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Timeless Trends

Reborn

WHAT COLOURS DEFINE YOU?
UNDERSTANDING THE PSYCHOLOGY
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FACING YOUR WORST FEARS
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PHOTO: SHAHREAR KABIR HEEMEL
MODEL: FAZLA RABBI KHAN, ARNIRA
STYLING: SONIA YEASMIN ISHA
MUA: SUMON RAHAT
WARDROBE: BSOAB
JEWELLERY: ZEVAR BY FAISAL



#FASHION & BEAUTY

Summer fashion

The essentials to look and feel good

When it comes to summer fashion, there is a special challenge: how to look stylish while being comfortable. The searing heat and humidity may make summer clothing choices difficult as the scorching sun can make your life unpleasant. So, as the weather gets warmer, we have put together some summer outfit tips with which you can beat the heat!

Cotton and breathable fabrics

During summer, you should always wear natural fibres as they allow the most air to circulate.

Look for lightweight materials when you examine clothing

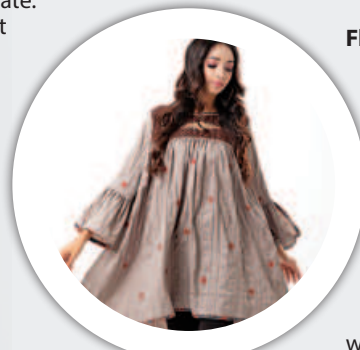
this warm season. For instance, since cotton is a breathable material, it will help you stay cool all day long. Linen fabric is no different. Chambray and poplin are some other natural fibres that let air flow through and keep you cool when it gets warmer.

Light coloured clothing

As is known, sunlight is reflected by lighter shades and does not penetrate. The same holds true for clothing. Wearing light-coloured clothes helps keep you cooler as the sun's rays bounce off of them. When you add in garments fashioned from breathable fabrics, you get more comfort. Therefore, if you are going to be basking in the sun for a considerable amount of time, you should always choose lighter shades.

Loose attire

Clothes that are too tight against the body prevent air from circulating and accelerate heat transfer. So, for the most laid-back style, now is the perfect moment to wear loose-knit clothing. Flowy kaftan outfits in pastel hues and patterns are perfect for summer, and you can add pops of colour with your accessories like shoes and handbags.



Flowy dresses and tops

Wearing a dress or top of any length, style, or material is a terrific way to stay cool. Dresses and flowy tops, such as kaftans, are designed to let air flow through while you move. If you are becoming too hot, get up and move around for a moment; it will allow some air to circulate. You can go back to what you were doing in no time at all when you dry off. On top of that, they go well with simple hair accessories like bows or statement earrings.

Summer footwear

Get a pair of summer shoes that will serve you well all summer long – comfortable, fashionable, and event-appropriate. For more formal events, go for wedges or block heels. On the other hand, sandals and flip-flops are ideal for beach days and friends' trips. Sneakers or ballet flats, which are both comfortable and supportive, are good choices if you plan on walking a lot.

Putting together an outfit for summer may be challenging. But, with these tips, you can look chic and sophisticated no matter what the weather throws at you!

By Samayla Mahjabin Koishy

Photo: LS Archive/ Sazzad Ibne Sayed



Typhoon

Fabric Care

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#PERSPECTIVE

The psychological reasons behind your favourite colours

Colour, a seemingly simple aspect of our world, holds surprising power over our emotions and well-being. This is the realm of colour psychology, a fascinating subject that explores the intricate link between our visual experience and mental state.

For centuries, cultures around the world have intuitively understood the influence of colour. Egyptians used chromotherapy, a practice employing coloured light, for healing. Ancient Chinese medicine associated colour with specific organs and their functions. Today, science sheds light on these age-old practices.

Tanzina Chowdhury who is an Educational and Counselling Psychologist at Shono, tells us more about the perception of people towards



certain colours with masculinity and femininity.

However, it's important to remember that these are just social constructs. Not all men or women subscribe to these traditional colour palettes, and thankfully, modern society is moving away from such rigid gender-based discriminations.

We know that home is where the heart is. So, when choosing to colour the walls of your home, you must keep in touch with your heart and mind; remember what soothes you and/or makes you happy and content.

The soft lavender notes in your bedroom, for example, might lull you into a peaceful slumber, while the energising citrus tones in your kitchen jumpstart your morning.

In spaces where your speed and

productivity are needed, like school or office, surround yourself with pops of red, sunshine yellow, or tangerine orange. These colours are commonly seen as mood lifters and studies have shown that these warm colours can enhance mental alertness and problem-solving skills.

However, do not go overboard with the splash of colours. Chowdhury states, "It is important to balance the stimulating effect of bright colours with grounding neutrals like beige or grey to prevent the space from feeling overwhelming."

Also, consider incorporating natural elements like plants or calming water features to further enhance the serene atmosphere.

The influence of colour extends far beyond our physical surroundings. The clothes we wear can impact not only how others perceive us but also our mood and confidence. Opting for a bold red outfit might project an assertive air, while a calming blue conveys a sense of maturity and calmness.

Similarly, the colours we encounter throughout the day, from advertising billboards to the packaging of our favourite products, can subtly influence our emotions and purchasing decisions. Marketers understand the power of colour psychology and strategically utilise these specific hues to nudge us towards our next purchase.

There are no strict rules in the world of colours. Rather it's about how one feels towards them. Notice how make you feel, and don't be afraid to experiment colours. Remember, your surroundings are a canvas waiting to be painted. With a thoughtful colour palette, you can create a string of emotions that enhances your well-being and fosters a vibrant life.



colours. She describes how colours and art therapy are an interesting way of self-expression, and the same colour often brings out very different emotions under different circumstances.

"Colour psychology is not a one-size-fits-all proposition," she explains, "For example, red sometimes indicates alertness or even danger. At the same time, it's also the colour of love. On the other hand, cool colours like blue and green have a calming effect."

Interestingly enough, Chowdhury tells us that the gender bias for colours can be traced back to historical gender roles. Our hunter-gatherer ancestors likely found a practical basis for these associations. While men ventured out in nature, often clad in browns, blacks, and earthy tones that provided camouflage, women who stayed closer to home might have gravitated towards brighter colours like reds, pinks, and greens found in fruits and flowers.

Over time, these practical choices evolved into cultural norms, associating

Zeroing in on MENTAL HEALTH

Mental health is a little understood topic, and the fact that there is a stigma on talking about it worsens the problem further. If you do not talk about something, how can you understand it?

Therefore, Star Lifestyle took it up as a resolution for this month to break the shackles of silence and openly talk about a plethora of mental health issues. May is Mental Health Awareness Month, and although it may not be observed globally, we shall use this opportunity to talk about mental health.

We have in store for you Kotha Kow, a special podcast on the subject. Kotha Kow — speak up, talk, let's talk — aptly named as the biggest problem is that people oppress their thoughts and feelings instead of sharing with a close friend or seeking professional support.

Keep your eyes on our online platforms, such as the Facebook page of Star Lifestyle and The Daily Star — to listen to personal experiences of people who have come forward to discuss their own troubles, and perhaps, be inspired by them for breaking the taboo associated with mental health.

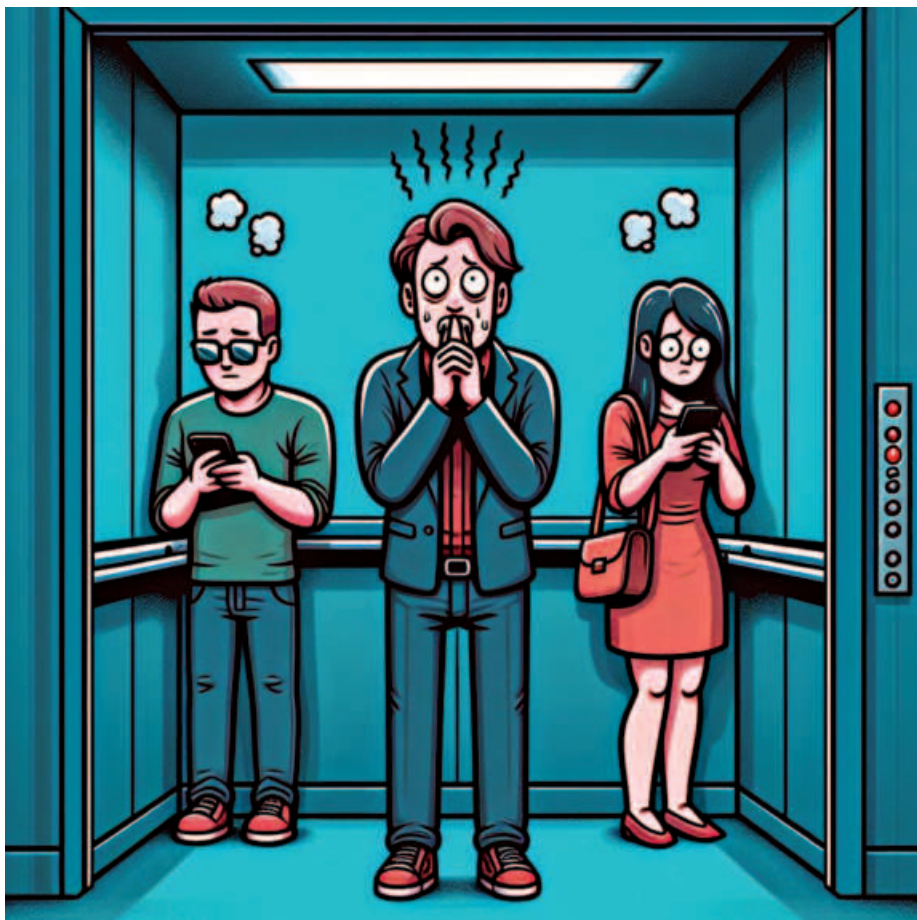
Star Lifestyle's mental health awareness campaign is not limited to the podcast. We have a series of articles where we tackle myriad aspects of psychology and psychiatry. Therefore, we welcome you to flip through today's magazine; and the upcoming ones as well, to explore various aspects and concerns of mental health and wellbeing. Or, once again, check out our online platforms to read those stories.

In summary, a wide array of helpful stuff is coming your way! We will consider our campaign successful if you go through them, lend an ear to a friend in need and encourage someone to seek professional help, or opt for one yourself.

After all, it is likely that you are going through something similar or at least know a loved one who is facing something similar. The details of the problems may be different, but the concerns and experiences surrounding mental health are rather universal.

— LS Desk

By Nusrath Jahan
Photo: Collected / Unsplash
Essentials:
Psychologist's at Shono can be contacted through shono.mailcenter@gmail.com



#HEALTH & FITNESS

LIVING WITH PHOBIAS

Understanding and managing deep-seated fears

Imagine this: You receive an invitation to a social gathering. However, the thought of encountering people makes you feel intense anxiety and distress. The idea of stepping into that social scene fills you with dread and an overwhelming fear of being judged. This scenario paints a vivid picture of life with a social phobia, where irrational fears dictate actions and shrink the world into zones of safety and danger.

Phobias are not just simple fears. They are complex emotional and physiological responses that can disrupt daily functioning and overall quality of life. Dr Raisul Islam Parag, Registrar of the Department of Psychiatry at DMC (Dhaka Medical College), explains the difference between phobia and fear.

"Fear is a human response to danger. Anxiety is a feeling of worry, nervousness, or unease and phobia means irrational fear and avoidance from a specific situation. Phobias differ from anxiety because they are intense and irrational. A person with phobia always avoids the situation," clarifies Dr Parag.

Understanding the difference between anxiety and phobias is essential. While anxiety is characterised by worry, nervousness, and unease, phobias manifest as an overwhelming and unreasonable fear leading to complete avoidance of certain situations or objects.

Anxiety might involve overthinking or difficulty concentrating, accompanied by physical symptoms such as palpitations, tremors, or headaches. In contrast, a phobia triggers more intense and specific reactions like panic attacks, often disabling and isolating the individual.

Dr Parag further elaborates on the causes of phobias.

"Phobias may persist for at least six months and cause marked functional impairment, qualifying them as a disorder. The cause of phobia involves a combination of factors: genetics, as phobias can run in families; learned experiences, where a negative experience with an object or situation can trigger a phobia; and brain chemistry with imbalances in brain chemicals related to fear and anxiety playing a role."

From acrophobia (fear of heights) and agoraphobia (fear of open or crowded spaces) to more obscure fears such as nomophobia (fear of being without mobile phone coverage), phobias weave through the fabric of human psychology, presenting unique challenges to those they afflict.

According to Dr Parag, phobias can cause avoidance behaviours that limit activities and opportunities – consequently, triggering anxiety attacks with physical symptoms like sweating, rapid heartbeat, and dizziness. Moreover, extreme fear and avoidance behaviour may contribute to depression and isolation.

And the result?

A person with a phobia may be humiliated or criticised by surrounding

people for which s/he may feel ashamed and in extreme cases, even suicidal.

Research suggests that phobias are not merely psychological but have a biological foundation. When confronted with the source of their fear, an individual's amygdala (the part of the brain involved in emotional processing) activates, triggering a fight-or-flight response. This response is evolutionary, meant to protect us from danger, but in the case of phobias, it is misfiring – reacting to perceived threats that are not harmful.

The journey to overcoming a phobia begins with self-awareness. Recognising and accepting one's fear is the first step toward addressing it.

Dr Parag advises, "Educate yourself about phobias, understand the expert explanations, and consider the available treatment options."

Seeking professional help is vital, as therapists can offer tailored treatment plans based on an individual's needs.

Support from loved ones is equally invaluable. Dr Parag suggests that friends and family should educate themselves about phobias, provide empathy, and encourage professional consultation. Patience and understanding are important and so is avoiding any judgment that could further alienate the individual.

Fortunately, phobias are highly treatable. According to Dr Parag, exposure therapy, one of the most effective methods, involves gradually and repeatedly confronting the feared object or situation within a controlled environment, helping to desensitise the individual. Cognitive-behavioural therapy (CBT) is another cornerstone of phobia treatment, focusing on altering negative thought patterns and building coping mechanisms.

In some cases, medication such as antidepressants may be prescribed to help manage symptoms, although they are generally used in conjunction with therapy rather than as a standalone treatment.

With the knowledge, support, and treatment, individuals can learn to manage their fears and lead fulfilling lives. As Dr Parag notes, "Phobias do not have to define you. With help, there is always a pathway to better understanding and significant improvement."

Phobias, though deeply rooted in our psychological and biological makeup, need not dictate the contours of one's life. Just as one learns to swim by gradually wading deeper into the water, so too can those affected by phobias find their strength and resilience in the face of fear. In doing so, they can expand their horizons, embracing a fuller, more engaged life.

By Ayman Anika

Illustration: Intisab Shahriyar

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Psychologist's at Shono can be contacted through shono.mailcenter@gmail.com



#FASHION & BEAUTY

Bringing back the stylish eras of the past

The fashion of the 1960s and 1970s was a multicoloured tapestry of rebellion mixed with innovative styling. The zeitgeist of freedom and expression found voice among the psychedelic prints and swirling hues of tie-dye. Every piece of clothing, from the bohemian appeal of flowing maxi dresses to the mod miniskirts that dared to flout convention, spoke volumes about an age in transition.

Fashion, adorned with fringes, beads and bell-bottoms, evolved into a statement advocating for both social reform and individuality. The limits of convention moved with the hemlines, opening the way for an unprecedented period of artistic expression.

Photo: Shahrear Kabir Heemel
Model: Fazla Rabbi Khan, Arnira
Styling: Sonia Yeasmin Isha
Mua: Sumon Rahat
Wardrobe: BSOAB
Jewellery: Zevar by Faisal



WHEN FASHION MATTERED

throwback to the 'cool' days

The 1960s cultural movement — 'Youthquake,' a term coined by Vogue magazine's editor-in-chief Diana Vreeland in 1965 — involved music and pop culture; the Women's Liberation Movement, which challenged traditional gender roles by popularising unisex styles, pantsuits, mini-skirts, and other clothing that allowed women greater freedom of movement and expression, and the Anti-War Movement promoting fashion as a means of expressing dissent and countercultural ideals.



Jeans, tie-dye, military-inspired clothing, and protest symbols became popular elements in fashion, reflecting a rejection of mainstream values and a desire for social change. Additionally, the design philosophy that catered only to senior and elite members was undermined as the importance of catering to the teenage and young adult market grew.

Avant-garde fashion trends, such as the androgynous, tiny girl looks for women, overthrew the sophisticated jumper girls of the 1960s. While these movements were closely related to Western society, the fashion trends the movements gave birth to spread all over the world including Southeast Asia.

The 1960s saw the rise to fame of both tasteful designs reminiscent of the 1950s and fairly daring and controversial designs from the younger generation all around the world.

For the first time, a wide range of diverse trends were included in fashion, which focused on the youth market. Although there is not one answer to how the polka dots, bell-bottom pants, tightly-tailored saris, and unbuttoned shirts gained so much popularity in Southeast Asia, the fashion trends of the 60s and 70s echoed social movements and newfound playfulness that resonated with the youth everywhere.

Southeast Asia witnessed an intriguing fusion of traditional attire and global



trends in the 1960s and 1970s, indicating a vibrant cross-cultural interaction.

Men's and women's attire included vibrant batik patterns combining traditional artistry with modern flair. Western-inspired styles were more prevalent during this time, and traditional clothing was paired with the growing popularity of bell-bottom pants and miniskirts.

Southeast Asia's 1960s and 1970s fashion, which celebrated individuality against a backdrop of societal change, embodied a combination of tradition and modernity as a region with varied cultures and influences.

Bright colours and striking patterns emphasised individualism in 1970s fashion, which is undoubtedly making a resurgence due to its wonderful, flirtatious, and dynamic style.

For women, their attire reflected greater authority coinciding with the global movements and influences from Bollywood. Sarees in the 1970s became bolder, sharper, and fiercer with vibrant colours and patterns, and particularly tight-draped chiffon sarees were the dominating trend.

As androgynous clothes became more and more fashionable, women's rights and feminism were evident in their wardrobe choices.

The history of fashion will tell you that trends make a comeback. Just as certain Y2K fashion trends have made a comeback, so did the polka dots and vibrant colours from the '60s, '70s and the 80's.

To start with, bell-bottom pants, flare and skinny pants are gaining popularity. Bold patterns like polka dots and tie-dye, fitted skirts, and tightly draped sarees are on the rise again. Even if the hairstyles and thick winged

eyeliner might be a revival we are not ready for yet, these iconic trends serve as inspiration for creating a modern yet nostalgic look today.

Be it for themed parties or for vamping up your everyday look, the trends of the sixties and seventies have timeless potential for adaptation.

The vivid blend of tradition and modernity is being celebrated by the resurgence of 1960s and 1970s fashion trends throughout South Asia. This revival respects cultural tradition while embracing modern sensibilities and vibrant colours, elaborate patterns, and classic silhouettes. It represents a return to style, weaving together the past and present into a cohesive fashion statement.

By Puja Sarkar
Photo: Shahrear Kabir Heemel
Model: Fazla Rabbi Khan, Arnira
Styling: Sonia Yeasmin Isha
Mua: Sumon Rahat
Wardrobe: BSOAB
Jewellery: Zevar by Faisal

#FOOD & RECIPES

HEATWAVE HACK

Beat the monster heat with coconut water

When the blistering summer knocks at your doorstep, your first instinct would be to pull out a bottle of soft, cold drink from the fridge in a store or supermarket and chug it down in one go. The soft drink might be refreshing to your body, but is it always healthy? If you think about it, you will know that it isn't. Instead, say yes to coconut water for all of its goodness in summer!

Coconut water fights dehydration

Coconut water holds positive properties that do wonders for lethargy, from dehydration during the summer with all the excessive sweating to taking care of bodily functions. As a natural elixir, it leaves you feeling refreshed and rejuvenated, and it appeases all the bodily nutrients that the scorching summer tears away from you.

Coconut water helps when the body is low in electrolytes

Electrolytes are minerals which are present in the bodily fluids. Coconut water is enriched with electrolytes, although made of 90 per cent water which ensures that your body receives enough electrolytic nutrition during summer.

Coconut water helps in bodily functions

Coconut water includes calcium, which ensures your bones are in the best health, and magnesium, which makes sure a heart attack, stroke, or migraine is at bay, especially during the heatwaves that may plague us in this season.

Phosphorus ensures a sound metabolism, detoxifying your body, and potassium shoos away any nauseating feeling, which is very common during the summer.

Coconut water takes care of skin issues

A lot of us have this issue of ensuring the best skin health during summer. You can always think an umbrella and a tonne of sunscreen will always do the trick, but for how long?

Summer tends to be a season of fun and you should be able to do more than have them glued to you when the fun ensues. Other than perfecting your Instagrammable selfie this summer by adding a gleam to your sun-kissed skin, coconut water reverses sun damage, skin irritation, and ageing. Get your summer shenanigans on, but not before sipping on the delicacy!

Coconut water is low in calories

One of the most attractive things about coconut water is that it's low in calories (you read that right!). Compared to the near-several-digit calorie mark filled with tonnes of sugar in whatever soft drink you pull off the racks, this coconut water not only fills your appetite but also helps you combat the fear of weight gain.

With every cup, it

tendencies will not arrest you, your cholesterol levels are completely maintained, your liver and urinary tract health are well taken care of, as well as crushing any hope of kidney stones showing themselves (pun intended). But nothing is made in this world without unmixed blessings, so it's better to avoid ambitious levels of consumption of coconut water.

We see coconut water sold on carts on the streets as the shopkeeper chops away the top of the fruit before inserting a straw for the customer to enjoy, which is priced at around Tk 150. Coconut water can also be found in supermarkets; in some, the coconut is completely skinned of its green exterior and preserved with a cute fastener on top. It is priced at around Tk 140.

Coconut water was once a common sight only on exotic holidays or childhood fiestas but with all its gloriousness, its popularity has been on the rise around the world, becoming a star ingredient that goes beyond health. While you are on the go, be it on a beach or sidewalks on the city streets, follow suit, buy yourself a coconut and relish nature's antidote, perfect for the dog days of summer.

Coconut water's additional health benefits

Intake of coconut water also ensures the diabetic

injects only 50 calories into your body. So, your dream of a perfect summer body is not far away with this natural drink. You can always jazz it up by adding lemon juice, honey, and sea salt, enriching its taste and nutrient properties.

By Tasneem Azim
Photo: Collected/ Unsplash





How to jazz up your regular lemonade in two minutes!

THE MILLENNIAL COOK
FARIHA AMBER



As the temperature is soaring like never before this year, it is essential to stay hydrated and while you have the chance, why stick with your basic mixes and juices? Lemonade is one of our go-to summer essentials this year, and although the original recipe is delicious as it is, here are 5 ways you can jazz it up, that too in under 2 minutes!



Ice cubes bring more than coolness
Nothing sounds better than a chilled glass of lemonade in this scorching heat, but what if the ice used to make it cooler also brings in more flavour? Instead of freezing plain water, opt for flavoured ones next time. You can take a different flavoured fruit

recipe, a sweet dessert, or just plain old lemonade. Water, lime, and sugar make for a refreshing drink but you can enhance the flavours so much by adding just a splash of this and a dash of that.

Flavoured syrups pack a punch such as rose syrup and curacao syrup. Alternatively,

is so much more you can do. Crushing a small amount of fruits at the bottom before pouring your lemonade makes all the difference — be it strawberry, mint, or pineapples.

However, do not just limit yourself to playing around with flavours, be creative with your garnish. You can dip your glass rim in some instant juice powder and salt for an added layer of flavour. Additionally, you can add little, cut fruits on a stick and use it as garnish.

Tropical twist
While we beat the heat, let's take utmost advantage of the summer sun and our delicious tropical fruits. Tropical fruits and juices pair extremely well with lemonades. Just add a drizzle and you will know the difference. Some common flavour choices include pineapple, mango, coconut, and lychee.

When you prepare your lemonade, pour in a sufficient amount of tropical fruit juice to bring in those flavours but not so much as to overpower the original tart and sweet lime flavour. Stir the two flavours to combine them and enjoy!

Slush it up
Did you know you could turn any drink into a slushy very easily? That's correct! And the secret ingredient is very simple — ice. Once your lemonade is ready, just blend it with a decent amount of ice and soon enough you will have a lemonade slushy. However, when doing so, keep in mind that this will dilute the drink, so make it stronger than you usually would.

You can also try this with flavoured lemonades and you will have a refreshing fruit slushy in no time. To level up our game, you can use flavoured ice cubes to make the slushy and this will make it even better.

So, which of these methods will you use while making lemonade?



juice and freeze it up. You can also cut or slice other fruits and freeze them with ice — such as orange slices or strawberry cubes. Once you prepare your lemonade, just drop the ice cubes in it and it will add another layer of flavour while chilling your drink.

Layer it up with flavours
When it comes to cooking, your dish really is your canvas and there are so many ways you can go about it — be it for a curry

you could mix in watermelon or strawberry juice, turning it into a watermelon or strawberry lemonade. There are so many other variations you can try such as orange pulp or berry concentrate. Carbonated drinks bring in the fizzy element — the sky really is your limit!

Garnish your heart away
What makes your food look pretty on the outside but also adds flavour inside — garnish! And with lemonades you could do it a hundred ways. We of course have the basic mint leaf or lime wheel, but there

By Fariha Amber
Photo: LS Archive/ Sazzad Ibne Sayed, Collected/ Unsplash



#HEALTH & FITNESS

Dermatologist-recommended skin care tips during this heatwave

With the mercury rising, the temperature feels exceedingly hotter than usual. Heat, humidity, and intense sun exposure can exacerbate or lead to various skin issues, especially during the heatwave.

To keep our skin healthy and comfortable, we need to understand these common skin conditions and how to effectively manage them.

Dr Mehran Hossain, an Associate Professor and Senior Consultant at City Hospital Ltd., alongside Dr Fariha Jessy Parisha, a consultant at the same institution, share their expert advice on common skin issues that arise during these sweltering periods, effective preventative measures, and treatments that can be administered at home.

According to Dr Hossain, during a heatwave, the most prevalent skin problems include excessive sweating, which can sometimes lead to electrolyte imbalance, erythema or redness of the skin, flushing of the face, irritation, contact dermatitis, and prickly heat or miliaria. These conditions result from the body's response to excessive heat and the need to regulate internal temperature.

Dehydration is a serious concern during hot weather, as it can significantly affect skin health. In cases of severe dehydration, according to Dr Fariha Jessy

Parisha, the skin can become wrinkled and dry, and issues like dry mouth, itching, and severe redness can occur.

She recommends, "To combat dehydration, an individual should consume at least three litres of water per day." Again, during the hot weather, a glass of cold water may feel like an elixir. However, Dr Parisha advises against cold water as it may increase the sensation of heat and sweating. Room-temperature water is deemed more beneficial during a heatwave.

Excessive sweating during a heatwave can block the ducts of sweat glands, leading to conditions such as miliaria, also known as prickly heat or rashes. Dr Hossain suggests mitigating the negative impacts of excessive sweating by wearing light-coloured clothes, using an umbrella, and keeping a towel handy to wipe away sweat.

For immediate relief from heat-induced skin issues like sunburn or heat rash, both Dr Hossain and Dr Parisha

recommend wiping off sweat, staying in cool places, or finding shade under a tree if outdoors. "Taking a shower with normal, not cold, water and having some salt water or electrolyte water can also provide quick relief," Dr Hossain adds.

Prevention is key in managing skin health during a heatwave. Using an umbrella and staying in cool places or under the shade can help. Both experts emphasise the importance of minimising exposure to direct sunlight and heat as much as possible.

Recognising when a skin condition during a heatwave requires professional medical attention is crucial. Dr Parisha advises seeking help if symptoms include persistent wrinkling of the skin, severe redness, intense itching, or painful bumps. These signs indicate that the condition may not be manageable with simple home remedies and could require more advanced medical interventions.

During a heatwave, paying extra attention to skin care is vital to prevent discomfort and more serious health issues. Remember, the health of your skin is an integral part of your overall well-being, especially during the challenging conditions of a heatwave.

And always consider consulting a healthcare provider or dermatologist if skin problems worsen or do not respond to home treatments — as this could indicate a more serious condition!

By Ayman Anika
Photo: Collected/
Unsplash



#HEALTH & FITNESS

Tips for exercising in this summer heat

The warm summer weather serves as the perfect time to start working out and getting fit. Whether you are working for that summer body or just a self-improvement goal, now's the time to get your workout gear and get it pumping! In the intense heat, however, it can be quite tiresome to keep up with the constant momentum of your exercise routine. But there are still many ways to keep your plans from falling apart.

One essential thing to keep in mind while working out, especially in the heat, is to stay hydrated. In this case, water is not enough. When you work out, your body loses a lot of salt, water and electrolytes. So, to maintain your body's balance and prevent nausea,

heatstroke and dehydration, add electrolytes to your drinks.

Another important factor is choosing the best time to exercise. In the intense summer weather, the best time for working out is before 9 AM. The early morning hours will not only help you to start your day fresh but will allow you to exercise in much cooler temperatures, avoiding the afternoon heat.

If that seems too difficult for you, however, you can opt for a later time, perhaps after 7 PM. Evening workouts can help you to wind down after a long day, and temperatures are also cooler around this time.

The clothes you wear will also affect your workout experience. During the

summertime, it is best to wear breathable and thin clothes. Wearing darker clothes absorbs more heat, making you feel more exhausted than normal. Thick, tight clothes can also heat you up, so stick to simpler, lightweight clothing for your workouts.

If you plan to exercise outside, sunscreen is a must, especially during the heatwave. Sunscreen will protect you from the harmful UV rays of the sun and prevent sunburns, so do not skip it!

When exercising, do not start with high-intensity workouts immediately. Start with simple stretching, and build it up to low-intensity workouts. In general, starting with high intensity immediately can cause

cramps, and even lead to heatstroke given the immense heat of the summer.

Do not go over your limit. If you find yourself growing extremely exhausted or sweating profusely, take a break. Your well-being is more important than finishing an exercise, and the summer heat is not to be taken lightly.

In this hot weather, exercising outside can be too much. If you find that you cannot cope with the heat, it is best to workout inside in an air-conditioned room. Make sure you are exercising in a well-ventilated, cool room that will guarantee a smooth experience as you work out.

By Adiba Islam

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Focus on your own actions. Do things that will lead to new friends. Make strides at your work if you communicate well. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Don't let anyone influence you. Spend time with friends. Knowledge can be acquired if you listen. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Family responsibilities will be piling up. Get involved in distinguished organisations. Spend time with loved ones. Your lucky day this week will be Wednesday.



CANCER (JUN. 22-JUL. 22)

Get involved in creative projects with moneymaking potential. Don't let them blow situations out of proportion. Make plans to travel this week. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Curb any overindulgence this week. Don't get involved in other people's problems. Make sure your documents are in order. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

You may be sensitive concerning friends. Avoid any investments this week. Don't let your jealousy wreck your relationship. Your lucky day this week will be Monday.



LIBRA (SEP. 24-OCT. 23)

Emotional upset at work will set you back. Assess every situation before making a decision. Don't travel unless absolutely necessary. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Someone in your life is not trustworthy. Its time to make changes. Real estate investments could be advantageous. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Things at home could get messy. Travelling for pleasure will bring you peace. Invite friends over. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

You could experience emotional turmoil with your partner. Be honest in your approach. Your crush may feel the same as you. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Don't discuss important matters with colleagues. Travel will be your best outlet. You will meet new romantic partners. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Play nice with your boss. Things with your partner can deteriorate. Make changes that will be financially advantageous. Your lucky day this week will be Sunday.

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ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য ঘাটেই

স্যান্ডালিনা সোপ

রূপচর্চায় আভিজাত্য...

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#TRAVEL

From Lisbon to Porto: A TALE OF ADVENTURE IN PORTUGAL



Life is all about grabbing an opportunity when one presents itself and that's exactly what I did, when I found an email in my inbox, one fateful day, inviting me for a 4-day work meeting, across several continents, to Europe. It was one of my favourite, yet least explored destinations in the world — Portugal — and this time, I knew I wanted to capitalise.

Taking four additional days around my meeting, I decided to break my stay into a few different parts of Portugal — Lisbon, Sintra, Cascais, and Porto. After looking at several hostels, I decided to splurge a little and book myself into a small hotel with a private bathroom. As I had booked some tours, I decided to stay close to my pick-up point and that is how Pensao Estacao Central, right across the famous Rossio Square became my home for two nights.

My first trip was to Sintra, a town in the Greater Lisbon region of Portugal, located on the Portuguese Riviera. I had found a relatively cheap guided tour from the Get Your Guide app suggested by a friend that covered all the destinations I wanted to see and I was up at the crack of dawn to grab a breakfast sandwich and get going.

The guides were fun-loving people who made us laugh until our bellies hurt and were ready with passes that allowed us to skip the long tourist lines outside the attractions.

Sintra was beautiful with its castles and the famous Regaleira Well which represents Dante's Nine Rings of Hell. Every bit was an adventure, especially considering the rains from the previous nights, the steep stairs down the well were not for the faint-hearted.

Sitting high atop a hill, with gorgeous panoramic views of the whole city, Pena Palace, a monastery-turned-palace gifted by one of the kings of Portugal to his beloved wife, is a colourful fort-like castle straight out of a fairy tale.

Just twenty-five minutes from there, the fisherman's town of Cascais boasted freshly caught fish, white sands and blue water. With many beaches and more seagulls than one can imagine, the place is a surfing heaven and home to stars such as Scarlett Johansson. Calm and touristy at the same time, the vibe of the place is hard to describe in so many words.

Packing a cosy dinner with a friend along the lanes of Rossio Square, I turned in early as I had booked a train to Porto, early the next day on the Rail Ninja app. An uneventful, three-hour train ride took me into the city that would soon become my favourite memory of Portugal.

I had an itinerary and at the very top of it was Livraria Lello, the famous library where J K Rowling had found inspiration for Harry Potter. Perusing the gilded and bound classics and going up the iconic red staircase was no less than a dream come true for an avid Potterhead.

A short tuk-tuk ride took me into Villa De Gaia and then I hopped off to explore on foot. The weather was breezy, the streets were lined with souvenir shops, and on the horizon was the stately Dom Luis.

Crossing the bridge on foot was an experience thanks to the views it offered.



Orange-topped homes, street cafes on the shores below and the tram lines on the bridge made it a most joyful ten-minute walk. As soon as I got off the bridge, I saw the cable cars that would take me across Villa De Gaia and into a delightful street market. Making a mental note to come back, I walked to a nearby café where I ordered a huge turkey sandwich and cod cakes for lunch, finishing off with plump strawberries that I found at a discount.

The cable car ride was all of three minutes but what lay ahead made me wish I had a whole day to spare. Quaint little souvenir shops, selling everything under the sun, lined the streets as far as the eye

could see. I found deliciously warm churros that I savoured along the coast of the Douro River, blessed to be experiencing such serenity.

My evening in Porto was an expensive, but extremely relaxing and luxurious cruise on the Douro. Complete with pillows and blankets on the deck and a salty, cold breeze on my face, the sunset on the water was a sight to behold and I was glad I had decided to treat myself, albeit impulsively, to this cruise.

Back in Lisbon the next day, I took a day pass at a nearby metro and made my way to Eduardo VII Park. A tranquil walk along the greenery refreshed me and I took a short bus ride along the Ponte 25 de Abril, the iconic bridge, identical to the Golden Gate Bridge in San Francisco to the LX Factory Street Market. My destination was the Livraria Ler Devagar, a huge library that was also home to some priceless, classic vinyl records.

An impulsive book buy, a short walk and a tram ride later, I was exactly where I wanted to be, to catch my very last sunset in Lisbon — the city gate by the Tagus. An expansive area full of imposing structures, beautiful views and expensive diners, the place was the perfect way to end the day. As night fell, the Lisbon sky turned pink, orange, and then a brilliant, regal blue. As the sun set on my holiday too, I knew this was the memory that I would remember this trip by forever — the flowing river, an open sky, and a kaleidoscope of colours.

By Munira Fidai
Photo: Munira Fidai