

Rise and shine

Become a morning person for good

WAKING UP EARLY not only allows more time for productivity and leisure, it also makes one's days less stressful. Go to sleep when you are tired, create the right night routine and environment so that it makes it easier to wake up on time every morning.

Huffingtonpost.com shares how to become a morning person:

- **Get more sleep:** Just like we need to make time for working out, we need to schedule seven to nine hours of sleep into our day because it is one of the most essential parts of our health. What we get from a good night's rest, cannot be supplemented elsewhere.
- **No screens in the bedroom:** Make it a point to turn off the television at a certain time. Similarly, don't use your laptop or tablet in bed. Restrict your contact with screens at least an hour before bed.
- **Go to sleep when you are**



tired: When we have had an especially exhausting day, we tend to ignore our brains when they are telling us we are drained and tired hours before we normally are. Don't ignore what your body is telling you. Just like waiting too long to go to bed after taking a sleeping pill, powering through your tiredness instead of going right to bed can have adverse effects.

• **Create the right night-time routine and environment:** Be it books or tea with chamomile or lavender, make sure to choose something that will be a calming experience and one you can repeat every night. Over time, your body will get used to this ritual and know when it is time to shut down and go to sleep. The environment you go to sleep in is also important. If it is clean and

uncluttered, it will be easier for your mind to be as well. Again, your room should be a tranquil space used almost solely for relaxing and sleeping.

• **Always have something to look forward to:** Schedule your week so that you have something to look forward to, even if that something is calling a friend to catch up, or trying out a new place for lunch. *IANS*

Summer style

How to dress for summer events



Elizabeth Hurley shows off her summery style at Ascot

FOR A DAY AT the races or other smart summer outings, choose outfits that are not only apt for the occasion, but also complement your personality.

Stylists of cosmetic brand Colour Me Beautiful have put together tips on how to dress for summer events where you stand a chance to get photographed, reports femalefirst.co.uk.

• **Your personality:** Be yourself. Don't become frivolous and flowery if you feel better in something simple. Equally, just because it's smart, it doesn't mean you have to go classic or matchy-matchy. Think about what works for you. Being yourself will help you feel more comfortable and you will have more fun in the process.

• **Your style:** You don't have to be absolutely on trend, it is more important that you choose something that ticks all the boxes for you and makes you look good. Think about things such as length, where the waist is, sleeves or no sleeves and what works for

your shape and personal style.

• **Colour and pattern:** Yellow is stealing the show this season, but blue follows closely behind. White always looks feminine and super fresh in the summer, but it doesn't work for everyone or all events (for instance, weddings). Other great colours for occasion dresses are pink and orange for bold or pastels in mint, lemon, pink or blue. If you are considering patterns, you need to decide whether your outfit is going to be a one-off or something you'll want to wear again and again. Make sure the pattern is in proportion to your scale. You don't need to over-accessorise with pattern.

• **Hats or fascinators:** Make sure your hat suits your face shape and that the brim doesn't extend beyond your shoulders. Choose a flattering colour that complements your outfit, but it doesn't have to be the same colour. Beware of black trims too, as they can throw a dark shadow on your face. *IANS*

ALIGN YOUR LIFE

Hotel Feng Shui

When building or designing a hotel through the science of Feng Shui, one must remember that it is a commercial property and the Feng Shui changes need to be valid for a long time. Normally such commercial properties are built to last for decades and if designed correctly it can be prosperous for years to come. So what exactly goes on when one designs a hotel through Feng Shui?

To start, Feng Shui can be applied while selecting a plot of land or a site where the hotel needs to be built. The location of the site is very important. The questions that need to be asked are – is the site directly opposite a T-junction? What are the surroundings? Is there any unpleasant object in the vicinity of the site? What was previously built on the site? Is there traffic around the site? If yes, then how do we divert the busy energy generated from the traffic to the site?

Once we have these questions answered, the next step is the placement of the entrance. Building an entrance in a prosperous area will help invite the energy into the hotel, leading to good business. However Feng Shui energies change every 20 years. Therefore it is important to factor in changes that could help the hotel remain prosperous even after the energies change. It is always a good idea to create a side or a back entrance that could be used once the energy changes. By doing so, the hotel will continue to invite good energy in through an alternate entrance.

The next step is identifying spots in the hotel where you have a pool of good energy and activating them through waterfalls or aquariums. Many hotels that don't want a water element use live music to enhance the energy. Live piano music or jazz performances are a regular feature in many hotels around the world. This is performed either in the lobby or in a particular restaurant to attract people.

Many well-known hotel chains around the world are implementing Feng Shui to enhance and improve the business. So next time you walk into a hotel, look around and you might be able to hear the sound of a piano or the trickling of a waterfall. (Picture below is used for illustrative purposes only)

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

