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A man, a journey, a SEASON...

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MIRPUR'S KEBAB PLACES

PHOTO: TAREK MAHMUD
LOCATION: BAU, MYMENSINGH

Winter trips are great... Until you realise you forgot these essentials

There is something magical about day trips during winter until you realise that there are a number of things you will need to be mindful of. Sure, you do not need to worry about the heat or sweating and that itself is a very charming proposition but you would still need a few essentials that will make sure that the trip goes as smoothly as possible.

Appropriate layers

We know Dhaka winters are not as cold as their Western counterpart but that does not mean you do not need proper layers. Plus, the wind can be really nasty during day trips. So, we would recommend a jacket with a comparatively thin layer of sweater underneath it.

A beanie

Sunlight, although scarce, would still be a prevalent theme in your day trip. Couple that with cold wind and suddenly a beanie seems like an absolute lifesaver. Not only will it protect your hair from the sun, but



also your ears from the cold wind. A win-win!

Boots and socks

Good footwear can carry you a long way during a day trip and boots are ideal for winter. Couple that with a funky pair of socks that's visible through the fold of your pants and you are bound to be the most fashionable person on the trip.

Gloves

Keeping your hands warm during winter is just as vital as keeping the rest of your body warm. Winters outside of Dhaka can get notoriously cold and honestly cold hands can be really uncomfortable.

Chapstick

If there is anything more annoying than

cold hands, it's chapped lips. They are uncomfortable, they hurt, and they make you look bad. A tiny chap stick will create a world of difference.

Moisturisers

Moisturising is more vital during winter than at any other time of the year. A pocket-sized moisturiser is exactly what you need to prevent your skin from drying up too much.

Sunscreen

Just because the sun is covered up, does not mean it's not there. Harmful UV rays are always present so keeping sunscreen on you would be handy for everyone on the trip.

Thermos

No winter trip is complete without tea and you should always have some on you in your trusty thermos.

Blanket

Winter and blanket, just thinking about it makes you feel warm. A blanket would honestly be your best friend during the trip and you can wrap yourself up unapologetically and be cosy whenever you want.

Power bank

An essentials list will not be an essentials list without a power bank. It's an absolute godsend as it gives much-needed juice to your devices when you need it the most. Everyone on the trip would thank us for this entry.

By Irfan Aziz

Photo: Tarek Mahmud /Collected





ALOE VERA ও COCOA BUTTER সমৃদ্ধ

Beautina SKIN LOTION

১টি ম্যান্ডালিনা সোপ ফ্রী

HEALTHY তুকে আত্মবিশ্বাসী আমি। আর আপনি?



১টি ম্যান্ডালিনা সোপ ফ্রী

HEALTHY তুকে আত্মবিশ্বাসী আমি। আর আপনি?

*বিউটিনা বডি লোশন ২০০মিলিলি এর সাথে ম্যান্ডালিনা সোপ ৭৫ গ্রাম এবং বিউটিনা বডি লোশন ১০০মিলিলি এর সাথে ম্যান্ডালিনা সোপ ৫০ গ্রাম ফ্রী। 

#HEALTH & FITNESS

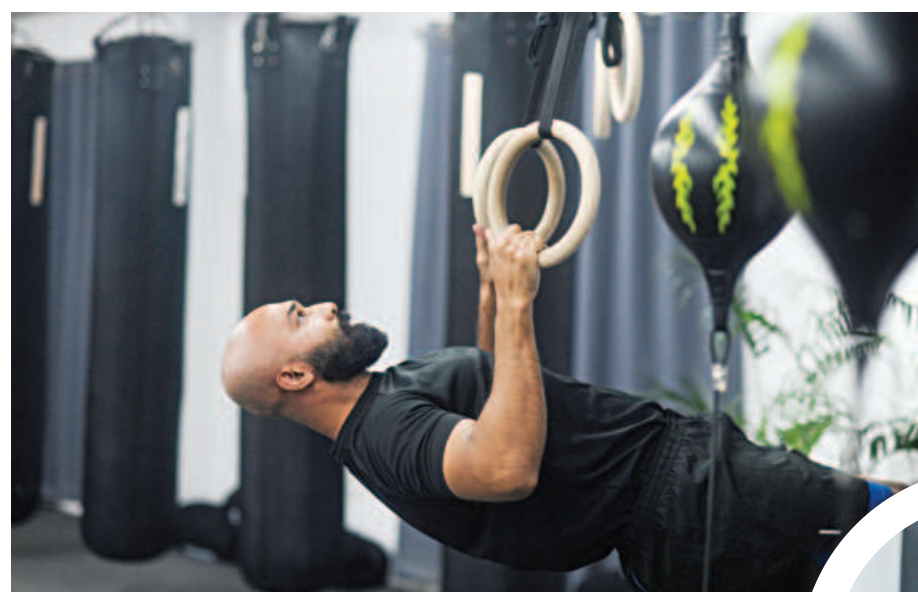
Punching through barriers: Why kickboxing is becoming Bangladesh's new fitness craze

Have you ever wanted a workout that challenges your body, sharpens your mind, and builds confidence beyond the gym? Kickboxing offers all this and more, combining fitness with self-defence. With studios popping up across Dhaka and beyond, kickboxing is becoming more than a trend – it's a lifestyle that prepares you for life's physical and mental challenges.

To explore the benefits of kickboxing and the reason for its growing popularity in Bangladesh, we recently spoke with Minhaz Remo – a certified strength and sports nutrition coach, a 2nd-degree black belt in ITF Taekwondo, and the Founder and Head Coach at Functional Performance.

A journey of strength and resilience

For some, the path to kickboxing is not just about fitness. It's equally about transforming adversity into strength – for example, the journey of Remo, whose story



"Now, I work with clients who suffer from chronic pain, using my knowledge to enhance their lives," he shares.

Remo's journey is just one example of how kickboxing goes beyond physical training – it fosters mental resilience and a commitment to growth.

"While I may not be a superhero, I use my skills to teach others how to defend themselves and regain their confidence. Kickboxing isn't just about fighting; it's about understanding, adapting, and thriving against all odds," Remo says.

The benefits

Kickboxing is a full-body workout that

and bone density as practitioners age. This makes it invaluable for long-term health and resilience.

In a society where personal safety is often a concern, kickboxing empowers individuals with practical self-defence skills, especially women.

"While training, you're not just working out; you're preparing your body to be strong, agile, and capable," Remo opines. The confidence gained from knowing how to defend oneself is a unique and lasting benefit.



is one of resilience.

"I've always seen myself as a product of my experiences," Remo adds, "Bullying during my early years pushed me towards starting a wellness journey at 14. I was skinny and sensitive, making me a target, which deeply affected me. It was then that I vowed to never let myself be seen as weak again."

Driven by this promise, Minhaz Remo trained in Taekwondo, ultimately achieving national championship titles and representing Bangladesh in the sport. His journey did not stop there. Remo transitioned to kickboxing, searching for a more intense form of self-defence and competition.

"Kickboxing introduced me to sports science and corrective exercise therapies," he recalls. After suffering a serious wrist injury, Remo's time away from the mat allowed him to deepen his understanding of training, eventually developing his curriculum to help others overcome physical limitations.

blends strength, agility, and endurance. Remo explains the multi-faceted benefits: "Kickboxing demands strength, conditioning, and precision – anything less is an insult to the combat sport itself. It challenges you to hone specific skills on a technical level."

Practising movements with precision builds hand-eye coordination, reflexes, and spatial awareness, pushing practitioners to remain mentally sharp. Moreover, it develops full-body functional fitness, helping to maintain balance, agility,

connection and how to move in response to my surroundings."

Rubama's experience captures the core of kickboxing's appeal: it's a training regimen that's not only physically demanding but also deeply transformative on a mental level. As more people embrace kickboxing, studios across Dhaka have opened classes that cater to various experience levels.

These classes are attracting students, young professionals, and seasoned fitness enthusiasts who are inspired by the multifaceted benefits of the sport.

The future

The prospect of kickboxing in Bangladesh is bright, with ample opportunities for growth and professional development. A larger public demand for trained kickboxing coaches is likely as interest rises with increasing numbers of local trainers seeking international certifications to provide high-quality instruction.

This is essential, as Minhaz Remo notes, to foster the sport's potential and promote safe, effective training.

Adding kickboxing to school and university physical education programmes could accelerate its growth, exposing students to the sport early on. Additionally, televising kickboxing events could inspire a broader national audience, positioning the sport as a staple in Bangladesh's fitness landscape.

Despite the positive growth, kickboxing faces challenges, including misconceptions about safety. Some may be sceptical about injury risks, but as Remo highlights, "Kickboxing is safe when practised under the guidance of a skilled coach and with proper equipment."

With a focus on safety and a commitment to spreading accurate information, kickboxing studios in Bangladesh can overcome these hurdles.

"The beauty of the sport is its ability to meet diverse fitness goals," Remo says. This flexibility is crucial as more people look for workouts that align with their lifestyles and needs. "Kickboxing is a comprehensive training regimen that prepares you for the challenges of life, both expected and unexpected," Minhaz Remo concludes.

By Ayman Anika
Photos: Shadab Shahrokh Hai

TECNO SPARK 30 Series debuts TRANSFORMERS Edition in Bangladesh, bringing superior performance and bold design

Innovative technology brand, TECNO announces the debut of its latest smartphones, the SPARK 30 Series.

Featuring a dynamic line-up of two models including the exciting SPARK 30 Series TRANSFORMERS Edition, this brings revolutionary durability and playability. With 5-year guaranteed lag-free performance, it boasts more immersive audio-visuals, an incredible main camera, and much more.

The SPARK 30 Series features a special TRANSFORMERS Edition, under license by TRANSFORMERS brand from leading toy and game company, Hasbro, made up of SPARK 30 Pro Optimus Prime Edition and SPARK 30 Bumblebee Edition.

Powerful in performance including iconic TRANSFORMERS elements, these devices deliver iconic design, entertainment, and interaction like never before.

Creating Seamless Fluency and Durability Assured by a 5-year Lag-free



Commitment

The SPARK 30 Series gives users long-lasting value for money. Certified by TÜV Rheinland, SPARK 30 Pro offers an incredible 5-year lag-free operation, standing out as a must-have device for a seamless experience.

Making everyday use even smoother, the Series is equipped with exceptional battery capacity, impressive storage and powerful performance, with battery health at 80 per cent plus enduring after 1,000 charge cycles.

The SPARK 30 Pro's convenient 33W Fast Charge offers three intelligent charging modes and can charge the device from 0-100 per cent in approximately 70 minutes.

The SPARK 30 Series offers up to 128GB+16GB (8GB Extended RAM) storage with a system slimming feature that frees up ROM space. The SPARK 30 Pro is

powered by the latest MediaTek Helio G100 processor.

The 4.5G Lightning Network on SPARK 30 Pro delivers speeds up to 100 per cent faster than 4G, with download speeds reaching up to 300Mbps.

Leveraging its exceptional performance, the SPARK 30 Series demonstrates power and durability akin to that of the formidable TRANSFORMERS robots!

Inspiring with a Design Rebirth Full of the Transformers' Visual Splendor

Complementing its ultimate performance, the TECNO SPARK 30 Series features a trendy, sleek, and tech-infused design. The SPARK family's signature large circular design is now enhanced and refined for a more streamlined appearance.

With a 7.4mm ultra-thin body, the SPARK 30 Pro embraces the emerging minimalist technology trend, bringing an

unprecedented grip experience in hand.

Taking inspiration from the unstoppable TRANSFORMERS robots, Optimus Prime and Bumblebee, the SPARK 30 Series TRANSFORMERS Edition infuses technology with a Cybertronian-inspired design texture.

The integrated DECO design is crafted with a metallic sheen and precision colour coordination, adding a vibrant look while paying homage to the resilience of the iconic characters.

Additionally, the edition debuts a customised TRANSFORMERS interface bringing the iconic world to life.

Captivating Audio-visual Entertainment Experience

The SPARK 30 Series creates an immersive entertainment space for users through vibrant audio-visual experiences. The SPARK 30 Pro, which features a 120Hz AMOLED Eye-care screen recognised by TÜV certification, delivers vivid images while providing an eye-friendly experience.

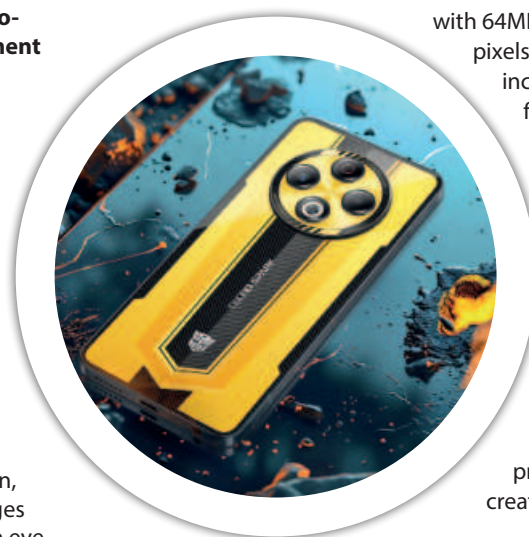
The 100 per cent full-link DCI-P3 cinema-level colour gamut and 10-bit colour depth bring a broader colour range and more accurate colour expression for entertainment.

On the audio front, the SPARK 30 Series provides symmetrical stereo sound. With Volume Plus 2.0 algorithms and a Dual Speaker, the SPARK 30 Pro delivers up to 300 per cent full-scene louder volume for an immersive sound. The addition of Dolby Atmos and Hi-Res certified speakers significantly enhances entertainment quality.

On the camera front, the SPARK 30 Pro boasts a 108MP main camera, complemented by 3x lossless zoom and 10x digital zoom, delivering finely tuned images no matter the distance. The SPARK 30's SONY IMX682 Main Camera with 64MP, offers larger pixels, greater detail, and increased cropping flexibility.

Equipped with TECNO AI, the SPARK 30 Series offers an array of advanced AI-driven features, including AIGC portrait, AI Eraser and AI Artboard, enhancing your productivity and creativity.

The **SPARK 30 Pro** (available in **Optimus Prime Special Edition** and **Obsidian Edge**) and **SPARK 30** (available in **Bumblebee Special Edition** and **Stellar Shadow**) are priced at **BDT 20,999/-** and **BDT 17,999/-** (VAT applicable), respectively.



Dhaka's best budget buys for men's winter wardrobe

Winter is almost here and this is one reason to rejoice. For Dhaka's fashionistas, it is that time of the year when styling is not only fun but also affordable. Gone are the days when we heavily relied on imports to meet our winter needs. In recent years, local brands have been offering affordable, high-quality winter wear that is perfect for the country's climate. This has not only contributed to the domestic economy but also allowed customers to choose locally produced, stylish options over foreign products.

The city's vibrant markets and malls are now bustling with new, winter collections and here's a roundup of budget-friendly options that can help re-invent your wardrobe with cosy, seasonal essentials.

Blazers: Style meets warmth

A blazer is a popular choice during winter as it offers comfort and at the same time keeps you prepared to make a polished impression. Wear it with a starched shirt and pants on a formal occasion or pair it with a polo shirt and jeans — keeping the style quotient high in a casual look.



Sweaters, sweatshirts, and hoodies: Casual essentials

Once a winter staple, sweaters now take a backseat as the chilly season neither lasts long nor is cold enough. However, they are necessary for events that require a more refined approach. Perhaps, a middle ground between a suit and a sweatshirt!

Although designed to give a more casual look, sweatshirts have also crossed fashion boundaries as they are no longer limited to morning walks or evening jogs. For a trendy, athletic look, throw some joggers with your oversized sweatshirt — this is for those who want to keep things simple while staying comfortable.

Sweatshirts are easily available from local shopping malls and online stores. Prices start from as low as Tk 300! If you are looking for sweaters, you must have a slightly higher budget.

Hoodies offer the perfect mix of comfort and flair. No wonder they are must-haves for younger fashion enthusiasts. Whether hanging out with friends or running small



Elephant Road, Gulistan Stadium Market, and Nannu Market offer an array of blazers at prices ranging from Tk 1200 to Tk 3000, while high-quality branded options start around Tk 3000. It would be wise to do some research online before making the purchase.

Shawls: Wrapped up in tradition

Wearing a shawl over a panjabi or fatua has been a signature look for men and women since forever! They add a traditional touch to winter attires, perfect for festive gatherings or social events. Whether adorned with floral patterns or geometric motifs, a shawl reflects our rich heritage and keeps you snug.

Local markets offer shawls starting at Tk 500, with prices varying based on material and craftsmanship. If you do not mind street shopping, you can get bargain deals while looking for trendy shawls.

Jackets: Ready for anything

Versatile, trendy, and essential in Dhaka's winter fashion scene; from classic bombers to cool denim and classic leather, jackets bring an edge to any winter outfit. Local gems like Bongobazar, New Market, and Mouchak offer jackets at prices starting from Tk 500, with branded options beginning at Tk 2000 for those looking for an upgrade.

errands during the chilly days and nights, a hoodie provides a comfortable fit.

Shopping centres, branded shops, and online stores stock hoodies with prices starting from Tk 400, making them an affordable choice for winter.

Tips: If you know how to haggle, getting bargain deals via street shopping should come naturally to you. If you however are not a seasoned haggler, perhaps sticking to local branded shops will be your best bet. It is still possible to make great buys from malls scattered in and around the city, provided you know how to negotiate prices. Branded shops usually offer fixed price rate but do come with the added benefit of customisation when necessary. Plus the rate offered at the local brand shops are quite affordable considering the circumstance that the products bought are for long term use.

So, the bottom line, make an effort to learn how to deal like a pro. That way, not only can you get affordable deals but also make a style statement without a single dent in your bank account.

By Jawwad Sami Neogi

Photo: Blazers from Richman, LS Archive Sazzad Ibne Sayed – Twelve Clothing





SAREE styling with a twist



COVER STORY

At long last the most awaited season of the year is upon us. That hint of chill in the air, days of mellow sunshine, and long magical nights are what we pine for all year and rightly so! Indeed there is something so special, so wonderful about winter in Dhaka that only Dhakaites know and understand. And boy do we like to celebrate in style! Magnificent weddings, parties, dinners and brunches keep our social calendars buzzing, and we turn out in our festive best without fail.

during that time, emulated this genius design. Short jackets fashioned from fabrics like silk, brocade, and Jamewar, embellished with zardozi and zari embroidery, are worn with sarees of one's choice. An old traditional style, still remarkably relevant and adored by designers in our subcontinent, is a testament to the fact that timeless pieces are revered and loved forever.

Aishwarya Rai immortalised this style in the sartorial sensation of a movie, Devdas, which is a study in style in itself. Pair a katan saree with a jacket blouse, with the anchal either draped in the front or the back. Wear your hair in a low bun with marcel waves and voila!

Legendary Indian designer, Rohit Bal passed away recently, leaving behind his greatest contribution to fashion — long, embroidered jackets worn with a saree. It makes a fantastic statement and is elegant in the best sense of the word.

A velvet jacket with heavy embroidery is undeniably an investment piece and is a gift that will keep on giving. Pair a navy jacket with a maroon velvet saree, or a white Georgette saree with an emerald jacket. It will look stunning either way. Put your hair up in a bun and throw in some stunning chandelier earrings for those magical nights.

Stylish ladies of our subcontinent have always favoured cardigans as a lighter option to keep the chill away while looking sophisticated. Our mothers and grandmothers paired demure cardigans in soft shades such as ivory, peach, or pink during winter days with delicate chiffon sarees, looking lovely and pretty. What an amazing turn of course it is that we, women of modern times keep going back to the archival styles, reinventing them and making them our own!

For daytime brunches and ladies' lunches cardigans and shawls are perfect. Chiffon and georgette sarees worn with a coordinated cardigan are absolutely beautiful. A Devonshire cream cashmere shawl draped delicately around your shoulder over your salmon pink saree will keep you warm and cosy as you sip on your smoky earl grey at your friend's afternoon tea party, the pearls around your neck and diamonds on your ears glistening and glinting in the soft rays of sun in the late winter afternoon!

By Sabrina N Bhuiyan
Photo: LS Archive/ Sazzad Ibne Sayed





#FOOD & RECIPES

Is Mirpur's Kallu and Shawkat kabab worth the hype? Here's what I found

Did you know 87 new kebab shops open in Dhaka daily? Yeah, that's a lie, but for a second, you believed it because there's no getting around the fact that the number of *insert name* Kabab Ghors in the city is astounding these days. That was not the case in the past, with kebab places few and far between.

My overdue visit to Selim Kabab Ghor at Mohammadpur caused quite a stir amongst my known associates. While I tend to ignore the uninformative "I have had better," or "They aren't the same anymore," there were some who came up with actual recommendations for places that they maintain taste better than the popular Mohammadpur store.

And so, it was time to push the proverbial boat back out and embark on another fact-finding mission. The destination this time? Mirpur's own Kallu Kabab Ghor and Shawkat Kabab Ghor.

In the heart of Benaroshi Polli: Shawkat Kabab Ghor

Just off the Mirpur 10 Metro Rail station and a Tk 30 rickshaw ride away lies this 56-year-old establishment. The shop's atmosphere and seating arrangement can be best described as "gloomy," so maybe do not go there dressed to your nines. Also, the store is always crowded, so be prepared to share tables with other diners.

I was told that the two "musts" I have to try are their chaaps and something called "brain chop". So, that's what we ordered, along with the beef sheekh kebabs, which were basically boti kebabs. I was slightly



disappointed, but regardless, I went in with an open mind.

Sorry friend, and whoever else recommended this place, but the kindest thing I can say is it's average. The chaaps lack the spice kick, the addictive aroma, or the finely fried texture of the meat. And I already knew the boti kebab/sheekh kebab hybrid thing would not hold up, and it did not, so no surprises there. Even the unique brain chop did not hold up, according to my friend (Disclaimer: I don't eat offal).

Well, that "average" was not an experience I took the long trip to Mirpur for, but let's see if it's 2 for 2.

Generational Fryer: Kallu Kabab Ghor
Let's quickly dispel some misinformation

busy, they barely even registered my order.

In any case, I am sure you care more about the food than the owner's name, so let's get to that. Their menu almost completely consists of chaaps and offal, the latter being unavailable when we were there.

After an insanely long wait (35 minutes between finding a seat, and getting my order), the food was served, and there was an immediate problem. Both the chaaps were oily. And I mean oily enough to dribble out like a slowly leaking faucet. As for the taste, if you can brave through the sheer oiliness of the chaap, the chicken chaap is passable, but the beef chaap was not really up to the mark. I'd say it was a bit undercooked. As sacrilegious as it sounds, I gave up eating halfway, paid the bill, and left.

On the way home, I started to wonder whether something was wrong with me. For a sanity check, I ordered from the two decent outlets that are in my area, Kababwala and Kabab Station, because as it happened, I had guests visiting, so I just ordered extra for myself. After coming home and trying their kebabs and chaaps, I was left stunned, because A. There was nothing wrong with me, and B. These taste way better than what I went to Mirpur for.

I had hoped for a better outcome, but to summarise, no, Mirpur's bests do not pull ahead of Mohammadpur's best, and so, my prejudice remains intact. My memorable highlight for that night, it seems, was my first experience with the Metro Rail. Mirpur may have Metro Rails and Flyovers, but mind-bending kebabs and chaaps, it does not.

By Intisab Shahriyar
Photo: Intisab Shahriyar

right off the bat. You will be surprised to know (if you didn't already) that Kallu DOES NOT make kebabs, despite it being in their name, and they have not made any in at least 15 years. That automatically voids the recommendation I received for this place's kebabs. With that myth and misinformation busted, let's get to what is real. Kallu is in Mirpur 11, so from Shawkat, it was another Tk 30 rickshaw hop.

The store follows similar "aesthetics" as Shawkat, but you do have more sitting areas because this store is equally crowded, good luck finding a place to sit and eat. The person responsible for frying in the store is third generation, his grandfather started the whole business 57 years ago, which was later done by his father, and now him. I tried asking for a name, but everyone was so



#FASHION & BEAUTY

Get your kids ready for winter: Affordable and adorable fashion in Dhaka

With the advent of winter, parents in Dhaka are already on the lookout for stylish and warm clothing to keep their children comfortable. From fun pieces like printed socks, cosy sweaters, puffer jackets, etc., here's everything, from variety, to where to find them and what they cost, across Dhaka's popular shopping spots.



Printed and patterned socks

Printed socks are all the rage this winter, featuring animals, cartoon characters, and fun patterns.

Affordable and easy to mix and match, the articles typically range from Tk 50 to 150 per pair at the markets opposite Dhaka College, while branded shops offer options between Tk 200 and 300.

Themed sweaters and hoodies

Sweaters and hoodies with cartoon and movie character designs are popular

among younger children and perfect for both school and casual outings.

At Doja Market opposite Dhaka College, the prices range between Tk 300 and 800 while higher-end malls like Jamuna Future Park or Bashundhara City Mall offer slightly higher quality options from Tk 800 to 1,500.

Online pages sell similar clothes, offering comparable price points but the quality is a hit or miss in most cases.

Colourful puffer jackets and vests

Puffer jackets and vests feature high on kiddie fashion summit this season, with bright colours like red, yellow, and blue taking centre stage. Puffer jackets are available within Tk 1200, while premium jackets in malls such as Gulshan DCC

Market or Bashundhara City can go up to Tk 3,000 for higher-quality, insulated pieces.

Fleece-lined leggings and joggers

Ideal for colder days, fleece-lined leggings and joggers are comfortable and come in children-friendly, quirky prints like polka dots and animal patterns. Prices range between Tk 250 and 600 for these essentials. Imported or branded items in shopping malls start at Tk 700 and can reach up to Tk 1,500 in the peak of winter.

Bright beanies, gloves, and scarves

If last season is anything to go by, accessories such as beanies, gloves, and scarves may just be your child's best friend on a chilly morning.

You can get super cute holiday



patterns, articles with animal ears, and pom-poms between Tk 100 and 800, depending on the location of the shopping centres.

If you go street shopping, make sure you check the products for faults before buying. One can easily avoid this hassle if opting for local brands.

By Munira Fidai
Photo: LS Archive/ Sazzad Ibne Sayed

Mild winter, major style: Essential light jackets and sweaters for Bangladesh

As the end of the year draws near, the weather in our country undergoes a subtle yet refreshing transformation. Unlike the harsher winters of the north, the Bangladeshi winter is mild and short, but it has its charm, inviting people to wrap up in cosy layers and enjoy cooler days.

Whether you are a commuter navigating the busy streets of Dhaka or planning a weekend getaway in Sylhet, light winter wear will help you stay snug without overheating.

Here's a guide to some stylish and functional light winter clothing options that are perfect for Bangladesh's chilly season.

Layered light jackets: A versatile choice
Layering is key in Bangladesh's mild winter. A light jacket offers just the right amount of warmth and can be easily paired with other pieces, making it versatile for both daytime and evening use.

Choose materials like cotton blends, which allow breathability, or a thin wool layer that traps just enough heat without making you feel stifled. Denim and bomber jackets are trendy choices, adding style and practicality to your wardrobe. You can layer these over a long-sleeve T-shirt or a light sweater for added warmth.

Pro tip: Pick neutral colours like black, grey, or navy for your jackets – they go well with almost any outfit and transition



seamlessly from casual to semi-formal looks.

Shawls and scarves: The classic

One of the most beloved winter staples in Bangladesh is the shawl, often crafted from cotton, silk, or light wool.

A wool-blend shawl is both stylish and functional, keeping your shoulders and neck warm, especially during cool evenings. For those looking to add a more contemporary twist, oversized scarves in

plaid, houndstooth, or floral prints are a great choice. You can drape them around your neck or use them as a wrap – versatile, chic, and practical.

Sweaters and cardigans: Cosy yet lightweight

A lightweight sweater is essential for any Bangladeshi winter wardrobe. Cashmere-blend sweaters offer a soft feel without the bulk of traditional wool, making them ideal for a gentle winter.

For those seeking a pop of colour, vibrant reds and emerald greens can add a festive touch to your outfit, perfect for the wedding and holiday season. Cardigans are another great option; they can be easily layered over shirts and dresses, and removed as needed during warmer afternoons.

Knitwear, especially with subtle patterns, adds warmth and texture to your outfit without overwhelming you. Light sweaters and cardigans are also easily foldable, making them ideal for travel during the season.

Footwear and accessories

To complete your winter look, consider light yet warm accessories. Ankle boots or high-top sneakers work well during winter and provide added warmth. For a polished finish, lightweight gloves and beanies are handy accessories, especially for cooler mornings.

Light winter wear for Bangladesh's mild climate is all about balancing comfort with style. The goal is to layer effectively, choose breathable yet warm fabrics, and invest in versatile pieces that suit various occasions.

With the right mix of lightweight jackets, cosy sweaters, and classic shawls, you can embrace the seasonal chill without sacrificing your style.

By Ayman Anika

Photo courtesy: SaRa Lifestyle

Winter

Collection

Website

Facebook

Location

f i y

www.saralifestyle.com

Helpline: +8801885 998899

#PRESS RELEASES

Sensodyne introduces the first & only fluoridated mouthwash with sensitivity protection in Bangladesh

Sensodyne, the leading global brand in oral care, proudly announces the launch of its latest innovation, Sensodyne Complete Protection+ Mouthwash, in Bangladesh. This ground-breaking product is the first and only mouthwash in the oral healthcare category in Bangladesh to offer sensitivity protection, along with three additional benefits: cavity protection, enamel protection, and lasting freshness with a cool mint flavour.

Sensodyne aims to educate consumers on the importance of incorporating mouthwash into their daily oral hygiene routine. The new mouthwash is designed to complement daily brushing by reaching more areas of the



mouth, providing comprehensive oral health protection. Being alcohol-free, Sensodyne

Mouthwash ensures no burning sensation and reduces the risk of dental staining.

"We are thrilled to introduce Sensodyne Mouthwash to the Bangladeshi market," said Tanbir Ashraf, Country Manager and Managing Director of GSK Bangladesh. "Our new mouthwash is a testament to our commitment to providing comprehensive oral care solutions that cater to the needs of individuals with sensitive teeth. We believe this product will make a significant difference in the daily oral hygiene routine of our consumers."

Sensodyne Mouthwash is now available at leading model pharmacies, super shops,

and online stores across Bangladesh. For consumer convenience, it is offered in two bottle sizes: 100 ml and 250 ml.

Sensodyne is a globally recognised brand known for its dedication to oral care, particularly for individuals with sensitive teeth. With a range of products including toothpaste, toothbrushes, and now mouthwash, Sensodyne continues to innovate and provide solutions that improve oral health and quality of life for the people of Bangladesh.

For more information, contact: +8809678773377 or e-mail mystory.bd@haleon.com

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Your professional attitude will not go unnoticed. Consider applying for a job elsewhere. Draw up contracts regarding your personal situation. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Take care of lingering health problems. Discover love, and the desire to enjoy life. Secret affairs may come back to haunt you. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUN. 21)

Romantic opportunities will flourish through travel. Enhance your reputation through leadership ability. Contribute to groups of interest. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Business trips are not advisable. You may feel used. Opportunities to advance may require changes, possibly a move. Your lucky day this week will be Saturday.



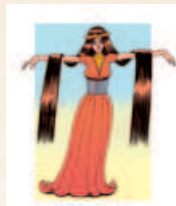
LEO (JUL. 23-AUG. 22)

Spending on unnecessary items may upset your partner. Changing attitudes may cause concern. Double-check facts before making statements. Your lucky day this week will be Friday.



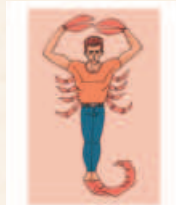
VIRGO (AUG. 23-SEP. 23)

Avoid handling others' finances. Emotional situations in relationships may cause overreactions. Watch out for secret enemies spreading rumours. Your lucky day this week will be Wednesday.



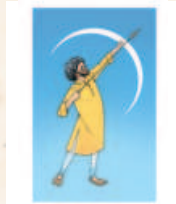
LIBRA (SEP. 24-OCT. 23)

Concentrate on work. Entertainment and purchases may be expensive. Control your temper and think rationally. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Catch up on correspondence. Mingle with insightful individuals in business. Avoid sharing private information that could be used against you. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Finalise important deals. Colleagues may admire your diplomacy. Be cautious not to burn the candle at both ends. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Don't rush into signing documents. Ignore harsh comments. Handle your own matters quietly. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Involvement in prestigious organisations will be beneficial. Physical activity can ease tension. Seek information cautiously. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MAR. 20)

Accommodate others without sacrificing your duties. Meeting colleagues after hours may be rewarding. Extra cash is more important than space right now. Your lucky day this week will be Tuesday.



3D Technology
Fabric Care -এর
সুপার পাওয়ার

Typhoon

Fabric Care

প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।





#FASHION & BEAUTY

Don't let winter skin ruin your vibe — Follow this simple skincare routine

Winter brings festive vibes with hot chocolate, soft blankets, and a foggy breeze to boost your spirit. Despite this, your skin tells a different tale when you glance in the mirror. Rash, itching, dryness, and cracked spots are some of the skin problems that might develop during this season. Fortunately, all it takes to look and feel your best is the correct skincare regimen



Cleanser

A cleanser is the first step in any good skincare routine. In winter, these should nurture rather than dry skin. Look for one that is free from sulphates and phthalates. If your skin is very dry, try using a milk or cream formula and wash your face with warm water instead of hot — the latter can aggravate and further dry up your skin. Wash your face with lukewarm water after gently massaging the face cleanser into your skin for 60 seconds. But, beware! You should not wash your face too often or for too long.

Moisturiser

Moisturisers are essential year-round, but they are especially crucial for winter skin health. In addition to repairing damaged

cells and keeping them from losing moisture, a moisturiser may shield your skin from the harsh winter winds.

Looking for a moisturiser that is thick and creamy. These may include humectants like coconut milk and hyaluronic acid.

These moisturisers are designed to protect skin from drying out by creating a physical barrier with their thicker composition. Furthermore, they support the outermost layer of the skin, which aids in the retention of moisture.

Body lotions

Cocoa butter deeply moisturises the skin, keeping it smooth and supple. Thanks to its thick texture, it works wonders in winter to



retain skin moisture. Shea butter, like cocoa butter, also attracts moisture and helps soothe very dry skin.

In the winter, parts of the body that are prone to have particularly dry and rough skin, such as the elbows, knees, and heels, are perfect choices for the use of cocoa

butter and shea butter.

After a shower, follow with a lotion containing cocoa butter and shea butter to hydrate the skin. Massage in circular strokes to moisturise and provide the sensation of nourished, healthy-looking skin.

Lip balm

You should shower your lips with love every season, but especially in the winter. Lip balm should be your first stop when planning winter lip care.

To alleviate dryness and chapped lips, look for a therapeutic balm infused with antibacterial tea tree oil or one that uses all-natural components like aloe, jojoba oil, and vitamin E.



Using moisturising lip balm numerous times a day provides nourishing therapy. After you get out of bed in the morning and before you go outdoors are two of the best times to apply lip balm.

By Samayla Mahjabin Koishy
 Photo: Collected / NATURA

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ADVANCED HEALING FORMULA

NATURAL GOODNESS OF

Cocoa Butter Shea Butter

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