore, discounts also include 39% on Dettol, 22% on Dove, 40% on Fogg, 25% on Veet, 20% on 30% on Garnier, 50% on Parachute Naturelle and 25% on Nivea.

Everything Fashion

Daraz also brings us a wide range of fashionable products, including formal and casual attire, suitable for every occasion throughout the year. With all of our favourite fashion items under one roof, there is something for everyone. The latest designs and trends are available in one place. Saris, kurtis, and shalwar kameez for ladies, as well as shirts, formal pants and jeans, panjabi, sneakers, loafers and casual shoes for men, are offered for more formal occasions.

What makes Daraz the best place to buy stylish products and accessories this season is that customers have access to the best discounts in the market. This Eid, Lotto and Bata is the diamond sponsor, Trendz is the gold sponsor and Fabrilife is the platinum sponsor. Other than that, other brands like SSB, Fabrilife, Kay Kraft and Woodland are offering exclusive discounts. Gorur Ghosh will also be providing flat 10 off on their products. New customers will also receive great discounts on their first order!

This Eid, wait not and make the best of the discounts and offers being offered by Daraz! Not only will these deals help us celebrate a budget-friendly yet festive Eid, but will also make a great addition to our home for any time of year.

By Puja Sarkar
Photo: Daraz