

L LIFESTYLE

TOP
Pick!

SMILE AWAY YOUR STRESS

Adults who fail to maintain positive moods such as cheerfulness or calm when faced with the minor stressors of everyday life appear to have elevated levels of inflammation that can undermine their long-term health, says a study. It puts them at risk of certain age-related conditions, such as cardiovascular disease, frailty and cognitive decline. Reason enough to smile more, we say....



Happy feet

How to take care of your summer weary tootsies

THE SUMMER SEASON can cause excessive sweating on your feet, and the mud can make them dirty. Ensure that you keep them clean and well-moisturised, just as you do for your face, says an expert.

Ishika Taneja, executive director, ALPS group, shares some tips:

- Scrub your feet using pumice stone on a daily basis while bathing. Also, every day after bath, massage your feet with a rich-moisturiser.
- As summer causes excessive sweating on your feet, keep talcum powder always handy to keep it in check. Also, if you feel your feet stinks try keeping used tea bags under your feet to keep bad-smell at bay and freshness on.
- Tea-Tree Pedicure is a new revolution in foot-care that turns your feet beautiful, fairer and smoother. Not only this, it has antiseptic, antifungal and disinfecting properties, and therefore this pedicure keeps skin-allergies, cracked heels, foot corns and other sensitivity issues too at bay. The extract of tea-tree soothes your feet and even turns it brighter and softer with regular sittings.
- To make your feet soft, prepare a mixture containing equal amounts of glycerin, papaya pulp, honey and lemon juice. Now, apply this mixture



daily, after thoroughly washing your feet to get brighter-looking and smoother skin with regular usage.

• You may also fill-in used lemon pieces with sugar and scrub you feet with it in a circular motion. It will act as a hydrating scrub and take

all the dead skin away - the lemon extract will brighten your tone further.

• Also, make sure to indulge in regular paraffin pedicure sessions that are hugely helpful for cracked heels and making your toes beautiful. The wax fills-in your cracks -

healing it and making way for smoother toes.

• At night, after washing your feet, let it dry and massage using petroleum jelly and use cotton socks. This will pacify your overworked toes by giving them the needed comfort the entire night. IANS

ALIGN YOUR LIFE

Sum Of Everything And Nothing

There are many misconceptions about Feng Shui, but the most common one is that it is used only for creating more wealth. No matter what anyone says, this statement is completely false.

Feng Shui is a science of energy management that focuses on harnessing good energy and deflecting bad energy. When harnessing good energy, things tend to flow smoothly in your professional life resulting in better opportunities and growth. Therefore one can say that growth in life is equivalent of wealth.

However under no circumstances does feng shui help you win lottery tickets. If that was the case, then all Feng Shui consultants will be rich and retired by now.

The balanced energy within your living and working environment also helps in boosting good health and better interpersonal relationships. Less arguments are experienced in a home where Feng Shui is implemented, in comparison to the house in which it is not implemented. Children study better, overall feeling of wellbeing is enhanced and most importantly you feel relaxed. These are a few of the benefits in a home where Feng Shui is implemented.

I have even worked with clients who were unable to get pregnant, or had severe health problems or were going through depression. In each and every case Feng Shui has worked its magic.

This does not mean that only implementing Feng Shui can suffice and that you must stop doing everything else. Instead, support your efforts with feng shui to have enhanced results. Feng Shui alone cannot create magic. But when combined with hard work, and dedication it can open doors that you had never imagined.

Space clearing is not Feng Shui. Moving furniture around is also not Feng Shui. Displaying gaudy stone studded statues is definitely not Feng Shui. These are superstitions that have nothing to do with the science.

Feng Shui is about understanding the energy flow around you. It's about understanding the effect and impact of surrounding objects in your environment. Feng Shui also takes into consideration abstract and non-tangible energies and how one can manipulate them to balance the surroundings. In short - Feng Shui is the sum of everything and nothing.

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