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LIFESTYLE

Get the glow

Easy beauty tips for brides-to-be

GET YOUR SKIN analysed, follow a colourful diet and try out various natural packs days or months prior to the wedding to look radiant on the big day, says an expert.

Makeover expert Aashmeen Munjaal suggests pre-bridal beauty tips for a perfect glow:

- You should get your skin analysed before you go down the aisle as based on are different requirements for every skin type. According to that, you should get a customised beauty package.

- Be careful about your diet. Add colours to it. You can take a different coloured diet on alternate days. For instance, one day you can consume a lot of white products like curd, egg, milk and cream. The next day, you can go for a red diet which comprises carrot, tomato, red meat and juices. A colourful diet will give your body the required nutrients and vitamins. This in turn will enhance blood circulation and ultimately give you a radiant glow.

- Go colourful with your face packs too. You can try curd or apple pulp pack or turmeric, sandal or even tomato pack. IANS



Bright spark

Add fun elements to your style

GIVE A QUIRKY makeover to your accessories. Jewellery inspired by Santa Claus, bubble-gum watches, goggles based on Marvel comics superheroes can transform your dull daily wear into something exciting.

The website whysoserious.co.in offers quirky ideas on a few must-have accessories:

Watches: Candy fluorescent watches in colours like pink, green and orange look absolutely delectable. These vibrant timepieces are a smart pick for any neutral outfit. From office-going women to school-going teens, colourful watches look cool for sure.

Jewellery: Be it green Christmas trees or the cute red Santa Claus or a funky guitar pick, use something innovative to adorn your ears and neck.

Sunglasses: Go bright with sunglasses frames too. Try them in colours like orange, green and yellow.

Goggles: Let superhero-inspired goggles protect your eyes. They are available in designs that will remind you of superheroes like the Hulk, Iron Man and Spiderman.

ALIGN YOUR LIFE

Fragrance Of Life

There are some memories that are etched in my mind and they can only be triggered by certain scents. When I smell my mother's cooking, or come across sandalwood oil that my grandmother used or simply get a whiff of a particular perfume that I wore when I was very happy - it transports me back into a different time and era. I suddenly get flashes of happy memories and in no time I feel relaxed and stress free. In fact I now carry a small bottle of lavender oil in my handbag. Every time I feel stress building up, I rub some oil on the temples and around the neck and in no time I feel calm and composed. The fragrance of the oil makes me feel as if I have visited a spa and just the thought relaxes all the muscles in my body. It is amazing what positive reinforcement can do for you.

The foundation of aromatherapy is based on a similar principle. The aim of aromatherapy is to strengthen the mind and body through the use of essential oils extracted from flowers, leaves and trees. The use of these oils enhances the feeling of wellbeing. The inhaled aroma from these "essential" oils is widely believed to stimulate the brain function, thereby calming the mind and relaxing the body. Essential oils can also be absorbed through your skin, where they travel through the bloodstream and promote healing and eliminate stress.

The essential oils can be used for a variety of physical conditions such as first degree burns, depression, insomnia, and high blood pressure. The fragrance of these oils travels through the lungs triggering happy memories. The last few years have seen a sudden interest in aromatherapy and many people now use a variety of oils in their everyday life to maintain balance and harmony.

There are varieties of oils in the market, however it is of vital importance that you choose the oils that make you feel happy and relaxed. One of the most popular oils in aromatherapy is lavender oil. This oil has a refreshing fragrance and is known to relieve anxiety and lower blood pressure.

Peppermint oil on the other hand focuses on the relaxation of the physical body and rejuvenates the tired muscles in no time. Eucalyptus oil is known for its healing properties and is widely used to treat insomnia, headaches and migraines. These oils can be burned in a burner along with a bit of water or rubbed on the skin. No matter what you may choose to do, the fragrance of life changes once you embrace aromatherapy.

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

