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Star LIFE Style

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LACE SARI *is* always a WINNER *in* every SCENARIO

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PHOTO: SAZZAD IBNE SAYED
MODEL: ANAMIKA
MAKEUP: PIASH
STYLING: SONIA YEASMIN ISHA
SET DESIGN: ESKAY SAIMUL KARIM

#HEALTH & FITNESS

THE EFFECTS OF sunlight on skin health and beauty

Although sun exposure can cause skin damage, accelerated ageing, and even skin cancer, these risks can be mitigated by using common sun safety measures. Sun rays can be beneficial for the skin as it helps in the synthesis of vitamin D and aid in the treatment of jaundice, and skin diseases like psoriasis, acne, and eczema. So, this time, allow yourself to glow with pride in stride as we discover some amazing benefits of the sun for skin health and beauty.

The "sunshine vitamin" or vitamin D is crucial for skin health and renewal. Vitamin D deficiency levels are typical. That is a concern because vitamin D absorbs calcium and phosphorus, which helps our bones to stay strong. Sunlight stimulates the skin to produce vitamin D which anyone can receive. The development, maintenance, and metabolism of skin cells are all aided by vitamin D in its active form, calcitriol. Moreover, it boosts skin immunity and fights free radicals that cause premature ageing. So, for your own good, soak up some rays and get to know a pleasant sunlit area!

Jaundice, psoriasis, acne, and eczema are just a few of the skin disorders that can be treated with sun exposure. According to research, heliotherapy, or using sunshine therapeutically, is extremely effective at easing psoriasis symptoms. In fact, by causing the production of a substance in the skin that acts to reduce the swelling that causes eczema, sunlight can alleviate the symptoms of the condition. With all that, the skin can return to its natural condition and thus be healthier. This will also ensure that you can apply your cherished cosmetics to your skin without any guilt of harming it.

Nevertheless, those with pale skin usually have the disadvantage of burning from the sun faster than those with darker skin. Additionally, when the sun is shining more directly, you run a higher risk of developing a sunburn when outside. This often occurs between the hours of 10 AM and 4 PM. If required to protect your skin, you can try to avoid direct sunlight at these hours.

Still not convinced enough to enjoy the sun? Well, gear up your armor to revel in the light. One of the greatest and simplest methods to safeguard the health and beauty of your skin at any age is to put on sunscreen. Regular use of sunscreen aids in avoiding high exposure to ultraviolet rays and thus reduces chances of skin sunburn, skin cancer, and early aging. If you put on some sunscreen every day, you will not have to worry about your face getting any tanner or developing any more hyperpigmentation, melasma, or dark patches.

Remember, the sun's rays warm the oceans, move the air, create our climate patterns, and power the photosynthesis of plants, which in turn, supplies us with oxygen and food. So, while we live, so shall the sun. And during it all, you can take up the beauty of the sun to revive the beauty of your skin.

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

#PERSPECTIVE

My ode to the sun: Thoughts on spring

Today, I saw a cuckoo perched on a bamboo shed amid the petunia blooms in the nursery. I was ecstatic as it meant spring is around the corner. In a few days' time when the cuckoo will sing his sweet song to lure his girl, it will usher the sunny and sprightly boshonto or spring days.

Spring or boshonto is the last of the six Bangla seasons and happens to fall between winter and summer, spreading over the Bangla months of Falgun and Chaitra (mid-February to mid-April).

I am not fond of the dew-drenched, foggy mornings; the chilly afternoons, or the stone-cold nights. Winter is not for me. I am a tropical person through and through. I love my sun, light and breezy, scorching and humid — almost torturous — but that's my kind of weather.

I am glad that winter here is just one unbearable month and when the sun will shine, I will not look frumpy with a shawl wrapped around my body anymore. Gone will be the mufflers, the earmuffs, and the cardigans.

Spring for me means marigolds in the hair; splashes of saffron, or yellow in the dresses. It means sticking out an orangey tongue while having ice lollies, slurping up green coconuts, and seeing the lively green come back to nature. The fun is limitless.

Spring revives and reinvigorates the dead barren wintry nature and me too. I love looking at nature with my microscopic lens. The ladybugs and the bees will be getting ready for business, hibernating animals will wake up from their long slumber. My sparrows from last season will be busy re-building their nest in the air-conditioning gaps.

I will see my fern fronds curl up and rise to seek the sunlight. The leafless barren trees will bear tiny green heads signalling the new birth of its emerald green leaves, new seedlings that were lying dormant in the ground will sprout and their fragile stems will be dangling in the breeze. There is so much pleasure to soak up from these tiny intangible happenings around me.

Although the lovey-dovey connotations of spring are clichéd, and here in Bangladesh, the first day of spring coinciding with St Valentine's Day brings out the romance in full vigour. But setting aside the mushy stuff, I will welcome my spring sun will open arms.

So, this weekend, look for that favourite yellow sari in your wardrobe, get it laundered and starched, paint your nails red because as the song says — 'Boshoto eshe geche.'

— RBR
Photo: Shahrear Kabir Heemel
Model: Shanila Mehjabin
Wardrobe: NOBO Dhaka Collection: Bangladeshi Heshel, both hand-painted and digitally printed 100 count Egyptian cotton kota
Styling: Saki Kazi and Shezami Khalil

#PRESS RELEASES

Fall in love again with the sounds and colours of the yesteryears on Valentine's Day at InterContinental Dhaka

This Valentine's Day, fall in love again with the yesteryears. Celebrate the day with InterContinental Dhaka by reminiscing about your love. This year, InterContinental Dhaka is arranging a special storytelling opportunity by sharing the most romantic moment spent at Hotel InterContinental Dhaka since the inception of this iconic property. Guest will get the chance to win a very exclusive Valentine's Day Dinner with their loved ones.

To celebrate this season of love, they have two different room packages; Romantic Escapade at Tk 22,000 net valid till 28 February, 2023. This room package features a luxurious one-night stay in a suite room along with buffet dinner and buffet breakfast at 'Elements' for a couple, Special cake in room, 25 per cent discount on food and beverage (all outlets) and laundry service.

'WOW' Room Package is only for 14 February. The package includes a stay in Presidential Suite along with full-time butler service. The guest will enjoy in suite romantic 7-course gourmet dinner with personal musician and will have an hour of professional photography. On the following day, the couple can enjoy in room breakfast and 5-course in suite gourmet lunch. They will get pick and drop in luxury sedan car. This package is Tk 75,000++ and they are offering it in limited numbers.

'Elements' all day dining restaurant is offering luxuriant valentine buffet dinner set up 'Romantic Rendezvous' style on 14 February. Their food and beverage team have prepared a range of romantic surprises not only on the plate, but also in the form of elegant decorations, chocolate boxes and many more. The romantic atmosphere of the 'Elements' will serve you an array of food varieties. You can enjoy this spectacular buffet at Tk 7,500 net per person. Live music and BOGO are applicable for selected bank cards.

Couples craving for private cosy environments under the stars will find the "Private Gazebos" and "Aqua Deck" be the perfect choice for them. One can enjoy BBQ Buffet dinner in breezy spring evening at Tk 6,500 net per person. Their chef specially designed a unique course of items for this live bbq dinner, including live music and romantic ambience. BOGO is applicable for selected bank cards.

Speciality restaurant 'The Amber Room' is offering 6-course couple dinner on Valentine's Day at Tk 15,000 net per couple. Couples will also enjoy Welcome Valentine Drink on arrival with live violin during their dinner time

On Valentine's Day, guests will find Heart Shaped Special chocolate box and heart shaped special cake at the hotel's cafe restaurant Café Social. Crafted coffee to French bakeries, evening snacks, light lunch or dinner, anything you can order as well.

Also, those dining in on Valentine's Day with them can have the opportunity to win Dhaka - Cox's Bazar - Dhaka couple air ticket, a beautiful diamond earring and finger ring as a lucky winner by simply dropping your business card.

For reservations, call +880 2 55663030

#GUIDES

5 ways to make Valentine's Day memorable

Valentine's Day is the only day of the year where you can be cheesy without feeling bad. You can let your imaginations run wild and unapologetically express your love towards your significant other through various gestures. While your other half will likely appreciate even the smallest of gestures, sometimes, you should go that extra mile. So, what can you do to show your favourite person how much they mean to you? Obviously, dining at fancy restaurants is too cliched at this point and so is any other hangout spot you can think of. Worry not though because we have five unique ideas that will without a doubt take your Valentine's Day to the next level.

Rooftop camping to watch sunset/rise
There is something magical about watching the sun rise and set. No wonder they are so romanticised in the movies! Why not translate some of that magic into your Valentine's Day plan? Finding a good spot in the city can be tough but your rooftop will just about get the job done. Just imagine; you and your girl on the roof, watching the sun rise or set, a charcuterie board and some nice music. Doesn't it sound like a ball? Perhaps you two can also dance underneath the stars before or after (depending on which one you opt for).

Taking her to a mountaintop or the beach for sunset or sunrise
Of course, this will require a bit more planning than the previous idea, but if you have the time and resources, swap out the hustle and bustle of the city for the serene backdrop of the mountain or the enchanting view of the ocean. Take a day or two off to show her how much she means to you and take her away to Sajek Valley

or Sairu Hill Resort or Cox's Bazar to watch the sun come up or go down. You also get the chance to have a proper mini vacation while you're at it

Learning to cook her favourite dish
The quickest way to a person's heart is through their stomach and that goes double when the dish you prepare happens to be their meal of choice. There is nothing more romantic in this world than you attempting to cook your girl's favourite dish and making a whole evening out of it by arranging a candlelight dinner. Beats going to a restaurant any day and way more intimate. We advise that you get started as soon as you read this because cooking is tricky and getting it right might require some practice. But hey, remember that it's the thought that counts. The gesture is enough to sweep her off her feet, the food tasting good will be the icing on the cake.

Going on a little pampering adventure
Have you seen the latest "pick a card" trend on TikTok? Basically, what you do is write down two options on two separate cards and make your girl choose one. For instance, one card has "sushi" written on it and the other has "pizza," then for the next round, she gets to choose between two dessert places and for the final round she gets to choose between two of her favourite shops to get something nice for herself. Not only does this make for a fun little adventure throughout the day, but this will also show your girl how well you know her (plus you don't have to stress on picking places because the cards will do it for you!)

Renting an entire cinema hall to watch her favourite movie
Saving the grandest of the lot for last. This one might be a bit tricky to pull off because of the limited options available and getting a cinema to agree to rent out an entire hall to you (note: you are more likely to succeed with a local cinema). However, if you can pull it off, it will make for the best Valentine's Day your partner will ever have. An entire theatre, playing their favourite movie, just for her. Scratch that, it will probably be the best day they will ever have.

By Irfan Aziz
Photo: K Tanzeel and Collected

2023 Lace and tulle *in* FASHION

Alas, we are here. Seems like we have time travelled to the future. The first month has sped past us at the speed of light as we fail to keep up, dazed and confused in the sparkling haze that is the festive season in Dhaka! Twinkling wedding lights adorn streets all around, invitation cards jostle for space on our coffee tables and there is endless discussion about the all-important winter wardrobe that will have us ready for this wonderful whirlwind!

In that regard winter fashion this year is all about feminine, sophisticated styles with a hefty dose of high-octane glamour. It's a wondrous time of the year; there is a palpable sense of excitement in the air, redolent with endless possibilities of festivity and fervour. This spirit is channelled marvellously by the fashionistas of Dhaka who leave no stone unturned when it comes to dressing up at their absolute best!

Giving heavy velvets and brocades a miss, this year's trends are veering towards softer, delicate fabrics that highlight the feminine silhouette in all its glory. Amidst the flurry of trends that turn up on the runways every season, lace seems to have made a comeback. There's something about the wispy nature of it that is just so beautiful; its delicate weaves adorn a woman's form most exquisitely.

Versatility is the greatest virtue of lace; from gowns to dresses to saris and lehengas — literally, any article of clothing is brought to life when fashioned from lace. Whichever form it is rendered in, be it Guipure, Chantilly, or Macramé — lace is beautiful in every avatar.

If lace were to have a sister it'd be tulle! Its 'now-you-see-it-now-you-don't' nature makes it the perfect foil for luscious embroideries that make the outfit look like a second skin on the wearer. Again, the possibilities are endless with this gauzy, wispy fabric. Choose a mint green Chantilly sari paired with an embellished blouse for your friend's engagement ceremony, and a berry tulle lehenga for her destination wedding.

A black mini-Guipure number will be fabulously chic for your cousin's swanky cocktail and a blush pink tulle gown will make you the belle of the ball for your friend's reception! Tulle is also perfect for ghagra; add a layered cancan skirt underneath a navy tulle ghagra and pair it with a stunning wraparound blouse in satin. Throw some diamonds on and voila!

Lastly, if you are the one to play it safe, a Chantilly lace sari is always a winner in every scenario. Choose an unusual shade such as bronze, purple, or olive, and wear it with an interesting blouse to let your light shine through!

By Sabrina N Bhuiyan
Photo: Sazzad Ibne Sayed
Model: Anamika
Makeup: Piash
Styling: Sonia Yeasmin Isha
Set Design: Eskay Saimul Karim

#GUIDES

A GUIDE TO BUYING CHOCOLATES FOR YOUR VALENTINE

Chocolates and Valentine's Day have become synonymous. Gifting a box of chocolates on this special day is bound to put a smile on your partner's face. However, among so many different options to choose from, it can become quite difficult to decide which one to go for.

So, here are a few easy ways to pick the perfect chocolate for your valentine.

Do your research

If you are planning to give your loved one the gift of chocolate this Valentine's Day, then proper research is a must for you. There are usually three types of chocolate to choose from — milk, dark, and white. These chocolates can then be filled with a variety of treats like nuts, caramel, cream, or fresh fruit. There are also truffles, which are different from regular chocolate candies, nut bars, and much more.

Prioritise their preference

When it comes to chocolates, everyone has their preferences. Some like dark chocolates and others enjoy a mouthful of rich, white chocolate. Understand what your partner likes. Don't buy a full box of caramel-filled chocolate if your significant other can't stand the taste of it. The idea is to customise the chocolate according to their preference.

Pay attention to ingredients

The chocolate you will choose must be of good quality and made with fresh ingredients. Apart from that, you must also keep in mind if there are any ingredients in the chocolate that might cause an allergic reaction. A lot of people are allergic to nuts, so if your valentine is also one of those people, it would be better to avoid giving her chocolates that contain nuts.

A classic heart-shaped chocolate box

For years and years, the tradition of gifting a heart-shaped chocolate box on Valentine's Day has been proven to be the safest option. This will be a good choice if you just started to date someone or are about to ask them out on this special day.

Chocolate goodie box

If you want to go a little extra and pamper your partner with different types of chocolates, then you can buy a nice box and place the chocolates there instead of just handing them in a bag. It will show that you put in an extra effort for them. You can either make the box yourself from scratch or from the many online pages and stores that will do it for you.

Chocolate bouquet

Are you one of those who like being a little creative with their gifts? Then a chocolate bouquet is a perfect gift to give to your valentine. A chocolate bouquet is a chocolate arrangement designed to resemble traditional floral bouquets. It is a beautiful blend of chocolates and a bouquet. So, if you think about it, you are actually giving two gifts in one. Genius!

By Maisha Tarannum Iqbal
Photo: LS Archive/Sazzad Ibne Sayed

THE MILLENNIAL COOK
FARIHA AMBER

Chocolate dessert recipes for VALENTINE'S DAY

Chocolate is the universal language of love and to many, is the perfect Valentine's Day gift. Not only is it great tasting, but also stimulating to the senses. In fact, chocolate releases chemicals that increase energy and desire levels. For generations after generations, chocolate has been the go-to method to express love. While you can opt for store-bought chocolate goodies, making your own will add that personal touch to your valentine's gift. So, this Valentine's Day, win the heart of your loved ones by making a decadent dessert with chocolates!

CHOCOLATE TERRINE

Ingredients

2 cups milk chocolate
½ cup unsalted butter
2/3 cup whipping cream
4 eggs
1/3 cup sugar
A pinch of salt
Chocolate powder for garnish

Method

In a bowl, add butter, and chopped chocolates and melt the two using a double-boiler. Add in sugar while still warm and mix until combined. Then, add whipping cream and continue to mix. Once fully combined, add a pinch of salt, and add the eggs one at a time, mixing after each addition.

Once the mixture is homogenous, pour it into a pan greased and lined with a baking sheet. Put this into a larger dish and fill it half-way up with warm water. Bake at 160°C for 30 minutes. Once fully baked, let it cool at room temperature before flipping it out. You can dust it with chocolate powder for garnish.

CHOCOLATE CAKE POPS

Ingredients

1-pound baked chocolate cake
½ cup chocolate buttercream
1 cup milk chocolate
1 cup white chocolate
Sprinkles for decoration

Method

Use a day-old chocolate cake and crumble it. Once done, add buttercream one spoon at a time and mix in with your fingers. Continue doing this until the chocolate cake mix is moist enough to hold a ball. After this, form the chocolate balls and leave them in the refrigerator.

Meanwhile, melt the chocolates in your oven and stir until it is smooth. Insert a lollipop stick into each cake pop and then dip it in the molten chocolate, either white or milk. Before the chocolate hardens, sprinkle confetti over the top for a prettier outcome and they are ready!

BUCKEYE BROWNIE

Ingredients

For the brownie –
2 cups dark chocolate
½ cup butter
½ cup granulated sugar
½ cup brown sugar
3 eggs
1 tsp vanilla essence
½ cup flour
¼ cup cocoa powder
For the layers atop –
1 cup peanut butter
½ cup butter
1½ cup confectionary sugar
1 cup chocolate
¼ cup butter
1 cup chocolate
¼ cup butter

Method

Melt the chocolate in a double-boiler and add in butter. Combine the sugar and eggs (one egg at a time) and stir. Add vanilla essence and the chocolate butter mix to this. Stir well to combine and then add sifted flour and cocoa powder. Fold these into the batter and mix to combine.

Pour this into a baking dish lined with a baking sheet. Let this bake in a preheated oven for 30 minutes at 180°C. In a bowl, beat together butter, peanut butter, and confectionary sugar until you get a smooth mixture. Layer this over the cooled brownie.

Melt your chocolate and butter using a double-boiler and pour this mixture over the layer of brownie and peanut butter. Wait for this to cool before it is ready to serve.

By Fariha Amber
Food & Photo: Fariha Amber

#PRESS RELEASES

Chef Asad — The King of Pastry

Ever since the beginning of his career in 2007, Chef Mohammed Asaduzzaman Noor has been a part of The Westin Dhaka. After completing his internship at Pan Pacific Hotel, he got the opportunity to work with The Westin Dhaka and has not looked back since.

"I remember I had a similar offer from another renowned hotel in the country but my heart was telling me to be a part of the Westin family," shared Asad, reminiscing the earlier days of his career.

Now working as the Pastry Chef of Westin Dhaka, he has grown a lot throughout the years. He has worked as Sous Chef, Chef De Partie, Demi Chef De Partie, Commis-I, Commis-II, and Commis Chef at The Westin Dhaka.

"Just like every other profession, I also had to go through many different phases before reaching the position I am in today," shared Asad.

According to him, when he started as a chef in 2004, this career was not considered to be a potential one. Always been good at academics, and even his parents questioned if this was the right career path for him, but Asad followed his heart and is now known as one of the most celebrated pastry chefs in the country.

During his career, he has also been part of many reality cooking shows as a judge and even worked as a food stylist for many brands. Having been in the industry for over a decade, he loves how the taste of his guests has evolved over the years.

"Even five years ago, guests would want us to create what we want, now guests tell us what they want. They know the ingredients and the texture, and want to be involved in the process," added Asad.

When it comes to preparing a new dessert, Chef Asad sees the plate as a blank canvas. He believes desserts are for the heart. All your senses need to be involved for you to enjoy any sweet delicacy.

Chef Asad also has big plans for himself in the coming years. He set some goals for himself and is working relentlessly to reach them. Sharing more about his plans, the Chef explained, "I like breaking down my goals. For 2023, I am aiming to become the Executive Pastry Chef here at Westin. And if you want to know my long-term goals, then in the next five years, I wish to do something of my own. Maybe an online pastry shop or it might even be a physical store as well. Let's see!"

By Maisha Tarannum Iqbal

#PRESS RELEASES

Le Reve launches spectacular Falgun and Valentine's collection for 2023

Le Reve is thrilled to make its Falgun Collection 2023 live. The collection embodies the spirit of spring, with bright and bold colours, and the latest fashion trends. The collection is a fusion of international fashion patterns and the vibrancy of the Falgun festival, making it the perfect choice for both events.

This year's Falgun collection features a range of colourful prints and motifs, including the Colourful Camouflage print that showcases abstract art impressions. The Sun-Soaked Floral and Vintage Floral prints are perfect for adding a touch of spring to your outfits. The crafted patchwork print is another standout feature of this collection. There are also minimalist prints like graphic placement, typography, natural stripes, and playful lines.

Le Reve's Falgun collection for women includes short and mid-length tunics, kameez, sari, shalwar kameez, shrugs, top-pant sets, and single tops. The sari collection is truly a sight to behold, with cotton and half-silk options for day and evening wear, as well as exclusive lace-bordered organza saris. Silk and muslin saris come in a variety of prints, borders, and anchal designs.

Le Reve's popular Panjabi collection also gets a touch of the Falgun festival with its range of Viscose, cotton, and jacquard-weave Panjabis with the statement and embellished plackets. Matching pyjama and pant styles are also available. Other casual and comfortable options for men include shirts, T-shirts, polo shirts, and more.

Girls will love the bright and fun frocks, tunics, ghagra-kameez, shalwar kameez, and tops in vibrant prints and comfortable fabrics. Boys can choose from classic Punjabi styles, pyjamas, T-shirts, polo shirts, and casual shirts. And for the little ones, there's even a special selection for new-borns!

Find the Falgun and Valentine's Day Collection 2023 at any Le Reve store in Dhaka, Khulna, Sylhet, Rajshahi, Narayanganj, and Chattogram, or shop online at www.lerevecraze.com.

Keep an eye on the official Le Reve Facebook page (www.facebook.com/lerevecraze) for more updates and information.

HOROSCOPE

ARIES
(MAR. 21-APR. 20)

Don't exaggerate your emotional situation. Property investments will pay off. Romance can develop at social events. Your lucky day this week will be Thursday.

CANCER
(JUN. 22-JUL. 22)

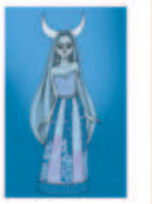
Don't let others exhaust you. Make plans with your partner. Your unique way of doing things will entice others. Your lucky day this week will be Wednesday.

LIBRA
(SEP. 24-OCT. 23)

Stay away from anything unpleasant. Relatives will play a key role in social activities. Don't offer to pay for others. Your lucky day this week will be Thursday.

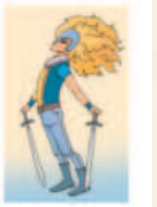
CAPRICORN
(DEC. 22-JAN. 20)

Your boss may be unhappy with your work. Don't led or borrow from anyone. Expect changes in your home. Your lucky day this week will be Friday.



TAURUS
(APR. 21-MAY 21)

Be understanding with children. You can incur a financial loss if you aren't careful. Don't be overconfident. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Family members will be difficult. Don't expect romantic encounters to be lasting. Control your temper with loved ones. Your lucky day this week will be Wednesday.

SCORPIO
(OCT. 24-NOV. 21)

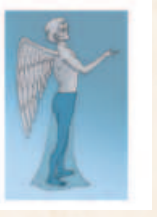
Stay calm but don't nag. Help others with their problems. Make time for your partner this week. Your lucky day this week will be Friday.

AQUARIUS
(JAN. 21-FEB. 19)

Romance is possible if you approach someone interesting. Someone could be trying to make you look bad. Make amends quickly. Your lucky day this week will be Saturday.

GEMINI
(MAY 22-JUN. 21)

Retain your freedom if you want happiness. Romance will unfold if you go on a trip. Keep your ears open. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Don't land yourself into debt. Make changes in your career. Jealousy could be causing your emotional fluctuations. Your lucky day this week will be Sunday.

SAGITTARIUS
(NOV. 22-DEC. 21)

Bring everyone closer by involving them all. Sign up for programmes that will enlighten you. Try to work from home this week. Your lucky day this week will be Thursday.

PISCES
(FEB. 20-MAR. 20)

Things may not be harmonious at work this week. Do your own thing. Do not let the other's reactions get you going. Your lucky day this week will be Monday.

#PRESS RELEASES

Celebrate Valentine's Day at Holiday Inn Dhaka City Centre

Holiday Inn Dhaka City Centre is ready to celebrate "Valentine's Day" this year and invites you to join in the festivity of this season of Love.

For the Couple, for private cosy environment, their Specialty restaurant 'The Ilish' is offering 5-course couple set menu at Tk 10,000 net per couple. Guests will also enjoy welcome Valentine Drinks on arrival, Rose Buds and Chocolate Box for couples and romantic Live Music. Guests can also enjoy 20 per cent discount on selected bank cards.

Terms and Conditions apply. For any query or reservation please call: +8801324717025-26, +8809638555666.

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#PERSPECTIVE

How to get back into the habit of reading?

There was a time when most people read books; it was one of the most popular sources of entertainment. February gives us the perfect opportunity to get in touch with that long-lost love. The Ekushey Boi Mela being an event of national significance gives us the perfect opportunity to rekindle our love for books.

Here are 6 different ways to regrow the old habit of reading books.

Find your own little reading space

A good reading space has a low noise level, ample lighting, and comfortable seating. Some people like to read on their beds or couch. A reader needs to find his or her comfortable reading space. In that little zone, the person can simply dive into the world of literature without any interruption or distraction.

Start with a genre you would enjoy

Not everyone enjoys everything. Each person has a liking for a different genre. Some like thrillers, some prefer works of fantasy, and others may like horrors or romances. Different people have different tastes. So, it's best if a person tries to start with his or her preferred genre. That way, one will be able to enjoy their book to the fullest. Moreover, he or she will also be able to grow the habit of reading with great amusement.

Begin with short stories

Short stories are just as narrative as novels. Moreover, they can help one crave longer works of fiction. If one prefers non-fiction, it can be found within an anthology of essays. One can also look for creative non-fiction. These are written like fiction but are often autobiographical stories about the author's own life.

Re-read an old book

Sometimes it's best if we just re-read an old book to regrow our old habits. If not the whole book then maybe some certain chapters, as those old vibes can bring out amazing energy within oneself to read. Old books can refresh our memory and can also splash those old feelings within us. Nevertheless, the old vibes would feel different when one re-reads an old book because a certain amount of time has passed and often a book might seem like it somehow or so might be related to us. That ambiance while reading an old book, can indeed bring back the forgotten habit of book reading.

Get a reading partner

This is a unique and fun technique to regrow the old habit of reading books. One can pair up with another person and choose a book to read until a certain page. Later they can discuss whatever they have read so far and can move forward with it. This way, people can become more and more interested in re-reading books again.

Visiting book cafes

Book cafes are the most perfect spot for a person to enjoy his or her time. Moreover, they are an absolute place for someone to regrow the old habit of reading books. In a book cafe, one can choose the choice of their books according to their preferred genre and can read there. There they can order food and drink from the given menu and can spend a good amount of time. Nevertheless, they can also take pictures or maybe just spend some quality time with a friend if they want to.

Some of the popular book cafes are Bengal Boi, DipanPur, and Kabita Cafe. If one visits any of the mentioned cafes above there's a guaranty that they will enjoy their time to the fullest.

By Rubaiat Tasnia Alam

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