

VOLUME 24, ISSUE 19, TUESDAY, OCTOBER 15, 2024
ASHWIN 30, 1431 BS

Star

LIFE

Style

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

Deshi First

DESHI

always

A TRIBUTE **P3**
MILITARY INSPIRED FASHION
HEART OF TRADITION **P5-7**
GAMCHA CHECKS
THE NEW MANTRA **P9**
UPCYCLING IT IS!

PHOTO: ADNAN RAHMAN
MODEL: TUBA
WARDROBE: WAREZ
STYLING: SONIA YEASMIN ISHA
MAKEUP: SUMON RAHAT



#FYI

BATTLING DENGUE

Simple steps to stay safe during the outbreak

Symptoms of Dengue Fever

 Rash.	 Intense pain behind your eyes.
 Nausea or vomiting.	 Muscle, bone and joint pain.

Warning Signs of Severe Dengue Fever

 Abdominal pain.	 Frequent vomiting.
 Throwing up blood or blood in your poop.	 Nose bleeds or bleeding gums.
 Extreme tiredness, restlessness or irritability.	

Cleveland Clinic

The recent outbreak of dengue fever is quite alarming. According to the UNICEF website, young children, pregnant women, and the elderly with other health conditions (like kidney disease and diabetes) are at risk. So naturally, preventing dengue in the first place is the better option.



trays, etc. Clear out the water to take the first preventive measure and stop them from multiplying in the first place.

Use a mosquito net

Sure, there are many ways to keep mosquitoes away from yourself but perhaps nothing works as well as the tried and trusted mosquito net. Other preventive measures may be helpful but a mosquito net will certainly keep you safer. More importantly, if there is someone already infected with dengue, they must stay inside a mosquito net for the safety of others.

Use repellents

Mosquito coils, aerosols, or any other measures that you find suitable for yourself, resort to that. Insect repellents can also be a good option, especially if you are going outside. There are several different types of insect repellents, specifically mosquito repellents, available in the market.

Wear full sleeves

While the suggestion of full-sleeved clothes sounds like torture, given the warm and humid climate of our country, it's still a decent measure against the disease-ridden stings of mosquitoes. Covering up your body and wearing socks and shoes can add a layer of physical protection. As the dengue virus is transmitted through infected female mosquitoes, preventing the bites is the simplest preventive measure one can take.

Here are a few ways to stay safe from dengue. While most people know these precautions, a timely reminder never hurts anyone.

Destroy the breeding grounds

Destroying the breeding sites of Aedes mosquitoes is a crucial preventive measure that could go a long way. Surfaces that hold clear water are the preferred breeding sites of these particular species of mosquito. These include but are not limited to flower pots trays, containers, any surface where water clogs, refrigerator

By Ashif Ahmed Rudro
Photo: Collected



Bactrol[®]

ব্যাকট্রল লিকুইড হ্যান্ডওয়াশ
২০০ মিলিঃ এখন ১০/-
কমে মাত্র ৮০/-





Left Right Left Right

#FASHION & BEAUTY

FROM THE BATTLEFIELD TO YOUR WARDROBE

How Military Gear Became Everyday Fashion

One lazy afternoon in the office, I stumbled upon a reel (for research purposes) that claimed, "If it weren't for the military, we'd all be naked!" Curious as ever, I started a deep dive into the fascinating connection between military attire and modern fashion. It turns out much of what we casually throw on every morning, whether we're heading to the office or hitting the streets, was once born out of necessity on battlefields or military bases.

From corporate suits to rugged streetwear, the influence of military attire is everywhere. This connection was hiding in plain sight, especially for those of us Dhakaites juggling work commutes, the relentless heat, and the ever-changing urban landscape. But how did uniforms and military innovation come to define so many fashion staples? The uniforms we wear without knowing

Starting with the most basic item, let's talk about T-shirts. In 1913, the US Navy began to offer it as undergarments before it became a popular choice for leisure wear because long john/long underwear took an entire business day to put on. Originally worn beneath uniforms, sailors chose to wear simply the shirt when they moved to warmer areas. This decision laid the groundwork for casual style.

The bomber jacket (yes, the one you get from Doja or Nurjahan market), was designed to keep pilots warm in their open cockpits during World War I, and has also had an impact on street fashion and haute

couture. Whether it's for a catwalk show in Paris or a cold evening in Dhaka, the bomber jacket has never gone out of style.

The cardigan, a cosy knit that we frequently wear in Dhaka's cooler months when the weather gets a little too chilly, actually has a military history. Named after James Thomas Brudenell, the Earl of Cardigan, this jumper was initially worn by his officers during the Crimean War, and although it was originally intended only for warmth and practicality, it eventually became a symbol of military prestige.

But let's not forget the beloved trench coat. I've always imagined it as the garment of detectives in old noir films, but it was originally designed for British soldiers fighting in the trenches of World War I. Its double-breasted design and water-resistant fabric made it ideal for harsh weather conditions.

Corporate to casual: Dressing up for work

The modern suit evolved

from the sharply tailored outfits worn by Napoleon's soldiers, designed to project authority and discipline. Even the Derby shoe, a common part of formal wear, can trace its roots back to the Prussian army.

Little did we know that our office attire was making us feel like we were ready to lead troops rather than just tackle another Monday meeting.

The khaki pants that became office staples for many were originally developed by British soldiers during their colonial occupation of India.

The dusty tones of khaki were meant for camouflage, but today, they blend effortlessly into business casual looks. What started as a survival tool is now just as likely to be seen on a spreadsheet warrior as a soldier in the field. Accessories with a military past

Even something as small as aviator sunglasses has a military history. Designed for US pilots to shield their eyes from the glaring sun, they are now a ubiquitous part of summer style.

And the wristwatch? Before the World

Wars, it was considered a feminine accessory, but soldiers quickly realised they needed something more practical than pocket watches (too many were getting shot while taking out their pocket watches from their vests). Now, whether you are tracking time on a Zoom call or a weekend trek, you are wearing a tool that helped soldiers manage their missions. The practical influence on streetwear

It all comes back to the military if you are asking why bomber jackets, tough boots, and cargo trousers are essential pieces of urban apparel. These pieces fit with streetwear so well because they were made to last and have a purpose. The parka, for instance, was designed by the US Army to keep soldiers warm in freezing temperatures during the Korean War. Now, it's the jacket of choice for those cold, foggy Dhaka winter mornings.

Even combat boots have made their way into our wardrobes, from military trenches to fashion runways. Their robust design has proven to be just as popular with fashion enthusiasts as with soldiers.

Fashion has changed from the battlefield to the catwalk, much as we have adapted to the difficulties of city living. This serves as a reminder that often the most sensible answers also happen to be the most stylish. So, next time you are pulling on your T-shirt or lacing up your boots, remember — you are not just getting dressed. You are donning a fragment of history.

By **K Tanzeel Zaman**
Photo: **Collected**



Fall style guide for men

EMBRACE THE TRADITION

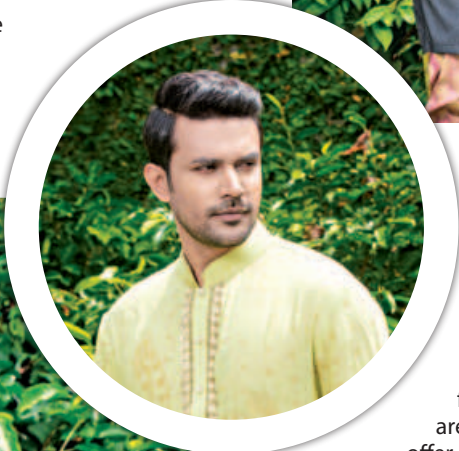
The fall season in Bangladesh is rather interesting. The weather is either too hot or too cold, struggling to find a comfortable middle ground. With humidity lingering in the air and the occasional sprinkle of rain, we find ourselves questioning the weather forecast almost every day.

As far as men's fashion is concerned, this in-between weather is also the perfect time to try something a little outside the box. Panjabi has long been a staple in Bangladeshi men's fashion, and fall is the perfect season to pull it out of the wardrobe. Light cotton panjabis, in particular, are perfect for the humid, cloudy days of fall. The fabric is breathable, allowing air to flow freely, while still offering enough coverage for the occasional cool breeze.

Whether you are heading to a family gathering, a casual meet-up, or even just running errands, a simple cotton panjabi can be dressed up or down to suit the occasion. While solid colours like deep navy, earthy browns, or crisp whites are always a classic, with a little layering you can add new dimensions to your look.

Speaking of layering, one trend that's making a comeback with a modern twist is the tie-dye vest. Traditionally, vests were worn over panjabis in more formal settings, but the tie-dye version adds a touch of fun and individuality to the outfit.

This combination successfully



breaks up the monotony of solid tones, giving the ensemble a youthful and contemporary feel.

For men looking to go more traditional this fall, the dhoti and shalwar are excellent options. Both offer comfort and style, with the added benefit of being practical for the humid, occasionally rainy weather. The dhoti, with its flowing fabric, makes it ideal for those sticky, humid days when you want to feel light and, well, unrestricted. Paired with a well-fitted panjabi, the dhoti is perfect for festive occasions or cultural celebrations during this season.

The shalwar, on the other hand, is a bit more structured than the dhoti but still offers ample comfort. Whether you are attending a formal event or just spending a day out, the shalwar can be styled with minimal effort and maximum comfort.

Not feeling the dhoti? No problem. If you're someone who prefers to keep it casual but still wants to incorporate traditional elements into your fall wardrobe, jeans can be a great alternative. Pairing a cotton panjabi with well-fitted jeans offers a cool blend of modern and traditional styles. The sturdiness of denim adds a rugged touch to the otherwise soft and flowy look that comes with the panjabi, creating a balanced look that's perfect for everyday wear.

This combination is especially practical for fall's unpredictable weather. Jeans

provide some warmth and durability against the elements, while the panjabi keeps things comfortable and breathable. It's an easy way to transition from casual summer wear into something more seasonally appropriate without giving up comfort.

So this fall, ditch the ultra-boring summer ensemble and embrace more traditional outfits. Go for something suited for the season but also deeply rooted in cultural heritage. Whether it's the feel of soft cotton or the vibrancy of a mix-and-match wardrobe to brighten a cloudy day, the perks of panjabi are that they make it easy to look stylish while staying connected to tradition.

And do not just wear them, style them! Roll up the sleeves, invest in a watch, and switch between loafers and sandals depending on the day.

As the weather continues to hover between warm and cool, these outfits provide the flexibility you need to navigate fall's unpredictable shifts. The layering options, like adding a vest or pairing a panjabi with jeans, allow for creative expression without sacrificing comfort. This season, it's time to embrace the best of both worlds. Let timeless traditional meet style with just enough modern flair to keep things interesting.

By Nusrath Jahan
Photo: Adnan Rahman
Model: Nihaf
Wardrobe: Warez
Makeup: Sumon Rahat



#FASHION & BEAUTY

GAMCHAS The affordable fashion statement that says 'deshi chic'

Nothing screams Bangladesh quite like gamchas, the traditional handwoven checkered pieces of fabric, used for everything from drying off after a bath to serving as headscarves, waistbands, and even makeshift bags. After a long hiatus, these vibrant checks are now making a major comeback in the Bangladeshi fashion scene, carving out a niche through their undeniable potential to marry tradition with contemporary style.

Thanks to a resurgence of interest in traditional textiles, the humble gamcha with its soft, lightweight cotton fabric, and vibrant patterns and colours, has found itself in the middle of a rather happening fusion fashion scene in the country.

Danny Amin, lead vocalist of the band, Tulkalam, expressed his affection for gamchas and how he once took them globally on a musical venture to Portugal. "Gamcha prints are so versatile, I'd love to see them on everything. I'd love a gamcha shirt, personally — or wait, how about gamcha canvas shoes? Those would be awesome!"

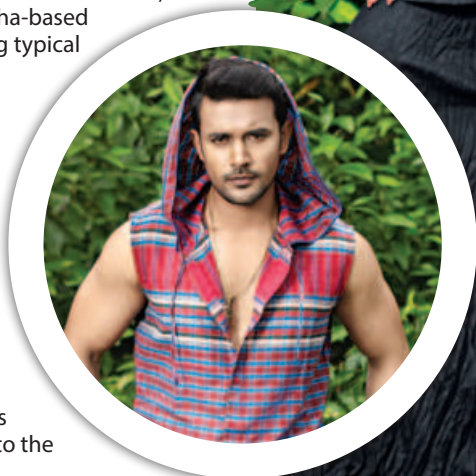
Young designers, in their quest to deliver something edgy, yet rooted in "deshi culture", now view the gamcha as one of the core components of their creations, blending it with modern aesthetics to create unique fashion statements. From kurtas, sarees, and shirts to accessories, and even shoes, gamchas are being reimaged in countless innovative ways.

Mohammad Abdul Wares, the creative talent behind Warez, recently launched his own collection of gamcha-based fashion apparel, an experimental project using typical gamchas and taant sarees from Sirajganj.

Notable among his collection are sarees, skirts, women's tops, kaftans, hoodies and more, making the set suitable for both casual wear and more polished, urban styles, for both men and women. Paired with jeans or styled as a statement piece, these outfits can easily transition from day to night, making them a practical yet trendy choice.

The charm of gamcha-based fashion lies in its vibrant colours, breathable texture, and eco-friendly nature. "I've used cotton, as both gamchas and taant favour it, and I have been careful to include vibrant colours such as mustard, red, maroon and green, to stay true to the preference of the natives of our country.

Simple and profound, the gamcha does more than just add a deshi verve to modern outfits. A nod to the local weavers and artisans who have upheld this age-old tradition for so long, the gamcha helps preserve Bangladesh's textile heritage, while also encouraging a move toward more ethical and sustainable fashion choices. The affordability of this fabric adds to its appeal, allowing people from all walks of life to enjoy this exciting trend.



By Munira Fidai
Photo: Adnan Rahman
Model: Tuba
Wardrobe: Warez
Styling: Sonia Yeasmin Isha
Makeup: Sumon Rahat



#FASHION & BEAUTY

In the sartorial world, checks have a special significance. They are forever in fashion, always loved and appreciated. From children's school uniforms to high fashion runways checks are everywhere and how!

CHECK IT OUT A timeless tradition *with* a modern twist

Gamcha is a handloom weave produced locally by skilled artisans. Sustainable, durable, and comfortable it is used and loved in one form or the other by us. While the textile was predominantly used as a bath towel by the masses, Bibi Russell — a Bangladeshi fashion model and designer — revolutionised gamcha by fashioning it as sarees, shirts, skirts, dresses, etc. She reimagined this textile into fashionable garments that will appeal to local and international tastes and elevate the humble fabric from its pastoral roots to international runways.

Russell's incredible vision set the tone for gamcha to be considered a fashionable fabric, inspiring designers to create remarkable pieces from it. And why not? A beautifully crafted, sustainable fabric that has a minimal carbon footprint while providing livelihood to artisans deserves to be celebrated and appreciated by Bangladeshis and a global audience equally!

Designers in Bangladesh adore checks for their versatility. A check kurta is comfortable and keeps one cool in this scorching heat. While blue and red are classic combinations for grameen checks, designers are experimenting with vibrant colours to create exciting new looks!

Think of a parrot green skirt set

with orange patchwork, perfect for get-together with friends or a day trip. A mustard high-low dress is incredibly stylish and looks great on our rich skintones. A black check kurta with a red border will be extra special paired with a black skirt and is the perfect dress for a date night!

For the men, check fatuas and kurtas have always been a favourite. Check pants look stylish and comfortable in the heat. What's more, they can easily double up as office wear and also for after-office hours when meeting friends or informal parties. A coatee with white panjabi is all the rage now. They look great in exciting hues like orange, peacock and royal blue.

Checks are timeless, versatile, and deeply rooted in Bangladeshi tradition. They have now evolved into a symbol of both comfort and style. Whether you are dressing up for a casual day out or a special occasion, checks are a must-have in your wardrobe, combining sustainability with an undeniable flair!

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Tuba, Nihaf
Wardrobe: Warez
Styling: Sonia Yeasmin Isha
Makeup: Sumon Rahat



Who needs Michelin stars? Serve these dishes and get ready for rave reviews!

Cooking is more than just preparing food—it's a way to connect with flavours, cultures, and special moments. Whether you are hosting a dinner party or whipping up a quick meal for the family, the right recipe can turn any occasion into a memorable one. This collection of dishes brings together a variety of tastes from the nutty crunch of a stir-fried salad to the aromatic richness of traditional mutton rezala. With easy-to-follow steps and ingredients that bring out the best of each dish, these recipes are sure to impress.

Hariyali Chicken Ingredients

400g boneless chicken breast
3 tbsp thick curd
2 tsp lemon juice
1 cup coriander leaves
1 cup mint leaves
½ cup spinach leaves, chopped
1½-inch ginger piece
6-8 cloves garlic
4-5 green chillies, thinly chopped
½ tsp red chilli powder
2 tsp coriander powder

1½ tsp garam masala powder
1 tsp mustard oil
2 tbsp cooking oil
Salt to taste

Method

Wash the chicken breast and cut into medium-size chunks. Apply salt, mustard oil, lemon juice, and red chilli powder on the chicken pieces and keep aside for 10-15 minutes. Combine the coriander leaves, spinach, mint leaves, ginger, garlic, and green chillies. Grind into a smooth paste. Now, add curd and spices. Coat the chicken pieces very well in it. Cover the marinated chicken and keep it aside at least for 20 minutes.

Soak the wooden skewers in normal water for about 4-5 minutes. Apply some oil on the skewers and arrange the pieces of chicken onto the skewers. Spread some more oil on top of the chicken pieces.

Preheat the oven to 350° F for 5 minutes and place the skewers in the oven. Leave to grill for about 15-18 minutes. Keep checking and turn the skewer sticks to cook evenly from all sides. Grill until the chicken is well done.

Mutton rezala Ingredients

1 kg mutton rezala
1 tbsp garlic paste
½ tbsp ginger paste
½ tbsp beresta
½ cup ghee
5 to 6 pieces dried chilli
2 tbsp garam masala
½ cup poppy seeds
Sour yoghurt
1 tbsp cashew nut paste
½ cup milk

Method

Wash the meat with salt water, drain the water then marinate with yoghurt for half an hour. Heat the ghee and add garam masala, garlic paste, ginger paste, dried chilli paste, poppy seed paste, and cashew nut paste, and simmer for some time. Add meat with yoghurt; then pour on the milk and add the beresta.

Pour hot water, then put the lid on the pan and wait till the meat boils. After the meat is cooked and the ghee separates from the meat, add sugar, lemon juice, green chilli, plus beresta. Then take it off the flame.

Sandesh Ingredients

1 cup liquid milk
1 cup powdered milk
¼ tsp green cardamom powder
¼ sugar cup
1 tsp ghee

Method

Take a non-stick pan, pour out liquid milk and stir well in medium flame. Wait till the mixture boils. Add sugar and cardamom powder and stir well on medium flame. Add ghee and mix well. Add powdered milk. On medium-low heat, stir constantly until the mixture is very sticky and a mass pulls away from the bottom and the sides of the pan.

Remove from heat. Take a mould and brush ghee. Pour the mixture into the mould and press it.

Add nuts and refrigerate for two hours. Cut into pieces (rectangular shape) as you want and serve.

Photo: Shahrear Kabir Heemel
Recipe: Star Lifestyle Archives
Special thanks to Amari Dhaka for the food preparation and styling



#DECOR

TURN THAT TRASH INTO TREASURE

5 upcycling projects your mother would be proud of

In a world brimming with items too often discarded, upcycling — the process of transforming waste materials or unwanted products into new materials to be of greater quality — presents a wonderful opportunity to breathe new life into what many would consider trash. Taznur Hoque Tonni, a content creator, exemplifies this ethos: “I’ve had a unique appreciation for art and craftsmanship. This passion drives me to transform discarded and unused objects into something new.”



Here, inspired by Tonni’s philosophy, are 5 inventive ways to transform everyday throwaways into charming and stylish home décor.

Mini gardens in glass jars

Tonni sees potential in the simplest items: “When I see an old glass bottle, I imagine placing a couple of flowers in it to create a simple, elegant decoration.” To expand on this idea, consider creating a glass jar terrarium.

Clean out old jars and layer pebbles, charcoal, and soil inside. Plant small ferns or succulents, and you’ve got an eco-friendly piece that adds a touch of greenery to any space. As Tonni advises, use what’s available — perhaps a jar that once held your coffee.

Painted stone décor

While wandering outdoors, Tonni is inspired by the shapes of stones: “I begin to wonder — does this one look like a flower, a bird, or perhaps a house?” Collect stones and paint them to resemble various natural elements.

These can be used as paperweights and garden decorations, or whimsical additions to a child’s play area. It’s a simple project

celebrating nature’s random beauty, turning ordinary pebbles into decorative treasures.

Upcycled planter for indoor greens

Incorporating plants into home décor can dramatically alter the ambience of a room. Tonni suggests using repurposed containers for this purpose: “You can even paint an old discarded container and use it to grow a money plant, giving both the plant and the container a new life.” This approach not only recycles but also introduces vibrant life into your home, fulfilling both aesthetic and practical roles.

Ocean-in-a-bottle centrepiece

Tonni shares a delightful project idea that captures the essence of the sea: “Bottle-Filled Seashore: Take a clear glass bottle, fill it with a layer of sand, and then place small shells, conch, or pebbles on top. Next, fill the rest of the bottle with water, mixing in a little blue dye to give it the look of the ocean.”

This mini ocean-in-a-bottle can serve as a peaceful and beautiful centrepiece, bringing a bit of the beach into your home.

Custom mirror with clay frame

Mirrors enhance the sense of space and light in a home, and creating a custom frame can add a personal touch. Tonni recommends crafting a frame from clay, allowing for a fully personalised design.

“If you have a small or medium-sized mirror lying around, you can craft your own custom frame using clay.” This DIY project can reflect your personal style and is perfect for those looking to add a unique element to their living spaces.

Upcycling is not about saving money or decorating your home uniquely — it’s also about reducing your carbon footprint and making an environmental statement. As Tonni cleverly concludes, “If you want to start your DIY décor project with recycled materials, all you need is a desire to create and a love for the process.”

Embracing this mindset not only promotes sustainability but also allows you to infuse your living space with creativity and personal flair.

By Ayman Anika
Photo: Taznur Hoque Tonni

#TRAVEL

FEELING ADVENTUROUS?

Explore the beauty of Shapla Beels — Your Instagram will thank you!



Seeking a break from the mundane routine or simply craving a treat for your eyes? Now is the perfect time to visit your nearest shapla beel. Around this time of the year, the water lilies or shapla bloom beautifully across ponds, lakes, and other water bodies. While they can be seen across many places in the country, some spots stand out for their unmatched beauty. Beyond the aesthetic value, the presence of lilies symbolises life returning to these water bodies after the dry season, making it a time of renewal for the surrounding communities.

Here, we will explore five stunning shapla beels that are a must-visit.

Satla Beel, Uzirpur, Barishal

Picture a vast marshland stretching out like a sea, only here, instead of waves, the surface is covered with thousands of blooming red water lilies and green lily pads.

Located just 60 kilometres from Barishal city, from late autumn to mid-autumn, Satla Beel transforms into a breath-taking sight that's hard to forget. During this season, a large number of locals in Satla village cultivate shapla flowers as part of their livelihood.

To reach Satla beel from Barishal, take

a bus to Shikarpur and then hire an auto to North Satla, or take a

Bangladesh-India border, creating a magical backdrop of hills bordering the vibrant kingdom of shapla.

Visiting Dibir Haor not only offers the beauty of blooming shapla but also a

Jaintapur, then continue past the Border Guard Bangladesh (BGB) camp and follow the unpaved road.

Norait Beel, Kapsasia, Gazipur

If you are overwhelmed by the hustle of Dhaka and need a peaceful escape, Norait Beel in Kapsasia, Gazipur, will offer you a quiet haven with thousands of shapla forming a blanket on the water's surface. If you drift through the beel by boat, surrounded by shapla, the soft calls of birds and the stillness of the water will create a sense of calmness, rare to our usual urban life.

According to locals, Norait Beel has nine distinct angles, and the vast water body stretches across them all, offering a view perfect for those looking for unwind escape, within a short distance from the city's chaos.

To truly experience its beauty, visit in the early morning when the lilies open with the first light, casting a mesmerising glow over the water. Travel from Kapsasia to Amraid Bazar, then continue via Jalpaitala to Panchua village to reach Norait Beel.

Goradighi Beel, Kgati, Netrokona

With countless shapla blooming across the water, Goradighi Beel located in Nariapara village, Kaliara Gabragati or Kgati union in Netrokona, spans across a vast expanse of land. Aspirants from nearby places come throughout the day to enjoy the sight of shapla, often opting for a boat ride to get closer to the scene.



direct bus from Nathullabad.

Dibir Haor, Jaintapur, Sylhet

Dibir Haor in Jaintapur upazila of Sylhet is formed by four interconnected water bodies — Dibi Beel, Yam Beel, Harafkata Beel, and Kendri Beel. These are located at the foothills of the Meghalaya on the

captivating view of migratory birds like pintail ducks, herons, and kingfishers etc. creating a striking sight as if it has been decorated to welcome the guests.

To reach shapla beel from Sylhet, take a bus, Laguna, or CNG-powered auto-rickshaw, along the Sylhet-Tamabil Road to

Reaching the beel is also quite easy, just a 9 km journey from Netrokona town to Nariapara village by auto, CNG, motorcycle, or even a rickshaw! The blooming season is short, so be sure to visit during the prime months when the shapla flowers are at their peak, transforming the beel into an astonishing landscape.

Rupganj Shapla Beel, Narayanganj

Shapla Beel in Shimulia village of Rupganj is another short-distance escape from Dhaka city. If you visit this beel, you will find the rare sight of lotuses blooming alongside

three different types of shaplas, offering a more diverse experience.

In addition, its proximity to Zinda Park and a nearby resort makes this spot especially appealing, offering not just a destination for shapla enthusiasts but a full-day outing for families or groups. To get there, catch a ride to Kanchan Bridge from Kuril bus stop and take a short auto-rickshaw ride to Shimulia village. The simple journey is well worth it for a budget-friendly retreat just outside the city.

By Rehnuma Shahreen

Model: Moon

Photo: Syed Mahrab Hossain



◆ HOROSCOPE ◆



ARIES
(MAR. 21-APR. 20)

Engage in competitive activities with friends. Focus on improving your health. A lack of support has been your main challenge. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Avoid going places your partner suggests if you'd rather not. Prioritise important tasks. Travel should be on your agenda. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Home disputes may be unavoidable. Seek help to finish projects. New romantic partners may arise through group activities. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)

Handle situations with institutions carefully. Someone at home may be unhappy, but there's little you can do. Take your time with decisions. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Someone unexpected may betray you. Spending on unnecessary items could upset your partner. Personal uncertainties are likely. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

A two-faced co-worker may cause issues. Finish pending changes to your residence. Carefully consider travel opportunities. Your lucky day this week will be Thursday.



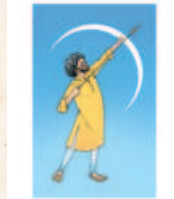
LIBRA
(SEP. 24-OCT. 23)

Don't let your partner take advantage of your kindness. Be cautious with investments. Focus on domestic responsibilities to avoid disappointment. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

Helping others may inspire further education. Use your charm to impress others. Expect changes at home that could pose challenges. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Consider either your independence or following your partner's wishes. Be open in group situations. Short trips can lead to accomplishments. Your lucky day this week will be Thursday.



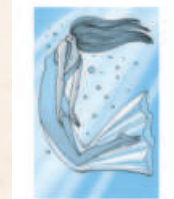
CAPRICORN
(DEC. 22-JAN. 20)

Use your willpower to break bad habits. Investigate hidden concerns before making big commitments. Romantic opportunities may arise through friends. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Be gentle with your partner; build on friendship first. Home uncertainties may create tension. Make plans for home renovation. Your lucky day this week will be Monday.



PISCES
(FEB. 20-MAR. 20)

Consider starting your own business. Your ability to connect with others will help achieve goals. Don't let others push you into agreements. Your lucky day this week will be Saturday.



নতুনমানে,
নতুনরূপে

বিডিটিনা

ফেস ওয়াশ

Healthy Glowing Skin - এ
আত্মবিশ্বাসী আমি



বিডিটিনা ফেস ওয়াশ ১০০মি.লি. সাথে

৪৫ গ্রাম

এএম, পিএম, হারবাল টুথপেস্ট

মাত্র ১৯০/= **ফ্রী**



#FASHION & BEAUTY

When less is more

7 basics of maintaining perfect skin



Feeling overwhelmed by skincare routines? Don't worry—sometimes, less really is more. By mastering a few key habits, you can keep your skin healthy and radiant without spending hours in front of the mirror. A consistent skincare regimen, combined with a healthy lifestyle can slow the signs of ageing and enhance your natural glow.

Here are 7 essentials to help you achieve that flawless skin.

Sun protection

Sun damage, including wrinkles and age spots, may develop over the course of a lifetime. Hence, always use a high-SPF sunscreen and reapply it every two hours for maximum protection. If you can help it, stay out of the sun from 10 AM to 4 PM when it is the hottest. You may also cover yourself with long-sleeved shirts, trousers, and wide-brimmed caps.

Face cleansing

Always wash your face after sweating, before going to bed, and upon waking up. Morning cleansing eliminates dirt and germs from your face early on. Additionally, you should

take off your makeup and any dirt that may have gotten on your skin before going to bed. So, your skin stays clean and does not build up residue that might create serious blemishes.

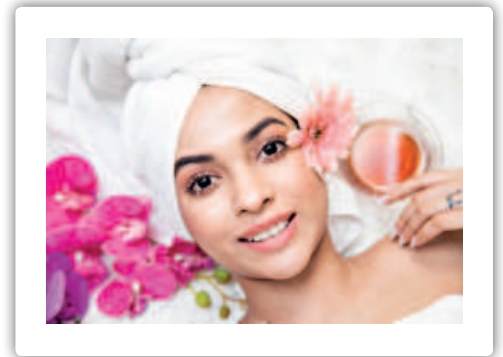
Deep moisturising

Moisturizing after washing your face daily can help all skin types. Maintaining a moisturised face may assist in regulating the production of sebum and protecting the skin from the damaging effects of the environment. In every instance, your skin type will dictate the best moisturiser to use.

Hands off face

Through the act

of touching your face, you are transferring dirt, bacteria, and oil from your hands. Therefore, it is preferable to not touch the face often. Moreover, as picking, popping, or squeezing acne may cause scarring, you should avoid doing any of these things with your hands or other tools.



Balanced diet

A good diet improves appearance and health. Therefore, a diet rich in fresh produce, whole grains, lean meats, and eggs is essential. Some studies show that a diet high in fish oil or fish oil supplements and low in harmful fats and processed or refined carbs may improve your skin. So, it is wise to follow a diet that balances all nutrients in adequate amounts.

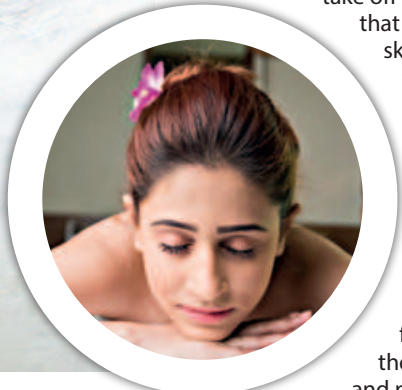
Skin hydration

Water is essential for every cell in the body. Because skin cells are so exposed to the outside world, they might be more susceptible to dehydration. Consuming water at regular intervals throughout the day may assist in maintaining the health of the skin cells. This ensures good elasticity and glow of the face.

Stress management

Skin sensitivity, acne, and other skin issues may result from unmanaged stress. Taking action to control your stress may promote good skin and a healthy frame of mind. So, get adequate sleep, establish limitations, reduce your to-do list, and plan time for hobbies. You may be surprised by how drastic the outcomes are!

By Samayla Mahjabin Koishy
 Photo : LS Archive/
 Shahrear Kabir Heemel



প্রকৃতির স্পর্শে
 যত্ন প্রতিদিন

Natura Care Limited
 pure for you

