

# Bride star

## Five ways to get back your bridal glow

**L**ONG HOURS OF festivities, erratic schedules, food binges and loads of heavy make-up - all this can take a toll on the bride's skin. From sticking to the right food, regular skincare and working out, you can regain the bridal glow in no time, says an expert. Sangeeta Velaskar, vice president and head, medical services and R&D, Kaya Limited, shares some tips on how to regain the nuptial glow:

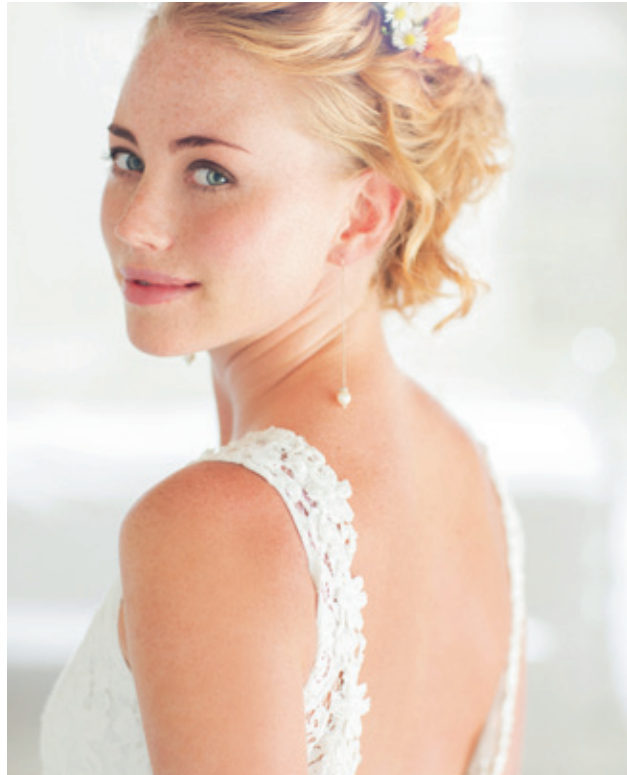
• **Detox for the body:** What you eat reflects on your skin. Rich and heavy food indulgences make the digestive system sluggish and results in dull, spotty and dry skin. Opt for fruits, nuts, sprouts, legumes, broccoli, beetroot and so on. Drink lots of water to keep the body hydrated or eat fruits and vegetables that have high water content such as watermelons, cucumbers, strawberries and peaches. Incorporate a vegetable juice in your daily diet to increase fibre intake and recapture the bridal glow.

• **Look after your skin** - Bring on lots of TLC - tender, loving, skincare by continuing to follow

the golden rule of maintaining the CTM (Cleansing, Toning, Moisturising) ritual. Introduce a night cream with vitamin C to your daily regime as it helps renew face cells, restores skin elasticity and boosts collagen in your skin. And lastly, limit the use of make-up products by opting for a minimalistic look.

• **Luscious tresses** - Indulge in a rejuvenating hair spa to de-stress, recover lost moisture and enhance the texture of your hair. Use a gentle shampoo to cleanse your scalp, followed by a protective conditioner that restores your hair to its healthy state. Also, ensure that you limit the use of heated appliances such as blow dryer, curling iron or flat iron.

• **Quick fix facial** - Treat yourself to a facial that is designed to provide strong detoxification. Some of the ingredients to look out for are - exotic marine extracts for a healthy skin; tea tree oil for its antibacterial, anti-septic and balsamic properties; antioxidants that reverse the effects of ageing and mulberry extracts that are a rich source of proteins and a powerhouse of nutrients.



• **Work it out** - Move, run, dance, hit the gym or practice yoga and get an adrenaline rush. Regular exercise helps in increasing the supply of blood,

which in turn nourishes the skin cells and keeps them vital. Also, it helps to flush cellular debris therefore, cleaning the system from the inside. *IANS*

# Think straight

Home remedies to straighten hair naturally



**IF YOU WISH** to have straight tresses without damaging your lustrous long hair while avoiding harmful chemicals and heated instruments, there are some ingredients in your kitchen that can help straighten your hair naturally without damaging it. One can opt for many combinations like lemon juice and coconut milk that act as cream conditioners and help in straightening your hair, or vinegar, which also helps in bringing out the perfect shine, says an expert. Anjali Chawla, cosmetologist, Anjali's Herbavedic, a beauty product company, has shared a few home remedies to naturally straighten the mane:

• **Lemon juice and coconut milk paste:** Lemon juice and coconut milk are the best ingredients for straightening your hair naturally. If both are mixed, it will act as a cream conditioner and help in straightening the hair. After mixing, apply the paste and wash your hair with lukewarm water. A clear difference will be noticed if done twice a week.

• **Mix of bananas, yogurt,**

**honey and olive oil:** Mash two bananas with two tablespoons of honey, yogurt and olive oil. Mix nicely and refrigerate it for about 30 minutes. Apply the paste on your hair and cover it with a towel or a shower cap. After an hour, rinse it with cold water.

• **Soyabean oil:** Mix one tablespoon of soyabean oil and two tablespoons of castor oil. Heat the mix and then slightly cool it. Once the mixture is cooled, apply on your scalp and hair and massage for sometime. After that leave it for 30 minutes. Wash off the mix with a mild shampoo.

• **Eggs and olive oil:** Take two eggs and mix with olive oil. Massage your scalp with the paste and keep it for about an hour. This will not only straighten your hair but also soften and condition it.

• **Vinegar:** After rinsing your hair, mix a few drops of vinegar with a full mug of water and rinse hair with the mix. Finally rinse it with clean water. This will not only help in straightening but will also boost shine. *IANS*

## ALIGN YOUR LIFE

### Less Chaos More Clarity

**M**ANY PEOPLE ARE fitness freaks. They work out every single day, 7 days a week, 365 days a year. For them health is wealth and all they focus is on the body. On the other hand you have people who are only focused on improving their life spiritually. They meditate for hours together and attend as many seminars as possible on how to improve and grow spiritually. They don't care about the world around them at all. They are only focused on their own growth and wellbeing. And then there are those whose only focus is to earn money. They want to enjoy the materialistic pleasures of life while eliminating everything else around them. There are others who don't bother about anything or anyone. They just want to keep going on the same path and not shake up things. They are simply complacent.

But my question is - isn't life about balance and harmony? Are we just supposed to keep living without expanding our horizons? Or just focus on one aspect of life and forget about the other aspects of life?

I would like to believe that like everything else in the universe, our lives are also meant to be in harmony with our surroundings. Instead of spending our lives rushing through, we are meant to savour every breath and sight around us.

It might seem a bit hard to achieve and believe, but if you look closely you will realise that all practices that people tend to follow these days are about restoring harmony and balance. Feng Shui is the ancient Chinese science of bringing about balance in your living and working environment, which in turn balances your life. The practice of meditation helps you to reduce stress and bring about a balance between your mind and the body. This practice has many benefits including improving health and sharpening focus. Meditation also balances your chakras - the hidden energy centers within your body that control your emotional, physical and spiritual life. Yoga on the other hand prepares body for spiritual practices by balancing inner energies and eliminating energy blockages from within your body.

Our lives are meant to flow with harmony. No matter what we choose to do and where we live, how we work - as long as we maintain inner harmony there will be less chaos and more clarity.

**Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

