

# L LIFESTYLE

## Happy feet

*Tips to make sure your feet stand out this summer*

**SUMMER IS THE** time to show off your toes and your dainty feet, but it is also important to take care of them so you can flaunt them confidently.

The summer heat can make your feet dry and rough with the skin peeling off due to bad weather conditions. Blossom Kochhar, chairperson of Blossom Kochhar Group of Companies, offers a few tips to take care of feet:

**Apply shea butter:** Shea butter can play a major role in taking care of chapped and neglected feet. Soak your feet in warm water for 10-15 minutes and cleanse your feet thoroughly by scrubbing properly with a sponge or a pumice stone to remove the dead skin, rough areas and calluses from under the feet.

Change the water. Take another tub of warm water and add one teaspoon of shea butter to it.

Soak your feet in it once

again for 10 minutes. After that pat your feet dry with a towel. Then apply a little amount of the shea butter on your feet thoroughly to keep it smooth and moisturised.

**Wear sunscreen:** Don't forget to slather sunscreen on your feet too. During the summer, feet are often forgotten when protecting skin from the sun. Protect your feet and remember to check them for sun damage when you do regular self-exams.

**Soak your feet:** To bring the swelling down after a long, hot day, soak your feet in a tub of ice water for 15 minutes. Then pat dry with a towel.

**Moisturise your feet:** The skin on your feet needs moisture just like the rest of your body. To keep your feet soft and to prevent dry, cracking heels, use a foot cream regularly at night as part of your home pedicure



routine.

**Buff off dead skin:** Keep your feet looking their best by gently buffing off dead skin and calluses. After bathing or a relaxing foot soak, use a pumice stone. Do not shave or cut corns or pop blisters; you could cause an infection.

**Use coconut oil:** Keep some extra coconut oil handy and your feet will be happy even in summers. This oil has the

ability to moisturise dry, rough skin. It nurtures skin cells and removes impurities in the skin. Leave it overnight and wear cotton socks and you will wake up with soft, beautiful feet.

**Choose breathable footwear:** If you're prone to excessively sweaty feet, look for shoes made of mesh fabrics for maximum breathability.  
IANS

## ALIGN YOUR LIFE

### Simple rules of Feng Shui

**O**VER THE YEARS, the ancient Chinese knowledge of Feng Shui has been diluted. Nowadays many types of Feng Shui schools have opened, but not all are effective and authentic. Many Feng Shui rules practised today are based on superstition, rather than logic. That is one of the reasons why so-called Feng Shui items are being sold all over the world. Many shops are mushrooming across the globe specialising in the sale of custom made Feng Shui items, most of which have cultural significance and have nothing to do with Feng Shui.

If you don't want to get trapped in the intricacies of what is authentic and what is not, the following Form School Feng Shui rules are perfect, with the main focus on shapes of objects around you.

Energy flows straight in a narrow hallway or a passage. Therefore if your home has a back door or a window directly opposite the main door, it is recommended that you keep the back door locked and place a red carpet on the hallway to minimise the harsh energy. Alternatively you can also hang a curtain made of beads or thin fabric to reduce the intensity of the energy. Always position your place of worship in a quiet room, facing inside the house. This helps in keeping good energy indoors. Sleeping opposite a bathroom door or a bedroom door hits you with harsh energy and must be avoided at any cost. A study room must have a wall support and preferably should be tucked away in a quiet corner to avoid distractions. Display a mirror opposite the window that has a good view to attract good energy in your home. It is recommended to display plants around the house. However plants with big leaves that block sunlight should be avoided. Displaying fresh flowers around the house also creates a pleasant atmosphere. Your living room, dining room, kitchen and study rooms are yang energy areas - meaning active areas. These areas can be enhanced through the use of vibrant colours and bright lighting. However your bedroom should have yin energy - that is calm energy to help you relax. Therefore use soothing colours in the bedroom along with mellow lighting. Sometimes using simple rules of Feng Shui can help make your home pleasant and comfortable.

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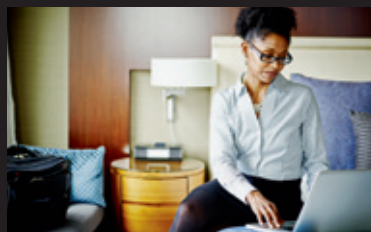
Photos: Getty

## Picture imperfect *Is Facebook leading women to eating disorders?*

**ARE YOU HOOKED** on Facebook all the time in anticipation of another 'like'? Study now shows that increased time on Facebook could lead women to negative body images - and possibly eating disorders later.

In a first study to link time spent on Facebook to poor body image, researchers found it could lead to more negative feelings and more comparisons to bodies of friends.

Health professionals who work in the area of eating disorders and their prevention now have clear evidence of how social media relates to college women's body image and eating disorders. "While time spent on Facebook had no relation to eating disorders, it did predict worse body image among participants," said Petya Eckler from Glasgow-based University of Strathclyde.



To understand this, the researchers surveyed 881 college women about their Facebook use, eating and exercise habits and body image. They were able to predict how often women felt negatively about their own bodies after looking at someone else's photos or posts, and how often women compared their own bodies to those of their friends.

"The findings also showed that more time spent on Facebook was as-

sociated with more negative feelings and more comparisons to the bodies of friends," co-author Yusuf Kalyango Jr. from Ohio University added.

They also found that for women who want to lose weight, more time on Facebook led to more attention being paid to physical appearance. This included attention to one's body and clothing. Poor body image can gradually lead to developing an unhealthy relationship with food.

The attention to physical attributes may be even more dangerous on social media than on traditional media because participants in social media are people we know, researchers cautioned. The team is scheduled to present its findings at the 64th Annual Conference of the International Communication Association in Seattle, Washington. IANS