



# Here comes the bride

**Bridal make-up: Less is more, says expert**

**IF NEW-AGE** brides are moving away from heavy-weight wedding outfits, they are also saying 'no' to over-the-top make-up.

Delhi-based make-up artist Mehak Oberoi, who has worked with Bollywood celebrities like Katrina Kaif and Anushka Sharma, feels "less is more" when it comes to make-up.

"The idea is to let it be easy. Never try to be fairer than your skin tone. Simple and natural make up is the most fashionable," Mehak said.

Doling out tips, she said to first apply a concealer under the eyes and on acne marks, if you have any.

"There are few scars, dark circles and blemishes, which need to be hidden. After that apply foundation, which is a shade lighter than your skin colour. Spread it evenly taking care that you cover the neck."

"It is important to blend the foundation evenly near the



corner of your lips, around the nose and near the eyes. Put a little powder on top of this and brush it off after a while with powder brush."

For eye make-up, Mehak insists one should apply dark colour on eyelids making a crease line, blending towards the outer corners of the eyes.

"You can also go for shades of golds or coppers on the eyelids,"

she said.

Eyebrows become sparse as we age. Some people lose the tails completely. To fix it, use a pencil rather than powder and make sure the pencil is well-sharpened. Apply eyeliner and loads of mascara.

After that highlight your cheeks with a nice blusher and colour your lips with soft shades like pinks and peaches. Avoid

reds and browns, she said.

"Before applying lipstick, first outline the lips and then fill in colours with lip brush covering the lip line completely. Avoid lip gloss," she added.

When asked what kind of beauty products are perfect, considering different skin complexions, she said: "Make-up is all the only, the tones and shades vary. I stick to products like tinted moisturisers, compacts and long lasting foundations. It works for every skin type and skin tone."

For eyes, gel liners work. "Try the Dior Show, it brings very good results. If you want fuller and pouty lips, try instant lip injections and plumpers. Try lip maximisers from Two Faces, they are absolutely safe and last for a couple of hours," she said.

During summer, make-up starts melting because of the scorching heat. To fix it one should use "blotting paper to remove excess oil or greasiness from the face", said Mehak.

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## The importance of calories

**HOT AND CRISPY** fried snacks, sweets, carbohydrates-rich food and much more should be avoided if you want to keep a check on your weight, but do provide calories to your body, say experts.

Though most of us avoid having food items with lots of calories, our body requires some amount of calories.

"Each and every individual has his own calorie requirement, which is based on their basal metabolic rate. If a person eats more calories than what he needs, he will definitely gain weight or if he eats fewer calories than what he needs, he will lose weight," said Annapurna Agrawal, nutritionist at Snap Fitness India.

She explained: "Your body requires 2,000 calories and if you eat 2,500 calories, the extra 500 will be converted into fat."

If you are gearing to adopt



healthy eating habits, then shun junk food as it lacks essential nutrients like vitamins, minerals and proteins and is high in fat and calories.

"You need to shun all your favourite fried snacks and those curries that have a lot

of fat and are cooked in a fair amount of oil," Manik Pande and Meghana Surve, nutritionists at Talwalkars National Nutrition Centre, said.

They even warn against intake of carbohydrates.

"Carbohydrates actually convert into fats after they are consumed. The body stores this fat and this adds to your body weight," explained the nutritionists.

Grains and sugar, which are common feature of our diet, contain large amount of carbohydrates so you need to be careful as far as consumption is concerned.

Hot summer season calls for chilled sodas and juices that instantly refresh us, but Pande and Surve say it is better to stick to something healthier like water, lime juice and fresh fruit juices.

Medicines usually help to eliminate diseases, but they can also make you heavier than before.

"Anti-depressant medicines, birth control pills, allergy medications, and blood pressure medications may cause weight gain," said Agrawal. IANS

## ALIGN YOUR LIFE

### Down Memory Lane

**MY UNCLE PASSED** away a few days ago. After years of battling with his health he was finally able to lie in peace. When I received the news I felt numb and lost. Death always feels so final. My childhood was spent laughing at his funny jokes and playing with his daughters. Our families went on holidays together. There are many memories that suddenly resurfaced. And as I sit to write down this week's column I feel deep sorrow.

Nowadays when I go back home, my diary is full of work appointments. My aim is to finish as much work as I can and return to Abu Dhabi. In all honesty I find very little time to meet family and sometimes I make customary phone calls to say hello to numerous relatives and friends who I want to visit but am unable to.

But I do remember to buy them small mementos of the UAE or a box of chocolates and hand them over to my sister, requesting her to ensure that it reaches the right person. I clear my conscience by telling myself that this is how life is now and I must accept it. But is that the real truth? I have been running the race for too long leaving behind people and things that are most important to me. I have achieved everything and yet sometimes I feel a deep sense of loss.

Along with time - some memories and the age of innocence is lost. Over the last few years one by one many family members have passed away. My cousins and friends are now scattered all over the globe. We chat and offer condolences on Facebook and Twitter.

But now I want to take things slow and do what matters most to me and follow my heart. I want to spend time with my mother discussing the book I read last month and go for a silly movie with my sister and laugh to my heart's content. I want to visit family often without the pressure of time and create new memories. Because when time comes, everything will be lost but memories.

When was the last time you made time for your family? Do you always manage to play with your children? Do you have time to catch up with friends? Are you happy? Our life is a work in progress and nothing is final. There is always time to make new memories and relationships. I am focusing on what really matters now - are you?

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