

# Beautify your hands

*Work towards soft, youthful hands with some expert tips*

**F**ROM INVESTING IN a good hand cream and getting a regular manicure done to opting for some kitchen formulae like using lemon, there are many ways to help give your hands a youthful look. With age, the skin on hands can appear wrinkled and the veins become more prominent.

A simple method to take care of this problem is to moisturise the hands daily and at regular intervals, suggests makeup artist and hairstylist Preeti Dahiya.

- Wear gloves while gardening, washing clothes or doing kitchen work. Otherwise, simply oil your hands before any work involving water so your hands don't look depleted and painfully dry.
- It's advisable to get a manicure from a reputed salon that practices good hygiene procedures. Once a week, one should soak their hands in soapy water for a couple of minutes and then file the nails before applying nail

paint. One should not scrap off nail paint because this weakens the nails.

- Also, get rid of dirt and dead skin cells by exfoliating the hands. This not only makes hands look pretty and young, but doing so also improves circulation.
- Mix a tablespoon of lemon juice, a tablespoon of glycerine and a few drops of rosewater. Apply this mixture twice a day for silky hands.
- Take a lemon and cut it into half. Put half a tablespoon of sugar into it and rub it on your hands. This helps to remove tan and give your hands an even tone.
- Mashed potatoes mixed with milk are great for hand mask.
- \* Eat food rich in calcium like dairy products for healthy nails.
- Soaps (bar or liquid) designed for sensitive skin are the best choice for our hands. Soaps with olive oil and jojoba are a good option as it does not dry or strip the skin. IANS



# Stay fit, stay happy

*Exercise helps people overpower depression*

**EXERCISE HAS A** positive effect on depression, a dissertation from Sweden's Sahlgrenska Academy has revealed. The researcher evaluated exercise as an add-on therapy to antidepressant medication.

The study divided 62 individuals with diagnosed clinical depression into three groups, in which two participated in two different types of exercise with a physiotherapist twice a week for 10 weeks while the third, the control group, did not participate in systematic exercise.

"In our follow-up interviews for the study, participants spoke about how they felt alive again and became more active. One woman expressed... the workout 'kickstarts my body and helps me get the strength to crawl out of this cocoon that I am in'," said PhD student Louise Danielsson.

People who participated in exercise aimed at increasing their physical fitness clearly improved their mental health compared with the control group.

Even participants who were taught about their basal body awareness by the physiotherapist reduced their depressive symptoms, although not as significantly.

The studies show that the participants who exercised felt that they had the strength to do more at home and engage with more social contacts.

The dissertation's results supports previous research on the antidepressant effects of exercise.

"Our results show that exercise can be used within primary care with the rehabilitation of people with depression," Danielsson said. IANS



## ALIGN YOUR LIFE

### The real Feng Shui

**T**he most common misconception about Feng Shui is that it has a set of general rules and everyone must follow them. These rules are supposed to enhance wealth, improve health and bring about big positive changes. Items such as golden frog, funny looking statues and stone studded trees are supposed to increase cash flow and help improve quality of life. The myth about these items is so widely spread that some so-called Feng Shui schools teach courses stressing the importance of these items, and in the bargain get you to buy them also. More than anything else, these items only impact psychologically and have no real significance.

On the other hand we also have the Feng Shui school that claims your home is divided into eight sectors and each sector is enhanced based on what direction it falls into. For example, North represents career and the element is water while South represents fame or ambition and the element is Fire. Each compass direction has dedicated element to it. As much as I would like to believe this theory, there is no scientific basis to it. The logical question that pops up in my mind is, how can one direction be fixed for all? On what basis do we say that North always represents career? There are millions on this planet living in hundreds of countries. How can this be applied to all of them? The date of birth of every individual, the year of construction of the property, the ever changing dynamic energy and the surroundings are never taken into consideration. It just does not make sense.

Feng Shui is made of scientific principles and is tailor-made to suit the needs of the client. In my opinion, Flying Star School of Feng Shui is one of the most accurate schools to follow. This school focuses on personalised data at hand and then takes this information into consideration during calculations. Dates of births of people residing, the year of the construction of the property and the objects in its surroundings are taken into consideration when implementing Feng Shui. Detailed analysis is done of the energy within and outside the property and then appropriate cures are recommended to balance the five elements; Wood, Fire, Earth, Metal and Water. Balancing these elements helps in creating a more suitable living and working environment.

So next time you want to implement Feng Shui, don't follow superstitions blindly. Ask relevant questions, find the right practitioner and then implement changes to get the best results.

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