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#GlamGameOn

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STRUGGLES OF MAKE-UP ARTISTS
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TIPSFROM PARENTS

PHOTO: ADNAN RAHMAN
MODEL: ARNIRA
FASHION DIRECTION & STYLING: SONIYA YEASMIN ISHA
MAKEUP: SUMON RAHAT
HAIR: PROBINA

#CHECK IT OUT

Star Lifestyle launches #GlamGameOn campaign

If you were looking for a chance to speak your language of styling to a broader audience, here's the chance you were looking for!

Your favourite Tuesday supplement, Star Lifestyle, has recently launched the #GlamGameOn campaign, inviting all aspirant influencers to take part. Share your 30-second video reels with us and join the esteemed pool of glamorous models featured in the magazine.

The top entrants will win cash prizes, and the winner will be featured as our magazine cover girl!

The rules of the challenge are simple. Make your reel on fashion, hair, glam, or styling. It can be a makeup tutorial, a guide to styling, or simply the tricks of draping a saree — anything that the fashionista in you wants to share with the world.

Mail your submissions to mehrin@thedailystar.net. Alternatively, you can join our Facebook group, LifeStyle Pulse and share your post. Simply tag @starlifestyleds and @thedailystar and add #GlamGameOn as your hashtag.

The campaign will continue throughout September.

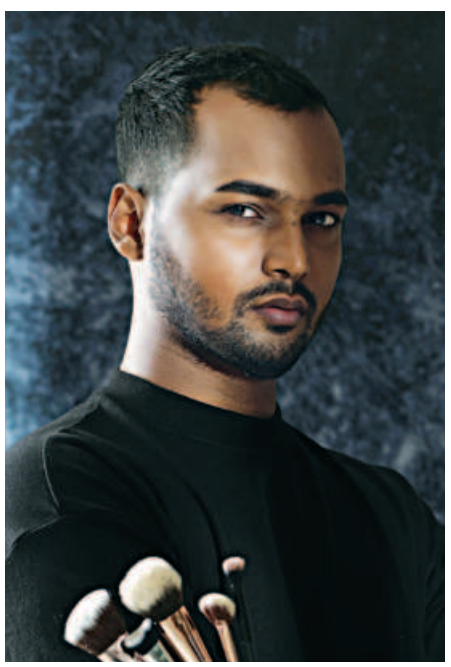
Ready, set, glam!

#PERSPECTIVE

THREE BANGLADESHI MAKEUP ARTISTS share real struggles in the industry

Professional makeup in Bangladesh is a business of performance. Behind the glassy bridal smiles and billboard campaigns is a workforce making it all happen. Some of them never expected to be here. Others had to force their way in. Sumon Rahat, Sazzad Hossin Piash, and Probina all work in beauty. They have been questioned, judged, underpaid, overlooked, and overworked. However, they have all stayed, because the brush gives them something else: control, even if it's just for a few hours, over how something or someone turns out.

Probina



Sumon

Piash

Getting started

That's one of the first things Rahat remembers hearing when he started taking makeup seriously. As a child, he loved doing hair and makeup for his cousins. He didn't call it "art," but it was just something he knew how to do.

"I came to Dhaka for college," he says. "Some friends from design school saw what I could do. They told me to give it a shot. I started doing small gigs. Then brand shoots. I didn't even notice when it turned into a profession."

Now, he's done campaigns for Taaga, Herstory, and a rotating list of fashion houses. But the job doesn't come with applause from everyone.

"My family still doesn't really accept it," he says. "They want me to get a job. Like, a 'real' one. But my brother and sister-in-law have my back."

Fighting for space

If Rahat slipped in through the side door, Sazzad Hossin Piash kicked it open. "No support. Not from my family. Not from clients. Nothing," he says.

His early days were a mess. Models didn't want him. Clients gave him side-eyes. Even when the work was clean, nobody cared. "They were used to other artists. Familiar ones. I was a guy they didn't know. That was enough reason to treat me like I didn't belong."

Piash didn't flinch. "I told them, look at the global industry. Some of the best makeup artists are men. So why not me?"

Years later, he's worked with almost every brand in Dhaka. Not because the industry suddenly became progressive, but because he refused to go away.

From salon to shoots

Probina doesn't sound like someone who's "new" to the media. But in some ways, she is.

She worked at a well-known beauty parlour for 18 years. She had a schedule, a regular salary and predictable hours. And then she left.

"After COVID-19, I couldn't go back to the old routine," she says. "I wanted to do something on my own. So, I came to the media world."

Unlike Sumon or Piash, her transition was oddly smooth. "People knew me already. No real challenges." But that doesn't mean she's comfortable.

"In salons, the work ends at a fixed time. Here, the work stretches. Shoots go on late. If things ended by early evening, it would make life easier, especially for women."

Still, she shows up. She does the hair. She stays until it's done.

Learning on the job

Makeup artistry in Bangladesh has no school, no map, no rulebook. Most artists — Rahat, Piash, and even Probina — learned by doing, watching YouTube, or shadowing others.

"There are barely any trained, educated makeup artists in fashion," Rahat says. "If more people with education and technique came into the field, the quality would be way better."

Piash nods in agreement. "People come to me and ask to learn. But I'm not a teacher. And most others don't teach properly either. We need proper institutions. Otherwise, people keep learning the hard way."

It's not just about blending techniques or colour theory. It's about knowing what's expected in a shoot, how to handle clients, how to price your work – none of which is covered in YouTube tutorials.

Glamorous on the outside, tough on the inside

The work looks glamorous. But only from far away.

"You work like a machine during peak season," Rahat says. "Then suddenly, no work. That's just how it is."

The jobs come in waves — mostly around wedding season or Eid campaigns. During dry spells, artists scramble to stay afloat.

But the inconsistency doesn't mean the job is low-paying. "I earn more than my friends in corporate jobs," Rahat adds. "And I have freedom. That matters to me."

For Probina, the issue isn't pay, but rather it's time. "Back-to-back shoots, working from morning to night. If things wrapped up earlier, it would make a big difference. Especially for women."

Why they stay

Ask them what keeps them here, and none of them say "passion." Not because they don't love the work, but because love isn't always enough.

"I like it. It pays. I'm good at it," Piash says. That's it. No need to over-explain.

Rahat's take is more practical. "Society always talks. Whether you do well or fail, someone will have something to say. So do the work you want to do. That's all."

Probina's advice? "Have courage. That's all you need. You never know where things might lead."

This is not a story about transformation. It's not about rising from nothing to fame. It's about staying in a system that does not make space for you, and making your own anyway. At the end of the day, they are working every day under pressure and judgment, yet with no safety net. And they do it well.

By Ayman Anika
Photo: Courtesy

#HEALTH & FITNESS

HAIR FALL IS REVERSIBLE if you start doing this

Imagine running your fingers through your hair, only to find more strands in your palms than you'd like. A full head of hair is a blessing many of us tend to take for granted, and often, it's not until it's too late that we begin to realise just how much we are losing. Thankfully, hair fall can almost always be managed through some simple hair care habits.

Eating right for hair care

A balanced diet, with special attention to protein and Omega-3, can generally boost hair health. Eggs, chicken, legumes, flax seeds and oily fish are all the items you can include in your diet to ensure root strength and hair growth.

Make it a point to add two eggs (whites only, if you wish) to your plate daily and see a visible difference in a few months.

Choose hair care wisely

Many of the shampoos and conditioners we use today contain harsh chemicals such as sulphates that play a role in deteriorating scalp health. Choose gentle, cleansers to help reduce irritation. This can, to some extent, aid in relieving issues such as dandruff and scalp psoriasis, which are common catalysts of hair thinning and hair fall.

Harsh chemicals and treatments

Perms, hair dyes, and bleaches are harsh on the hair and often involve the use of chemicals and scalp irritants which can damage hair in the long run. Similarly, exposing hair to heat through the use of straighteners, blow dryers and curling irons can also weaken hair, if used excessively or over a long period of time.

The right kind of pampering

Good hair care demands time. Using a tried and tested hair oil and a moisturising hair mask once a week can make a great deal of difference to your tresses. Choose anti-hair fall ingredients such as onions, fenugreek, and essential oils such as rosemary or tea tree to make these masks as these herbs can organically take care of scalp health. Choose leave-in hair serum to protect your locks from sun damage.

Hair maintenance

Trimming hair every six months is healthy as it gets rid of split ends and prevents breakage, improving hair health and making it look fuller. It is important to choose the right tools to style hair, such as wide toothed combs and wide bristled hairbrushes, instead of finer ones. Go for loose hairstyles instead of tighter hairdos, and massage your scalp every night to induce blood circulation. Sleep, when you can, on silk pillowcases to reduce friction and curb hair loss at night.

Manage deficiencies

If hair fall is on the extreme side, go to a good dermatologist and get some tests run. Deficiencies such as Vitamin D can cause extreme hair fall but it can almost always be reversed through having supplements.

Stress management

More than all of this, what can really help keep hair fall at bay is managing stress levels. Hair fall is a common malady in both men and women, but it is important to not let it get under your skin too much. Stop touching your hair and pulling out clumps of it, looking in the mirror for bald patches or peek into the shower drain to monitor hair loss. Take your mind off the problem and let nature and your efforts fight the good fight.

By Munira Fidai
Photo: Adnan Rahman
Model: Arnira Fashion
Direction & Styling: Sonia Yeasmin Isha
Makeup: Sumon Rahat
Hair: Probina

#FASHION & BEAUTY

Timeless hair accessories every long-haired GIRL needs

If you are blessed with thick and long tresses, there is a world of creative possibilities for you to accessorise your mane. From stylish hairpins to statement headbands, you can add flair to your hairstyle, depending on your mood and the occasion at hand.

Hair stick
The popular hair stick may be a signature oriental accessory but it became an instant hit in the Indian Subcontinent almost as soon as it hit the land. Long, thick Bangali hair has known the timeless hair stick as its favourite hair fixture for decades and it continues to be in vogue. Wear it with a jewelled tassel for weddings or plain at a business meeting. It is unpretentious when it needs to be and gets the job done either way.

Banana clips
Remember those waterfall ponytails of the '90s? Back in style are the curved, elongated clips, resembling a banana. This accessory is great to use when you are in a hurry and your cascading curls need to be tamed somehow. Pair this look with some chunky earrings and transport yourself back to the best of 1990s.

Headbands
Retro style headbands look great on thick, lustrous hair. Featuring a wide band that sits on top of the forehead, headbands look great plain or in bolder patterns such as polka dots. When styled with one end draped over the shoulder, they create a chic and relaxed vibe, framing the face beautifully and adding a touch of nostalgic glamour.

Decorative combs
Used in many cultures around the world, decorative combs are popular hair accessories with several purposes. While some are meant to discreetly slip between hair, creating a slight pouf when pushed in, others, adorned with pearls, rhinestones and sometimes even faux flowers, are meant to literally decorate your crown, giving it delicate ornamentation without making it look too gaudy. Wear combs in French twists or a Gibson tuck for an unparalleled fairy tale look.

By Munira Fidai
Photo: Adnan Rahman
Model: Arnira
Fashion Direction & Styling: Sonia Yeasmin Isha
Makeup: Sumon Rahat
Hair: Probina

Why isn't inclusive fashion already the NORM?

There's a quiet power in wearing something that just fits. Not just physically but emotionally. It hugs you in the right places, lets you move freely, and lets you show up in the world without apology. It doesn't ask you to shrink.

For decades, mainstream fashion followed a rigid ideal: slim, toned, proportioned. Anyone outside that mould was a hand-made compromise: "stretch" panels, shapewear built into every seam, and cuts meant to "flatter" by hiding. Now, the shift is less about trends and more about philosophy. Bodies aren't problems to solve; they're stories to dress.

"I don't want to wear something just because it hides my stomach," says Samira Ahsan, 32, a schoolteacher from Dhaka. "I want to wear it because it makes me feel like myself. My actual self – not the one I thought I had to be."

Ahsan, who started getting her clothes tailored after being frustrated with mall sizing, says the game-changer wasn't just the fit — it was the freedom. "When the clothes fit me, I stopped wishing I could fit into something else."

Confidence is built, not bought

Wearing what you love can still feel radical. Especially in cultures where body commentary is casual, constant, and often cruel.

"Even at family dinners, someone will comment, 'You've gained weight,'" says Rima Chowdhury, 27, a freelance photographer. "There were years I only wore overly loose kurtis. Not because I liked them, but because they made me disappear a little."

As conversations around body positivity grow louder, the real work continues quietly — in dressing rooms, on living room floors, in front of mirrors where people still second-guess whether they "deserve" to wear something bold, bright, or body-hugging. Despite all the slogans and hashtags, the question still hangs in the air: "Can I really wear this?"

For Chowdhury, discovering a local designer who made wide-leg pants in actual plus sizes felt like unlocking a door.

"I wore the red ones to a wedding. Not even a big wedding – just my cousin's. But for the first time, I didn't spend the night sucking in my stomach."

Inclusive clothing is more than fabric. It's a message that you're not waiting to become someone else to show up fully in your life.

What the experts say

Dr Helal Uddin Ahmed, child and family psychiatrist, highlights how early body shaming can distort self-image for life.

"Negative or critical comments — about weight, skin tone, or even height — especially during childhood and adolescence, can lead to deep-seated issues like anxiety, depression, and eating disorders," he explains.

He also notes how social media and cultural messaging can deepen that damage.

"Body image becomes distorted by repetition, especially when people are praised only when they change their bodies. We need to shift our focus to function, joy, and wholeness – not just appearance."

That's where inclusive clothing can step in. It allows people to see themselves reflected, not airbrushed, not shrunken, not idealised, but real. And celebrated designer Tenzing Chakma has been designing with that exact philosophy. His designs reject the outdated notion that fashion is only for the thin, the tall, or the toned.

"I just tried to make something that plus-sized women would look really good in," he explains. "You can really wear anything. It all depends on who carries it and how," states Chakma.

"More designers should be encouraged to make clothes for all people – not just skinny people," he adds. "I'm trying to make clothes that are wearable, comfortable, and stylish for plus-sized individuals."

His use of breathable cotton fabrics is intentional. "I've made items they can wear every day — not just on the runway."

Still a long road

Although the industry is shifting, access remains uneven. Many inclusive brands are still niche, often online-only, and sizing consistency remains an issue. Prices are often higher, and in places like Dhaka, mass retailers still mostly cater to a slim-fit default.

Tailoring remains the saviour – but not everyone sees it that way. "I used to hate going to tailors," says Ahsan. "It felt like admitting defeat. Now I see it as agency — I get to choose how my body is dressed."

The real change, however, is cultural. Until we stop equating beauty with narrow silhouettes, many people will still feel like they're "breaking rules" just by wearing what they want.

It's time to unlearn those rules.

Owning the space you take up

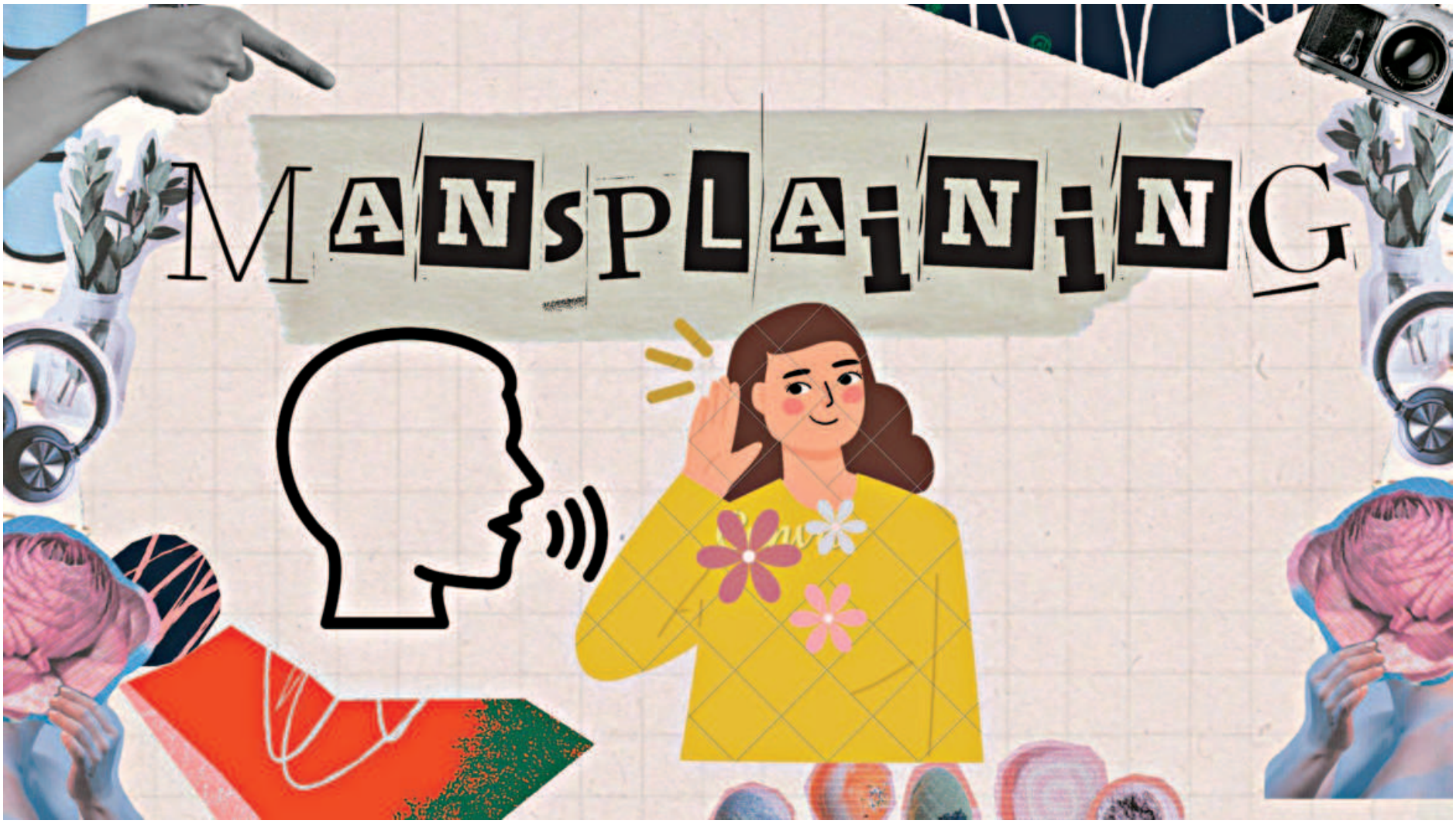
What body-positive clothing really offers is not a cure for insecurity – it offers choice. The choice to wear a fitted dress is because you like the way you look in it. The choice to pick bold prints because your personality is loud, not because your body is small. The choice to stop asking for permission.

As Chowdhury puts it, "I'm not brave for wearing a sleeveless blouse. I'm just tired of sweating in shame."

And that's the quiet revolution. Not just inclusion in sizing, but inclusion in style, comfort, and identity.

Confidence doesn't come from shrinking. It comes from standing tall in something that lets you breathe, and maybe even dance.

By Ayman Anika
Photo: Joyeeta Trisha
Model: Chiangmai Talukder Lena
Wardrobe: Sozpodor by Tenzing Chakma



#LIFEHACKS

Mansplained again? How to respond without losing cool

When you think the 99 problems in your life can't get big enough, mansplaining makes a very intentional entrance. Invasive and ignorant, your first instinct is to hit the fictional mute switch and asking them to mind their business. Mansplaining, if you don't know it already, is when a man explains something you already know, like you've never heard of it, just to feel smarter.

But in a man's world, even if you know your craft better than them, you get to be the 'bad guy' when holding your ground. So, here's a few ways to get the message across, without being disrespectful.

Write down the time and date

The irritation clouds all our judgement during an unsolicited advice from a male colleague or stranger, and biting your tongue seems like the right thing to do. Even if you do not speak from the fear of being 'unhinged,' write the event down. How he started, why he started, and how you felt at the moment. Writing it down helps you unload the weight you carry alone. It can be a separate notebook where you scribble the imaginary situation of taking a stand for yourself.

Who knows, one day you might make it come true.

Liaise with other female co-workers or friends

Most cases of mansplaining come from men of the same rank or superior at work, or on the streets, when you are minding your business. The 'one woman army' might work sometimes, but the feeling of being outnumbered is not recommended. Speaking to other female co-workers is liberating because you realise they are stuck in the same place you are. The empathy and solidarity will be present, and being there seems less scary when you know you have each other's backs.

Without asking, raising voice becomes an unspoken pact, and fending off unwelcome insults less of crossing swords.

Kill them with kindness

Men telling you something you are very much aware of is laying all the cards on the table, which say 'nosey' and 'entitled' in different fonts. Now, would you lay a spade, or an ace? That is up to you. Spade cuts sharp, but ace shuts it down. So, what better than being kind and intimidate the other party politely? The hip checks from time to time, like a hockey stick nudging the puck will do the trick. Bring it out from time to time at the sign of an issue.

It lets you release your distaste while the man is painfully unaware.

Humour

We use sharp wit in our daily lives more than we actually use in our workplace. Deflecting or taking a stand for yourself through it is subtle, and effective. While you are talked over, or being disrespected in guise of cheap jokes, use the same tone to make a statement. It does not take away from the conversation, or 'banter' as explained by the perpetrator, and gets the point across. Zero points to pettiness and 10 points to confidence!

Discuss with a concerned authority

When you and your girl friends or colleagues think the entire fiasco has taken an extreme route, simply speak to the authority. Not only you, but the entire team who pinky swore to support each other. The person concerned can ignore one complaint, but do they have any choice if all of you rally up against one person?

Create a plan on how to approach a higher up, because at one point, enough is enough.

At the end of the day, mansplaining isn't just a passing annoyance — it chips away at confidence and patience one needless explanation at a time. But you don't always have to sit through it. Owning your voice, even in small ways, is a quiet rebellion — and sometimes, the loudest statement of all.

By Tasneem Azim
Photo: Collected

Save smart without skipping life's simple joys today

Saving for the future is wise, but denying yourself joy in the present can drain your spirit. This article explores how a mindful budget can strike the right balance — protecting your finances while leaving space for the small pleasures and experiences that truly enrich life.

While it is commendable to save money for emergencies by cutting back unnecessary expenses, you need to prioritise your emotional well-being. You can work your entire life to earn money, but no magic wand will take you back to a younger self. We often realise we are being too hard on ourselves when it comes to saving; we stretch our willpower to the limit, constantly sacrificing small joys for the sake of saving for the future.

Following the spirit of "making the most of the present", allow yourself certain financial pleasures, whether it's once a day, a week, a month, or even a year, depending on your priorities and passions.

Why you need a detailed budget that includes happiness

The importance of budgeting lies at the core of human behaviour. Hyperbolic discounting, a cognitive bias of the human mind, inclines us to impulsively spend money in the present rather than save for the future.

Studies have shown that frivolous spending is often linked to the absence of a detailed budget. When you make a clear budget, you are less likely to waste money on impulse purchases. This way, you spend money on the things you have identified as meaningful to you.

Doing so, instead of being swept away by temptations and finding yourself broke at month's end, you will have money reserved for the things that genuinely bring you joy.

Making room for happiness

The meaning of happiness can be as simple as a weekend trip, a hangout with friends, or just enjoying a cup of coffee while watching the sunrise.

A portion of your budget could go toward hobbies like buying your favourite books if you enjoy reading, or exploring new activities you have always wanted to try. You can also set aside money for a pet project you have always dreamed of but never had the time or resources for.

Another portion could be dedicated to your loved ones, whether it be a thoughtful gift and flowers for a special occasion, or even just on a random day. And of course, depending on your preferences, there are other small treats you should allow yourself, at a frequency that feels right for you.

How to save smartly

As Benjamin Franklin, one of the founding fathers of the US, once said, "Beware of little expenses; a small leak will sink a great ship". To maintain a detailed budget, keep a record of your expenses to identify what's eating into your income, and explore areas where you can cut back on or find more affordable alternatives.

While some argue that card payments help keep a better track of expenses through electronic statements, studies show that the ease of swipe and pay can still encourage you to buy more items or services than you would with cash. That's why you need to be wary of credit card debts.

Similarly, reassess the memberships or subscription plans you are signed up to and consider withdrawing from those you no longer use.

Whenever you get your pay cheque, keep a portion of your income in a separate envelope, jar, or digital wallet so you are not tempted to dip into it for essentials. Setting aside about 5–10 per cent of your income for guilt-free spending can be a good rule of thumb, though the ideal amount depends on your circumstances.

Budgeting for happiness may sound like a luxury, but think of it as an investment in yourself — rejuvenating your energy and motivation to keep going through the heavy lifting of life!

By Minhazur Rahman Alvee
Photo: Collected

#RELATIONSHIPS & FAMILY

HYPERACTIVE KIDS?

6 easy ways suggested by experienced parents

Boundless vigour, curiosity and enthusiasm — life with an over-energetic child can be wonderful, yet exhausting. Thankfully, even without a formal hyperactivity diagnosis, parents and caregivers can adopt some simple, supportive strategies and habits to make this journey a more rewarding experience for both parties.

Set a daily routine

This helps everyone, regardless of age or energy level; for someone with uncontained vigour, perhaps a bit more so.

"It took me some time to ensure routine and stick to it," mentioned Misha Rahman, mother to a 5-year-old boy. "Within a few months of religiously following it, I feel like the struggle is much less now with my son's bedtime and homework time."

With just a bit of effort, parents can ensure consistent bedtimes, wake-up times and mealtimes. This brings predictability into their lives and automatically trains their brains to transition smoothly from one task to another with minimal effort.

Encourage calm sit-down activities

Colouring, painting and playing board games can all encourage sitting still for reasonable periods. In addition to the obvious benefits, such as encouraging creativity, colouring, and board games, they can also help children with problem-solving, focus, and perseverance.

"My daughter surprises me by sitting through an entire board game of Ludo," laughed Nishat Alam, mother of an 8-year-old. "It's the one time I see her calmer and more focused than usual."

Try a simple reward system

Consider an earned reward system. Offer stickers for easy chores such as packing up their own school bags, brushing teeth and wearing clothes without getting distracted. Set a reward at the end of the week — the higher the number of stars, the bigger (reasonably) the reward.

"I keep a star chart on the fridge," said Farzana Karim, mother to a 6-year-old. "By Friday, my son is so excited to see how many he has earned. Sometimes the reward is just an ice cream treat, but it works wonders."

Give timely warnings before transitions
For an energetic child who jumps from task to task in seconds, you will be surprised to know how difficult it is to get them to come away from something they are enjoying. Sound off warnings from time to time to prepare them to finish one task and move to another with ease.

"I tell my son he has 10 more minutes on the swings, then 5 and then 2," said mother and entrepreneur, Mahira Bashir. "This mentally prepares my son, and I feel like he throws fewer tantrums when it's time to leave."

Break tasks into smaller parts
Break up larger tasks into smaller ones in order to make it easier for the child to complete them. It is important to recognise the need for energetic children to jump around and expend some energy before moving on, and it may be wise to allow them a break to do so.

"My daughter would take one look at her homework and run off to the other room to hide," shared Saad Ahmed, father of a feisty 6-year-old. "Later, I decided I would make her do 3 sums, and give her 5 minutes to jump around."

Saad mentions that incrementally increasing the sit-down time while still incorporating small breaks helped his daughter focus better. "It went from a literal war zone to neutral in a month!"

Make grounding techniques fun
Many parents feel that grounding techniques are the same as breathing exercises, and it is too "boring" for restless children to follow through. However, grounding exercises could be fun too, and need not involve regulated breath work at all.

"I play 'I spy' with my niece all the time," confided Arima Sumat, loving aunt to a 7-year-old and a Kindergarten teacher. "She thinks it's a game, but it helps her calm down and notice things around her."

Other games, such as "Five Things You Can See" or "Four Things You Can Hear," can also work equally well.

By Munira Fidai
Photo: LS Archive/Sazzad Ibne Sayed

HOROSCOPE

ARIES
(MAR. 21-APR. 20)

Keep your cool in heated situations. Don't start arguments unless you're prepared for results. You may need a good friend. Your lucky day this week will be Friday.

TAURUS
(APR. 21-MAY 21)

If you're willing to cut loose, you'll find excitement. Your partner will be sensitive. Don't hesitate to voice your opinions. Your lucky day this week will be Friday.

GEMINI
(MAY 22-JUN. 21)

Your ability to help others will win you points. Educational pursuits can bring helpful people. Ask for help if you need it. Your lucky day this week will be Thursday.

CANCER
(JUN. 22-JUL. 22)

Plans may cost more than expected. Sign up for enlightening seminars. Only take on what you can realistically do. Your lucky day this week will be Wednesday.

LEO
(JUL. 23-AUG. 22)

Don't let your partner make demands. Avoid joint financial ventures. Pleasure trips will heal your emotional state of mind. Your lucky day this week will be Tuesday.

VIRGO
(AUG. 23-SEP. 23)

Double-check before Secret affairs will backfire. Don't be too quick to voice opinions. You will meet potential new mates through business connections. Your lucky day this week will be Saturday.

LIBRA
(SEP. 24-OCT. 23)

Make new friends through social events. Your words may be misunderstood at work. You will communicate easily and accomplish your goals. Your lucky day this week will be Tuesday.

SCORPIO
(OCT. 24-NOV. 21)

Lowered vitality could affect your work. Difficulties with your partner may cause estrangement. Attend functions to further your goals. Your lucky day this week will be Saturday.

SAGITTARIUS
(NOV. 22-DEC. 21)

Verbal abuse could lead to carelessness. Your partner needs more time with you. Make important decisions about professional objectives this week. Your lucky day this week will be Tuesday.

CAPRICORN
(DEC. 22-JAN. 20)

Stabilise your relationship with honest communication. Clear up any legal issues. Secret affairs may be enticing but risky. Your lucky day this week will be Friday.

AQUARIUS
(JAN. 21-FEB. 19)

Caustic language may make you want to escape. Avoid extravagance this week. Forget situations you can't change and focus on meeting deadlines. Your lucky day this week will be Sunday.

PISCES
(FEB. 20-MAR. 20)

Don't push your partner away. Take initiative and pursue your goals. New romantic ties can form if motives remain unselfish. Your lucky day this week will be Wednesday.

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#DECOR

Stylish dining sets that fit EVERY BANGLADESHI HOMES

For newlyweds, setting up a home is an exciting mix of dreams, decisions, and the joy of beginning life together. Every corner of the house carries a promise of shared moments. And the dining room? It is where hurried breakfasts turn into small rituals, where a meal together is a must, and where visiting family shares the best food and stories.

Choosing the right dining table set, therefore, is like creating the perfect stage for togetherness.

In a Bangladeshi home, the dining table rarely serves just two. This makes the shape and size of the table an important decision.

A rectangular dining table remains the classic choice for those who expect frequent visits from family and elders. Its long surface comfortably accommodates more guests and gives a sense of formality that parents and in-laws usually appreciate.

Couples who often host friends or cousins may find round tables more appealing. Their shape naturally encourages intimacy, with everyone seated in view of one another, making conversations flow effortlessly. A square table, meanwhile, offers a contemporary middle ground — casual yet chic, perfectly suited for compact apartments.

Another consideration lies in the material of the tabletop. Wooden tables have long been cherished in Bangladeshi households for their sturdiness and timeless appeal. They can withstand the hustle of large gatherings, especially when children are invited! Glass-topped tables, however, are rising in popularity among younger couples who prefer sleek, modern interiors. They bring an airy elegance to a dining space, creating the illusion of openness while adding a hint of style.

As design trends evolve, one noticeable shift in Bangladeshi homes is the move away from bulky, heavy furniture toward slimmer, more refined pieces. Sleek-legged tables and minimalist frames have become the preferred choice, not only for their stylish appearance but also because they make smaller dining spaces look less cluttered.

For newlyweds beginning their lives in apartments or modest homes, these slim designs are both practical and fashionable, offering the best of both worlds.

Of course, the dining experience is not just about the table itself but also about the chairs that accompany it. Comfort and style must walk hand in hand. Upholstered chairs with soft padding create an inviting look while ensuring long dinners do not leave anyone restless. Shades of green, beige, or even muted pastels add a subtle charm to the room, blending easily with most wall colours and decor.

Couples leaning towards a modern edge may prefer slim chairs with metal legs and fabric seats — pieces that look stylish yet remain practical.

For new couples, of course, budgeting plays a big role in how they design their first home together. Dining sets are an investment, but one that should not feel overwhelming. With the availability of EMI facilities, it has become much easier to manage expenses without compromising on quality or design.

At the end of the day, a dining table set is more than wood and glass. It is the place where life will unfold in the quiet rhythm of meals shared and memories created. For newlyweds, it becomes the first space where family ties deepen, friendships grow, and their own bond is celebrated in everyday moments. Choosing wisely means choosing not just for today, but for all the meals and memories yet to come.

By Nusrath Jahan
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