VOLUME 22, ISSUE 31, TUESDAY, JANUARY 24, 2023
MAGH 10, 1429 BS

Star LIFE Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

When SARIS get a millennial TWIST

WINTRY PURSUITS P3
VACATION FOR CHILDREN
PAST, PRESENT, AND BEYOND P5 & C
DRAPING THE SARI
A RAINBOW DIET P9
IMPORTANCE OF COLOURED FRUITS AND VEGETABLES

Photo: Sazzad Ibne Sayed
Models: Efa
Makeup: Masum, Shumon
Jewellery: Six Yards Story
Blouse: The Blouse House
Wardrobe: Tangail Saree Kutir
Styling: Sonia Yeasmin Isha
Assistant Coordinator: Sumon Rahat

#HEALTH & FITNESS

Beauty sleep and its benefits for your skin

Women want flawless skin. A beautiful skin texture may go a long way in helping women radiate pride and gain more self-confidence. Be it a 10-step skincare routine or a crowded bathroom counter, we can go to great lengths to ensure that our skins look best first thing in the morning. However, what if sleeping was one of the best-kept secrets to having healthier skin? After all, even while we are asleep our bodies continue to function. While you should not completely forsake your daytime skin care regimen in favour of more decent sleep, there are some simple reasons why improving the skin-sleep relationship is beneficial for us women.

Goodbye to the distress of dark circles

You have probably experienced under-eye bags or dark circles after a restless night, which is among the first issues we notice when we do not get enough sleep. Since the skin under the eyes is so thin, when blood flow is poor, which happens when you are sleep deprived, it can pool there and become evident. Less puffiness beneath your eyes means you got adequate sleep. So, if you keep yourself hydrated before sleep and elevate your head at night with an additional pillow, that may also aid in minimising under-eye bags. In doing so, you will also make the tone under your eyes suitable for using products.

Smile brighter, laugh louder

Dermatologists will tell you that when you sleep, your skin produces new collagen, preventing sagging. Why does this matter? Because skin texture with more collagen is firmer and less prone to wrinkles. So, if you are concerned with premature wrinkling, get a healthy 7-hours of sleep to relax your eyes and face. Try sleeping on a silk or satin pillow as it minimises facial irritation and gives a soothing ambiance. Gradually train your mind to be free of thoughts thirty minutes before sleeping. Do not, however, consider natural wrinkling around your eyes to be terrible. Having a few wrinkles is not harmful. In reality, they frequently indicate wonderful years lived!

De-stress, sleep, hydrate, and repeat

Since your skin does not have to worry about protecting itself from the sun and free radicals when you are asleep, it can devote its energy to mending itself. Additionally, blood flow is more regular, which gives you a healthy glow when you wake up. If you do not get enough sleep, your skin may appear dull, lifeless, or ashen. Therefore, good skin enables you to benefit from cosmetic products that you can use without the worry of harming your face too much. Your skin also loses more water at night than it does during the day. So, do not forget to drink plenty of water during the day and apply a creamier moisturiser before bed to keep your skin nourished overnight. With a good night's peaceful sleep, your skin benefits.

By Samayla Mahjabin Koishy
Photo: LS Archive/Sazzad Ibne Sayed

#GUIDES

Make your kid's winter holiday memorable

Most schools are closed because of the winter vacation, and this is a wonderful opportunity to spend quality time with your children. There are plenty of things that you and your family can do within the country, the city, and even in the comfort of your home without breaking the bank!

Domestic travels

With prices soaring globally, vacations are now more expensive than ever, especially international vacations. However, that should not stop you from planning trips within the country. You can visit places within Bangladesh, all those amazing destinations, the historic and scenic places that you have not explored yet. Go for day trips or one/two-night stays so the pressure on your wallet is not unbearable.

Domestic travelling is also a wonderful opportunity for your children to love, appreciate, and experience their own country.

Connect with extended family

We have become like machines, it's one task after another with little to no break in between. Relax this winter, take time off work, and connect with your extended family— grandparents, uncles, aunts, and cousins – in person. Perhaps plan a family picnic like the good old days. How will these benefit your child? One, your child will get to know his "big" family, and two, he will establish social bonds with people who can give him support and comfort during both good and bad times.

Studies show that youths are now lonelier than ever. Knowing and connecting with our extended family could tell our children that there are more people who love and care for them than they have ever thought!

Movie marathons

Make a cuppa for yourself and hot chocolate for your child, crawl under a blanket, and enjoy a family film. We suggest that you make a list of some must-watch films, especially the classics. We recommend Home Alone, Home Alone 2: Lost in New York, Elf, The Polar Express, Harry Potter and the Sorcerer's Stone, Jingle All the Way, The Santa Clause, etc. In my house, some of these films are watched every year during the winter holiday time; they never get old!

But, why enjoy movies only at home? Take your children to movie theatres, too, this winter holiday.

Board games

I still remember the unadulterated fun I had while playing chess, ludo, monopoly, and carrom matches against my parents, sibling, aunts, uncles, and cousins. When there were no internet and people were not staying hooked on their smartphone day and night, it was these board games which kept them from getting bored. The best thing about board games is that you cannot play them alone, meaning that these games bring people closer and create connections with friends and family.

Does your child know how to play chess yet? If not, consider teaching them the game this winter break. Chess helps children develop patience, creativity, problem-solving, and strategic thinking skills.

"Chess is the gymnasium of the mind," said Blaise Pascal, the influential 17th century French mathematician, and philosopher.

Art and crafts

The internet is full of art and craft ideas. Browse the internet and choose a few art and craft projects that you and your child can enjoy during the winter holiday time.

Art encourages problem-solving skills, creativity, and imaginative thinking — all of which are linked to long-term professional success!

This winter break, be messy. Bring out what you already have at home or make a small investment in drawing and painting materials, scissors, glue, strings, beads, buttons, fabric strips, multicolour paper, empty boxes, popsicle sticks, etc. and embark on art and craft projects with your children.

Your children will always cherish these beautiful bonding times with their parents; these activities may even become family traditions over time and pass down through generations!

By Wara Karim
Photo: LS Archive/Sazzad Ibne Sayed/ The Palace Luxury Resort

Winter activities for children

Winter in Bangladesh can be a great time for children to enjoy fun and exciting activities. There are many ways for children to have fun and stay active during the colder months. From indoor games and crafts to outdoor activities and cultural events, there is something for every child to enjoy. Here are a few ideas for winter activities for kids in Bangladesh that parents and caregivers can consider.

Pitha (sweet winter treats) is the first thing any child should make synonymous with winter. Try making them on cold winter mornings with the whole family. Nothing beats this kind of quality time with your children and family.

Visit indoor play areas or amusement parks for fun and exercise. For example, taking your young ones cycling in Dhaka's parks can be one of the most fun family activities you can have. It's healthy and warms the body, and children can really make a day out of it during the winter.

Take them on short trips to the outskirts of Dhaka, to a nearby zoo, to libraries, or to museums to learn about different cultures, history, and animals and their habitats. Panam City, Lalbag Kella, and the Liberation War Museum are just a few places.

Attend a theatre performance or a live concert to introduce children to the arts. It is a great way to introduce children to the world of art, music, and performances. Who knows, the inspiration they get might be the very reason they do something big in the future.

Play winter sports! Get your children hyped up and excited about the joy of playing sports! Badminton is one such sport, among others, that can be played on your neighbourhood streets, garages, backyard, or rooftops.

Organising a family picnic in an eco-resort can be a great way to enjoy the fresh air and the beauty of nature while bonding with loved ones. Numerous such resorts in Gazipur, Tongi, and Savar can be found online.

Base Camp, Kaalmegha Country Club & Resort, Green View Golf Resort, or Chuti Resort can be the perfect places that offer fun activities, ambiance, and service that can be enjoyed with family.

By K Tanzeel Zaman

#LIFEHACKS

5 smart laundry tips to make your life easier

Although doing laundry is usually considered a basic life skill, it can be a tedious and frustrating job for those who lack previous experience. Very few of us have never faced a stain that was hard to get rid of. However, the washing process of strong stains may result in damaged fabric and loss of colour. Whether you are looking for some advice for regular laundry or heavy cleansing after some disaster, here are some tips to make your life easier on such occasions.

Sort your clothes

The very first step in doing laundry should be organising clothes made of similar fabrics in the same category and washing them in smaller loads. While it is understandable if you do not have an abundance of time or patience for repeating the task, a smaller load will result in better cleansing and reduce the possibility of damage. If you are using a washing machine, it will also give the washer much-needed space for detergent dispersal.

Check the labels

Never forget to check the labels of your clothes for special care instructions like "Dry wash only" or "Hand wash only". Such instructions may also come in symbols. If you notice a symbol with a cross sign (usually iron or dryer), proceed with caution and make sure that such treatments are not applied to that particular piece.

Beware of the water temperature

Be careful about the temperature of the water in which you are washing your clothes as it can have a significant impact on fabrics. Cold water is recommended for silk and woollen clothing to protect them from damage; garments such as socks and underwear to avoid stretching or shrinking; and sensitive fabrics that may bleed colours. Use considerably warm water for organic fabrics like cotton, linen, and clothes with oil or grease stains

Check out your clothes for colour bleeding

No one wishes for a dress with unexpected patches of pink or purple but that is exactly what might come true in the case of an indiscriminate mixture of varied fabrics with different colours. In order to avoid such an unfortunate fate to your favourite clothes, always wash the white items separately. You can also check for possible colour bleeding by drenching a cotton swab and rubbing it rigorously on a seam. If the swab catches colour, that cloth will bleed with almost certainty.

Keep an eye out for colour fading

Colour fading after a wash is a common issue among clothes with a darker shade which may cause them to look cheap, old, and worn out. To avoid such an unexpected outcome, do not forget to turn your clothes inside out before you add them to the washer. This step also protects your clothes from possible abrasions and other damage on the fabric surface. If you wish your black clothes to remain black, you should also avoid washing them in hot water.

By Abdullah Al Zobayer
Photo: Collected

#CHECK IT OUT

The millennial revolution with the sari

Sari has been termed as one of the most feminine garments by many of the recognised designers of our time, from Maheen Khan to Chondona Dewan, and this very garment which has been worn by our grandmothers and our mothers could have naturally lost its charm with time, especially with the Gen Z. Surprisingly, quite the opposite happened! The beautiful garb has been re-interpreted by the new generation and has been re-energised enough to make a vigorous entry into the future of fashion and last a few more lifetimes.

FLIP TO CENTREFOLD FOR MORE

Photo: Sazzad Ibne Sayed
Models: Tarin, Suhi, Efa, Borno
Makeup: Masum, Shumon
Jewellery: Six Yards Story
Blouse: The Blouse House
Wardrobe: Tangail Saree Kutir
Styling: Sonia Yeasmin Isha
Assistant Coordinator: Sumon Rahat

A little research on the history of the sari would let us know that the term was derived from the Sanskrit word, 'sati,' meaning a strip of cloth. Varying in length from four yards to nine, the six-yard variation is more popular in these parts of the region.

a REVOLUTION with the SIX-YARD-FABRIC

The history of the Nivi drapery

Whilst there are many ways to drape the sari, the Nivi by Jnanadanandini Devi is one of the most popular in South Asia. Before her style was introduced, women used to wear sari without a blouse or even a petticoat. Devi, a Bengali social reformer under the British Raj, thought this technique very inappropriate for upscale gatherings and associations. As an inspiration from her Parsi acquaintances, who wore the same garb with a blouse and a petticoat.

Devi introduced the Nivi style to the women of Bengal, with one end tucked into the petticoat, and another end let loose over the shoulders. The mass appeal for the Nivi style was adapted much later though, around the time of the Indian Nationalist Movement, where images of women in sari were imprinted on posters and shared throughout the nation, helping to grow mass appeal for the special kind of drapery.

CHANGING TRADITIONS

Many of the young people today find it uninteresting to wear clothes in the same way of their predecessors. Hence, based on that ideology, new and innovative styling has also been introduced to the traditional Nivi drape, changing the game of the sari once again.

Designers and stylists are intentionally moving away from conventional styles to include innovations in the draping style, the modernists wrap it around their jeans instead of the traditional petticoat, or they wear a halter neck, instead of the traditional, buttoned blouse.

The basic idea is that designers or fashionistas of today, love having fun with a piece of fabric, expressing every bit of their characteristics and authenticity through experimentation.

HISTORY REPEATS BUT IN A FRESH LIGHT

The sari could have been phased out of the fashion world permanently, but thankfully it did not. The youngsters have a hold on its beauty and grace, they have altered the narrative and reclaimed the historical garment as one of their fashion necessities. It comes as no surprise, because the six-yards-of fabric is so versatile, that all it needs is a creative mind to get inspired and look at it in a whole new light.

By Fashion Police
Photo: Sazzad Ibne Sayed
Models: Tarin, Suhi, Efa, Borno
Makeup: Masum, Shumon
Jewellery: Six Yards Story
Blouse: The Blouse House
Wardrobe: Tangail Saree Kutir
Styling: Sonia Yeasmin Isha
Assistant Coordinator: Sumon Rahat

#REVIEWS

Dhaka Flow: A festival on yoga and wellness

The Dhaka Flow festival, a celebration of health, healing, and the environment took place on 13 January 2023 at the picturesque, Gulshan Society Lake Park. The event brought together vendors of wellness products, fitness teachers, healers, and individuals from all lifestyles to connect and build a community. The festival was guided by 'ahimsa' or non-violence, and only vegetarian meals were available. It was also an eco-friendly and memorable experience with zero plastic waste.

"Dhaka Flow is a wellness movement that aims to promote healthy living. For us to live a healthy lifestyle, it's not just about yoga but so many other elements that come into play, like a healthy environment, honesty from everyone, collaboration

instead of competition, along with having sound mental health. That's why I was so happy to see so many people become a part of this movement through today's festival, and hopefully beyond," said Shazia Omar, host of Dhaka Flow festival, a yoga instructor, and writer.

The festival offered an array of wellness activities for festivalgoers to participate in and enjoy. From yoga demonstrations to a high-intensity interval training (HIIT) boot camp and therapeutic yoga, the festival featured classes and demos from well-known instructors in the field of wellness. Dhaka Flow also collaborated with an array of partners, featuring stalls from popular activewear brands like Turag Active, Aamra Active, as well as unique organic product vendors like Zhen Natural.

In addition to the wellness activities, festival goers also had the opportunity to indulge in delicious food from a variety of vendors including Indu's Kitchen, Jatra Biroti, and Waffleup.

"Festivals like these are a welcome respite for residents of Dhaka as we have become too inactive with our lifestyle. I really loved coming here and exploring the yoga demos, the different stalls selling fitness-related things, and the food, all at the same venue," said Raihan Ahmed, a resident of Gulshan at the festival.

The festival had many fun activities to keep the guests entertained, like throwing darts to score prizes from Aarong Earth, a kid's zone for the little ones, and of course, attending the various yoga sessions! However, that is not all as the festival goers were in for a real treat, in the form of an enchanting musical performance by Armeen Musa to cap off a memorable day on a high and happy note.

By Feda Al Hossain
Photo: Dhaka Flow

A NOTE ON NUTRITION

CHOWDHURY TASNEEM HASIN
Chief Clinical Dietician & HOD
Clinical Dietetics and Nutrition Dept,
United Hospital ltd., AGS, BNDF
Bangladesh Nutrition and Dietetics Forum
tasneemhasin@gmail.com

The rainbow diet: Health benefits of coloured fruits and vegetables

From white, the brightest orange, to the deepest purple — make your meals and snacks as colourful as possible. Each colour provides unique health benefits and no one colour is superior to another, which is why a balance of all colours is most important. The ultimate goal of a 'rainbow diet' is to add 30 plus different colourful fruits and vegetables to your meals every week. Just plan for one colourful plant-based food at every meal and instead of rich, sugary treats after the meals or for between-meal snacks, use fresh fruits to satisfy the sweet tooth.

Read on to learn more about the health benefits of coloured fruits and vegetables.

Food coloured red like tomatoes, watermelons, red peppers, strawberries, pomegranate seeds, apples, red current cranberries, red onions, radishes, red beans, beets, strawberries, and raspberries are all packed with vitamin C, vitamin A, potassium, lycopene, etc.

They are rich in antioxidants and anti-inflammatory molecules that prevent inflammation and oxidative stress. The phytochemicals present may help protect against certain cancers (especially prostate cancer), lower the risk of diabetes, support eye health, and improve skin appearance.

Orange- and yellow-coloured foods are rich in Vitamin C and carotenoids, including beta-carotene. They have phytonutrients like red-coloured food that promote healthy vision and cell growth.

Citrus fruits contain hesperidin which increases blood flow and can potentially help prevent strokes. Orange fruits and vegetables also support the reproductive health of men and women.

Yellow foods are particularly good for the digestive tract. They contain prebiotics that encourage our gut bacteria to produce short-chain fatty acids — special molecules that nourish the cells of our gut.

Healthy orange and yellow food include pumpkins, sweet potatoes and carrots, sweet corn, yellow and orange peppers, orange lentils, citrus fruits like lemons, oranges, and grapefruit; pineapples, corns, starfruits, papayas, mangoes, turmeric, yams, peaches, and apricots.

Greens mean a lot of heart-protective potassium and vitamin K, which aid the blood clotting process and lower hypertension, maintain vision health, and strong bones and teeth.

Dark green, leafy vegetables have the highest concentration of antioxidants, fibres, and folates — a nutrient that is important to pregnant women.

Kale has as much calcium as milk, supports digestive enzymes, and aids in the absorption of nutrients boosting the immune system, increasing energy, and faster healing of tissues. These food are rich in cancer-blocking chemicals that inhibit the action of carcinogens — found in abundance in spinach, avocados, okras, broccoli, peas, kale, cabbages, Brussels sprouts, kiwi fruits, grapes, bell peppers, collard greens, green tea, green apples, lime, olives, pears, and green herbs like mint, rosemary, thyme, and basil.

Fruits and vegetables that are blue and purple like eggplants, purple cabbages, beetroots, radishes, purple carrots, black olives, berries (blueberries and blackberries), passion fruits, purple grapes, purple plums, prunes, raisins, and dark cherries are rich in anthocyanins and proanthocyanidins antioxidants. They are amazing for memory, cellular strength, reducing inflammation all over the body, and preventing cellular damage. They also boost the health of the urinary tract and promote healthy ageing.

Fruits and vegetables coloured white support bone health, help to lower cholesterol and reduce inflammation, protect against certain cancers, and balance hormones.

Cauliflower is a cruciferous vegetable rich in a healthy compound called sulforaphane.

Garlic and onions are in the allium family of vegetables and contain the powerful compounds allicin and quercetin that help to reduce the risks of cancer and have anti-inflammatory properties.

Selenium – found in mushrooms – plays a key role in supporting the immune system.

Super white foods to eat include cauliflowers, garlic, shallots and onions, leeks, parsnips, white beans, bananas, and lychees.

Photo: Sazzad Ibne Sayed

#DECOR

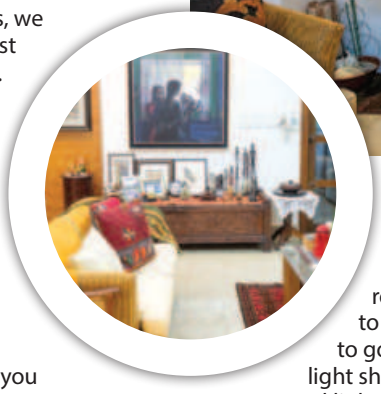
5 paint colouring mistakes to avoid in 2023

A paint job is probably the most challenging part of any house renovation project. It is both an investment in terms of money and time, as well as a commitment; you are likely to be stuck with the same colours on your walls for a significant amount of time, whether you like it or not.

With that in mind, here are some common mistakes you must avoid on your next colourful mission:

IGNORING THE CEILING

While trying to find the perfect colours for the four walls surrounding us, we often forget about the biggest 'wall' in the room; the ceiling. It eventually ends up getting painted a dead white which actually starts to bring the whole room down as soon as grey starts to set into that white.



Try a shade of cream or brown instead. If you are willing to be a little more creative, you can also go for a lighter shade of any colour you are using for the rest of the walls. This especially helps the room to look livelier.

MISMATCH WITH NATURE

The amount of daylight flowing into a room plays a huge role in its overall outlook. A good amount of natural light can easily look gorgeous with deeper shades of yellow, blue, lilac, etc. without affecting the size of the room. On the other hand, for rooms with moderate to low lighting, it is safer to go for light colours. The light shades will enhance the natural light while making the room brighter.

TOO MANY COLOURS

Painting each room with a different colour combination is not necessarily a problem. However, the colours must have some sort of coordination in order to really reflect a personality. Or else the house just ends up looking more chaotic than peaceful or fun.

For instance, if your living room looks chic and classy in pastels, your bedroom should not look like it just came out of the 1920s with a combination of cream, brown, and perhaps maroon. So, while we are all in for DIY creativity, consulting a professional is your best choice for this type of experiment.

PLAYING IT TOO SAFE

This is the opposite of going overboard with colours. The idea of painting with neutral colours only can be very tempting, especially when going for an elegant and polished look. However, even then, it is necessary to add stronger shades and contrasts. Or else the monotony will set it really quick and it does not fulfil the purpose of a 'new look.'

A famous saying among renowned interior designers is, "Make it gutsy, or it's just boring."

SHRINKING COLOURS

Dark colours, in general, will make a room appear smaller. While there may be a few exceptions when combined with natural lighting, dark colours usually move forward, giving the illusion that the walls are closer than they actually are. Confused? Here's an example.

Colours like red, royal blue, and deep purple are strong and they seem to hold a statement in them but these colours also tend to move towards you and when applied to walls, they will make any room look smaller. In fact, too many of these colours can actually make a room feel suffocating.

If they do fall under your list of favourite colours, do not be disheartened. You can easily combine two deep walls with two lighter ones to make a truly amazing combination.

By Nusrath Jahan
Photo: LS Archive/Sazzad Ibne Sayed/ Nazneen Haque Mimi

#PRESS RELEASES

MetLife Bangladesh opens children's day-care centre for working parents

To support working parents and build a more inclusive workplace, MetLife Bangladesh has recently launched a Children's Day-care centre at its Head Office in Motijheel. Working parents of MetLife will now have access to a range of childcare options and the facility to keep their children in a safe and secure day-care centre.

Research shows that taking care of children is one of the major concerns for working parents. According to a Harvard study, globally nearly 20 per cent of working parents leave their work or reduce working hours solely due to lack of childcare.

Commenting on the initiative, MetLife Bangladesh's Chief Executive Officer, Ala Ahmad, said, "At MetLife, we take care of our associates holistically. Family and children are an essential part of our life, and the newly launched day-care centre will provide MetLife's working parents the confidence of knowing that their children are enjoying the workplace too."

"We spend a lot of time at work, so it's important for us to provide our employees with access to amenities that make their lives easier. That is why we wanted to introduce this day-care facility to provide working parents assurance and peace of mind", commented Tauhidul Alam, Assistant Managing Director and Chief Human Resources Officer of MetLife Bangladesh.

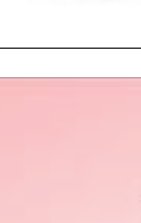
HOROSCOPE

ARIES
(MAR. 21-APR. 20)

Don't upset your partner this week. Money will be hard to save. Get involved in fitness programs. Your lucky day this week will be Wednesday.

TAURUS
(APR. 21-MAY 21)

Don't overspend on luxury. You'll likely meet new friends through short trips. Your colleague could try to undermine you. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

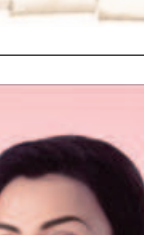
Put your plans into motion. Your romantic inclination should lead to a committed relationship. Spend time with loved ones. Your lucky day this week will be Sunday.

CANCER
(JUN. 22-JUL. 22)

Someone you work with won't be trustworthy. Don't blow situations out of proportion. Get back into a routine. Your lucky day this week will be Wednesday.

LEO
(JUL. 23-AUG. 22)

Celebrate with a shopping spree after your hard week. Don't ignore your health. Overindulgent people will cause disruptions. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

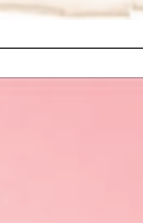
Someone may be trying to undermine you. Avoid making changes at home. Try not to be overly generous. Your lucky day this week will be Thursday.

LIBRA
(SEP. 24-OCT. 23)

Help loved ones with their personal affairs. Social get-togethers will introduce you to new friends. Review your investments. Your lucky day this week will be Monday.

SCORPIO
(OCT. 24-NOV. 21)

Gambling will be a waste of money. Your talent will prove to be lucrative if used. You will shine ins social gatherings. Your lucky day this week will be Monday.

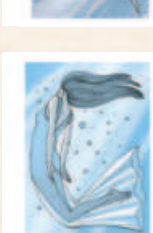


SAGITTARIUS
(NOV. 22-DEC. 21)

Trying to manipulate situations will only get you in trouble. Concentrate on work. Your tendency to vacillate will drive everyone crazy. Your lucky day this week will be Friday.

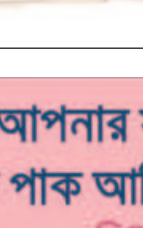
CAPRICORN
(DEC. 22-JAN. 20)

Be careful of who you lend to. Don't get involved in risky financial ventures. Don't get swept away by the situation. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)

Your efforts will bring you great satisfaction. Take advantage of the opportunities that present themselves. Get involved in competitive sports. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MAR. 20)

Social activity should be on your agenda. Your work experience will be good. Take action but do so carefully. Your lucky day this week will be Sunday.

Star LIFE Style

VOLUME 22, ISSUE 31, TUESDAY, JANUARY 24, 2023, *MAGH 10, 1429 BS*
A publication of The Daily Star
E-mail: lifestyleds@yahoo.com, 64-65 Kazi Nazrul Islam Avenue, Dhaka-1215

6 tips for designing the perfect bedroom

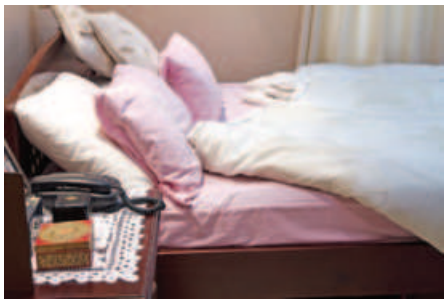
The bedroom is all about comfort and functionality and it might be difficult to design perfectly. Here are some decorating tips to make the most of your bedroom decor.

Follow your aesthetics
It is good to take design advice but never let it distract you from coming up with bedroom ideas unique to yourself. Make sure to ask yourself what appeals to you and incorporate those preferences because your bedroom should feel personalised.

Consider the size of the room
A gigantic bed will not work for you if your bedroom is small. You need decent space surrounding your bed to unwind and reduce clutter. Also keep in mind how the size of the bedroom will accommodate other furniture pieces and storage.

Choosing your bed
Think about your intended use while choosing a bed. Do you usually read before going to sleep? The ideal place to lean while catching up on your most recent read is against a bed frame with a thinly padded headboard. You can also get a bed with a low profile and decorate it with the headboard of your choice. If you are looking for a bed that can provide back support, the best choice might be bed springs and slats. Remember, a good bed should accommodate the individual's size, shape, and needs.

The right colour scheme
It is easy to get overwhelmed with what direction to take while decorating the bedroom. A good way to focus is by picking a colour scheme. Taking into account the colour of the walls, you can opt for picking the colour of the bed and other furniture so that they complement the paint. In this way, the bedroom will feel more harmonious and be the ideal place to relax. You can also use wallpaper to add dimension to the room.



Suitable lighting
The lighting in your bedroom does not just have to be functional, it can also be decorative and significantly enhance the design of the space. Consider the room's purpose while deciding on the best lighting – a bedside lamp for reading, an overhead light to illuminate the entire space, and some lamps around the room to add a soft glow. Choosing warm bulbs and light-diffusing shades if you want warm and soothing lighting is a good option to make your bedroom cosier. In terms of design, consider whether you want your lighting to be a focal point in your space or more in the background.

Add a rug
No bedroom decor is complete without a rug. A rug pulls the scheme together and helps to zone an area when dealing with a bigger room because they add colour, pattern, texture, and warmth. It is suggested to place a rug under the furniture to tie the room together. Giving the rug adequate space from the wall so that the edges of the floor are exposed will prevent the space from feeling cramped.

Adding other furniture like nightstands and a dresser, a chair or a couch, a storage bench, and a mirror can significantly uplift the room and bring it together. Overall, designing a bedroom requires some thought and at the end of the day, it should be a space where you can relax and be comfortable.

By Puja Sarkar
Photo: LS Archive/Sazzad Ibne Sayed/ Nazneen Haque Mimi