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# Back *to* THE ROOTS

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PLACES TO VISIT

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# A whirlwind of thoughts and ideas!

These are busy days. The month of Ramadan has its perks and may also come with a heavy schedule. For the upcoming Eid, shopping and planning the vacation is in full swing. Add to that the upcoming Pahela Baishakh!

There is a bit of everything in our minds right now. And this week's Star Lifestyle reflects just that. We have in store for you guides, recipes, tips, and tricks for most of what is on your mind now – dressing up for the Bengali New Year, donning beautiful attires for get-togethers, food, travel, and much more.

We hope you read through our magazine and find it helpful in your life right now. Wishing you joy and happiness for the upcoming New Year!

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# Selecting the Right skincare and cosmetics

## How to pick your ideal shower products

Gone are the days when just going under the shower, picking a cleanser, and washing away impurities were all there was to a shower routine. A plethora of products is now available in the market that elevates your routine showers to a skincare experience. Hence, we are taking a closer look at shower gels, body scrubs, and face scrubs to understand their benefits and to help you pick what works best for you.

Why pick shower gels as a cleanser

Shower gels are one of the three main cleansers available in the market today besides body washes and bar soaps. Shower gels are much easier to wash with than slippery soap bars and their quick-foaming formulations are great at cleansing, without stripping the skin of its protective barrier. Shower gel has a firmer, gel-like consistency and is less hydrating than a body wash, making them ideal for those living in warmer climates or with oily skin.

## Benefits of face and body scrubs

Body and face scrubs do the same job but it is better to not use them interchangeably. Body scrubs have a thicker consistency, larger particles, and a higher concentration of acids than facial scrubs. Some common components in body scrubs are too abrasive or irritating for facial skin.

Scrubs remove dead skin cells, rejuvenate skin, unclog pores, draw out ingrown hair, help absorb skincare products, smoothen and even out the skin, and promote circulation. It is recommended to not use them more than once or twice a week as overusing them can lead to dry and irritated skin.

## Where to look

Blaze O' Skin, a fragrance-based US skincare and beauty brand has made a name for itself among the industry and consumers through its reliable and aromatic products. Their lineup consists of a diverse range of skincare products that includes two shower gels named "Starry Night" and "Rainbow Oasis", a face scrub called "Crushed Together" and a body crystal (scrub) named "Come Closer".

The shower gels are light and hydrating and the scrubs gently exfoliate and moisturise your skin. Each of the products has a unique fragrance with a soothing and softening effect on your skin, making them the ideal shower-care products this summer.

## Matte or crème? Find the lipstick that perfectly fits your vibe

With all the different formulas available for lipsticks, it can be rather daunting to find what works best for you. So, let's break down all you need to know about two of the trendiest, sought-after finishes for lipsticks in the market, matte and crème.

## Let's talk about the classic matte

Matte is rich in pigments with a long-lasting formula and shine-free velvety finish, commonly available in bold and dark colours. It's great at highlighting the shape of your lips, perfectly blends with retro to modern fits, and brings you an understated yet iconic look. The longevity makes it ideal for glamorous events to rigorous work days. Matte lipstick lets you express your sophistication, class, and elegance without having to say a word.

## A velvety touch instead

Crème finishes fall in between matte and gloss and it provides a perfect balance of texture with a hint of gloss. It has a high wax component offering longevity with a soft, smooth, creamy, and velvety finish. It's great at protecting your lips with its nourishing and moisture-retaining qualities, making it an ideal fit for professional events as well as casual outings. Crème lipstick brings out an aura of comfort, confidence, and lusciousness in your look.

NIOR is a well-reputed US-based colour cosmetics brand that is popular with women all around the globe. "NIOR No Transfer Matte Lipstick" series is a great option for matte lipsticks. The series boasts a total of 15 different colours that can accommodate any skin shade and ensures quality with rich pigmentation, a non-sticky finish, and long-lasting colour at affordable rates. It is easy to apply, requires fewer touch-ups throughout the day, and does not feather outside your lips which makes it an easy choice for beginners too.

"NIOR Red Carpet Lip Color" is another series of great picks for those looking to try crème lipsticks. With 12 different shades and a smudge-proof, moisture lock, and long-lasting matte formula, these velvety textured lipsticks will have you ready for the red carpet all day long.

Now you have all the information you need to choose between matte or crème, but who says it has to be one or the other? After all, the best way to find what fits is to try it out yourself first.

## Acne: Everything you need to know

While it is not a severe condition, acne is still a common source of emotional distress for many and can often cause self-esteem issues. Considered the eighth most prevalent disease in the world, it affects a little under 10 per cent of the global population, which in approximation, is 800 million people. However, there is no need for concern if you find yourself among this demographic, as there are plenty of ways to combat acne.

## Causes and symptoms

It is most prevalent in teenagers undergoing puberty but it can take hold at any age, regardless of gender. It occurs when hair follicles become clogged with oil or dead skin cells and commonly appears on the face, chest, shoulder, or upper back. Excess oil, bacteria, inflammation, genetics, hormonal changes, and unsuitable skincare products are the usual suspects.

Whiteheads and blackheads are common and while they are not typically painful, other forms of acne can be. Acne often leaves scars and causes skin discolouration. Certain medications, a poor diet, and stress can make acne worse.

## Self-treatment options

Simple steps such as using a gentle cleanser, avoiding excess sun exposure, picking acne-prone areas, and avoiding oily fried foods are effective. Lifestyle changes like a healthy diet, plenty of sleep and hydration, avoiding excess stress, and a proper skincare routine are good preventative measures. Acne is a very specific condition that needs a specialised line of products to effectively treat it. Formulated with the collaboration of Gronberg Laboratories USA, SIODIL is one such renowned and dermatologist-recommend brand with its own line of anti-acne products which include a cleanser, cream, serum, and gel.

## Professional help

Acne can sometimes persist and grow in severity, making over-the-counter products and home treatment ineffective. In this case, it is important to see a certified dermatologist who can help you come up with a personalised treatment plan. In any case, time, patience, and proper care are essential for progressing toward an acne-free life.

**By LS Desk**

# TAAGA Outstanding Young Professionals Award recognising impactful women

TAAGA has always supported trailblazers and curated a sense of style for women who are modern and versatile. Building on this endeavour of promoting feminism and providing women the opportunity to realise their true potential, TAAGA Outstanding Young Professionals Award was launched in February 2023 to honour young female professionals who stand out in their field of work.

Three bright women from varied industries earned the winning title, and six other talented individuals made it as finalists, all of whom were recognised and awarded during BRAC's Hope Festival this year.

The first winner, Labiba Mustabina Oishee, Business and Clinical Development Associate at Renata Ltd. went on to study biochemistry during her undergraduate and pursued a master's degree in business. Although initially her career path looked riddled due to the lack of diversity in professional roles within the life sciences industry of Bangladesh, she later found a position to leverage both her specialities.

"When I started my current role, the most exciting bit for me was the freedom to learn. It allowed me to develop my skills on several fronts simultaneously such as

**The Finalists**

**Maria Kibtia, Area Leaf Manager at British American Tobacco Bangladesh**

clinical research, commercial analysis, and intellectual property evaluation to name a few," said Labiba. She is an advocate of cross-disciplinary careers and aims to be a role model for young graduates in life sciences who are on the lookout for a career that is already not set in stone.

Maria Kibtia, Area Leaf Manager at British American Tobacco Bangladesh, who is the second winner has a background in STEM and was in search of a role where she could put to use her data-driven decision-making skills and analytical aptitude.

Upon joining BAT Bangladesh, she has been leading a team to deliver compelling business needs and big numbers while ensuring quality. Alongside, she is working with others to reduce harmful impacts on the environment and enhance the livelihood of others.

"I believe in the power of empowering people to achieve equality. Every day,

**Forhat Nazib Chowdhury, Manager – Climate Responsive Infrastructure at Save the Children International**

I engage with people from the rural community and see there are many disparities in society. By providing them with the right guidance and training, they can live a better lifestyle. The possibility to touch lives and transform them keeps me motivated," she voiced.

Forhat Nazib Chowdhury, Manager – Climate Responsive Infrastructure at Save the Children International, and the third winner was initially involved in mainstream architecture working as a Junior Architect in a consultancy firm and then teaching in an interior institution for a while before eventually finding her ground in the humanitarian sector. Since then, she has been involved in working to eliminate climate-related issues.

Her fondness towards Mother Earth seeped its way into her designs and work which reflects nature.

**Labiba Mustabina Oishee, Business and Clinical Development Associate at Renata Ltd.**

"If you recognise the environment through your work, in return, nature will give you amazing results! Staying connected with our natural blessings and eventually seeing the result of my effort bringing positive changes to the whole community motivates me to deliver better work every day," she shared.

Apart from them, six finalists were also recognised in TAAGA Outstanding Young Professionals Award 2023 including Sahida Fatema, Operations Manager at foodpanda Bangladesh. Sahida has always been passionate about helping others and thus chose to work in the customer service industry. "My urge to learn and be my best motivates me every day in my journey," she remarked.

Shabnam Rafat Ummey Sawda, Business Analyst – MyGP Product at Grameenphone Ltd. has also taken strides of success in her professional field. Being an AI enthusiast, she has been with GP since the beginning of her career serving multiple roles. "My goal is to be a part of the upcoming technological revolution in Bangladesh," she shared.

Tasnia Tasnim, Territory Manager at Berger Paints Bangladesh Ltd. built a strong footprint in the paint market of Chattogram through her work. She has learned a lot about dealing with people and different situations by means of delivering tasks.

"As a leader, I address my teammates' needs, create an appreciation culture, and acknowledge their contributions/opinions," she said.

Another finalist, Zeba Samiha, Category Demand Planner at Berger Paints Bangladesh Ltd. delved into an area of work that is relatively new in Bangladesh. "The most significant drive in my career journey has been the opportunity to engage in a field where I can create a positive impact by exploring possibilities," she shared.

Lastly, Anika Meahnaz, Assistant Manager – MRP at Unilever Bangladesh Ltd., another finalist coming from an engineering background has always been fascinated by factory and operations. "With my team, I have driven multiple projects in quality and safety which have not only given an edge to our products in the market but have also improved the productivity of our resources," she mentioned.

The journey of recognising women who are creating an impact by TAAGA does not end here, but the winners shall be featured in a national campaign and become a part of the TAAGA Young Professionals Alumni Network.

**By Fariha Amber**
**Photo: TAAGA**

## FROM CLASSIC TO CONTEMPORARY:

# Hairstyle trends *for* PAHELA BAISHAKH

Barely halfway into the year and 2023 is already setting some major fashion trends in terms of outfits, makeup, and hairstyles. Although 14 April, the day of Pahela Baishakh, will undoubtedly feel like the hottest day of the year, this time, we are ready with bands, laces, and ornaments to save our hair from looking sad in a ponytail or suffocating in a twisted bun.

A touch of the right accessories and your braid can become a vital part of your outfit this Baishakh. Braids are easily among the most elegant and timeless hairstyles there are. They come in all kinds of different shapes and most importantly, help to move the hair away from your face on a hot and humid day. Braids have been a popular hairstyle for centuries, and they have been incorporated into Pahela Baishakh celebrations to create a more free-spirited vibe.

Fashion is evolving and it is really time to think outside the box to adorn your hair for Baishakh. The trend of wearing vintage tassels interweaved with silk threads of glimmering gold and gota patti woven into braids, is one that will take your Baishakhi look up a notch by its sheer gorgeousness. These playful strands of fabric add a touch of bohemian flair to any hairstyle. Whether you opt for colourful or monochrome tassels, they are sure to make a statement.

Another option is ribbons which seem to be an eternal favourite among hair accessories for Pahela Baishakh. This year, we are seeing a surge in satin and velvet ribbons that add a luxurious touch to your hair. Tie them in a bow to your ponytail, weave them into a fishtail braid, or wrap them around a low bun; the choice is all yours.

The celebration is Nabo Barsha and you are at full liberty of adding a natural, earthy element to the hairdo with some fresh flowers, feathers, or gajra. If you are feeling confident enough, this is your time to experiment with natural, loose waves or a simple blow-dry, and pin these flowers to one side behind your ear. This will give your hair a laid-back, effortless look, and make you feel almost cinematic.

Floral clips are a must-have for any celebration, and Pahela Baishakh is no exception. If you are unsure of the fresh flowers the artificial blooms can more than make up for it. Not only will they look festive, but they will add romance to your hairdo like none other. Wear them as a single statement piece or cluster them together for a whimsical look.

The next hair accessory we must mention is headbands and chains. These are more like modern counterparts of the traditional matha patti that we so adore but cannot pair up with casual outfits. From delicate chains to chunky bands, they can be worn across the forehead, on the crown as a headband, or even wrapped around a bun adding a touch of glam to your Baishakhi outfit. The trick here is to pair it up with simple and relatively small earrings, making sure that your headpiece is the highlight.

Taking on some all-time Baishakhi favourites, we have the half-up, half-down hairstyle. This look is perfect for those who want to show off their gorgeous locks while still keeping their hair off their face. Add a touch of glam with a statement headband or hairpin that complements your outfit. This style pairs well with a flowy sari or kameez for a modern look.

If head jewellery or flowers are not your cup of tea, the ever-popular braided crown hairstyle might just be. This boho-chic style is perfect for outdoor celebrations, especially on the hot summer days of April. Not only does it pair well with pretty much any outfit but also makes a perfect blend of tradition and trend and adds a touch of whimsy, giving a stunning edge to your whole look.

Whether you are looking for fusion flair or sophisticated glam, there's a hairstyle for everyone this Baishakh. Don't shy away from experimenting with different styles and accessories, and expressing your individuality. Embrace the festive spirit and elevate your fashion game!

Shubho Nabo Barsho!

**By Nusrath Jahan**
**Photo: Sazzad Ibne Sayed**
**Model: Tarin, Suhi**
**Styling: Sonia Yeasmin Isha**
**Makeup: Piyash**
**Wardrobe: Tangail Saree Kutir**

#FASHION & BEAUTY

# Dressing up for soirees

The best part, they say, about receiving an invitation to special events is always the dressing up part. Even food comes in second, compared to fashion, especially in specialty soirees.

In the same light, today, we will discuss a few of the best party dress suggestions so that you always stay above the race.

**Black or white**
The little black dress always worked but considering a more conservative gathering, especially in the sweltering heat of the tropics, white works better. Be it a kurti, kameez, or sari, make sure to don the regal white and amplify it with accessories such as pearls, tiaras in diamond, or even white shawls chockfull of feathers. A little eccentric maybe, but all the better to grab more attention.

**Shimmers and sequins**
The hypnotising shimmers and sequins never get dull or drab. In close-knit soirees, there is more chance to experiment. From saris, long gowns, Anarkalis, to midi sets, everything can have a touch of sequins, glitters, or shimmers. If you want to keep the dresses minimal and think it's a bit too much for your taste, then accessories like purses and stilettos can have a touch of glitter in them. After all, at these get-togethers, the main idea is to have some fun.

**Sumptuous embroidery work**
The final suggestion is to wear something that excels in embroidery work. The designs must reveal a story, from blooming flowers in the sunrise to the chirping birds in the sunset. The intricate details and the embroidery stories are what will set your apart from the rest.

**By Fashion Police**
**Wardrobe: Sonia Musa Dhaka**

FUSION FLAVOURS

CHIANGMI TALUKDER LENA

# Recipes for a Boisabi celebration

'Boi-Sa-Bi' is a combination of the Bengali acronyms for various indigenous festivals like Boisu of the Tripura, Sangrai of the Marma, and Bizu of the Chakma communities. It is a three-day long festival, celebrated between 12 and 14 April. Here are a few flavourful recipes of traditional and non-traditional dishes that every host can try on the occasion of Boisabi.

**SANGRAI MU IN COCONUT MILK**

*Mu is a dessert where rice balls are boiled traditionally in full-fat milk during Sangrai. Here, I have used coconut milk, which adds a different flavour to a well-known recipe.*

**Ingredients**

1 cup rice flour (preferably ½ cup atop rice and ½ cup binni rice)
Lukewarm water (as required to make rice dough)
A pinch of salt
1 bay leaf
3 pods cardamom
1-inch stick cinnamon
½ cup sugar
¼ cup peanuts
¼ cup raisins
400ml coconut milk
¼ cup powdered milk
¼ cup grated fresh coconut
1 litre water

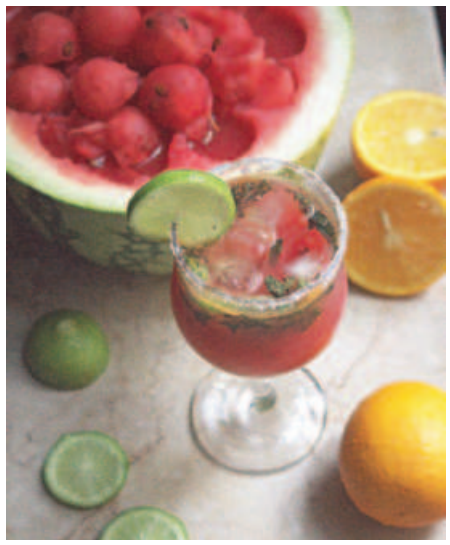
**Method**

In a bowl, put rice flour and salt, and add warm water (little by little). Mix to make a smooth soft dough. Make tablet-sized balls from the rice dough and set them aside.

Heat a pan with water on medium flame and add all spices and sugar, and bring to a boil. Add mu or rice balls and cook for 5-8 minutes. Add nuts and raisins. Dissolve powdered milk in coconut milk and add to the pan. Cook for another few minutes. Check and adjust salt and sugar amounts. Add freshly grated coconut chunks and transfer into a serving bowl.

**SABARANG FRIED CHICKEN**

*Lemon basil is also known as sabarang. It is a strong, sour, flavourful herb often used in*



*traditional Chakma cuisine. In this recipe, sabarang along with other hilly ingredients are used to give a typical, strong native flavour to a popular, global fast-food recipe.*

**Ingredients**

6 pcs of chicken
1 cup of fresh sabarang
5-8 bird's eye chilli paste
2 tsp ginger-garlic paste
1½ tsp soy sauce
1 tsp cumin powder
1 egg
¼ cup corn flour
½ cup flour
Water, as required for the batter
Oil for deep frying
Salt to taste

**Method**

In a mixing bowl, add chicken, ginger-garlic and chili pastes, salt, soy sauce, and cumin powder; stir to evenly coat the chicken. Marinate the chicken for at least 20 minutes. Add egg over the chicken pieces and give a good mix. Add flour, corn flour, sabarang, and a little amount of water if required to make a sticky, thick batter. Heat the frying pan with oil over medium heat and deep-fry all the chicken pieces. Serve hot and crispy.

**KRASA LAHSU WITH YOUNG GALANGAL STALKS**

*Krasa lahsu is a traditional chicken salad dish of the Marma community. Adding young galangal stalks which are known as 'taara' in the local market of CHT, makes this recipe different and flavourful.*

**Ingredients**

1 whole chicken
1-inch-thick ginger (to boil the chicken)
1 garlic
1 tsp whole black pepper
4-6 pieces taara or galangal stalks (peeled)
1 tsp roasted cumin powder
Water (to boil the chicken)
Few drops of oil (optional)
Dash of bird's eye chilli or hilly jum green chilli (according to taste)
2 pieces ginger (thumb size)
¼ cup chopped onions
1 lime, cut into pieces

Coriander leaves, a dash (optional)
Salt to taste

**Method**

Put the chicken in a pot, add water, ginger, garlic, cumin, pepper, and salt, and cook over medium flame. While boiling add a few drops of oil. Maintain heat until chicken gets well cooked. Add galangal stalks and boil them for a few minutes. Turn off the flame. Get the chicken and galangal stalks out of the hot pot and let it cool down.

Break the chicken into pieces and take out flashes from the bone. Cut galangal stalks into an inch-long size. Make a coarse paste of green chilli and ginger.

In a large mixing bowl, put shredded chicken with bones, chilli-ginger paste, salt, chopped onion, and galangal stalks pieces. Give a good mix and add lime juice according to taste. Add chopped coriander leaves and transfer into a salad bowl.

**WATERMELON SUNSET MOCKTAIL**

*Watermelons are known as the Boisabi fruit. No matter what we eat or drink throughout the celebration, this summer fruit helps us to stay hydrated and gives digestive support.*

**Ingredients**

1 watermelon
Mint, chopped
Lime juice, freshly squeezed
Lime slices
Orange juice, freshly squeezed
Salt
Ice cubes
Tonic water

**Method**

Cut the watermelon into halves. Take out watermelon flesh and juice it. Strain and put the juice into the watermelon bowl.

Squeeze a lime slice all around the edge of a serving glass. And dip the glass down into a plate of salt. Put chopped mint leaves, squeezed lime slice, 1 tablespoon of lime juice, 2 tablespoon orange juice, 3-4 ice cubes, 1 tablespoon tonic water, and lastly fill the glass slowly with watermelon juice over it, to make sure the layers do not mix.

**Photo: Lena Talukder**

#TRAVEL

# 5 Chars to Visit in Bangladesh

Bangladesh is a riverine country and where there is river, there are often chars (shoals). Chars are essentially shallow lands in the river that rise when the water level decreases. Sometimes a char rises and stays visible for years before fading back into the river. Leaving aside the definition, chars can be great places to travel.

They present a view of the river as well as the riverside lifestyle at the same time. Here are five chars you could travel to.

**Padma Char (Rajshahi)**
The Padma char makes its appearance regularly these days. The mighty Padma has lost its old vigour and as a result, chars are making their presence known more frequently. One of the largest chars you can visit is the Padma char at Rajshahi. Easy to go to from the I-dam on any of the boats that are anchored nearby; this char offers you that deserted picture often associated with chars. But since the char is not very far from the mainland, you will still have a view of the dam, the buildings and the people, and it puts things into perspective.

**Jamuna Char (Sirajganj)**
The Jamuna char is visible from the Bangabandhu Bridge. The river itself is one of the largest ones in Bangladesh and you can really see that in the water flow. But even the Jamuna has to make way for chars sometimes and a number of them are often spotted during the late autumn and winter. There are often multiple chars visible in recent years. The larger ones are definitely worth a visit if you can make your way there. With water flowing as far as your sight goes, the Jamuna char will make you see nature in a different way.

**Padma Char (Pabna)**
As mentioned earlier, Padma is much docile these days and the signs are evident everywhere the river flows. Not far from Rajshahi, Padma hosts a number of smaller chars around Pabna district. The char at Sara (Ishwardi) for example is very close to the shore. The water level goes down very quickly in this part of Padma and by the end of Autumn, the chars are ready to be explored. Standing on the small char at Sara, you will have a clear and unobstructed view of both sides of the river; Pabna and Kushtia. And of course, the two bridges — Lalon Shah Bridge and Hardinge Bridge standing side presents a spectacular view. At the other side of the district, near Sujanagar, a number of other chars are accessible as well and yes, you will find Kashful on these chars.

**Meghna Char (Noakhali)**
Right after passing Noakhali, Meghna River falls into the Bay of Bengal. As a result, Meghna flows by Noakhakil district with quite a presence but within its domain, there are a few chars worth a visit. Especially notable out of these is char Ayesha which is one of the largest chars in this region. Located to the south of the district, near Hatia upzilla, this char is large enough to be habituated and plans are already in motion. Contrary to the usual view of chars being sandy and isolated; this char is quite green and yielding and likely to be standing for a while.

**Padma-Meghna Mohona Char (Chandpur)**
Due to its location, there are quite a few chars near Chandpur district. The mighty Padma and Meghna fuses together near Chandpur, creating a Mohona that presents a truly spectacular view of riverine beauty. Around this Mohona, there are a number of chars of various sizes. Boro char, Baher char, Khuner char to name a few. There's also the well-known Balu Char, also known as 'Mini Cox's Bazar' in this Mohona which is also a char. As you can imagine, Mohona presents a seemingly endless view of waterbody which is quite similar to that of a sea. The chars are easily accessible and most of them are inhabited so you'll find the natural beauty along with a glimpse of the char lifestyle which will be an experience worth remembering.

The usual safety measures should be practiced for aquatic travels and try to include a local guide in your visit to chars. This will make your travel easier and you will also save some time.

**By Ashif Ahmed Rudro**
**Photo: Collected**

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বিশ্বমানের ল্যাব-এ টেস্ট
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#PRESS RELEASES

# SEHRI UNDER THE STARS

TAAGA | TAAGA MAN is proud to announce the second year of "Sehri Under the Stars" at Terracotta Tales, one of Dhaka's finest dining spots, located next to Aarong's multi-brand outlet in Tejgaon. This event celebrates togetherness with family and friends during the special month of Ramadan.

The event will feature a special Terracotta Tales menu for Sehri, including both familiar and new dishes for guests to enjoy. In addition, guests can enjoy quick bites from our all-new barbeque station, juice booth, and snacks station all night long.

As guests arrive at the event, they will be greeted with an array of exciting activities. Guests can immerse themselves in the virtual reality experience booth to learn more about how TAAGA products are made. Plus, our caricature artists will be on hand to capture guests' memories, and craft stalls will offer block printing and jewellery making experiences.

Guests can participate in a dart game for a chance to win free Aarong Earth products and check out our newest arrivals on display. Guests who download the Aarong app during the event will receive a 15 per cent off.

"TAAGA | TAAGA MAN Sehri Under the Stars at Terracotta Tales" will be open on the following dates: Thursday, 13 April and Friday, 14 April. The event will be open from 10 PM till Sehri ends.

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#DECOR

# Ways to design and maintain your kitchen

A well-designed kitchen with proper décor themes may make cooking, cleaning, dining, and entertaining people enjoyable. From frantic mornings, and family dinners, to tea with guests — the kitchen is the centre of the house. So, whether you are renovating or building an entirely new kitchen, the following guidelines will help you plan, organise, and include some must-have features to create a kitchen space you will adore.

**Importance of a proper layout**
Make sure that there is enough space in any kitchen layout you choose. You do not want to continuously collide with incoming people when you are cooking in the kitchen. So, make sure the stove is not in the route of foot traffic if the kitchen serves as a hub for the house

**Utilising best resources**
When picking your kitchen furniture, go for the finest you can afford. Kitchens with enough landing areas are more efficient for storing and preparing food. Before making any decisions about your countertops, give some thought to your cooking habits. Those who make elaborate meals regularly need more counter space than those who cook sometimes. Although implementing all of these concepts will indeed cost money, be assured that your investment in the decor's quality will pay off for years to come.

**Taking care of cabinets**
The cabinets in your kitchen will get the most action on a daily basis. The build-up of oil, spills, and food spatter will cause the cabinets to become dingy in appearance. So, try to keep them clean and free of bugs and insects by not throwing wet dishcloth over cabinet doors.

Under no circumstances should wet utensils or plates be stored inside the cabinet. In fact, when you choose the design for your cabinets, make sure you settle on one that has easy access so that cleaning them over the years is hassle-free.

**Arrange to de-clutter**
Store kitchen items in a collected manner. Keep ingredients, cutlery, and spices on a shelf near the stove. Include deep cookware drawers beside the oven or stove in your kitchen plan. Hang pots and pans on S-hooks to create a larger open kitchen. Measure the height of storage jars and commonly used goods while arranging your pantry as well as other food storage locations. Then you can build pantry shelves at the proper height to fit everything. Doing so will free up any cluttering and may help to easily de-clutter the kitchen in the future.

**By Samayla Mahjabin Koishy**
**Photo: LS Archives. Sazzad Ibne Sayed**