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Practising well-being in the 21st century

We live in a world where living a holistic life has become a priority for everyone. People now value the importance of taking care of themselves not just physically but spiritually and mentally as well. We are now more open to embracing healthy habits such as mindfulness, fitness routines, and healthy eating habits.

Mindfulness practices

Through mindfulness, you focus on being completely aware of what you are feeling and sensing right now, without judging or interpreting it. This practice includes breathing techniques, meditation, and different practices to loosen up the body and psyche and thus help release stress. Apps that guide you to meditate are recently in trend. These platforms allow individuals to explore different meditation



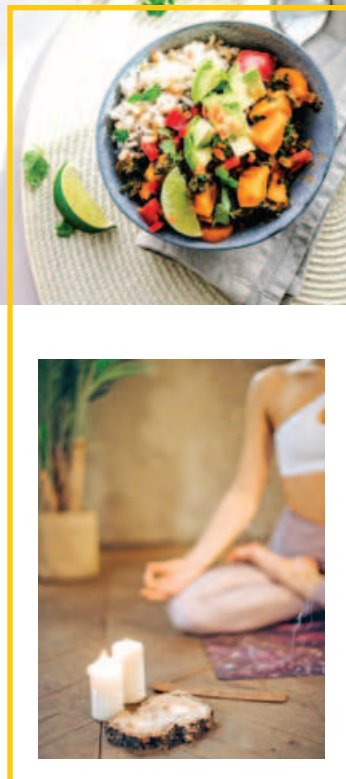
techniques that fit specific needs.

Fitness routines

It has been found that engaging in regular exercise boosts energy and mood. It might likewise be connected to plenty of other significant medical advantages, for example, a lower possibility of getting diagnosed with heart disease. As of now, Pilates, yoga, and high intensity interval training (HIIT) are probably the most effective fitness routines that you can follow.

Healthy eating habits

Our eating habits reflect how we feel in our own bodies. Plant-based diets have gained popularity, with more people adopting vegetarian or vegan lifestyles. These diets prioritise whole grains, legumes, fruits, and vegetables while limiting or eliminating animal products.



Plant-based eating has several advantages, including a lower risk of chronic diseases, easier digestion, and a lesser environmental effect.

Another noteworthy trend is intuitive eating, which encourages people to create a healthy relationship with food by listening



to hunger pangs and fullness cues. This approach emphasises listening to internal impulses over strict diets or external constraints, providing a sustainable and balanced eating style.

Personalised food delivery services have grown in popularity as a way to ensure optimal nutrition. Pre-portioned, nutrient-dense meals suited to individual preferences and dietary constraints are provided by these services, making healthy eating more accessible and convenient.

Mindfulness practices like guided meditation apps help individuals stay grounded in the present, while diverse fitness routines empower both body and mind. Healthy eating habits, such as plant-based diets and intuitive eating, fuel the body with essential nutrients.

By Maisha Tarannum Iqbal
Photo: Collected

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#HOBBIES

Hobbies to help improve yourself

Engaging in hobbies that we enjoy is essential to our continued growth because they improve our quality of life. Hobbies help us indulge into something fun, fascinating and challenging to do in our free time and provides us a feeling of motivation beyond work. The most effective way to develop a hobby is by trying new things.

There are plenty of options to choose from. You just need to figure out what fits your interests the most. When we find a side interest that we genuinely appreciate and are energetic about, we become a better version of ourselves.

Let's look at some activities that can help you grow as an individual as well as help you relive stress.

Painting

Painting is a phenomenal choice for a hobby, as it challenges our minds and helps to relax as well. It also helps improve our imagination. Painting has become quite popular as a side interest as it is not difficult



to do, and you might in fact be able to bring in some cash from it eventually if you decide to monetise it.

Gardening

Gardening is a hobby that brings us closer to the essence of life. Planting seeds and watching them grow into magnificent plants can be a metaphor for our own personal growth and development. Growing a garden cultivates patience, perseverance, and a

deeper understanding of the natural world. Moreover, gardening connects us with the earth, grounding us amidst the chaos of modern living.

Cooking

Indeed, cooking is an incredible option as a hobby. Ideal for individuals who are searching for new recipes to try out. Through trial and error, you will find different recipes that you would love to cook for your loved

ones. After a long day, it's a great way to unwind while enjoying delicious homemade food. If you have ever enjoyed cooking, this is your chance to explore this hobby and you might even consider taking it up as a career as well.

Photography

Humans are visual creatures and photography is an art form that allows us to freeze moments in time and capture the beauty of everything around us. The act of photography encourages mindfulness and an acute awareness of our surroundings. Through the lens, we learn to appreciate the nuances of light, shadows, and composition, which can be applied to our broader perception of life.

Photographs serve as time capsules, preserving memories and emotions that we can revisit time and again, creating an everlasting impact on our hearts.

When we take on a new hobby, our life becomes a lot more colourful. They provide a break from the demands of work and responsibilities, acting as a counterbalance to the stress and challenges we face on a daily basis. Taking part in side interests supports our psychological prosperity, helps us relax and gives us a sense of satisfaction that cannot be felt through anything else.

By Maisha Tarannum Iqbal
Photo: Collected

#DECOR

Home decor ideas to watch out for

Decorating the house that we always wanted can be quite stressful. You might wonder, how do I make my place aesthetically pleasing and also reflect my particular style? If done right, you will have the house of your dreams. If not, you will wind up with a mishmash of furniture, fabrics, and paint colours that never gel into an attractive whole. You will have a far better chance of success if you plan ahead of time and follow the same processes that experienced interior designers do.

If you like experimenting with trends, in 2023, earthy tones are the way to go. Thanks to their calming effects and associations with nature, they increased in popularity during the pandemic, and still rule. Silver and iron accents have also become quite popular in recent times as they add a rustic look to your home decor.

Another popular trend this year is to use a single fabric for everything in a space. You might think this would make a room feel crowded, but it actually provides a soothing, cosy, and stylish impact. Try to pick a pattern or a colour that is not too loud and you will be amazed by the difference that it will make to the ambience of the entire house.

Experts predict that another interior design trend that is here to make its mark is sustainability. Using natural, non-toxic



materials is getting priority in designs now, this also helps reduce harmful chemicals in the air. Wood and stones are some great examples of natural materials that can help maintain the quality of indoor air.

For all the DIY home decor enthusiasts, easy DIY projects like creating a gallery wall with photos of your loved ones, creating



an accent wall or even as simple as adding some LED lights behind your bed can revamp the look of your home. And these DIY tips will not be dreadful for your pocket either.

Your home is a reflection of who you are. And decorating your home is a way of self-expression these days. So, if buying a new

throw cushion or a piece of art makes you happy, then go ahead and do it. By building an environment that allows you to be your best self, you are making an investment that you will cherish forever.

By Maisha Tarannum Iqbal
Photo: Collected

Great ways to style brooches



Women have been fond of wearing pins in the form of brooches since the Bronze Age. There is a wide variety of styles and designs available, ranging from circular to butterfly and including emeralds and Swarovski crystals. As it is one of the accessories that can be worn with most outfits, we have compiled a list of a few unique ways that you may accessorise your go-to outfit with brooches.

Jackets and more

To add a sophisticated touch to a jacket or sweater ensemble, try wearing a brooch just below the collarbone. Avoid collecting too much fabric when attaching your brooch, since this might cause the material to seem knotted. To emphasise your jacket, pin a brooch on the collar. If your clothing has a breast pocket, clip the brooch to the pocket. Wearing a brooch is also a great way to dress up a cardigan, denim jacket, wool coat, or blazer.



Scarves

Scarves are a must-have accessory, especially during the cooler months. A brooch may be the quickest and easiest method to dress up your comfortable scarf. Not only does a beautiful brooch serve the practical purpose of keeping your scarf pinned in place but also elevates the whole ensemble. If you want to keep your scarf in place without having to learn any complicated knots or twists, just pin it to the side, or the centre of your neck, using a brooch. This will also provide some vivacity to your overall ensemble.

Shirts

Wearing sterling silver pins and brooches with shimmering rhinestones on a traditional button-down is an easy way to draw attention to your neckline and dress up your top. Any plain shirt may be dressed up with the help of a huge statement brooch, while a smaller brooch can help soften the look of a stiff collared shirt.





Accessories

You might want to use a brooch as a hair clip for a half-up and half-down style or fasten it into an updo like a chignon or French twist. Wearing a brooch is a simple way to add shine to your hair while giving your appearance that magical sense. Brooches are a great way to add flair to an otherwise simple or common accessory such as a purse. If you want to show the world that you are not afraid of attention, utilise it on a scarf bag or as an embellishment on any tote.

Jewellery

Brooches provide stunning glitz to necklines even when they are not attached to the collar or lapel of a garment. Make a choker out of your brooch with a skinny scarf or a short necklace chain. You may wear your brooch as a necklace by closing the pin, inserting the scarf or chain through the back, and then tying the necklace around your neck with the brooch at its centre.

By Samayla Mahjabin Koishy
Photo: Sazzad Ibne Sayed
Model: Proma
Makeup: Sumon Rahat



FROM TRADITION TO TREND: The evolution of katan

A piece of nostalgia, a part of cultural heritage, or an heirloom passed on through generations; the deep-seated love Bengali women have for katan sari is truly unparalleled. Be it the old-school romanticism that comes with being a red katan bride or the unapologetic boldness of the bright colour contrast that makes you stand out in a crowd, katan is always among our top choices for any occasion.

It was during the Mughal times that weavers first introduced this exceptional transformation of the finest pure silk threads into lustrous materials to present a fabric worthy of the nobles. The Mughals then brought in a variety of designs inspired by nature, mythology, and geometric patterns, which gave the fabric its unmatched beauty.

The striking colour contrasts of katan became its signature, setting it apart from any other fabric at the time. Vibrant shades of red, magenta, green, peacock, etc. along with gold, bronze and silver threads came together to create a visual symphony that spoke to everyone who saw it. From then until now, even with changing times and trends, katan stands as a beautiful amalgamation of tradition and contemporary design.

Fashion gurus will tell you that fabrics that boast a wide range of bright colours are often the ones with the most beautiful tones of white. The same is true for katan.

Today, an off-white katan with broad golden borders is just as popular as a red katan for weddings. Grooms also no longer shy away from this flashy fabric, embracing the spirit of their big day wholeheartedly.

Intricate motifs remain the soul of katan saris. Rich, vibrant hues and a silky texture that softly drapes over a woman to give off a timeless elegance that transcends generations. In its majestic allure, she feels like a queen as if embodying a poet's muse or the history and artistry of her culture with each step.

Imagine yourself wrapped in this classic fabric's embrace as you witness its striking colour contrast and subtle designs. Imagine how it would elegantly embrace your figure, giving you a timeless sense of elegance. With each thread, you live the stories of the ones that wore it before you or create your own, thus carrying the katan legacy into the next generation. That's the feeling you want to get when donning one



Star
LIFE Style

of these beautiful pieces.

Over the years, the katan fabric has gracefully evolved beyond its traditional roots as a sari material and transformed into something versatile and edgy in contemporary fashion. Although the vibrant colours and intricate motifs of katan sari continue to enchant fashion enthusiasts, the fabric is finding its way into modern-day wardrobes around the globe. Fashion designers, bloggers and artists have been captivated by the sheer versatility of katan, recognising its potential to complement a wide range of styles and silhouettes.

Today, this exquisite material adorns not only the traditional elegance of a sari but also complements the youthful essence of kameez, the regal beauty of lehengas, and even the fusion touch on shirts. Whether it's a formal affair, a family event or a casual outing, katan seamlessly weaves its magic into every ensemble, making a bold statement that is distinctly its own.

By Nusrath Jahan
Photo: Sazzad Ibne Sayed
Model: Anamika
Styling: Soniya Yeasmin Isha
MUA: Sumon



#FASHION & BEAUTY

5 ways to master the timeless art of draping a sari

When it comes to dressing traditionally, there are not many outfits that rival the enchanting allure and timelessness of a sari. It's not merely a piece of cloth; it's an embodiment of grace and heritage. Thanks to the incredibly talented designers and stylists of our time, the art of sari draping has only gotten better but more innovative with time.

The art of draping a sari is an intricate affair, with each region boasting its own unique style, weaving a tapestry of captivating traditions. While there is no debate on which is the better style, here are 5 ways to drape your favourite sari the next time.

The Bengali Drape

The 'atpourey', commonly known as the Bengali drape, is perhaps the oldest sari style we know of. With only a few box pleats on the waist, the most beautiful part of this drape is the elaborate long ends of the sari making their way from our left shoulder around our back and all the way to our right.

Although mostly worn with katan, handloom, or jamdani this drape has also seen its fair share of innovations with time. Waist chains or embellished belts add a touch of contemporary to the classic while flawless shoulder pleats give us a more polished look.

The Waterfall Drape

Taking a small step outside the 'perfect pleat' style, the waterfall drape spreads out the small pleats around the front of the waist instead of locking them on one side with the safety pin.

This style is perfect for any lightweight saris, especially on a daylong event. The pattern and comfort will serve the daytime look in any colour while adding a carefree vibe to your steps.

The Lehenga Style

The Lehenga style, inspired by the traditional blouse and skirt ensemble, combines the elegance of a sari with the modern flair of a skirt. The trick with this one is to replace a regular petticoat with a voluminous skirt.

Perfect for grand celebrations and weddings, this style involves creating pleats by tucking the sari all around the waistline of the skirt. The other end is then draped over the shoulder or wrapped around the arms, exuding a regal charm and elevating the sari to the epitome of couture.

Depending on the type of skirt you choose, the lehenga sari can be crafted into a gown style, a mermaid style even the recently popular, infinite drape style.

The Butterfly Drape

Butterfly drape is yet another contemporary take on the classic sari. This style is marked by its innovative draping technique, which results in pleats at the back rather than the front.

Instead of a tight-polish placement, the pleat of a butterfly drape makes a drop around the waist and comes together on the shoulder, giving it more of a flowy motion and a distinct butterfly-wing-like appearance.

The Evening Dress Style

A very edgy take on the traditional look, the dress style drape is for anyone aiming to make a statement with their sari.

Eliminating the petticoat, you can create asymmetric pleats securing them with a belt around the waist or a perfect knot on the shoulder. You can switch up the pleats to make it into a V-neck dress, accentuating the collarbone.

Pair it up with the right accessories and you have got yourself a perfect evening dress.

Pants-style Sari

The pant-style sari introduces an unconventional yet stylish method of draping, bringing together the best of the fashion world. Fitted, belt-bottom or palazzo pants are used in place of the petticoat, providing the mobility we never knew was possible in a sari.

An ethnic and modern look is combined by wrapping the sari around the waist and then wrapping it over the legs like pants. Fashion-forward women looking to make a statement have taken a huge liking to this avant-garde look.

In the ever-evolving world of fashion, the sari has established itself as a timeless canvas for creativity and versatility, allowing numerous ways to style while also staying rooted in rich cultural heritage. So, whether you embrace tradition or welcome the boldness of contemporary style, the goal is to reflect your own personality through these outfits.

By Nusrath Jahan

Photo: Sazzad Ibne Sayed

Model: Anamika

Styling: Soniya Yeasmin

Isha

MUA: Sumon





#FOOD & RECIPES

An Indian restaurant like no other

If you are on the lookout for a restaurant where you can experience authentic Indian cuisine, Signature by Khazana, a new restaurant that opened in Gulshan on 12 July is the must-visit place for you. A venture of Khazana Hospitality Ltd, Signature by Khazana aims to bring the best Indian culinary practises to Bangladesh.

Stepping inside the restaurant, you will notice the ambience that is designed to reflect the rich heritage of Indian cuisine. The elegant furniture, décor, and lighting are suited to accommodate more than 200 guests. It also features a private dining room for any special occasion. The courteous and attentive staff are available for your service to ensure an unforgettable dining experience for you.

"We want to present the diversity of Indian food here through our restaurant. As you know Indian Cuisine has so much variety, each state and city have their own versions of the food that we are acquainted with. So, we aim to bring that authentic experience to you by ensuring the highest quality," said Avishek Sinha, CEO of Signature by Khazana.

The biggest strength of Signature by Khazana is its offering of a wide range of dishes hailing from different cultures and regions of India. Curated by master chef, Rajesh Joshi, who has experience working for brands like Taj, ITC Hotels, and more the menu is created with a fusion of flavours that will surely delight your palate and senses. So, what are some of the

signature dishes that you can try? There's the Delhi Papri Chaat that is as crispy as tangy, the succulent minced Chapli Kabab,



Punjabi Chilli Chicken if you are craving something spicy. You can also check out Mutton Nalli Barra Kabab, a juicy lamb chop that you can have with Patiala Murgh, a creamy chicken curry. There are also dishes like Mutton Bhuna Masala, Malabar Prawn Curry to tantalise your taste buds that can be enjoyed with a variety of rice, breads, desserts and salads.

As you enjoy the delicious food there, you will be also happy to know that Signature by Khazana allocates a portion of its profit from every sale to Amar Joti special school, one that provides rehabilitation and education for children with special needs.

When asked about the future plans of the restaurant, Avishek Sinha said, "We

plan to host events like food festivals in the near future that will showcase cuisines of different Indian states. There's a special lunch thali and high tea menu we intend to introduce soon. Hopefully, this is just the start and we hope to have more of our branches in other parts of Dhaka, alongside other cities."

Essentials:

Address: Level 5, RM Centre, 101 Gulshan Avenue, Dhaka 1212.

Reservation: Call +8801678222050

By Feda Al Hossain
Photo: Signature by Khazana

#RELATIONSHIPS & FAMILY

THE PROCESS OF GETTING A DIVORCE

Divorce rates have surged in Bangladesh over the past few years, affecting countless families. If you or someone you know has experienced this, it is essential to understand the process of divorce. The way it unfolds can differ based on religious beliefs and gender. Let's explore this topic together and shed light on what to expect during this challenging time.



Bangladeshi

Divorce Laws

YOU SHOULD KNOW

Divorce in Islam

Islam has one of the most well sorted divorce provisions among all the other personal laws (Personal law is one that has been derived from one's religion).

Divorce for a Muslim man

A man can simply initiate the process of divorce by conveying the wish to divorce to his wife verbally or by writing. This process is called 'Talaq'. The divorce gets effective in 90 days of the said divorce notice if the couple does not reconcile in between. It should be noted that as per Bangladesh's regulations the notice of divorce must be delivered to the local chairman as well. The 90-day count will start from the day the notice was submitted to the chairman's office. The only exception is if the wife is pregnant then the divorce will be effective after the birth of the child.

Divorce for a Muslim woman

A Muslim wife can have the right to divorce in the process mentioned above if the right was delegated to her through her husband on their Kabin-Nama, the legal document of marriage. In absence of such delegation a wife can seek divorce through a decree from court on the grounds of abuse, failure to consummate the marriage for more than three years, if the husband has been sentenced to be imprisoned for more than seven years, failure to provide

maintenance, and others. In case of such decree, the dissolution of marriage will be effective after passing of six months from the day the decree was issued.

Divorce in Hinduism

Under Hindu law there is no mention of divorce. Marriage is considered sacred and timeless in Hinduism. A Hindu wife can seek separation and maintenance from her husband in case the husband is affected with a disease (not by his wife), remarried, converted to a different religion than Hinduism, keeps a mistress, mistreats his wife or other reasonable grounds.

Apart from the religious perspective a Hindu couple can file for divorce in a court where the party filing for divorce and the defendant can present their case, and the court will order for or against the divorce accordingly.

Divorce in Christianity

The Christian law requires the couple to apply to the court to get an order for divorce. The party applying for divorce must prove to the court any of the following:

- The spouse has committed adultery.
- The spouse is incapable of copulating.
- The spouse has been declared a lunatic.
- During the marriage one of the spouse's previous marriages was in force or active.

Divorce for couples who married under The Special Marriage Act-1872: The Special Marriage Act-1872 was constituted to accommodate marriages to people who do not profess to Christian, Jewish, Hindu, Muslim, Parsi, Buddhist, Sikh or Jaina religion. Couples who married under this act will have to apply for divorce through The Divorce Act-1869. The act requires the couple to apply to court to dissolve the marriage.

Husband: The husband can file a petition if the wife has committed adultery

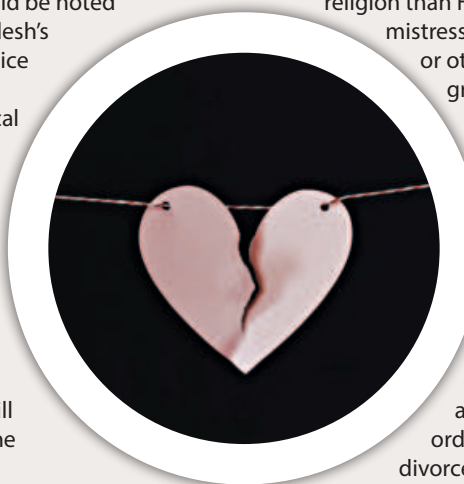
Wife: A wife can file petition to court for divorce in the grounds of adultery, rape, sodomy or bestiality, marriage with another woman, adultery with cruelty or dissipation.

A husband or wife whoever is filing the petition for the divorce must present necessary documents to back up the grounds of the named petition. Upon proving the petition, the court may issue the petition or dismiss, whichever the court deems fit.

A marriage starts with celebration, love, and harmony. However, with the course of life many families have to part ways and the procedure of the divorce is rather technical and somewhat difficult. The decision of divorce is usually draining for a family and the process adds to the burden. Marriage makes a tight knot and untying it is rather harsh and the process certainly leaves bruises.

The author is a legal researcher (LLB & MDS).

By Tasnim Haque
Photo: Collected



#PRESS RELEASES

Discover beauty at Wellness and Growth Hub by Moon

Wellness and Growth Hub by Moon is a new and innovative beauty salon that defies industry norms with their unparalleled offerings and commitment to the clients' needs. They are bringing a whole new meaning to beauty salons as they are going above and beyond to provide clients with an all-inclusive bundle of delight and relaxation. They have pulled out all the stops by giving clients a tailor-made experience, completely customised to their preferences.

The inspiration to bring contemporary concepts to Bangladesh was by recognising the challenges faced by other organisations and taking a proactive approach to solving



them. While at the salon, you can expect world class salon professionals who are working with some of the best products available in the market. This allows them to ensure that the products used are in good

hands and definitely will keep clients stress-free and happy.

The services offered at Wellness and Growth Hub by Moon go beyond just the skin. It's a centre of inclusivity that caters to the holistic well-being of women. In addition to beauty and skincare, they provide mental health counselling, travel support, and financial literacy programmes. These wonderful additions give women an empowering feeling and a sense of fulfilment, promoting overall well-being.

The feedback from the clients is superbly positive, with many testimonials thanking Wellness and Growth Hub by Moon for their stellar services and assistance.

Looking to the future, they are implementing ways to enhance their operations using technology. By increasing the booking systems efficiency and using digitised tools for personalised care and increasing engagement online. Their commitment to client centricity and innovation helps them raise the bar in the industry, evolving by anticipating and addressing client needs and feedback to ensure that Wellness and Growth Hub by Moon becomes one of the best beauty salons around.

By Abdul Warith Khan

Photo: Growth Hub by Moon

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Get back down to basics. Use your intellectual charm to get your own way. Travel will be enticing. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Make changes around your house. Get together with loved ones. Work from home if you can. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Use discretion when talking to others. One-sided relationships are likely. Put your savings into conservative investments. Your lucky day this week will be Friday.



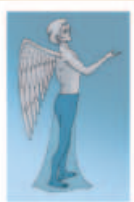
CANCER (JUN. 22-JUL. 22)

Relatives may play an important role in your social activities. Unrealistic promises will get you in trouble. Someone at work hasn't been trustworthy. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Look into physical recreation. Meet potential new mates through business. Don't be too quick to judge others. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Don't let personal problems interfere with your work. In-laws may cause difficulties. Make special plans with your partner. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Someone will string you along. Don't overindulge in any way. Self-deception is likely. Your lucky day this week will be Sunday.



SCORPIO (OCT. 24-NOV. 21)

Acknowledge your partner's needs. Your problem-solving ability will help at work. Don't upset elders in your family. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Make changes that will enhance your appearance. Health problems will mess up your schedule. Throw yourself into work. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Working in large groups will be gratifying. Listen more and you might learn something new. Don't carelessly lend money to others. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Problems can arise at home. Concentrate on your professional endeavours. Things may not run smoothly. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MAR. 20)

Social get-togethers will introduce you to new friends. Relationships will be tumultuous this week. Have a heart-to-heart talk with a trusted friend. Your lucky day this week will be Saturday.

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#DECOR

How to refurbish your dining room in 2023

Now that we are halfway into 2023, the dining room in your home may once again serve as a location for family and friends to get-together. From unusual lighting to classic furniture, now is the time to make some fine changes. To help you breathe some fresh life into your dining area, we have compiled a few 2023 dining room trends to refurbish your dining space.

Like the rest of the home, the trendiest dining room decor features luxurious dark wood tones, and for a valid reason. After an era of white walls and bleached wood, people crave warmer, more welcoming spaces. These darker shades of wood provide the depth and cosiness we all have been searching for. A darker shade of wood may be a subtle nod to a more formal, classic aesthetic that has stood the test of time for decades.

It is time to re-evaluate your dining room's lighting system if the fixtures above the table are starting to show their age. Billiard lighting is a hot trend in the year 2023. In billiard lighting, two or more bulbs are arranged in a row inside a single fixture. This provides a more streamlined and modern appearance than the lighting that has been used for the last several years,



sophisticated and natural. These natural tones may be incorporated into any design scheme with little effort.

Now, if you are contemplating following these trends, you have to consider giving your dining area a little love and your wallet a little tug. This is because renovating or adding to the dining space will involve time, work, and money. A great way to ease these worries is to buy all the items on EMI (equalised monthly payment).

An EMI is a set payment given by a borrower to a lender on a certain day of each month so that these recurring payments are made to settle a debt by a certain timeline. These instalments, as the name suggests, are equal in size. Many furniture companies now offer EMI payment plans, which may help you spread the cost of a large purchase out over many months. In this manner, you may affordably update your dining room to your liking. EMIs may also be useful for budgeting since they spread the cost out over a longer time frame. Basically, if you want to redo your dining area by following the lovely trends of 2023 without going into serious debt, EMI plans will be a great option for you!

By Samayla Mahjabin Koishy
Photo: Collected



in addition to illuminating the top of the dining table brilliantly.

Surfboard, oval, and oblong dining tables are trending in 2023. These semi-rectangular tables provide a touch of edge to the dining area while offering space for a big family or party. The tables can be set up with either chairs or bench seats, which shows how flexible they are. Along with a surfboard-style table, curved chairs can

help keep the flow of your dining room. The lovely circular lines will surely create harmony in otherwise square or rectangular rooms.

Colour palettes for dining rooms in 2023 range from cosy to earthy to diverse. In fact, a splash of colour or an earthy feature wall may be what your dining area needs. The combination of these colours with greens and browns makes the space seem



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