

# SHAJGOJ

2<sup>ND</sup> ISSUE • WINTER-SPRING EDITION



**SHUBHASHREE GANGULY**

A TAPESTRY OF TALENT & GRACE

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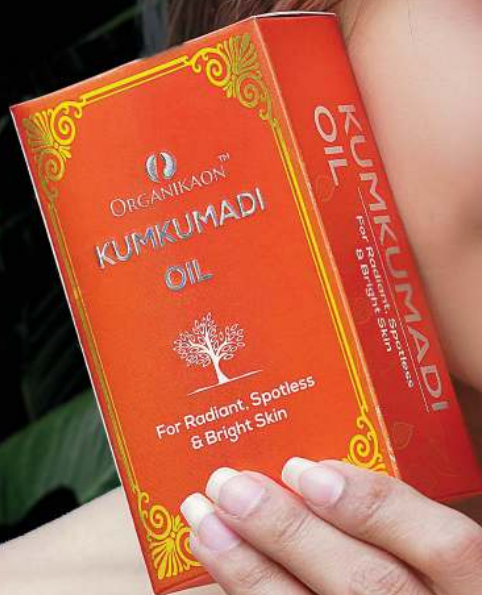
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# EDITOR'S

# Note

**D**ear Readers,

Welcome to the dazzling world of Shajgoj, where style knows no bounds, and beauty is a celebration of individuality! As autumn's crispness gives way to winter's embrace, we are delighted to present the second edition of our magazine, a celebration of the beauty, fashion, and lifestyle that enrich our lives. This special winter and spring issue takes you on a journey through the enchanting seasons, showcasing the cozy allure of winter and the vibrant renewal of spring.

Our dedicated team has carefully selected a collection of features designed to satisfy your senses. In the realm of beauty, we explore the art of makeup, unravel the secrets to luscious locks, and offer expert advice on embracing the natural glow of the season. The fashion segment takes you on a journey through the evolution of handbags and showcases winter essentials to elevate your style. Explore Dhaka's hidden gems in our lifestyle segment, and commence a mesmerizing journey to the exotic locales of Morocco. Additionally, take a nostalgic trip down memory lane with Cartoon Network and delectable recipes perfect for winter indulgence.

We are also thrilled to include a special interview with Subhashree Ganguly who is transcending international borders and shining her presence on the global stage. Her journey is an inspiring tale of passion, perseverance, and success. And of course, our wedding special segment is a treasure trove of inspiration for brides-to-be, offering guidance on the latest bridal trends, makeup looks, and invaluable tips for their special day.

As we welcome the new year 2024, our unwavering commitment to diversity and inclusivity shines through on every page. Our tagline, 'It's you but new, encapsulates the essence of this edition.

So, dear readers, immerse yourself in the pages that follow and let the fashion and beauty odyssey begin. Because in the world of Shajgoj, every day is a runway, and every face is a canvas waiting to be adorned. We thank you for embarking on this journey with us.

Warmest regards,

*Synthia Islam*





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# B E A U T Y

Delve into the enchanting world of cosmetics, skincare, and self-care. Here, we are your trusted guide to unlocking the secrets of makeup, sharing expert tips, and celebrating the beauty in every unique face.

PHOTO CREDIT: NASIR HOSSAIN

Anni Maccaniad

SHAJGOJ | 2024



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# THE ART OF NATURAL RADIANCE

**The secret to beautiful skin lies in natural skincare & homemade beauty tips.**

Achieving a healthy and radiant complexion doesn't have to involve complex beauty regimens or expensive products. Here, we've distilled the wisdom with the latest tips for achieving a natural glow.

## Cleanse and Exfoliate

The foundation of any skincare routine begins with cleansing. Find a gentle cleanser suited to your skin type to remove dirt, grime, and pollution. Exfoliation is often overlooked but is crucial for rejuvenating your skin. You can use *Skincafe Aloe vera facewash* to cleanse your skin daily.

## Moisturize and Protect

Hydration is key to healthy skin. Use natural oils like coconut, olive, or almond to moisturize your body. Don't forget the delicate skin around your eyes; consider a light hydrator like *Rajkonna Light Moisturizer with Rice Water and Licorice Extract*. The sun is a significant contributor to skin damage, so make sure to use sunscreen with at least SPF 30 daily.

## Avoid Harsh Chemicals

Steer clear of skincare and makeup products laden with chemicals that can harm your skin. Opt for natural or herbal-based alternatives to maintain your skin's health. You can even create your own face masks using ingredients from your kitchen, like honey, turmeric, or banana, to keep your skin blemish-free and glowing. Or use *Rajkonna Glowing Face Ubtan* for a natural glow.

## Diet and Hydration

What you put into your body reflects on your skin. Incorporate fresh fruits, vegetables, and juices high in antioxidants into your diet. These combat free radicals and promote healthy skin. Drinking water is essential to maintain your skin's hydration and overall health.

## Sleep and Relaxation

Adequate sleep is your skin's best friend. It allows your body to repair and regenerate skin cells, reducing puffiness, and dark circles, and promoting a natural glow. Combining a good skincare routine with meditation and moderate exercise can help manage stress and enhance your overall well-being.

Beauty doesn't have to come at the cost of harsh chemicals or elaborate regimens; sometimes, the best solutions are found in nature's bounty. Embrace these tips, and let your skin's natural glow shine through.



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# THE VITAMIN ADVANTAGE

*While there's no one-size-fits-all solution to achieving the perfect complexion and hair, certain vitamins can play a crucial role in enhancing your natural beauty.*

**I**n our never-ending quest for flawless skin and luscious locks, we often forget that "Beauty Starts from Within". Let's delve into the world of vitamins and discover how they can help you achieve radiant skin and hair.

## **Vitamin A: The Savior**

Vitamin A is often hailed as the "skin vitamin" for its remarkable ability to promote a healthy complexion, cell production, and repair. It helps prevent signs of premature aging by stimulating collagen production, reducing wrinkles, and improving skin elasticity.

Vitamin A also plays a role in maintaining a well-hydrated scalp, which is vital for healthy hair growth. A deficiency in vitamin A can lead to dry, flaky skin and a dry, itchy scalp. Including foods rich in vitamin A or considering supplements can help achieve smoother skin and nourished hair.

## **Vitamin C: The Brightening Agent**

Vitamin C is a potent antioxidant famous for its skin-brightening qualities. It helps reduce dark spots and hyperpigmentation by deterring melanin production. Additionally, vitamin C stimulates collagen synthesis, promoting firmer, youthful-looking skin.

When it comes to hair, vitamin C supports the production of collagen, strengthens hair follicles, and prevents breakage.

## **Zinc: The Inner Strength**

Zinc is a mineral that is essential for wound healing and cell regeneration. Zinc deficiency can lead to dry skin, hair loss, and acne.



## **Iron: The Blood Builder**

Iron is an essential mineral that forms the backbone of hemoglobin, the protein responsible for carrying oxygen in our blood. Low iron levels can contribute to pale skin, and hair loss by disrupting the hair growth cycle. Ensuring you have an adequate iron intake or supplementing when necessary can help maintain healthy hair and overall vitality.

## **Vitamin E: The Skin's Shield**

Vitamin E is a potent antioxidant that protects skin cells from damage caused by free radicals and UV radiation. It helps maintain the skin's moisture balance, preventing dryness and flakiness. Vitamin E also supports a healthy scalp by improving blood circulation, which, in turn, promotes hair growth.

## **Biotin: The Beauty Vitamin**

Biotin, often referred to as vitamin H, is a go-to vitamin for those seeking to improve the health of their skin, hair, and nails. It plays a vital role in the production of keratin, a protein that forms the structure of hair, skin, and nails. Biotin supplements are widely popular among individuals aiming for stronger, thicker hair and more resilient skin.

## **Vitamin D: The Sunshine Vitamin**

Vitamin D is crucial for skin health as it aids in skin cell growth, repair, and metabolism. It also helps maintain the skin's immune system, which defends against various skin disorders. For hair, vitamin D promotes hair follicle cycling, ensuring that hair grows strong and healthy.

Many people, wrongly believe that because tiny doses of vitamins are beneficial, generous amounts have to be better. However, the rule of 'less is more' should be followed. Vitamin supplements in high doses are dangerous. Thus before introducing supplements with vitamins into your beauty regime, seek the advice of a physician or medical practitioner.



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নিট পরিমাণ ২০০ মিলি

# UNLOCKING THE SECRETS TO GORGEOUS HAIR

*Tired of your rough, damaged, and frizzy hair? Being more unmanageable every day? Then it's your call to have a proper transformation from inside out.*

Healthy hair isn't only about genetics; it's also about developing a haircare program tailored to your specific needs. This article will give you an extensive hair care guide, covering everything from the fundamentals of internal and external hair care to more advanced techniques such as heat styling and coloring.

## **The Foundation of Fabulous Hair: Internal care**

Healthy hair starts from the inside out. A nutritious diet high in vitamins and minerals helps boost hair development & prevent breakage. Biotin, Vitamin C, Vitamin E, Iron, & Zinc are some of the most important vitamins and minerals for hair health.

## **Shampoo and Conditioner: The Dynamic Duo**

Choosing the right shampoo and conditioner is pivotal with key ingredients based on your hair type, whether it's dry and curly or oily and straight.

## **Oil Care: The Root of Healthy Hair**

Oiling your hair can help to keep it moisturized and prevent breakage. You can use a variety of oils, such as coconut oil, olive oil, or avocado oil.

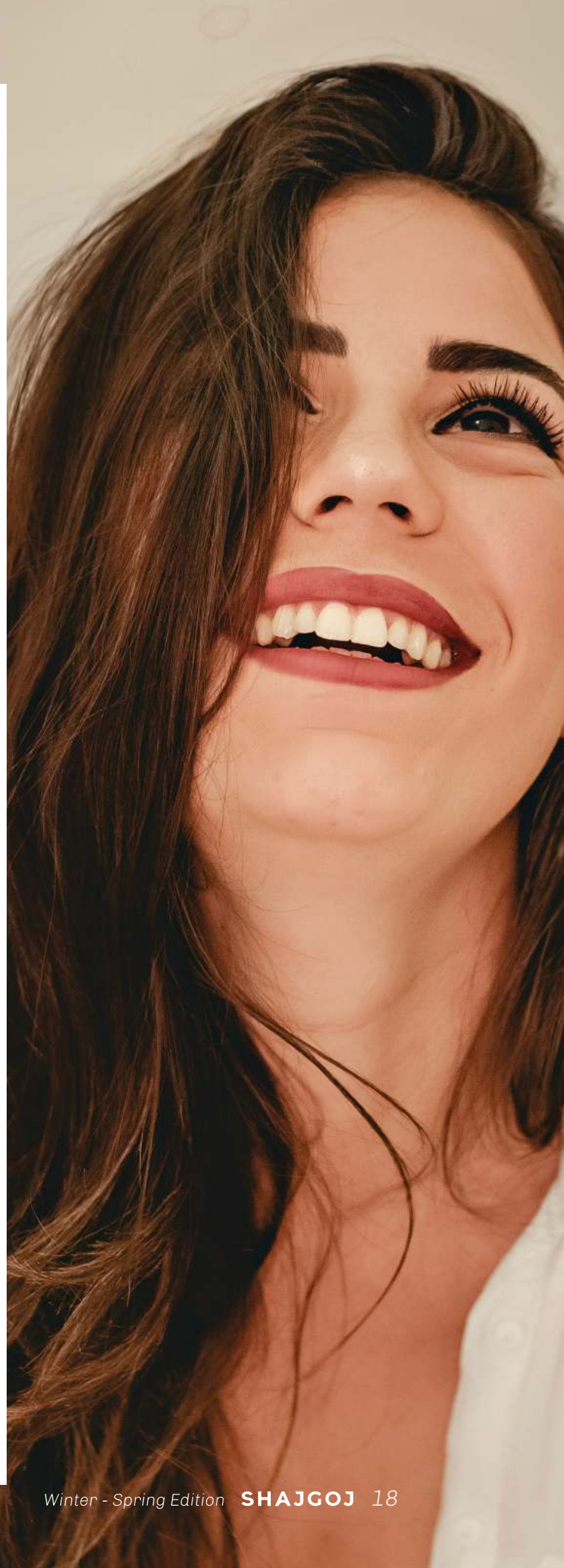
## **Snip, Snap: The Importance of Regular Trims**

Regular haircuts are more than just a beauty ritual. Trimming your hair can prevent split ends, keep your mane looking polished, and even promote faster growth.

## **Styling Safely**

Flat irons, curling wands, and hairdryers can all be detrimental to your hair. Learn about the power of heat protectants and hair serums, including how to choose color-safe products, protect your hair from UV damage, and minimize color fading.

Remember, understanding your specific hair type, developing a customized routine, and regularly offering the care and attention it needs result in beautiful, healthy hair.

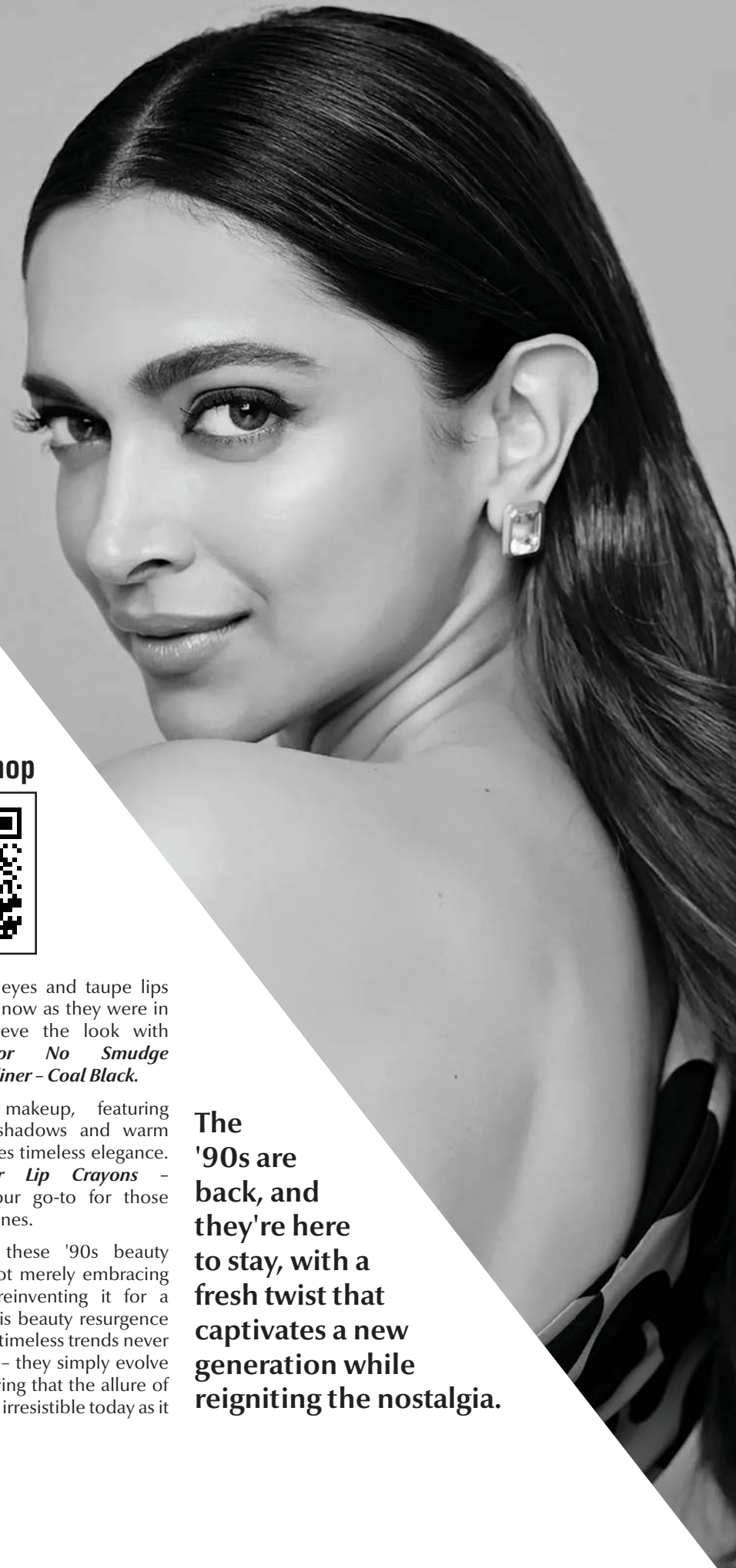


  
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# REVIVING '90s BEAUTY

From the runways to social media feeds, we're witnessing the resurgence of iconic '90s beauty trends that are capturing the hearts and makeup bags of both young and seasoned beauty enthusiasts.

Thin brows, a signature '90s look, are making a bold return. But don't rush for those tweezers just yet. Instead, use concealer and powder to create the illusion of slender brows.

'90s supermodel-inspired eyes are all the rage. Achieve this sultry look with matte brown and black eyeshadows, expertly blended and winged outward. **The Nirvana Color Eye Shadow Palette - Touch Me Not** is an excellent choice for crafting those mesmerizing peepers.

Remember the daring combo of blue eyeshadow and nude lips? It's back. Sweep a pale blue shadow across your lids and line your lips with a rich brown shade for that iconic '90s vibe.

For a touch of drama, go for dark berry lips with **Nirvana Color Matte Bullet Lipstick - Berry Lips B01**, a deep plum that flatters every skin tone.

## Scan to shop



Grunge smoky eyes and taupe lips are just as cool now as they were in the '90s. Achieve the look with **Nirvana Color No Smudge Retractable Eyeliner - Coal Black**.

Monochrome makeup, featuring toasty brown shadows and warm nude lips, exudes timeless elegance. **Nirvana Color Lip Crayons - Bonolota** is your go-to for those inviting warm tones.

As we revisit these '90s beauty trends, we're not merely embracing the past but reinventing it for a modern era. This beauty resurgence reminds us that timeless trends never truly fade away - they simply evolve and adapt, proving that the allure of '90s beauty is as irresistible today as it was back then.

**The '90s are back, and they're here to stay, with a fresh twist that captivates a new generation while reigniting the nostalgia.**

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# *Mastering* the ART of *Makeup*

## Dos & Don'ts

...

In the year 2024, the world of cosmetics is buzzing with excitement, offering a myriad of possibilities to explore.

From daring lip hues to intricate graphic eyeliner and the pursuit of that coveted radiant glow, makeup enthusiasts are in for a treat. We will delve into some of the captivating makeup trends set to captivate your imagination this year. Whether it's mastering the art of skincare preparation or selecting the perfect lipstick shade, this guide is your key to unlocking confidence and enhancing your natural beauty through makeup.

## LET'S BEGIN WITH THE DON'TS

### **Don't Apply Makeup to a Dirty Face**

Applying makeup to an unclean face can lead to skin issues such as breakouts and acne. It can also cause the makeup to be patchy and wear off easily. Thus always begin with a clean canvas.

### **Don't Use Dirty Brushes**

Neglecting to clean your makeup brushes can introduce bacteria to your skin. Regularly wash your brushes with shampoo and warm water to maintain their hygiene. Investing in quality brushes is a wise choice for beginners.

### **Don't Skip Your Eyebrows**

Eyebrows play a crucial role in framing your face. Don't overlook them; instead, fill in sparse areas with a matte eyeshadow. Opt for a subtle shade that matches your natural brow color.

### **Don't Create Fake Brows**

Avoid the overly dramatic, drawn-on brow look. Instead, focus on enhancing your natural brows to make them more defined and polished. Keep it simple!

### **Don't Sleep in Your Makeup**

No matter how tired you may be, resist the urge to sleep in your makeup. Leaving makeup on overnight can clog pores and dry out your skin, causing more harm than good.

### **Don't Pump Your Mascara**

Avoid pumping your mascara wand as it introduces bacteria, causes it to dry out faster, and results in clumpy application. Instead, gently swirl the wand in the container, and replace it every 3 months.



## NOW LET US LOOK AT THE MUST DOS

Makeup is a versatile tool for self-expression. Begin by crafting a simple signature look that enhances your features without being overly time-consuming. Focus on your face, eyes, lips, and cheeks, using basic makeup essentials like eyeliner, mascara, blush, and lipstick.

### **Do select the right color for your Face**

Choose the right foundation shade by matching it to your chest or consider using a tinted moisturizer for a more natural look. Do not forget to use a moisturizer and primer before applying the foundation.

### **Do define your Eyes and Eyebrows**

Pair eyeliner with mascara for well-defined eyes. Also, ensure your eyebrows are nicely filled in to give that enhanced look of your desire. Let's not get overboard here.

### **Do find lip shades that match your tone**

Select a lipstick shade that complements your skin tone. For a timeless signature look, opt for a bold red lip, or choose a shade that closely matches your natural lip color for an everyday go-to option.

### **Do apply blush to look flushed**

Apply blush to add a healthy flush of color to your face, especially if your foundation makes your complexion appear monotonous. You can add some highlighter and finish your look with a setting spray.

Remember, there are many ways to express yourself through makeup. Just try to keep it balanced.





H A W A A

## Unleash Your Hair's True Potential

Dive into the world of natural elegance, where every drop of our hair care is a promise of pure indulgence. With Hawaa, it's not just hair care; it's a celebration of your unique beauty.



# FROSTY SEASON SELF-CARE

*As winter's icy embrace approaches, it's time to prepare and pamper your body, face, and lips for the harsh weather conditions ahead.*

**D**on't let the cold strip away your natural glow; instead, arm yourself with these winter care tips that will leave you feeling fabulous and radiant throughout the frosty months.

Winter skin care requires a little more time and effort because the conditions are harsh on our natural protective barrier. Skin is exposed to cold air whipping, sun rays, and low humidity results in draining skin moisture every second of the day.

It's no surprise that our skin frequently becomes dry, flaky, and irritated. When the skin becomes dry, it is more prone to cracking and bleeding. That is why, throughout the winter, we must take special care of our bodies, faces, and lips to keep them glowing and hydrated.



Photo: Nasir Hossain

## Face

Stick to the basics for hydrated skin during winter. Clean, tone, moisturize, and sunscreen can be your gem of a circle. Avoid harsh scrubs yet exfoliate for smooth, supple skin.

### Moisturize Like a Pro

Switch to a richer, more nourishing moisturizer that locks in moisture. To keep your face fresh and protected, look for creams containing hyaluronic acid or glycerin.

### Sunscreen is Still a Must

UV radiation can cause skin harm even in the winter. To protect your skin from the sun's damaging rays, use a broad-spectrum SPF 30 or higher.

### Lip Love

Cracked, chapped lips are a common winter woe. Keep your pout perfect with a hydrating lip balm with beeswax and shea butter to seal in moisture and prevent painful dryness.

## Lips

Get a 'pout-perfect' hydrated lips in winter. Be louder with proper care.

### Exfoliate with Care

To maintain soft, plump lips, exfoliate with a gentle lip scrub to remove dead skin cells. DIY scrubs with honey and sugar work wonders!

### Seal the Deal

After exfoliating, apply a nourishing lip balm or mask. Consider a product with added antioxidants like vitamin E to protect against harsh winter elements.

### Stay Hydrated

Don't forget to sip water regularly. Staying hydrated from the inside out is essential for keeping your lips plump and supple.

With a little care, you can enjoy the winter months without having to worry about dry skin and chapped lips.

## Ensure fundamental hydration

Staying hydrated is critical for general health, particularly during the cold months. Dehydration can cause your skin to become dry and flaky. Drink at least eight glasses of water per day.

### Welcome the humidifier

A humidifier can help to provide moisture to the air to prevent dry skin. If you don't have a humidifier, take a hot shower or bath.

### Hydrate, hydrate, hydrate

For extreme hydration, apply a moisturizer to your body every day, especially after bathing.

### Stay Warm

Wear layers of clothing when going outside to protect your skin from the cold. You should also protect your face and hands by wearing a helmet, scarf, and gloves.

Make sure to take care of your loved ones too this winter!





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# HOME REMEDIES FOR A BRIGHTER, FLAWLESS YOU!

Are you tired of dealing with dull and blemished skin?? The key to achieving brighter and flawless skin may be closer than you think.

It is possible to get bright, beautiful skin by turning back to the roots but the road begins with identifying your specific skin type. There are specific home cures that will help you reveal your finest, brightest self whether you have oily, dry, sensitive, or mixed skin. But keep in mind that great skin starts with a consistent skincare program and ongoing upkeep. Even if you use herbal skin care products, you must follow the basic CTMS cycle.

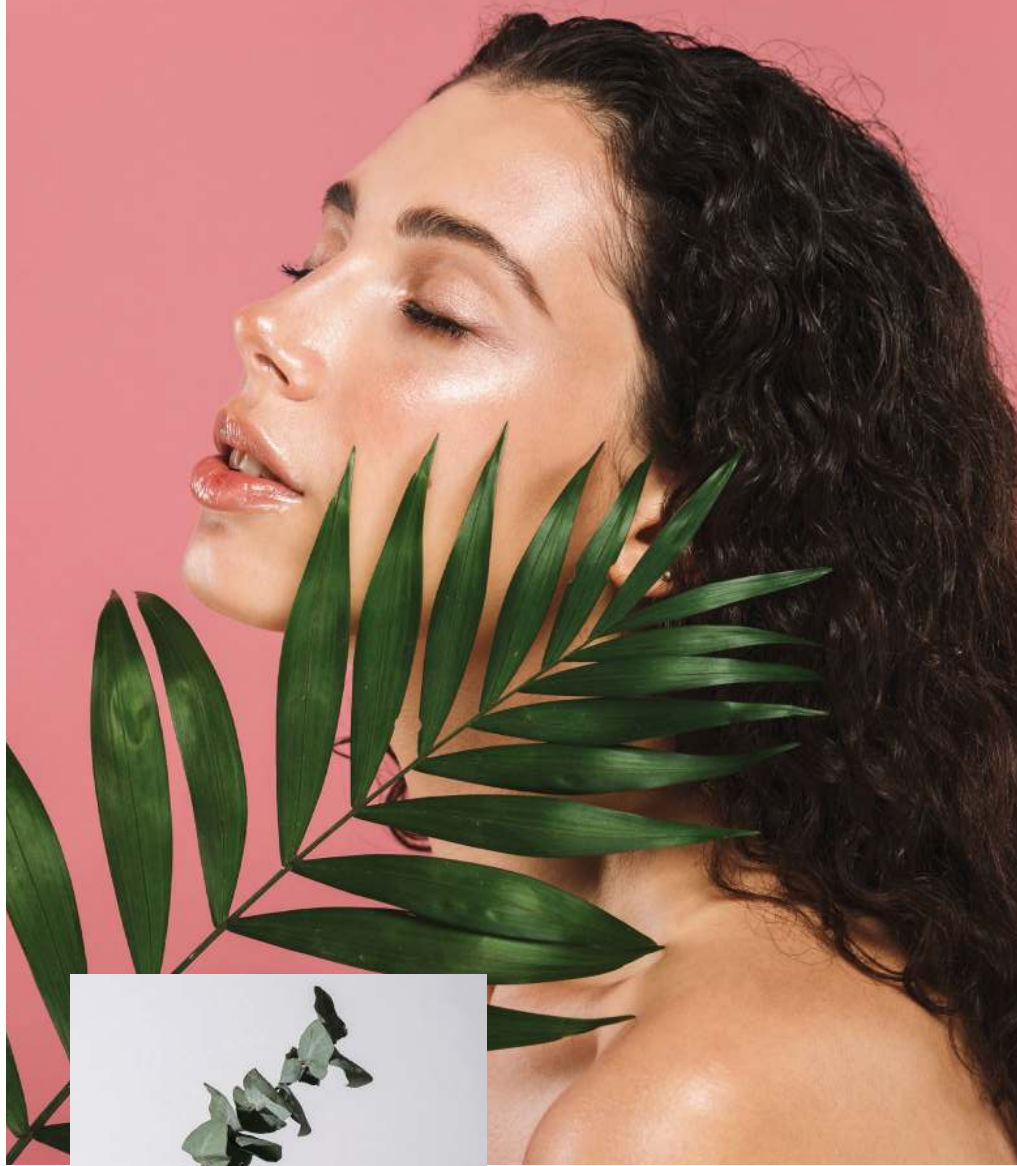
## *Herbal Cleansers: The Magical Start*

### **Mystic Trio for Oily, Acne-prone Skin**

Use Gram Flour, Sandalwood, and Turmeric for this cleanser. Grind the sandalwood into a fine powder. Mix all three ingredients together, and add rose water to form a creamy paste. Apply the paste to your face and massage gently. Rinse off with lukewarm water.

### **Dazzling Duo for Dry to Combination Skin**

This cleanser is made with rolled oats, honey, and milk. To make a fine powder, grind the oats. Combine the oats, honey, and milk until they form a paste. Apply the paste to your face and gently massage it in. Rinse the paste off with warm water.



### **Fun Fact**

*Did you know?  
Your skin renews  
itself every 28 days,  
giving you plenty of  
opportunities to  
enhance its natural  
beauty.*

## *Toner: The Life Savior*

### **Green Tea Toner for Oily, Acne-prone Skin**

Green tea is high in antioxidants, which helps to reduce inflammation and the battle against free radicals. Brew a cup of green tea, let it cool, then apply it to your face with a cotton ball as a toner. To prevent acne, add a few drops of tea tree oil to it. This will help to reduce pores and brighten your skin.

### **The Hydrating Toner for Dry Skin**

Made with rose water, cucumber juice, and aloe Vera gel. In a clean bottle, combine rose water, cucumber juice, and aloe Vera gel. If necessary, add 1/2 drop of Vitamin E oil for additional moisture. Shake well to mix. After cleansing, use a cotton ball to apply this relaxing herbal toner to your face to moisturize and brighten your skin.

## *Herbal Face Pack: Skin's Best Friend*

### **Honey Coffee Mixture for Dry Skin**

Dry skin craves moisture and gentle exfoliation. Create a nourishing mask with coffee powder, milk, and honey. The caffeine provides skin-brightening and tightening effects, while honey soothes and moisturizes and the milk is a pleasant deep cleaning and skin-lightening agent. Apply this mixture for 15-20 minutes and rinse for a dewy, supple complexion.

### **Fantastic Four for Oily, Acne-prone Skin**

Multani Soil, Turmeric, Lemon Juice, and Honey, help to manage excess sebum and visibly brighten the complexion. Combine all of the ingredients to make a powerful skin-clarifying mask. Apply this mixture to your face and leave it on for 15-20 minutes before rinsing with lukewarm water. Lemon's vitamin C helps remove dark spots, while honey moisturizes and fights bacteria. Turmeric's antioxidants help reduce acne.

## *The Oat Yogurt Magic for Sensitive Skin*

Sensitive skin requires extra care to avoid irritation. A calming oatmeal mask can work wonders. Blend oats into a fine powder and mix it with plain yogurt. Apply it gently and rinse off after 15 minutes. Oats have anti-inflammatory properties that can soothe and brighten sensitive skin.

## *Moisturizer: Skin's Life-Self Love*

Finally, for the moisturizer, you can use aloe vera gel, glycerin, or any other organic oil that suits your needs. Also, remember to wear sunscreen for the best results.





# BEHIND THE BRUSHES:

## Interview with a makeup guru

From innovative skincare routines to boundary-pushing makeup artistry, the beauty industry is a canvas where individuality meets creativity. It's not just about looking good; it's about feeling empowered in our own skin while embracing our true selves.

Aneeka Bushra is a highly competent makeup artist located in Dhaka, well-known for her versatility and expertise in a variety of beauty fields. We looked into her makeup secrets, what sets her apart from her peers, and what beauty trends we may expect in 2024 in a candid interview with this beauty guru.

Through a live conversation, we asked her several questions and got to know more about her perspective, personality, and definition of true beauty.

Aneeka began her makeup adventure in 2016 with no idea that she was going to have a successful career in this field. One of her close Australian friends, who was concerned about her dusky skin tone, forced her to do her makeup, which was the start of Aneeka's career. After that, she received a lot of compliments and queries regarding the look and her charges, which prompted her to pursue a profession in this industry.



Aneeka began dancing lessons at the age of three, where she also learned how to apply cosmetics. Later, she spoke about one of her favorite icons, Farzana and Kaniz Almas, who influenced her quest. Nonetheless, she managed to discover her own uniqueness in the sector by using skin tone-based cosmetics rather than only wearing fair tones. "I used to think that back then, the makeup was very outdated and not my type, mostly it was not skin tone base, so I understand that there was a gap in the market and for that, I used to do my own makeup," she says. That's how my makeup journey began."

Nobody was working with skin tones when Aneeka started in 2016. She remarked, "We started the trend of how natural makeup should be." Throughout her prior campaigns, she has always emphasized individual skin tones and embracing one's own style. Aneeka not only emphasizes authentic skin tone but also supports natural beauty and personalized bridal trends, which sets her apart from the crowd.

When asked about her favorite part about doing makeup, and what she finds the most challenging Aneeka explained, "The challenging part is that you need to understand the bride's personal preferences" adding that it's critical to find out what some brides genuinely want because they don't know. As a result, it became difficult to please everyone. And the best part about doing makeup is that "you can be playful, you can do anything and everything, and you have no boundaries."

Talking about bridal makeup, Aneeka shared her anecdotes on how she collaborates with her brides to create looks that perfectly complement their style and vision for their big day. "So, before I do any bridal makeup, I have a healthy talk with the brides

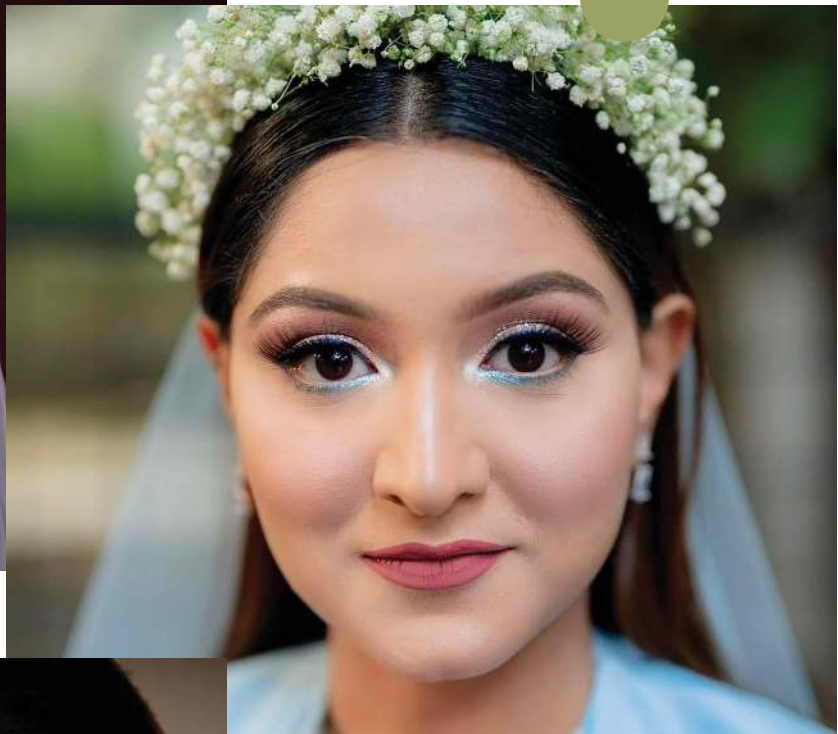
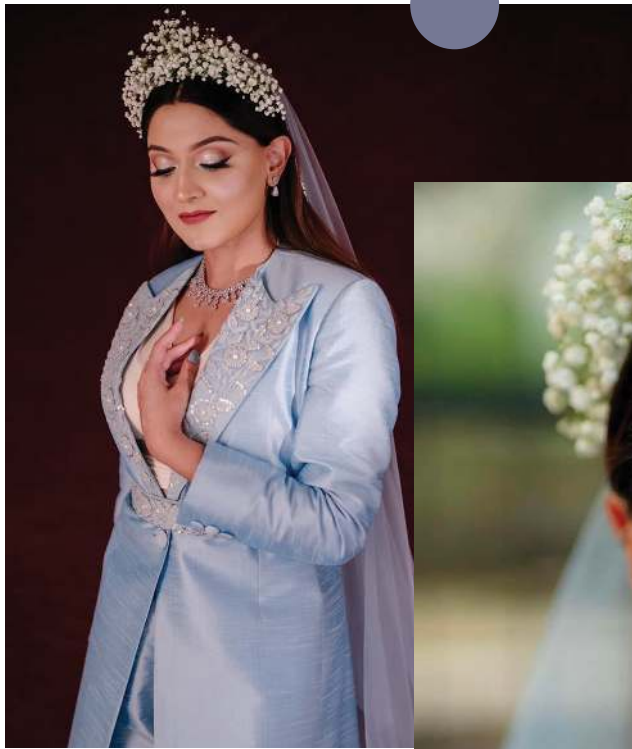
regarding what they desire and their preferences on their big day. I also provide them with my guidance based on their requirements."

She then talked about the makeup products she swears by. "To be honest it changes every time with time, hype, and season but right now Charlotte Tilbury and Nars are swear-by products but will surely change with time if I find better versions," said Aneeka. When asked, what is the most rewarding part of being a makeup artist? Aneeka said, "the most rewarding part is the clients' affection and support." Aneeka loves getting feedback from her clients, seeing their satisfied smiles and their urge to choose her again and again.

Aneeka added that right now they have a fully facilitated salon that offers facials, different hair treatments, pedicures, manicures, and other essentials.

She believes that understanding current trends requires constant updating. They must also follow their preferred role models in this field and conduct thorough research on the current generation trend.

Finally, Aneeka's beauty mantra was "Just keep it simple, be yourself, and less is more."



# BRIDAL

LOOK BOOK BY ANEKA BUUSHRA



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# Vivid Visions

Abhi Naskar, a visionary fashion and beauty photographer hailing from the vibrant city of Kolkata, seamlessly blends artistry and technique to capture the essence of style and allure. With an innate ability to transform moments into timeless visual narratives, Naskar's lens illuminates the beauty within the diversity of fashion. Through his lens, Naskar invites viewers into a world where each frame is a testament to the intricate dance between aesthetics and individuality, making him a notable force in the realm of fashion photography.



**Abhi Naskar**





# Capturing Art

With over a decade of unwavering dedication, Nasir Hossain has emerged as Bangladesh's foremost fashion photographer. His journey, which began in 2010, braved countless challenges, yet his unshakable passion for photography has led him to capture the essence of diverse events.



**Nasir Hossain**



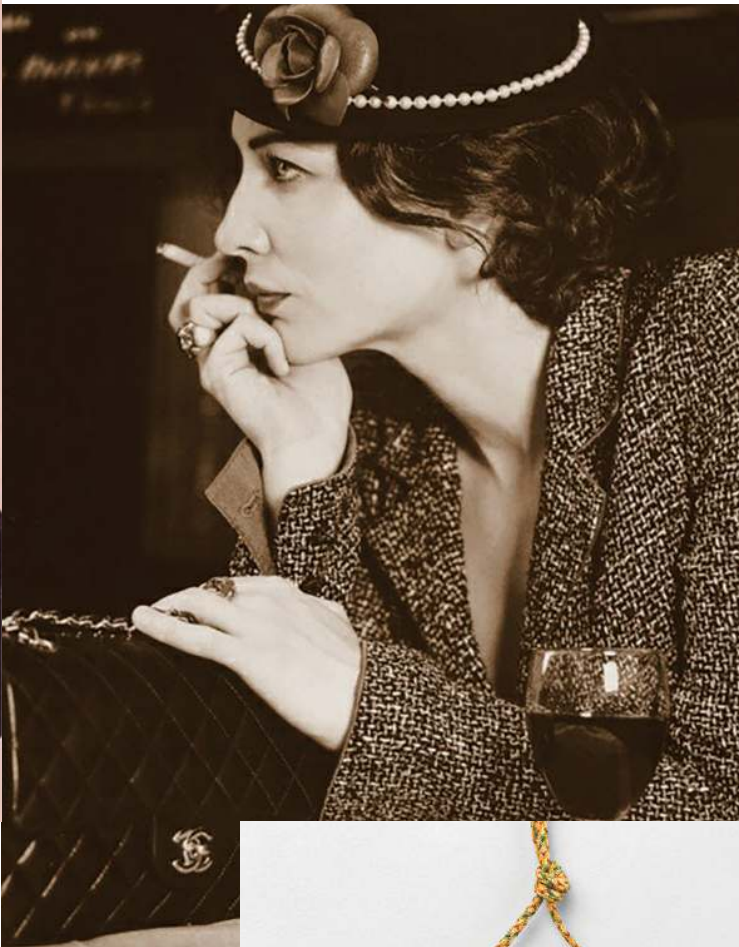
*A midsummer dream*



# FASHION

Step into the world of Shajgoj Fashion where we showcase the latest trends, timeless classics, and thought-provoking narratives in the world of fashion. Take a walk down memory lane with 'Bags Through the Ages,' where we explore the fascinating evolution of handbags. Marvel at stunning 'Fashion Portfolios,' featuring emerging talents who are making waves in the fashion scene. Fashion Focus is your ultimate guide to staying stylish, informed, and ahead of the curve!





# THE TIMELESS EVOLUTION OF HANDBAGS

## FROM POCKETS TO PURSES

Let's journey back in time to understand how these pouches transformed into symbols of empowerment. In the 16th & 17th centuries, women's attire lacked the convenience of pockets, unlike men's clothing. Enter the 'pocket', a detachable pouch tied around the waist under voluminous skirts. These pockets were the predecessors of modern handbags, allowing women to carry essentials discreetly, marking an early step toward their independence in a world where societal norms limited their freedom.

### Embracing Femininity

The 1930s saw the rise of shoulder bags, allowing women to be more mobile and independent. These bags were often made from luxurious materials & featured intricate designs, showcasing the craftsmanship of the time. World War II influenced the utility of handbags, giving rise to durable, practical designs made from materials like canvas, due to leather shortages. The post-war era witnessed a surge in creativity and innovation in the world of fashion. In the 1950s, the iconic Chanel 2.55 bag made its debut, revolutionizing the concept of the shoulder bag. The 1960s embraced youth culture, giving birth to the iconic hobo bag, characterized by its slouchy, crescent shape, and bohemian charm. The 1980s, known for its bold and extravagant fashion, saw the rise of oversized tote bags, perfect for the career-oriented woman.



*In the world of fashion, handbags have become more than just accessories; they signify the strength and independence of women through the ages.*

# A Symbol of Liberation

The 20th century marked a turning point. Handbags became mediums of expression during the suffrage movement. Women proudly carried bags adorned with slogans, asserting their right to vote. These bags weren't just accessories; they symbolized sophistication and independence, capturing the spirit of the era.



## The Modern Era: Diversity and Sustainability

In today's century, handbags have become powerful tools for making statements. From supporting social causes to celebrating cultural diversity, many designers create limited-edition collections that reflect important societal issues. It has become more inclusive, embracing diversity in design, sizing, and representation. However, tiny handbags, once cherished by ancient women, have made a stylish return today. Designers now focus on creating bags that are accessible to people with disabilities, incorporating features like easy-to-open closures and adjustable straps. Furthermore, the rise of sustainable fashion has given birth to eco-friendly handbags, reflecting a commitment to both style and the environment.

From simple beginnings to the modern runway, the evolution of women's handbags over generations mirrors the evolution of women themselves. As women continue their journey with grace and determination, their handbags stand by them, echoing the legacy of empowerment.



# LIGHTS CAMERA ACTION

A JOURNEY FROM CHILDHOOD  
DREAMS TO ON-SCREEN STARDOM

**F**rom her first steps onto the silver screen in "Udhao" to her diverse roles in acclaimed films like "Dhaka Dreams" and "Dhaka Attack," Quazi Nawshaba Ahmed has solidified her place in the Bangladeshi entertainment industry. In this exclusive interview, the actor and voice artist delves into her personal and professional journey, sharing the experiences that have shaped her career. Join us as we explore the highs and lows, the challenges and triumphs, of Nawshaba's life in front of the camera and behind, and discover the resilience and determination that define her path to stardom.

## What inspired you to pursue a career in acting?

From my childhood, I was fascinated by acting, thanks to my parents' diverse tastes in movies and music. While my mother loved old Kolkata and Bombay films, my father preferred classics like Audrey Hepburn's and other classical music. These experiences fueled my passion for performing arts and inspired dreams of becoming an actor like my idols, Sridevi and Audrey Hepburn.

Despite acting not being a conventional career choice in my family, I continued to nurture my passion, practicing dance moves inspired by Sridevi and Madhuri Dixit. My artistic inclinations grew with exposure to Rabindra Sangeet and Doris Day.

My acting journey began as a puppeteer in Sisimpur and took a turn when I was selected as a model for Bangla Link during my art direction studies at Dhaka University. Despite facing industry pressures and body image challenges, I remained determined to explore the depth of my acting capabilities, breaking stereotypes and waiting for roles that resonated with me.

One of my most memorable experiences was when I first stepped in front of the camera for the BanglaLink set. I felt an instant connection, and my inner child found a place to shine. This inner child continues to be my inspiration, pushing me to explore my boundaries and strive for excellence in my craft.

*“I felt an instant connection and knew that this was where I belonged. The camera allowed my inner child to shine and encouraged me to embrace challenges head-on.”*

In the end, my journey has been about patience, resilience, and the pursuit of challenging and exciting roles.

## What was your experience like acting in your debut film "Udhao"?

Acting in 'Udhao' was a pivotal moment in my life, especially after facing health challenges that left me paralyzed for two years. The film came to me at a time when my life seemed to have shut down. It felt like a universal call, a divine blessing. The experience of auditioning and being part of such a meaningful project helped me find hope and purpose during a dark period in my life.

## Which role or film has been the most challenging or memorable for you, and why?

Every role I take on is challenging and interesting because I always give my best, no matter the project. We don't have proper acting schools or coaches here, so we learn and grow through our experiences. If you approach every character with love and dedication, every role becomes a memorable challenge.



Photo: Nayon Ahammad



## Was motherhood a challenging part of your profession?

Motherhood has been both a challenging and rewarding aspect of my life and career. I knew that balancing motherhood and a professional acting career would be difficult, but I was prepared to make sacrifices. When I became a mother, I stepped away from several film projects to focus on my daughter, despite financial pressures. I returned to work when she was 11 months old, managing both motherhood and my career. My daughter has been a constant source of support and understanding, witnessing my struggles and triumphs. She has grown up with a first-hand view of what it means to be a mother and an actor. Now at 11, she assists me with phone calls, theatre direction, and travels with me across Bangladesh. She provides continuous inspiration and strength, and I know that there's nothing I need to hide from her. She is the living proof of my journey, and her presence in my life has been a guiding force, helping me navigate the challenges of motherhood and a demanding career.

## You are an artist. Are you pursuing a career in that on the sideline of acting?

Yes, alongside my acting career, I am also deeply passionate about art and have established my own organization where we work with specially-abled individuals. We currently have three projects in progress, and I'm actively involved in directing and guiding them. My theater friends and I collaborate with a singular focus: to train these individuals in acting and puppetry, and to

preserve their stories in the theater archives. This initiative is very close to my heart and provides a platform for my artistic side to shine.

I'm also looking forward to a puppetry theater project in February, where I'll be working with people who face various challenges, including those who cannot speak, see, or are wheelchair-bound. While I may not be painting with pen and paper, my daughter shares my love for art, expressing herself through drawing and painting.

Eventually, I hope to achieve financial stability and fulfill my dream of spending my days painting and reading. However, for now, I am committed to continuing my journey in acting. It's heartwarming to know that there's a diverse group of people, ranging from young fans to those in their 60s, who eagerly anticipate my next role. Their support and inspiration propel me forward. While I might not have an extensive portfolio, I am incredibly grateful for the active and enthusiastic audience that cheers me on and keeps me motivated.

## Lastly, outside of acting, what are you doing now? Where do we see you next?

Currently, I'm working on a cinema project in Kolkata called 'Joto Kando Kolkatate' by Anik Dutta. It's my main focus right now. In the future, I'll be involved in two theater productions, one of which I'll be directing. My journey continues on the big screen and in the theater.

## What would be your message for your fans who always support you?

I lead an ordinary life, and I'm not a star. Yet, the love and acceptance I receive from my fans for being unfiltered and authentic is truly a blessing. We have a harmonious relationship, and I'm indebted to them. I urge my fans to continue guiding me, and at the same time, shower me with their love and praises for my hard work. I returned and stood up after falling so many times, all for their support.



Photo: Shahriar Tamim



# FUSION TALES

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# Portraiture Panache

Rony Rezaul emerges as a visionary in the realm of fashion and beauty photography with a global footprint. Renowned for his refined and evocative work, Rezaul seamlessly blends artistry and sophistication. His lens captures the essence of glamour with a distinctive touch, making him a sought-after collaborator among A-list stars.



**Rony Rezaul**





Handwritten signature or logo in the bottom right corner, featuring a stylized 'R' and a smiley face.

2 | Warm knitted gloves



1 | Kink wool hat for woman



3 | Burberry printed scarf



# READY SET WINTER

*6 of our favourite styles to wear right now*

5 | Off-white comfy trousers



4 | Tweed jacket



6 | Women loafers





# REAL MAN

THE SCENT OF  
MASCULINITY







# S ubhashree Ganguly

Meet Subhashree Ganguly, an Indian actress and the highest-paid star in Bengali cinema. She's much more than just a list of successful films. Subhashree is a cultural icon known for her vibrant personality, striking beauty, and remarkable acting skills. Her recent appearance in 'Indu balar bhater hotel' has been a sensation, showcasing her versatility as an actress. Subhashree's journey to stardom began when she won Anandalok Nayikar Khonje in 2006. Since then, she has been a force to be reckoned with in the Bengali film industry. Subhashree's unique charm and powerful screen presence have earned her a massive fan following. She's not just a film star; she's a style icon and an inspiration for many aspiring artists.



# A TAPESTRY OF TALENT AND GRACE

*In the heart of Kolkata, on November 3, 1989, a star was born. Shubhashree Ganguly, with her vibrant spirit and boundless creativity, embarked on a journey that would weave together the magic of cinema, the nuances of storytelling, and a profound love for the arts.*

**Childhood and Early Passion:** Shubhashree's childhood was a canvas painted with curiosity and creativity. School plays and cultural events became her stage, where she first discovered her love for the performing arts. Dancing and painting were not just hobbies; they were the early brushstrokes that hinted at the passion that would define her future.

**A Love for Storytelling:** Inspired by the enchanting world of storytelling and the allure of cinema, Shubhashree took her first step into the entertainment industry with a breakthrough role in the Bengali film "Pitribhumi" (2007). Her talent and dedication were undeniable, paving the way for a diverse array of projects spanning both television and cinema.

**Diverse Roles and Challenges:** Known for her versatility, Shubhashree has gracefully inhabited a spectrum of roles. From the critically acclaimed "Indubala Bhaater Hotel," where she breathed life into a 75-year-old character, to the youthful charm of "Parineeta," she approaches each role with an unwavering dedication to authenticity. Challenges, such as delving into the psyche of characters with significant age differences, only fuel her commitment to a convincing portrayal.

**Memorable Projects:** Within her extensive repertoire, Shubhashree holds certain projects close to her heart. "Chander Bari" and "Amanush" stand as milestones in her career, not only showcasing her acting prowess but also earning widespread acclaim. These films have contributed significantly to her growing reputation in the industry.

**Balancing Act:** Since 2018, Shubhashree gracefully juggles the roles of a successful actress and a loving spouse, having tied the knot with director Raj Chakraborty. As the couple anticipates their second child, she underscores the importance of communication and mutual support in maintaining a harmonious work-life balance.

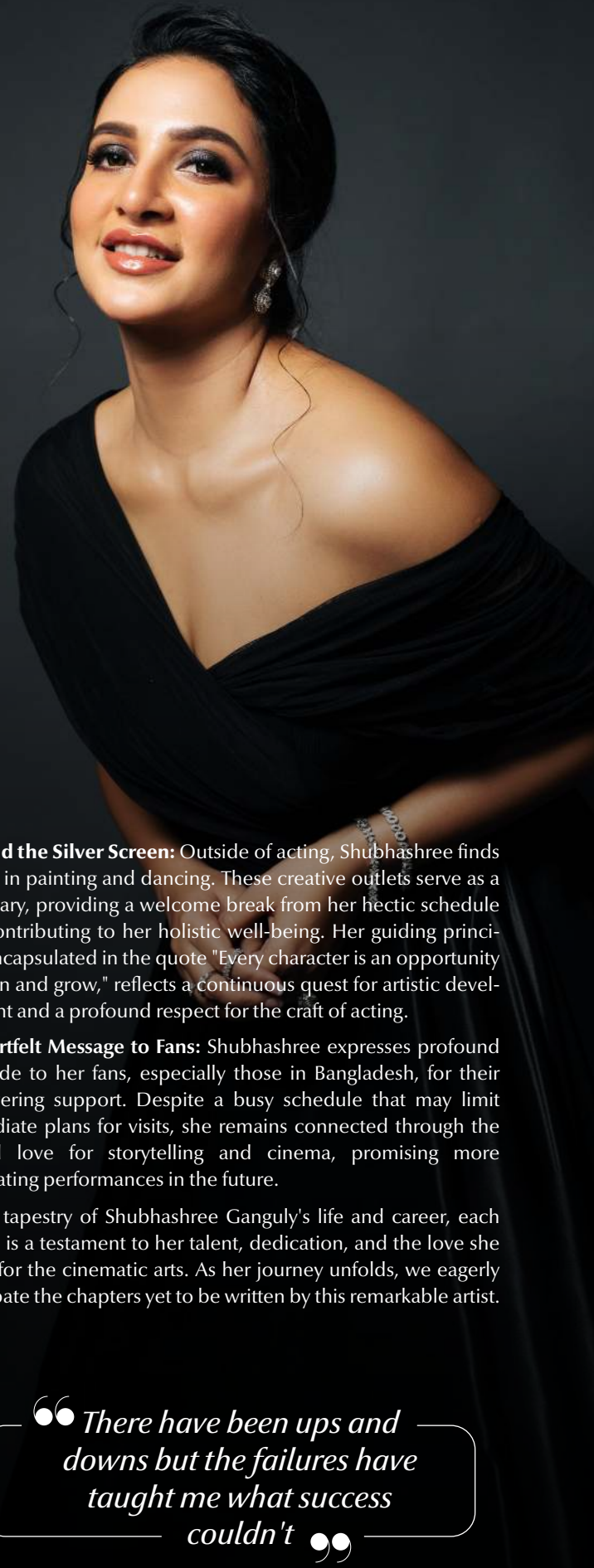
**Continuous Growth:** Grateful for the recognition she has received, including accolades like the Filmfare Awards, Shubhashree remains steadfast in her passion for acting. Her motivation stems from a desire to explore diverse roles, contributing to the richness of storytelling. When selecting projects, she seeks scripts that challenge her as an artist, allowing her to connect with her audience.

**Beyond the Silver Screen:** Outside of acting, Shubhashree finds solace in painting and dancing. These creative outlets serve as a sanctuary, providing a welcome break from her hectic schedule and contributing to her holistic well-being. Her guiding principle, encapsulated in the quote "Every character is an opportunity to learn and grow," reflects a continuous quest for artistic development and a profound respect for the craft of acting.

**A Heartfelt Message to Fans:** Shubhashree expresses profound gratitude to her fans, especially those in Bangladesh, for their unwavering support. Despite a busy schedule that may limit immediate plans for visits, she remains connected through the shared love for storytelling and cinema, promising more captivating performances in the future.

In the tapestry of Shubhashree Ganguly's life and career, each thread is a testament to her talent, dedication, and the love she holds for the cinematic arts. As her journey unfolds, we eagerly anticipate the chapters yet to be written by this remarkable artist.

“There have been ups and downs but the failures have taught me what success couldn't”



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# সাজগোজ ডায়েরিস

'shajgoj.com' সর্ববৃহৎ বাংলা অনলাইন বিউটি  
পোর্টাল। সেলফ কেয়ার, ফিটনেস, লাইফ স্টাইল,  
মেকআপ, এক্সপার্ট সাজেশন, প্রোডাক্ট রিভিউ,  
রেসিপি, বিউটি হ্যাকস - সবকিছুই পেয়ে  
যাবেন এই একটি প্ল্যাটফর্মে। সাজগোজের  
সাথে নিজেই হয়ে উঠুন নিজের বিউটি  
এক্সপার্ট। এই সেকশনে থাকছে  
সাজগোজ ব্লগের জনপ্রিয় কিছু ফিচার।



# ফিজিক্যাল মানস্কিন কেমিক্যাল মানস্কিন VS



## ডে টাইমে সানস্ক্রিন তো মাস্ট! কিন্তু ফিজিক্যাল সানস্ক্রিন নাকি কেমিক্যাল সানস্ক্রিন- কোনটি বেস্ট অপশন, কোনটি কীভাবে কাজ করে, কোনটির সুবিধা কী; এগুলো নিয়ে কনফিউজড?

আমাদের স্কিনকেয়ার রুটিনের আল্টিমেট গেইম চেঞ্জার হলো সানস্ক্রিন। সানস্ক্রিনের ধরন নিয়ে অনেকেরই বিভিন্ন প্রশ্ন থাকে। চলুন কিছু বিষয় আজ ক্লিয়ার করি।

### ফিজিক্যাল সানস্ক্রিন

ফিজিক্যাল সানস্ক্রিন মিনারেল সানস্ক্রিন নামেও পরিচিত। এটি মূলত সূর্যের ক্ষতিকর আল্ট্রাভায়োলেট রশ্মিকে রিফলেক্ট ও হিটে ট্রান্সফর্ম করার মাধ্যমে আমাদের ত্বককে সুরক্ষিত রাখে। এর মূল ইনগ্রেডিয়েন্ট হলো জিংক অক্সাইড ও টাইটেনিয়াম ডাই অক্সাইড।

ফিজিক্যাল সানস্ক্রিনের মূল সমস্যা হলো এটি অ্যাপ্লাই করলে স্কিনে অনেক সময় হোয়াইট কাস্ট দেখা যায়! তবে এর মূল ইনগ্রেডিয়েন্টগুলো মিনারেল বেইজড, এই ফর্মুলার কারণে ফিজিক্যাল সানস্ক্রিন মোটামুটি সব ধরনের স্কিনে সুইটেবল।

### কেমিক্যাল সানস্ক্রিন

কেমিক্যাল সানস্ক্রিন হলো এমন এক ধরনের সানস্ক্রিন যেটি সরাসরি আমাদের ত্বকের বাইরের লেয়ারে অ্যাবজর্ভ হয়ে সূর্যের ক্ষতিকর রশ্মি থেকে ত্বককে নিরাপদে রাখে। ইউভি রে কে মূলত হিটে ট্রান্সফর্ম করে অর্থাৎ ইনঅ্যাকটিভ করে দেয়। কেমিক্যাল সানস্ক্রিনের মূল অ্যাকটিভ ইনগ্রেডিয়েন্টগুলো হলো oxybenzone, avobenzone, octinoxate ইত্যাদি। এগুলো অর্গানিক কার্বন বেইজড কম্পাউন্ড। কেমিক্যাল সানস্ক্রিন নরমালি হোয়াইট কাস্ট দেয় না, খুবই লাইট ওয়েট। এটি সাধারণত ওয়াটার রেজিস্ট্যান্ট হয়ে থাকে। খুব সহজেই স্কিনে ব্লেন্ড হয়ে যায়। আর

হাইব্রিড সানস্ক্রিনে ফিজিক্যাল ও কেমিক্যাল UV ফিল্টারস এর কম্বিনেশন দেখা যায়।

### কোনটি কীভাবে কাজ করে?

ফিজিক্যাল সানস্ক্রিন সূর্যের ক্ষতিকর রশ্মিকে রিফলেক্ট করা ও হিটে কনভার্ট করে দেওয়া- এই দু'টো কাজই করে থাকে। জিংক অক্সাইড ও টাইটেনিয়াম ডাই অক্সাইড সূর্যের আল্ট্রাভায়োলেট রশ্মির প্রায় ৫% রিফলেক্ট করে দেয় এবং বাকি ৯৫% রশ্মি অ্যাবজর্ভ করে হিটে কনভার্ট করে ফেলে। কেমিক্যাল সানস্ক্রিনে থাকা কার্বন বেইজড অ্যাকটিভ ইনগ্রেডিয়েন্টগুলো কেমিক্যাল রিয়াকশনের মাধ্যমে আল্ট্রাভায়োলেট রশ্মিকে হিট বা তাপে কনভার্ট করে ফেলে।

### কোন সানস্ক্রিন বেছে নিবো?

যদি আপনার স্কিন সেনসিটিভ ও একনে প্রন হয়ে থাকে, তাহলে ফিজিক্যাল সানস্ক্রিন ইউজ করুন। প্রেগনেন্সির সময়ও মিনারেল সানস্ক্রিন ব্যবহার করা যায়। অন্যদিকে যাদের স্কিন টাইপ নরমাল, ড্রাই ও কম্বিনেশন এবং অন্য কোনো সিরিয়াস স্কিন কনসার্ন নেই, তারা কেমিক্যাল সানস্ক্রিন বেছে নিতে পারেন। জানিয়ে রাখি, সেনসিটিভ স্কিনে এই সানস্ক্রিন অ্যালার্জিক রিয়াকশন দিতে পারে। যারা রেগুলার মেকআপ অ্যাপ্লাই করে বাইরে যান, তাদের জন্যে কেমিক্যাল সানস্ক্রিন পারফেক্ট।

বাংলাদেশের আবহাওয়াতে SPF 30 থেকে SPF 60 উপযুক্ত। সাধারণত SPF 35 ৯৭% ইউভি রে ব্লক করে। SPF 50 প্রায় ৯৮% ইউভি রে ব্লক করতে পারে। আপনার বাজেট, স্কিন টাইপ সবকিছু মিলিয়ে রাইট প্রোডাক্টটি চূজ করুন।



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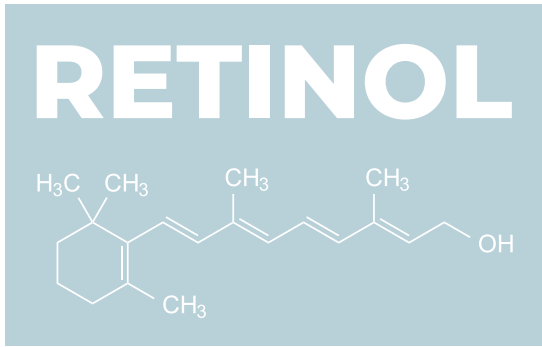
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# অ্যাডভান্স স্কিনকেয়ারে 'রেটিনল' এর ম্যাজিক!

সব বয়স অথবা সব স্কিন টাইপের জন্য রেটিনল সুইটেবল না। তাহলে রেটিনল কারা ইউজ করতে পারবে আর কীভাবেই বা করবে?



স্কিনকেয়ারে অ্যান্টি এজিং ইনগ্রেডিয়েন্ট হিসেবে রেটিনলের নাম শুনেছেন নিশ্চয়ই! এজিং সাইনস প্রিভেন্টিভ রাইট পার্সেন্টেজে রেটিনল চুজ করবো কীভাবে? রেটিনল কারা ইউজ করতে পারবে? চলুন এই কনফিউশনগুলো আজ ক্লিয়ার করি।

রেটিনল বা রেটিনয়েড ভিটামিন এ থেকে পাওয়া যায়। ভিটামিন এ ফ্যাট সল্যুবল। অ্যান্টি এজিং ছাড়াও এর আরও কিছু বেনিফিটস আছে, চলুন জেনে নেই।

### রেটিনলের অন্যান্য উপকারিতা

- ★ রেটিনল ত্বকে কোলাজেন ও ইলাস্টিন প্রোডাকশন বৃদ্ধি করে স্কিন টেক্সচার ইম্প্রুভ করে
- ★ রেটিনল স্কিনের এক্সেস সিভাম প্রোডাকশনে বাধা দেয়
- ★ হাইপার পিগমেন্টেশন লাইট করে
- ★ স্কিনকে ইভেনটোনড করতে রেটিনল বেশ কার্যকরী

### কারা ব্যবহার করতে পারবে?

রেটিনল মেইনলি ২টি পারপাসে ইউজ করা হয়, এজিং সাইনস প্রিভেন্টিভ ও একনে সল্যুশনে। যদি একনে ট্রিটমেন্ট করতে চান তাহলে যেকোনো বয়সে রেটিনল ইউজ করতে পারবেন শুধুমাত্র ডার্মাটোলজিস্ট সাজেস্ট করলে, এছাড়া নয়। আর যারা অ্যান্টি এজিং ইনগ্রেডিয়েন্ট হিসেবে স্কিনকেয়ারে ইনক্লুড করতে চাচ্ছেন, তারা ২৫ বছর থেকেই স্টার্ট করতে পারবেন।



### কারা ব্যবহার করতে পারবেন না?

- ✗ প্রেগনেন্ট ও ব্রেস্টফিডিং করান এমন মায়েরা
- ✗ যারা বেসিক স্কিনকেয়ার রুটিন প্রোপারলি মেনটেইন করেন না
- ✗ ডে টাইমে সানস্ক্রিন অ্যাপ্লাই ও রিঅ্যাপ্লাই করেন না

### রেটিনলের ম্যাক্সিমাম পার্সেন্টেজ

এজিং সাইনস প্রিভেন্টিভ শুরুতে যদি আপনি ০.০১% পার্সেন্টেজ দিয়ে রেটিনল ব্যবহার শুরু করতে পারেন, তাহলে সেটি একদম সেইফ। ০.০১ থেকে ০.০৩% কে বলা হয় রেটিনলের লোয়ার স্ট্রেন্থ। এরপর আপনি ধীরে ধীরে একটু হাই কনসেন্ট্রেশনে যেতে পারেন। অ্যাডভান্স লেভেলে ০.৩ থেকে ১% ব্যবহার করা যায়।

### কীভাবে ব্যবহার করবেন?

রেটিনল ইউজের ক্ষেত্রে আমরা স্যাভুইচ মেথড ফলো করতে পারি। **ময়েশ্চারাইজার > রেটিনল > ময়েশ্চারাইজার**, এই প্রসেসে অ্যাপ্লাই করলে স্কিন ইরিটেশন হওয়ার চান্স কমে যায়।

আপনি যদি স্কিনকেয়ার রুটিনে রেটিনল সিরাম যুক্ত করতে চান, তাহলে অবশ্যই একটি ভালো ময়েশ্চারাইজারও আপনাকে বেছে নিতে হবে। আজকের এই ফিচারে রেটিনল নিয়ে বেসিক গাইডলাইন শেয়ার করার ট্রাই করেছি। আশা করি আপনাদের জন্য হেল্পফুল ছিলো।



## আই মেকআপ থাকুক স্ম্যাজপ্রভফ

অনেক সময় দেখা যায় মেকআপ করে বাইরে যাওয়ার কিছুক্ষণ পরই কাজল ছড়িয়ে যাচ্ছে, আইলাইনারও স্ম্যাজ করছে, আইশ্যাডো ক্রিজ করছে! কীভাবে পাবো এর সল্যুশন?



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# সো

চোখের সাজের উপর ওভারঅল মেকআপ লুক অনেকটাই ডিপেন্ড করে। সবারই কম বেশি একটি কমপ্লেইন থাকে যে কাজল ও আইলাইনার কিছুক্ষণ পরই স্ম্যাজ করে! আই মেকআপ লং লাস্টিং ও স্ম্যাজপ্রুফ রাখার জন্য কিছু টিপস ও ট্রিকস ফলো করতে হবে।

## আই মেকআপ লং লাস্টিং ও স্ম্যাজপ্রুফ রাখার উপায়

### প্রাইমার অ্যাপ্লাই করা

এখন মার্কেটে আই প্রাইমার পাওয়া যায়, প্রাইমার অ্যাপ্লাই করে নিলে আইশ্যাডো পিগমেন্ট খুব সুন্দরভাবে ফুটে ওঠে, ব্লেশ করতে সুবিধা হয় এবং ক্রিজিংয়ের চান্সও থাকে না। তবে আই প্রাইমার না থাকলে কনসিলার দিয়েও কাজটি করে নিতে পারেন। আপনার স্কিনটোনের সাথে ম্যাচ করে এমন শেইড চুজ করুন।

### ট্রান্সলুসেন্ট পাউডার দিয়ে সেট করা

কাজল, আইলাইনার যা-ই অ্যাপ্লাই করুন না কেন, আগে ট্রান্সলুসেন্ট পাউডার দিয়ে ভালোভাবে আই এরিয়া সেট করে নিন। এতে অয়েল অব্যবজর্ভ হবে এবং লং লাস্টিং আইলুক পাওয়া যাবে সহজেই।

### আইশ্যাডো প্রোপারলি ব্লেশ করা

প্রথমে ন্যাচারাল ও লাইট কালারের আইশ্যাডো দিয়ে বেইজ করুন। যেকোনো ব্রাউন ন্যুড আইশ্যাডো দিয়ে ক্রিজ এরিয়া ডিফাইন করে নিতে হবে। শিমারি ও প্লিটারি শেইড অ্যাপ্লাই করতে হলে ছোট আই মেকআপ ব্রাশে সেটিং স্প্রে দিন আগে। তারপর শ্যাডো নিয়ে আইলিডে ইউজ করুন।

### ব্ল্যাক ম্যাট আইশ্যাডো দিয়ে কাজল সেট করা

আমাদের চোখের ইনার কর্নার তুলনামূলক ময়েস্ট হয়ে থাকে, তাই এই এরিয়াতে কাজল স্ম্যাজ হওয়ার চান্স বেশি। চাইলে ইনার কর্নারে কাজল অ্যাডোয়েড করতে পারেন। কাজল লং লাস্টিং ও স্ম্যাজপ্রুফ করতে ব্ল্যাক ম্যাট আইশ্যাডো অ্যাপ্লাই করা যেতে পারে। একটি অ্যাঙ্গেলড ব্রাশের সাহায্যে কাজলের উপর ব্ল্যাক আইশ্যাডো অ্যাপ্লাই করে নিন।

### শেষ ধাপে মাশকারা

মাশকারা ওয়াশ দিয়ে আইল্যাশের বেইজ থেকে আপওয়ার্ড মোশনে কস্মিং করুন। অনেকেই মাশকারা ডাবল বা ট্রিপল কোটে অ্যাপ্লাই করতে টাইম গ্যাপ দেয় না। অন্তত ১৫-৩০ সেকেন্ড অপেক্ষা করুন, এরপর আবার কোটিং দিন।

# স্কিনটোন অনুযায়ী ব্লাশ সিলেকশন

ন্যাচারাল বা পার্টি লুক, ব্লাশ অ্যাপ্লাই করা  
তো মাস্ট! স্কিনটোন অনুযায়ী রাইট ব্লাশ  
শেইড সিলেক্ট করা খুবই ইম্পরট্যান্ট।

রেড কার্পেটের সেলিব্রিটি থেকে শুরু করে  
বিয়ের কনে, সবাই প্রিফার করছে সফট বা  
নিউট্রাল লুক। বলিউড সেলিব্রিটিদের বিয়ের  
আসরে সফট পিংক টোনের ব্রাইডাল  
মেকআপের প্রশংসা সবার মুখে মুখে। একটু  
খেয়াল করে দেখুন, মেকআপের গেইম চেঞ্জার  
কিন্তু ব্লাশ! ব্লাশ ছাড়া মেকআপ লুকই  
ইনকমপ্লিট, তাই না?

যেহেতু এই সিজনে সফট ‘নো মেকআপ’  
মেকআপ লুক বেশি প্রাধান্য পাচ্ছে, তাই এমন  
ব্লাশ শেইড বেছে নেওয়া উচিত যাতে ফেইস  
প্রাণবন্ত দেখায়। পিচ, কোরাল, মভ, বেবি  
পিংক বা সফট পিংক – এই শেইডগুলো এখন  
বেশ ট্রেন্ডি। স্কিনটোন অনুযায়ী পারফেক্ট ব্লাশ  
শেইড কীভাবে চুজ করবেন, সেটা নিয়ে  
অনেকেরই কনফিউশন আছে।

## ফেয়ার স্কিনটোন

আপনার স্কিনটোন যদি ফেয়ার হয়, তাহলে কুল  
আভারটোনের ব্লাশ শেইড সবচেয়ে ভালো  
কমপ্লিমেন্ট করবে। যেমন- লাইট পিচ, বেরি,  
কোরাল, সফট পিংক।

## মিডিয়াম স্কিনটোন

মিডিয়াম বা উজ্জ্বল শ্যামলা হলে আপনাকে  
একটু ওয়ার্ম ও ডিপ শেইডের ব্লাশ বেশ ভালো  
মানাবে। যেমন- রোজি পিংক, মভ, ট্যারাকোটা।

## ডার্ক স্কিনটোন

যাদের স্কিনটোন ডার্ক, তাদের জন্য বেস্ট  
অপশন হচ্ছে ভাইব্রেন্ট শেইডের ব্লাশ। যেমন-  
ব্রিক রেড, হট কোরাল, ডিপ বেরি, মভ।

ব্লাশ শেইড শুধুমাত্র স্কিনটোন এর সাথেই না,  
লিপস্টিক এর সাথেও কম্বাইন্ড করে অ্যাপ্লাই  
করলে ওভারঅল লুক আরও বেশি কমপ্লিমেন্ট  
করবে। আশা করি, ব্লাশ শেইড সিলেকশন নিয়ে  
আপনাদের কনফিউশনগুলো আজ দূর করতে  
পেরেছি।





## কালারড হেয়ারের কমপ্লিট কেয়ার

হেয়ার কালার করার কিছুদিন পরই  
চুল ড্রাই, রাফ ও ফ্রিজি হয়ে যায়  
অনেকেরই। সঠিক নিয়মে চুলের যত্ন  
নিলে হেয়ার ড্যামেজ অনেকটাই  
কমানো যায়!

# খ

খুব শখ করে চুলে পছন্দের কালার করার কিছুদিন পরেই যখন সেই কালার ফেইড হয়ে যেতে শুরু করে, তখন মনটা অসম্ভব খারাপ হয়ে যায়! সেই সাথে ড্যামেজড হেয়ারের প্রবলেম তো আছেই। তবে সঠিক উপায়ে কালারড হেয়ারের যত্ন নিলে খুব ইজিলি কিন্তু আপনি এই ড্যামেজ ও কালার ফেইড হওয়া প্রিভেন্ট করতে পারেন।

১) সালফেটের কারণে হেয়ার কালারের মলিকিউলস চুল থেকে পানির সাথে বের হয়ে যায়। ফলে দেখা যায় হেয়ার কালার দ্রুত ফেইড হয়ে যাচ্ছে। যদি হেয়ার কালার লং টাইম ইনট্যাক্ট রাখতে চান, তাহলে রেগুলার বেসিসে সালফেট ফ্রি প্রোডাক্টস ব্যবহার করা একদম ম্যান্ডেটরি।

২) হেয়ার কালার এর উপর ডিপেন্ড করে রু ও পার্কেল শ্যাম্পু উইকলি ১ বা ২ দিন ইউজ করুন। যাতে রেড, ব্রাউনিশ কালার ফেইড হতে হতে অরেঞ্জ না হয়ে যায়, সেজন্য ব্লু শ্যাম্পু চুজ করুন আর ব্লড

হেয়ার যেন ইয়োলিশ না হয়ে যায়, সেই জন্য পার্কেল শ্যাম্পু চুজ করুন।

৩) ড্রাইনেস ও ফ্রিজিনেস কমাতে প্রতিবার শ্যাম্পুর পর নারিশিং কন্ডিশনার ইউজ করুন। মাসে অন্তত দু'বার ডিপ কন্ডিশনিং হেয়ার মাস্ক অ্যাপ্লাই করুন।

৪) বিভিন্ন হেয়ারস্টাইল করতে ব্লো ড্রাইয়ার, হেয়ার স্ট্রেইটনার কিংবা কার্লার তো ইউজ করা হয়ই। কিন্তু হিট প্রোটেক্টিং স্প্রে বা সিরাম ইউজ না করে কালারড হেয়ারে এই টুলগুলো রেগুলার বেসিসে ইউজ করা ঠিক নয়! হেয়ারে হিট স্টাইলিং করতে হলে হিট প্রোটেক্টর ব্যবহার করার অভ্যাস করুন।

হেয়ার কালার করুন, স্টাইলিং করুন; কিন্তু চুলের স্বাস্থ্য ভালো রাখুন। আর সেলফ কেয়ারে বেছে নিন অথেনটিক প্রোডাক্ট।



# বিয়ের আগে ত্বকের পরিচর্যা

বিয়ে মানেই জীবনের নতুন অধ্যায়ের সূচনা। কতই না প্ল্যানিং থাকে এই দিনটিকে ঘিরে! বিয়ের প্রস্তুতি শুরু হওয়ার সাথে সাথে ত্বকের যত্ন নিয়েও হতে হবে সচেতন।

## স

সব মেয়েদের জীবনে বিয়ের দিনটি একদম স্পেশাল! স্বাভাবিকভাবেই বিয়েবাড়ির আকর্ষণের কেন্দ্র থাকেন কনে। তাই বিয়ের দিন প্রতিটি মেয়েই কনে সাজে নিজেকে সবচেয়ে সুন্দর করে তুলতে চান। আর সেই কারণে প্রয়োজন একটু বিশেষ যত্ন।

এই সময়ে কোনো এক্সপেরিমেন্ট নয়, জাস্ট বেসিক স্কিনকেয়ার রুটিন মেনটেইন করতে হবে। ক্লেনজিং, টোনিং, ময়েশ্চারাইজিং, সান প্রোটেকশন- এই স্টেপগুলো ফলো করুন। ত্বকের প্রয়োজন অনুযায়ী সপ্তাহে একদিন ফেইস মাস্ক অ্যাপ্লাই করুন।

## অয়েলি স্কিনের যত্ন

যাদের স্কিন একটু বেশি অয়েলি এবং হটহাট ফেইসে একনে দেখা দেয়, তাদের জন্য মুলতানি মাটির ফেইস মাস্ক খুব ভালো কাজ করে। শসার রস, মুলতানি মাটি ও মধু একসাথে মিস্ক করে ফেইস ও গলায় অ্যাপ্লাই করুন। ১৫ মিনিট রেখে ধুয়ে নিন।

## ড্রাই স্কিনের যত্ন

ত্বকের শুষ্কতা নিয়ে টেনশন? সপ্তাহে ২ দিন ব্যবহার করুন নারিশিং ফেইস মাস্ক। কাঁচা দুধ, চন্দন গুঁড়ো, গোলাপজল মিস্ক করে মাস্ক বানিয়ে নিন। ফেইস ও নেক এরিয়াতে অ্যাপ্লাই করে ১৫ মিনিট অপেক্ষা করুন। এরপর ধুয়ে নিন।

## ফেসিয়াল ও ওয়্যাক্সিং

অনেকেই বিয়ের আগে পার্লারে যেয়ে ফেসিয়াল ও ওয়্যাক্সিং করা প্রিফার করে। এক্ষেত্রে ভালোমানের পার্লার বা বিউটি সেলুন থেকে বিয়ের অন্তত এক সপ্তাহ আগে ফেসিয়াল করতে পারেন। গোল্ড ফেসিয়াল, ডিপ ক্লেনজিং ফেসিয়াল, ফ্রুট ফেসিয়াল, হারবাল ফেসিয়াল এগুলো বেশ পপুলার। বডি ওয়্যাক্সিংও করে নিন ৪/৫ দিন আগে।

## খেয়াল রাখুন ডায়েট চার্টেও

আচ্ছা বলুন তো, ত্বকের সৌন্দর্য ধরে রাখার জন্য শুধু কি বাহ্যিক রুপচর্চাই যথেষ্ট? অবশ্যই নয়! সুন্দর ত্বক পেতে হলে হেলদি ফুড হ্যাবিটও মেনটেইন করা প্রয়োজন। গ্রিন টি, ফলমূল, শাকসবজি, ডিটক্স ড্রিংকস, কাঠ বাদাম আপনার ডায়েট চার্টে ইনক্লুড করুন।

বিয়ের আর কদিন বাকি, তাহলে প্রস্তুতি সেরে নিন তাড়াতাড়ি! নতুন জীবনের জন্য রইলো শুভকামনা।



## পিরিয়ডের দিনগুলো কাটুক স্বস্তিতে

পিরিয়ড খুবই ন্যাচারাল একটি বিষয়। এই পিরিয়ডের দিনগুলো স্বস্তিতে কাটাতে নিজে সচেতন হওয়ার পাশাপাশি এগিয়ে আসতে হবে পরিবারের সদস্যদেরও।

**পি**রিয়ড এখন আর কোনো ট্যাবু নয় বরং মেয়েদের জন্য খুবই কমন একটি বিষয়। কিন্তু এই পিরিয়ড কী? সায়েন্টিফিক্যালি বলতে গেলে মেয়েদের প্রজনন তন্ত্র দুটি প্রধান অংশের সমন্বয়ে গঠিত। প্রথমত, জরায়ু যেখানে ফিটাস বিকশিত হয় এবং দ্বিতীয় প্রধান অংশ হচ্ছে ডিম্বাশয়, যা ডিম্বাণু উৎপন্ন করে। পিরিয়ডের সময় শরীরের বিভিন্ন এসট্রোজেন এবং প্রোজেস্টেরন নামক হরমোন নিঃসৃত যা শরীরকে গর্ভস্বাহার জন্য তৈরি ও নিয়ন্ত্রণ করে। সাধারণত, প্রতি ২৮ দিন পরপর ডিম্বাশয় থেকে ডিম্বাণু নিঃসৃত হয়, যা জরায়ুর দুই পাশের ফেলোপিয়ান নালী দিয়ে জরায়ুর মধ্যে প্রবেশ করে। গর্ভধারণ না করলে, অনিষিক্ত ডিম্বাণু এবং জরায়ুর আবরণ (এন্ডোমেট্রিয়াম) একত্রে প্রত্যেক চক্রে শরীর থেকে বারে যায়।

এই সময় মেয়েদের শরীরে নানা রকম পরিবর্তন দেখা যায়। তলপেটে ব্যথা, বমি বমি ভাব, ঘন ঘন মুড সুইং, ক্লান্ত লাগা সহ আরোও অনেক ধরনের প্রবলেম ফেইস করতে হয়। পিরিয়ড ক্র্যাম্পস কমানোর জন্য চাইলে বিভিন্ন রকমের ইয়োগা করতে পারেন। মুড সুইং কমানোর জন্য

গান শোনা, বই পড়া বা নিজের পছন্দের যেকোনো কাজ করা যেতে পারে। এছাড়া খাবার গ্রহণের ব্যাপারেও সচেতন থাকতে হবে। প্রচুর ভিটামিন, আয়রন ও ফাইবার যুক্ত খাবার যেমন, ডার্ক চকলেট, কলা, ব্রকলি, বাদাম, আদা চা ইত্যাদি খেতে পারেন। পর্যাপ্ত বিশ্রাম ও সুস্বপ্ন খাবার আপনার পিরিয়ডের সময়টাকে সহজ করবে এবং শরীরকে দ্রুত হিল করবে। মেয়েদের পিরিয়ড যেহেতু আর কোনো ট্যাবু নয় তাই এমন পরিবেশ তৈরি করতে হবে যেখানে মেয়েরা পিরিয়ডকালীন শারীরিক ও মানসিক বিভিন্ন সমস্যা নিয়ে প্রিয়জনদের সাথে আলোচনা করতে পারে। ভাই, বাবা, স্বামীকে নিজ নিজ জায়গা থেকে বুঝতে হবে তার বোন, মেয়ে আর স্ত্রীর প্রয়োজন। আর সবচেয়ে বড় প্রবলেম হল মুড সুইং, খিটখিটে মেজাজ যেটা হরমোনের প্রভাবে হয়। ওই দিনগুলোতে তার সাথে আর্গুমেন্টে না গেলেন, ঘরের কাজে একটু হেল্প করলেন, তাকে একটু স্পেশাল ফিল করালেন। “পিরিয়ড” ব্যাপারটা নিয়ে পুরুষদের মাঝে অনেকেই তাচ্ছিল্য টাইপের মানসিকতা দেখা যায় যেটা অবশ্যই পরিহার করা উচিত।

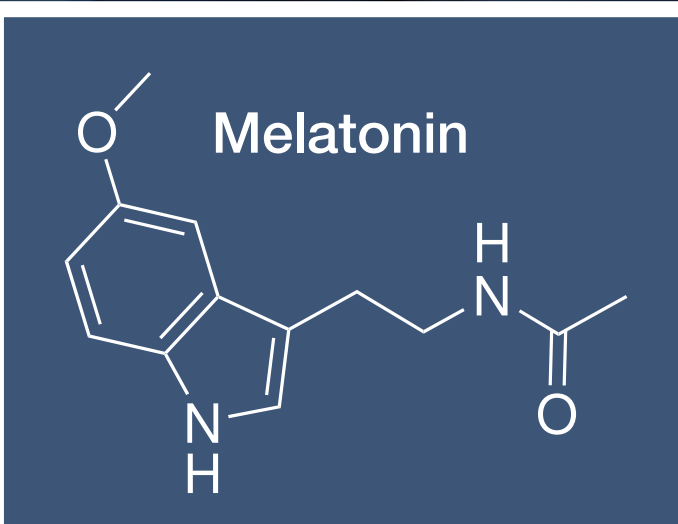
পিরিয়ডের সময় সঠিক হাইজেন মেনটেইন করতে হবে। এই সময়ে স্যানিটারি প্যাড, ট্যাম্পন ও মেনসট্রুয়াল কাপ ব্যবহার করে থাকেন অনেকে। যাই ব্যবহার করা হোক না কেন খেয়াল রাখতে হবে প্রোপার হাইজেন যেন মেনটেইন হয়। প্রতি ৩-৪ ঘন্টা পর পর প্যাড পরিবর্তন করতে হবে। মেনসট্রুয়াল কাপ এখন বেশ জনপ্রিয়। মেনসট্রুয়াল কাপ স্যানিটারি প্যাডের মতো পিরিয়ডের ব্লাড শুষে নেয় না, বরং এটি কাপের মধ্যে ব্লাড স্টোর করে। এটি দীর্ঘ সময় পর্যন্ত কোনো ইরিটেশন বা অস্বস্তি ছাড়াই পিরিয়ডের ব্লাড জমিয়ে রাখতে পারে। মেনসট্রুয়াল কাপ এক ধরনের ওয়ান টাইম ইনভেস্টমেন্ট। সঠিকভাবে সংরক্ষণ করলে আপনি ৮ থেকে ১০ বছর ব্যবহার করতে পারবেন। কাপটি আলতো করে সি-শেইপে ফোল্ড করে ইনসার্ট করে নিতে হবে। প্রতি ৮ ঘন্টা পর পর বের করে নিয়ে পরিষ্কার পানি দিয়ে ধুয়ে নিলে পুনরায় ব্যবহার করার উপযোগী হয়ে যায়। এছাড়া প্রতিবার সাইকেল শেষ হওয়ার পর পরিষ্কার পানিতে কিছুক্ষণ ফুটিয়ে নিয়ে ভালোমত ড্রাই করে শুষ্ক জায়গায় সংরক্ষণ করুন। এভাবে সংরক্ষণ করলে বেশ অনেক বছর অনায়াসে কাপটি ব্যবহার করতে পারবেন। প্রতিবার প্যাড, কাপ বা ট্যাম্পন চেঞ্জের সময় হাত ভালোভাবে পরিষ্কার করে নিন। আন্ডার গার্মেন্টস পরিবর্তনের দিকেও লক্ষ্য রাখুন।

এভাবে হেলদি লাইফস্টাইল ও হাইজেন মেনটেইন করে পিরিয়ডের দিনগুলোতে থাকুন ফ্রেশ ও কনফিডেন্ট।





# ভালো ঘুমের জন্য মেলাটোনিন



সুস্থভাবে বেঁচে থাকার জন্য ঘুম, হেলদি ফুড, এক্সারসাইজ- এই তিনটি জিনিস খুবই গুরুত্বপূর্ণ। এখন আমাদের অনেকেরই রাত জেগে সোশ্যাল মিডিয়া স্ক্রল করা, মুভি দেখা আর দেরিতে ঘুম থেকে ওঠা রীতিমতো যেন হ্যাবিট হয়ে গেছে! লাইফস্টাইলের কারণেও স্লিপ প্যাটার্নে প্রভাব পড়ছে। ঠিকমতো ঘুম হলে শরীর, মন দু'টোই ভালো থাকে।

## মেলাটোনিন আসলে কী?

আমাদের স্লিপ সাইকেল বা ঘুমের চক্র নিয়ন্ত্রণ করে এমন একটি হরমোন যার নাম 'মেলাটোনিন'। মেলাটোনিন পেনিয়াল গ্ল্যান্ডে তৈরি হয় যা শরীরের circadian rhythms বা আমাদের জেগে থাকা বা ঘুমানোর যে ন্যাচারাল বায়োলজিক্যাল সিস্টেম সেটা নিয়ন্ত্রণ করে।

## মেলাটোনিন স্বাভাবিক নিয়মে কখন বাড়ে বা কমে?

দিনের বেলা পেনিয়াল গ্ল্যান্ড সক্রিয় থাকে না। যখন অন্ধকার হয়, তখন শরীরে মেলাটোনিন বৃদ্ধি পায়। আলোতে মেলাটোনিন কমে যায় এবং আমরা জেগে যাই।

## সানলাইট কি মেলাটোনিন প্রোডাকশনে ভূমিকা রাখে?

ই্যা! চোখে কিছু লাইট-সেনসিটিভ সেলস থাকে, যা ফটোরেসিপ্টর নামে পরিচিত। যখন চোখ আলো শনাক্ত করে, বিশেষ করে নীল বা স্বল্প-তরঙ্গদৈর্ঘ্যের আলো, তখন মেলাটোনিন প্রোডাকশন কমে যায়। আবার সন্ধ্যার পর এটি স্বাভাবিক নিয়মেই বাড়ে। তাই রাত হলে ঘুম আসে আর সকালে ন্যাচারাল লাইটের এক্সপোজার বডিকে সিগন্যাল দেয় যে এখন উঠতে হবে।

## মেলাটোনিন কেন প্রয়োজন?

পর্যাপ্ত ঘুম আমাদের শরীরকে ন্যাচারালি হিলিং ও রিপেয়ার করে। যখন আমরা ডিপ স্লিপ নেই, আমাদের বডি রিস্টোরেটিভ ফাংশনে (যেমন- টিস্যু রিপেয়ার, ইমিউনিটি সিস্টেম সাপোর্ট) কাজ করে। কিছু গবেষণায় উঠে এসেছে, মেলাটোনিনের অ্যান্টি ইনফ্ল্যামেটরি প্রোপারটিজ আছে যা হিলিং বা রিকোভারি প্রসেসে ভূমিকা রাখে। তাই বুঝতেই পারছেন এই হরমোন কতটা জরুরি! খেয়াল রাখুন কিছু বিষয়:

১) সুগারি ফুড আইটেমস, অ্যালকোহল, ক্যাফেইন, স্পাইসি ফুড ও হেভি মিল কিন্তু এই ঘুমের হরমোনের কার্যক্রমকে ব্যাহত করতে পারে। স্লিপ প্যাটার্ন আর ন্যাচারাল বডি ফাংশন ঠিক রাখতে অবশ্যই রাত ৮টার মধ্যে ডিনার করে নিন। বেড টাইমের আগে হাই ক্যালোরি ইনটেক থেকে বিরত থাকুন।

২) ব্রেকফাস্টের টাইম একেক জনের লাইফস্টাইল, সিডিউল, প্রেফারেন্স এগুলোর উপর মূলত নির্ভর করে। কিন্তু ফিট থাকতে ঘুম থেকে ওঠার ১/২ ঘন্টা পর ব্রেকফাস্ট করার অভ্যাস গড়ে তুলুন।

ঘুমের একটি নির্দিষ্ট রুটিন মেনে চলার মাধ্যমে মেলাটোনিন প্রাকৃতিক উপায়ে বৃদ্ধি করা যায়। তাড়াতাড়ি ঘুমাতে যাওয়া ও ভোরে ঘুম থেকে ওঠার অভ্যাস করে ফেলুন। সুস্থ থাকুন, আনন্দে বাঁচুন।



# ওজন কমাতে ইন্টারমিটেন্ট ফাস্টিং

কয়েক বছর ধরেই 'ইন্টারমিটেন্ট ফাস্টিং' বেশ হাইপড! ইন্টারনেটে সবচেয়ে বেশি সার্চ দেওয়া শব্দগুলোর মধ্যে বেশ উপরের দিকেই জায়গা করে নিয়েছে এই শব্দটি।



## ভো

ভোজনরসিক জাতি হিসেবে বাঙালিদের বরাবরই সুনাম আছে। কিন্তু এক সময় যখন ওজন অনেক বেশি বেড়ে যায়, তখন তো আমাদের টনক নড়েই! ওজন কমানোর সহজ উপায় হিসেবে 'ইন্টারমিটেন্ট ফাস্টিং' এর নাম শুনেছেন কি? চলুন আজ আমরা এই ইন্টারেস্টিং টপিক নিয়েই জানবো।

## ইন্টারমিটেন্ট ফাস্টিং আসলে কী?

ইন্টারমিটেন্ট ফাস্টিং হলো সবিরাম উপোস। এটি এমন একটি খাদ্যাভ্যাস যেখানে আপনি কী খাচ্ছেন, কতটুকু খাচ্ছেন সেটা খুব বেশি গুরুত্বপূর্ণ নয় বরং আপনি কোন সময়ে খাচ্ছেন আর কোন সময়ে খাচ্ছেন না, সেটাই সবচেয়ে গুরুত্বপূর্ণ। সবচেয়ে জনপ্রিয় দুটো ইন্টারমিটেন্ট পদ্ধতি হলো ১৬ঃ৮ আর ৫ঃ২।

১৬ঃ৮ মানে হলো আপনি দিনের মধ্যে যেকোনো সময়, আপনার সুবিধা অনুযায়ী, ৮ ঘন্টা খাবেন আর বাকি ১৬ ঘন্টা কোনো রকম হাই ক্যালরি গ্রহণ করতে পারবেন না। ৫ঃ২ হলো সপ্তাহে ৫ দিন স্বাভাবিক জীবনযাপন করা এবং দুইদিন উপবাস থাকা।

## ওজন কমাতে কি আসলেই হেল্পফুল?

মিল টাইমে গ্যাপের কারণে আমাদের শরীরে জমে থাকা ফ্যাট তখন প্রয়োজন অনুযায়ী গ্লুকোজে ভেঙে যায় এবং শক্তির যোগান দেয়। ঠিক এভাবে ইন্টারমিটেন্ট ফাস্টিং আমাদের শরীরে স্টোর হয়ে থাকা ফ্যাটগুলোকে ভেঙে শরীরকে আরেকটু হালকা করে দেয়।

## এই ফাস্টিং এর সুবিধা কী?

- ★ রক্তে চিনির মাত্রা নিয়ন্ত্রণ করে
- ★ শরীরে ইনসুলিন প্রোডাকশন বাড়িয়ে দেয়, যার জন্য শরীরের অতিরিক্ত শর্করা ভেঙে যায়
- ★ রক্তচাপ নিয়ন্ত্রণে সাহায্য করে
- ★ স্ট্রেস হরমোন কমিয়ে দেয়
- ★ হরমোন ব্যালেন্স করতে হেল্প করে

## কাদের জন্য এই ফাস্টিং নয়?

যারা প্রেগনেন্সি প্ল্যান করছেন বা প্রেগনেন্ট, ব্রেস্টফিড করান এমন মা, আন্ডার ওয়েট, ডায়াবেটিস ও লো প্রেশারের প্রবলেম আছে- এমন ব্যক্তিদের জন্য এই ফাস্টিং রেকমেন্ড করা হয় না।

ইন্টারমিটেন্ট ফাস্টিং এর সময়ে আপনার শরীর যেন কোনোভাবেই ডিহাইড্রেটেড না হয়ে যায়, সেদিকে খেয়াল রাখুন। হেলদি ফুড যেমন শাকসবজি, ডিম, ফ্রেশ ফ্রুট আপনার ডায়েট চাটে রাখুন।





Photo: Reels & Stories

Bushra Siddique & Ashik Salam

# After she said *Yes!*

Welcome to the enchanting journey of our wedding guide where your wedding dreams come to life! Dive into the dazzling world of wedding attires, and get lost in the beauty of renowned photographers' portfolios. Discover chic shoes, bags, and whimsical illustrations, indulge in delicious cakes, and find your perfect honeymoon destination with our itinerary guide. 'After She Said Yes' is your one-stop-shop for a wedding filled with elegance, excitement, and memories that last a lifetime!





## *From Best Friends To Soulmates Forever*

We've all heard the iconic dialogue from Shah Rukh Khan's 'Kuch Kuch Hota Hai' that 'Pyaar Dosti Hoti Hai'. Though it may seem a bit clichéd now, these words encapsulate an entire generation's ideals of love. Munza-reen and Ayeman's union is a perfect embodiment of this sentiment, making them the most celebrated couple of the year. Their humble demeanor, understated wedding style, and heartfelt connection have won over hearts far and wide. As onlookers, we've been privileged to experience a whirlwind of emotions as we witnessed their beautiful journey from friendship to matrimony.



The Paper Boutique

## FROM DIY DREAMS TO CUSTOM CREATIONS

*The journey to your special day begins with the first glance at your wedding invitation, a glimpse into the celebration that awaits.*

It sets the mood, the tone, and the theme of your upcoming nuptials. But choosing the perfect wedding card is more than just selecting a design - it's about crafting an experience, an expectation, a promise of the celebration to come. From timeless elegance to modern minimalism, a range of designs are available to suit your personal style from *the paper boutique* and *save the date*.



Save The Date

# Edilife Art

End your culinary journey on a sweet note with "Cook and Dine with Saima," nestled in the heart of Baridhara. As both a cake school and boutique cake shop, it is a haven for those with a passion for confectionary artistry.









*capturing moments*





Photo: Uphar Biswas



Photo: Upahar Biswas



## REGAL TALES

Tell a story with a contemporary twist with Sara Karim Couture. Unveils a dazzling array of lehengas and sarees for the fashionable wedding season.

Infused with rich traditional embroidery and adorned with luxurious silk and zardozi knots, Sara Karim's bridal collection is perfect for the modern bride who desires to make an iconic impression.

## BRIDAL BAUBLES

Choose your perfect fragrance for your big day from Sundora and ensure you smell your best. Explore their extensive collection of fragrances, and while you're there, pick up an aromatic scented candle to help keep your mood relaxed. For authentic brand cosmetics, be sure to visit [www.shajgoj.com](http://www.shajgoj.com).

AMRIT  
PHOTOGRAPHY

# Bridal DIARY



*Celebrate your nuptial with our recommendations*



## Royal Elegance

Shine bright like the stars in the night sky on your wedding day - wear the mesmerizing bridal necklaces from JARWA House. The jewels are inspired by the meaning of the word 'Jarwa,' which translates to the glittering night sky at the time of dawn. Choose from a range of necklaces in rose, white, and yellow gold, where stars are symbolized by scattered diamonds.



## Festive Hues

As you tie the knot, celebrate your love and the magic of colors with exquisite bags from SHIMMERS. Their wide range of bridal bags and accessories will surely help you make a statement at your special day!



## Bridal Allure

Enhance your wedding ensemble with the stunning, customized juttis from JUTTIWALA. Elevate the elegance of your outfit and confidently showcase your steps in style.





Photo: Abhi Naskar



Photo: Abhi Naskar

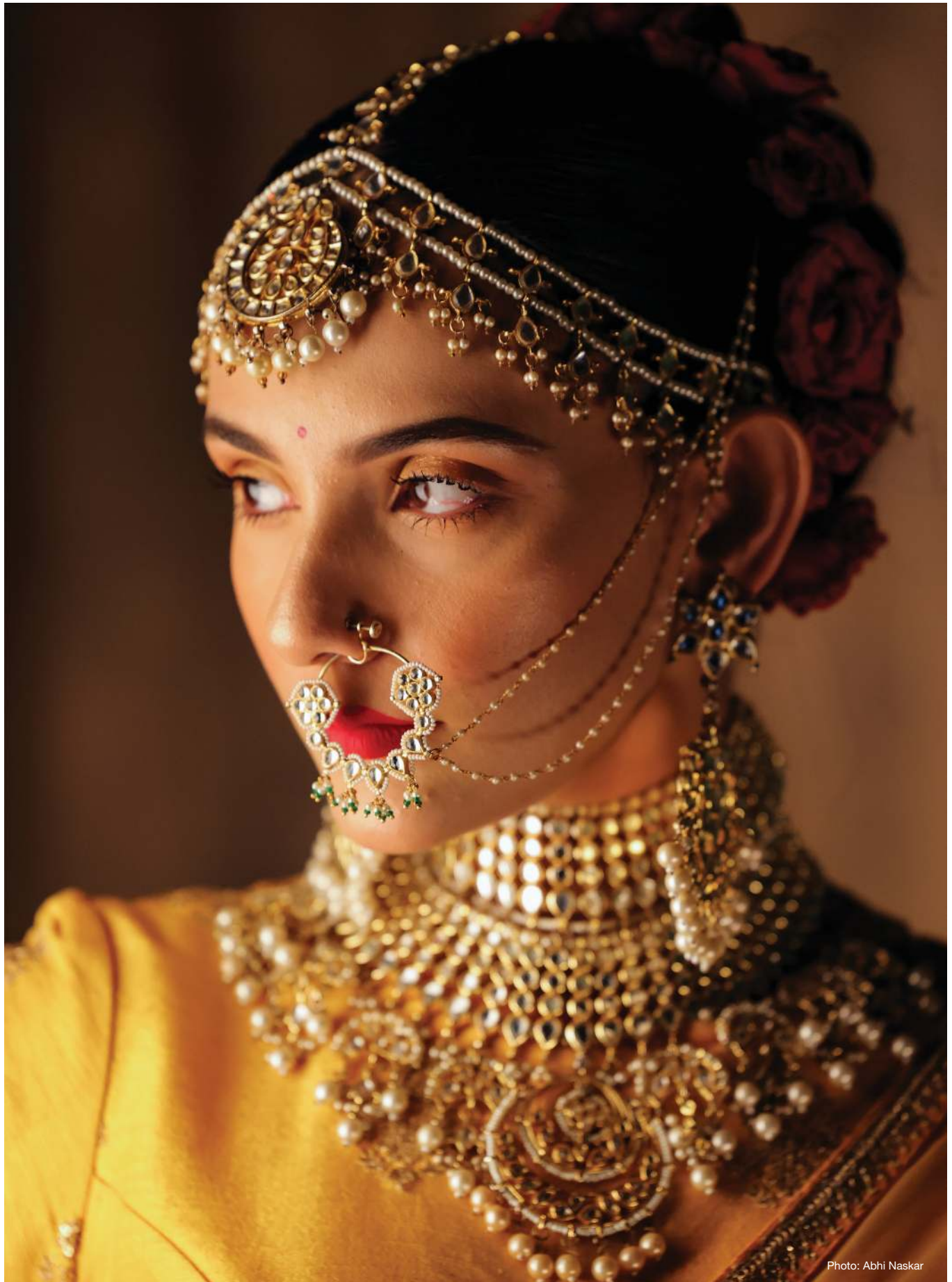


Photo: Abhi Naskar







Bridal Couture by  
*Zubaida faiza*



# FROM BUDGET TO BLISS

UNVEILING  
HONEYMOON  
DESTINATIONS  
FOR EVERY  
COUPLE

Photo: Reels & Stories

With the world at your fingertips, it's the honeymoon in a foreign land that the newlyweds have been looking forward to since tying the knot. They may need help choosing where to go on their once-in-a-lifetime honeymoon. This article will cover 3 different destinations into three categories: budgeted, affordable, and luxurious.

## \$Nepal

**For the budgeted honeymoon, Kathmandu and Pokhara in Nepal are the right destinations for compelling reasons.**

Nepal is a visa-on-arrival destination for Bangladeshi citizens, making it a hassle-free honeymoon destination for the newlyweds. It is famous for its mesmerizing natural landscapes. The country boasts diverse settings, from the majestic Himalayan mountains to serene lakes, and picturesque hill stations. While trekking in the Everest or Annapurna region can be a dream adventure, there are also budget-friendly trekking options like the short hikes around Nagarkot beside Kathmandu. The stunning scenery provides a romantic backdrop for couples looking to celebrate their love and lock the memories into an Instagram-worthy picture.



Being rich in culture and history, Kathmandu allows couples to dive into vibrant local culture. Visit ancient temples and monasteries, which are free or charge a minimum entry fee from foreigners, and witness traditional ceremonies and festivals. Pokhara offers numerous activities filled with adventures that can create unforgettable memories and strengthen the bond between newlyweds. Couples can experience boat riding in Phewa Lake, and sunrise from Sarangkot. Savor delicious Nepali cuisine at local restaurants and street food stalls, which are affordable and authentic. For accommodation choose budget-friendly guesthouses, hostels, or homestays instead of luxury hotels at Thamel, Kathmandu. Many places offer cozy and comfortable lodging options in Pokhara. Pack light to avoid extra baggage fees on domestic flights and make it easier to move around during your trip in local buses or shared jeeps. Overall, Nepal offers an enchanting honeymoon experience for couples from Bangladesh, without breaking the bank.

# \$ \$ Thailand

**Bangkok and Phuket in Thailand are ideal honeymoon destinations for newlywed couples worldwide due to its affordability.**

These destinations is a combination of the bustling city of Bangkok and the stunning beaches and crystal-clear waters of Phuket with romantic beachfront resorts where couples can unwind and enjoy the sunset, making it an amazing honeymoon experience.



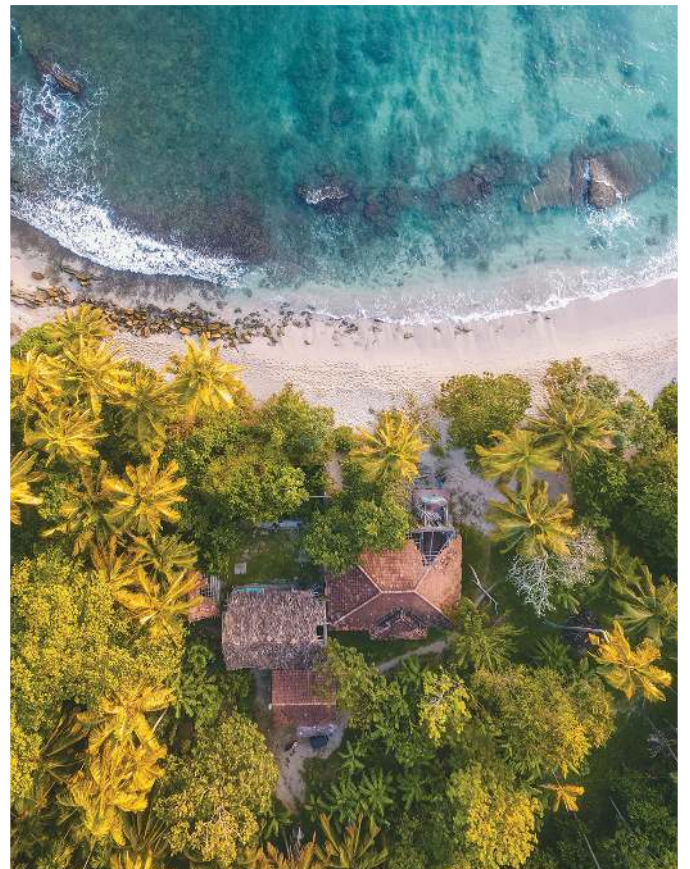
# \$ \$ \$ \$ Maldives

**The luxurious Maldives honeymoon is an endless romance in a tropical paradise.**

It is popular for its luxurious overwater villas, which provide direct access to crystal-clear waters and stunning coral reefs. It's the epitome of luxury and romance without any hassle of obtaining a visa. The host country never fails to offer the utmost privacy, making it ideal for honeymooners to enjoy secluded and intimate moments in a paradisiacal setting. Relish world-class cuisine at the resort's fine dining restaurants, with options for romantic dinners on the beach or in private cabanas. Experience dining like never before in underwater restaurants where you can enjoy gourmet meals while surrounded by vibrant marine life. The Maldives offers an array of water sports and activities, including snorkeling, scuba diving, and sunset cruises, all of which can be enjoyed in a luxurious and private setting. A honeymoon in the Maldives is all about relaxation, romance, and creating unforgettable memories with your partner. It presents an impeccable tableau for couples steeped in luxury and love. *\_Shartaj Aziz Hossain*

Couples can tailor their honeymoon to suit their preferences, whether they seek relaxation, adventure, or cultural exploration. The country's diverse landscapes provide ample opportunities for thrilling experiences. Flying from Dhaka to experience Bangkok's cultural attractions like the Grand Palace, Wat Pho, and Wat Arun, and afterward, opt for a riveting adventure in the Floating Market. Visit local markets to shop for souvenirs, clothing, and handicrafts. Bargaining is expected, so be prepared to negotiate prices. Thai cuisine is world-famous for its delicious flavors and diverse dishes. Honeymooners can savor authentic Thai street food and dine at upscale restaurants to experience the country's culinary delights. Phuket is the largest island in Thailand, famous for its stunning beaches, vibrant nightlife, lush

landscapes, and a wide range of activities to enjoy with your partner. Consider staying at a beachfront resort for direct access to the sand and sea at Patong Beach. Enjoy water sports such as snorkeling, scuba diving, and kayaking together. Explore nearby islands like Phi Phi Islands, Similan Islands, or Phang Nga Bay by taking boat tours. Book a sunset cruise for a romantic evening on the water. Visit historic Old Phuket Town to explore charming streets, colorful buildings, and street art. Pamper yourselves with spa treatments and couples' massages at one of Phuket's luxurious spas. Experience the vibrant nightlife in Patong Beach with clubs, bars, and live music. Don't forget to stroll along Bangla Road to enjoy the lively atmosphere. In conclusion, with careful planning and budget-conscious choices, honeymooners can create wonderful memories with affordability in Thailand.





**Ahiri**

# LIFE STYLISH

*W*elcome to our lifestyle segment,  
where we explore the many facets of a fulfilling life.  
Embark on a wellness journey with insights from a fitness expert,  
and let your wanderlust take flight with our travel features,  
covering the enchanting landscapes of Morocco and hidden gems  
in Dhaka. Get a dose of nostalgia with a special tribute to  
Cartoon Network. And as the winter chill sets in, warm up with  
our curated collection of winter recipes. Let's make life more  
vibrant and meaningful!



# Facing Fears and Finding Purposes

*A Glimpse into Iftekhar Rafsan's Inner World*

introverted nature, to build a successful career. In this candid interview, we delve into the life, aspirations, and experiences of Rafsan the Chotobhai, uncovering the layers that make him a unique and inspiring personality.

**Your journey as a content creator began with a video of Burger King's franchise opening in Bangladesh. What inspired you to make that video?**

I used to film for a few school friends and help them with their videos. One day, I decided I wanted to make some videos of my own. At that time, I weighed around 125 kgs, and my friends suggested that since I love eating, I should make videos about food. Ikramul randomly picked me up, and we just started rolling the camera. It wasn't meticulously planned.

**You've mentioned your introverted nature. How has your role as an entertainer and content creator helped you overcome this aspect of yourself?**

Initially, when I'm filming, I can be more of who I want to be, if that makes sense. I don't care once the camera rolls. But when things initially started, I felt nobody knew me, and I didn't care. But now, it is harder. I never had social anxiety before filming, but now I have severe social anxiety. And I have never mentioned this, but I am actually diagnosed with stage fright. It is an actual thing. I never knew it was a thing. I am working on it and overcoming it myself.

**The entertainment sector in Bangladesh seems to be flourishing. Do you foresee any opportunities for you to venture onto the big screen in the near future?**

It is getting better and better. People are spending money. They are leveling up. The production, the people behind the camera are working harder, and there are many young talents coming up. I see them as very positive signs of change. I don't have any plans to appear on the big screen

because I think my mother will kill me if I do!

**Gaming is a significant part of your life. What games are you currently enjoying?**

I am playing ballads, and at the moment, I am playing Counter-Strike 2.

**Besides being known as a YouTuber, gamer, and entrepreneur, what are some other aspects of your life that might surprise your audience?**

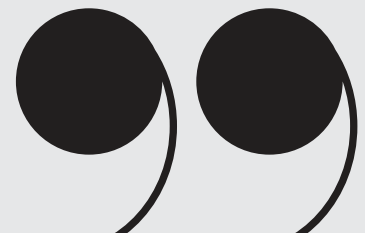
One thing about me that people do not know is that I have severe social anxiety. I also used to be a tutor before, and I believe I was a pretty good tutor. Yes, that is pretty much it.

**You have ambitious plans for your YouTube channel and personal life. Can you share some of your long-term goals and aspirations beyond the realm of entertainment?**

I feel like I have a very concrete goal in my mind. Many people are motivated by money or fame, but for me, the entire thing is about the experience. I want to be one of the best creators in the world, like Mr.

*Life may follow a predictable pattern, much like an Instagram reel, but the true magic lies in exploring the unknown and embracing the experiences we typically avoid*

In the bustling digital landscape of Bangladesh, Iftekhar Rafsan, widely known as "Rafsan the Chotobhai," has made a significant mark as a renowned YouTuber, esports athlete, and entrepreneur. With a remarkable following on his YouTube channel and a passion for vlogging, Rafsan has become a household name for many. But behind the camera and the glitz of stardom lies a multifaceted individual who has overcome challenges, including his



Beast or Logan Paul. A lot of people come and say that I need to be happy, I should have more gratitude, but that is not my goal. Because I grew up watching some YouTubers, and I won't be happy if I don't reach their level. And also I want to create a product that will actually change a certain industry. I can't really name the product, but it is going to be good when it is out. As an entrepreneur, I am working on it and looking forward to revealing it.

**For the younger generation seeking to find their passion, what advice do you have for them as they navigate through various possibilities?**

One thing I would say is that you should try out different things. If I could go back to my school and tell people that I would make videos, no one would believe me. Even I wouldn't believe me. We all should try and get new experiences. We end up limiting ourselves. Life is an Instagram reel code, but the magic is in the things we normally avoid. So I would seek this discomfort. That is where you find something, and when you find your thing and you really want to pursue it, don't ever let it go. And really try and work hard for it. I feel everybody needs a purpose in life.

**Your collaboration with Sonny from the 'Best Ever Food Review Show' was a significant milestone. Can we expect more international vlogs in the future?**

Without a doubt. Because my goal, as I mentioned, is international. I fully want to pursue this certain thing. So recently, I started adding subtitles to my old videos as well as the recent ones. So overall, I am trying to gather an international audience and an international profile, and it has been actually working out. Especially on Instagram, it has worked out like magic. Especially like last month, we have more people watching our videos from Tehran in Iran than from Dhaka. For me, that is a big milestone.

**How do you think your family and friends perceive your career choice, and how do you stay grounded and focused on your goals despite achieving success at a young age?**

My mom still believes I will do something related to my studies, but I don't. And I hope she comes around because I will need her support. It is the person that I am that keeps me grounded. I would not like to brag, and I just do not think about fame or money.

**Being in the public eye can bring about pressure and scrutiny. How do you cope with negativity, and what strategies do you use to stay positive and resilient?**

I don't think you can ever handle negativity. At the end of the day, I am a human being, and I take things very personally. And if someone says something mean, I feel hurt regardless. Many people say growing a thick skin is not easy. Having a clear conscience is important. I probably wouldn't do something that is bad. I will guilt trip myself. Ethics are very important. And my family plays a huge role in shaping the person that I am today.

**What is your favorite food, and does it hold any special significance for you?**

I love bhat, daal, and goru. It is my favorite. Whenever I am traveling, I miss bhat. It is something that I love.

**If you had to describe yourself in a sentence, what would it be?**

I think I am your next-door person who is trying very hard to do what he likes to do and prove everyone wrong.





*As you traverse its bustling streets, Dhaka reveals itself as a treasure trove of hidden gems, each promising a unique and captivating experience.*

## ESCAPADES: EXPLORING DHAKA'S HIDDEN GEMS

**D**haka, a city that breathes, speaks, and lives—a tapestry of experiences just waiting to be discovered. The vibrant capital of Bangladesh tempts with a kaleidoscope of colors, cultures, and contrasts. This city, nestled on the banks of the Buriganga River, is a living witness to an intersection of tradition, modernity, art, and culture. As you wander through its bustling streets, you'll come across an array of experiences ranging from our ancient times to the present, all ready to be discovered. Its chaotic yet charming streets will provide you with a picture of urban life and its thousands of shades.

Join us on a journey through this metropolis, where every corner holds the promise of discovery. From the arts and culture scene to thrilling adventures, Dhaka offers an eclectic tapestry of experiences waiting to be uncovered.



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## Clay Station

Clay Station in Dhaka is a refuge for individuals looking for hands-on creative experiences when embarking on an artistic trip. This pottery studio, located in the center of Dhaka, provides a dreamy opportunity to mold, shape, and craft clay into individual masterpieces. It invites everyone to discover the healing and expressive world of pottery.



**Kayaking**

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## Shilpakala Academy

Shilpakala Academy, discovering Dhaka's cultural pearls, captivates with its different arts, organizing exhibitions and performances. This cultural hub, situated in the heart of the city, is a dynamic platform for classic to contemporary forms of art, music, and culture, offering art fans a rich tapestry of experiences.

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## Batighor

Enter a world of literary bliss at Dhaka's enchanting Batighor Library at Bisshosahitto Kendra. This is the coziest place to get a warm delight for the bookworms as they explore the cherished handpicked collection, cultivating a love of words, and creating cherished moments in the center of literary paradise.



**Play with clay**

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## Go-Kart

Dhaka's Go-Kart tracks are an exciting trip for anyone looking for a thrill. These high-speed tracks are ideal for both experienced and rookie go-karting drivers. These tracks, which are located in the city, provide an exciting break from the daily stressful routine. Whether you're a seasoned racer or a first-timer, the Dhaka Go Kart experience ensures a thrilling time with friends and family.

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## Kayaking

Purbachal's kayaking experience is a must for those looking for outdoor adventure, moving from the tranquility of art to the exhilaration of water. Purbachal's wide water bodies make it a perfect setting for kayaking trips. As you paddle along the calm waters, surrounded by rich flora, the experience becomes a harmonic blend of nature and adventure, providing a welcome escape from the city's bustle.



**Comedy Nights**

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## Naveed's Comedy Club

Experience pure joy at Naveed's Comedy Club in Gulshan, Dhaka where laughter takes center stage. A night of hilarious humor wait as Naveed's wit and charm weave through clever yarns and comical explanations. Unwind with friends in a vibrant atmosphere, leaving with a heart full of laughter and unforgettable memories.

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Dhaka is a city that never ceases to surprise and delight. From the cultural wonders of Shilpakala Academy to the heart-pounding excitement of Go-Karting and the serene beauty of Purbachal's kayaking, it's a place

where every corner holds a unique adventure. Explore these hidden gems and experience the city in all its diverse glory. In Dhaka, the journey is the destination, and the possibilities are endless.

# Majestic

## Exploring the Wonders of Morocco with Wander Woman

***“Basking in the sunset over the mighty Sahara Desert, winding through the labyrinthine alleys of Fez, navigating bustling souks in Marrakech, and getting lost in the blue world of Chefchaouen, my experience of the majestic Morocco was nothing short of a blessing.”***

From UNESCO World Heritage-listed cities to modern metropolises, arid deserts to snowy peaks, wild Atlantic beaches to secluded Mediterranean coves, Morocco offers something for all types of travelers.

As a travel entrepreneur, I planned to host a trip to Morocco in February 2023 with a group of women from Bangladesh. To create an itinerary that was both compact and comprehensive, I collaborated with multiple local agents before finalizing the ultimate tour plan that would allow us to experience the best of Morocco in a short period of time.

While many Bangladeshi agents were hesitant to process Moroccan visas, my research revealed that any Bangladesh passport holder can avail of either an e-visa or a sticker visa based on their travel history. Travelers with valid USA/UK/Schengen/Canada visas can apply for an e-visa and receive it within 15 working days. Meanwhile, travelers without the aforementioned valid visas can apply for sticker visas via the embassy in Dhaka.

Accompanied by 13 Bangladeshi women from Wander Woman, we began our journey in Casablanca, Morocco.

The key highlight of Casablanca is the Hassan II Mosque – the largest functioning mosque in Africa, the second-tallest minaret in the world, and the 14th-largest mosque in the world – an architectural marvel, to be sure!

Next, we were transferred to Rabat, the capital city of Morocco, for a day trip, where we explored the Mausoleum of Hassan V, the Hassan Tower, and the Kasbah of the Udayas. This Berber-era royal fort is surrounded by formal French-designed gardens and overlooks the Atlantic Ocean. One interesting fact is that the entire city was adorned with Moroccan flags on the streets and in gardens at every corner. We concluded our tour with a visit to the Royal Palace area, although entry to the palace itself is not permitted.

The following day, we arrived in Fez and had the opportunity to stay at a Riad. A riad or riyad is a type of traditional Moroccan and Andalusí interior garden or courtyard associated with house and palace architecture. Its origins are generally attributed to Persian gardens that spread during the Islamic period. I was mesmerized by the family-owned riad that we stayed in, which was 800 years old and adorned with ceramic tiles, decorative showpieces, and Moroccan lanterns.



# Morocco

I couldn't miss visiting the Chouara Tannery situated at the heart of Fez medina, which is the largest and one of the oldest (over 1000 years) tannery cities in the world. Upon entering the premises, you are offered mint to ward off the strong smell. You can find organic argan oil, Moroccan ceramics, and authentic leather products in the souks (meaning marketplace) in the 900+ alleys of Fez.

From Fez, we embarked on a long journey towards the mighty Sahara Desert, taking a pitstop at Erfoud. Known as the "Gateway to the Sahara Desert," Erfoud is renowned for its million-year-old fossils found throughout the city. Before entering Merzouga, the city-side entrance to the Sahara Desert, we enjoyed a traditional African dance performance. I highly recommend a camel ride during the sunset in the Sahara Desert and stargazing at the camp. There are multiple activities available near the village, but I tried sandboarding, which is unique to Morocco.

From the Sahara, we continued our journey to Marrakesh, stopping for a transit in Ouarzazate. It was a pleasant surprise, as I had the chance to visit Atlas Studios, known as the "Hollywood of Africa." It's a location where movies such as *The Mummy*, *Game of Thrones*, and *Hercules* were filmed. Another offbeat destination I was able to explore was the Toudra Gorge in Tinghir – a Moroccan village where Berbers have been living for hundreds of years.

Upon reaching Marrakesh, I made sure to explore the stunning Jardin Majorelle – a garden acquired by the YSL (Yves Saint Laurent) brand for display and museum purposes. Some sights, such as the Bahia Palace, were temporarily closed due to a 6.8 magnitude earthquake. However, I explored the souks of Marrakesh, where you can find fabrics and souves of Morocco at the best prices. One must try a



Hamam bath and Moroccan Spa when in Marrakesh.

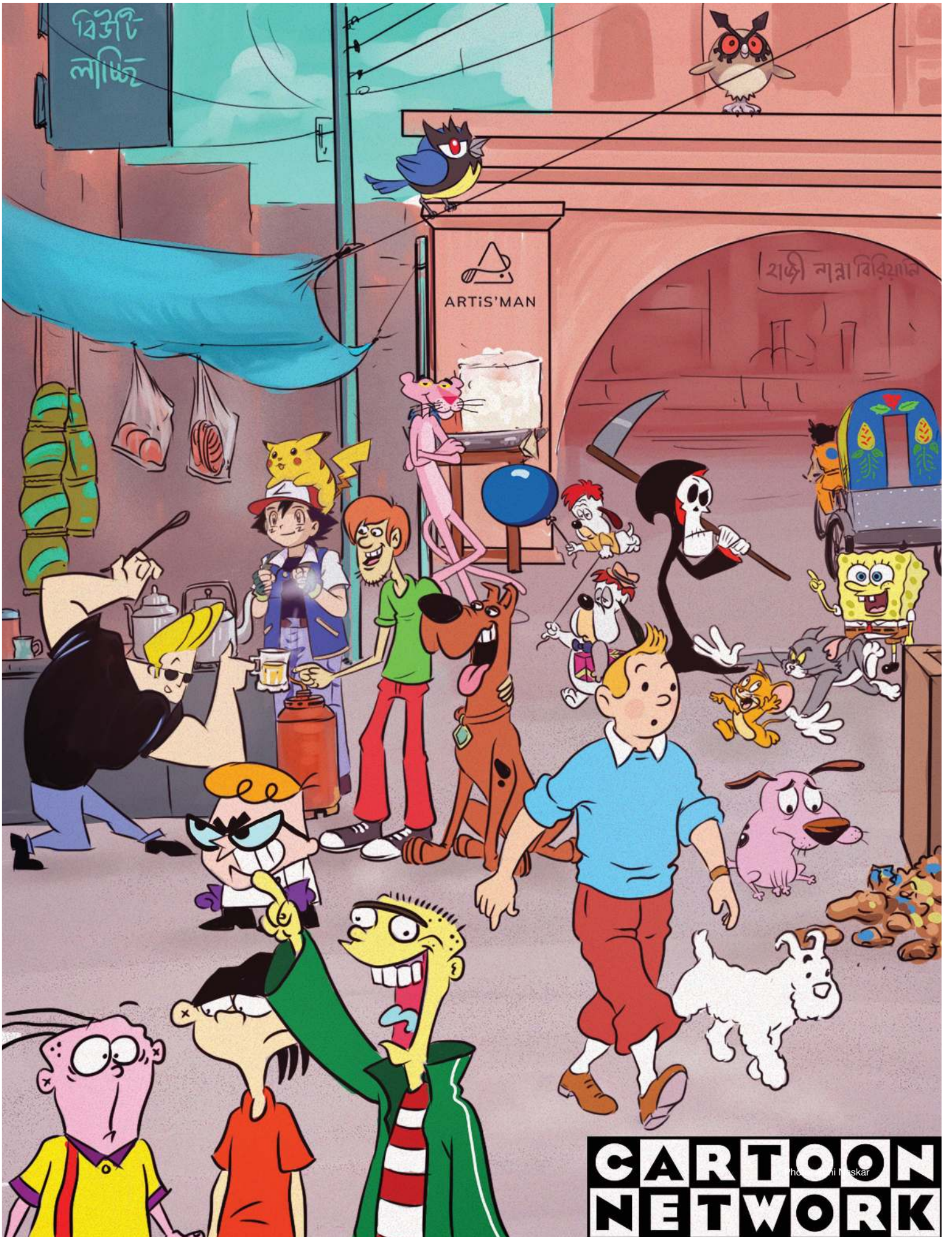
Lastly, I concluded my trip with a visit to Tangier and a day trip to Chefchaouen from there. Tangier is situated at the Straits of Gibraltar, where the Atlantic and Mediterranean coastlines meet. Tangier has a different vibe when it comes to Moroccan souks, medinas, and historical landscapes.

Chefchaouen – known as the "Blue Pearl of Morocco" – is nestled in the Rif mountains. This old town is known for its beautiful surroundings and architecture, but what makes it stand out are the striking and varying shades of blue walls. It is one of the most colorful cities in the world.

For those wondering about the cuisine, Morocco is known for its variety of Tagine

dishes (which are similar to Bangladeshi cooked curry). Moroccan Tagine or tajine dishes are slow-cooked savory stews, typically made with sliced meat, poultry, or fish, together with vegetables or fruit. Spices, nuts, and dried fruits are also used. Some more popular dishes I tried included Couscous, Harira, Kefta, and Pastilla.

As they say, Morocco offers a bit of the good, the bad, and the ugly – so be prepared for all of it! Travelers should be ready for long hours of road trips, language barriers, and tourist scams. Speaking of safety, thankfully, we didn't experience any unfortunate or unsafe incidents, but I would recommend travel insurance to anyone considering a trip to Morocco, especially given the recent natural disasters in the area. *—Sabira Mehrin*



**CARTOON**  
**NETWORK**

In the mid-90s, a television channel emerged that would go on to define the childhoods of an entire generation: Cartoon Network. For nearly two decades, from the mid-90s to the 2015s, this network served as a portal to a world of colorful, animated escapades, creating memories that many still hold dear today. From iconic shows like Tom & Jerry and The Powerpuff Girls to the eerie yet endearing Courage the Cowardly Dog, Cartoon Network was the heartbeat of many children's afternoons and weekends.

The allure of Cartoon Network lay not just in the array of entertaining shows, but also in the immersive worlds these shows created. The antics of Dexter, a boy genius who operated a secret laboratory, and the adventures of Blossom, Bubbles, and Buttercup, three kindergarten-aged girls with superpowers, allowed children to escape into fantastical realms. It was a time when siblings would huddle together in front of the television, their eyes glued to the screen as they were whisked away to a universe where imagination reigned supreme.

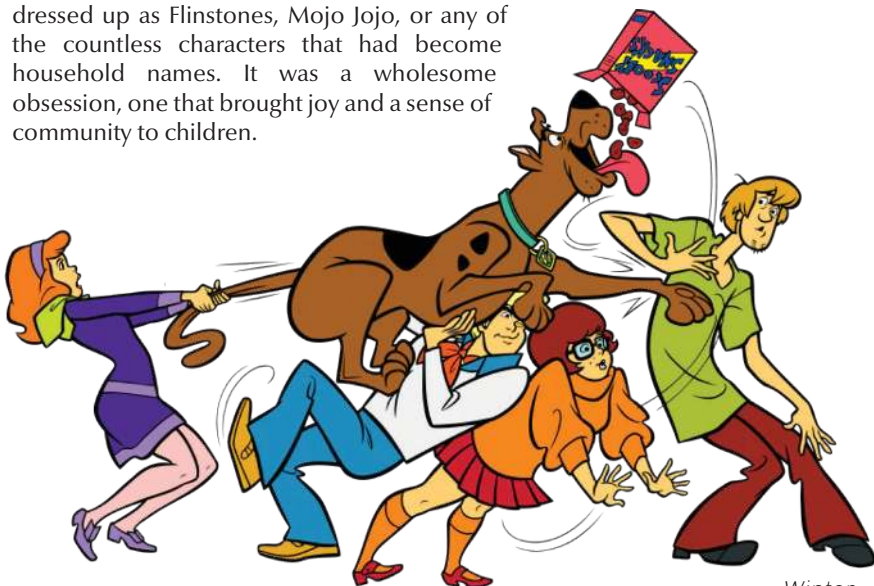
But the love for these shows went beyond the screen. The characters from these series became a part of our lives. We collected merchandise, from action figures and lunch boxes to T-shirts adorned with our favorite characters. Halloween was a time to embody these animated heroes and villains, as children dressed up as Flintstones, Mojo Jojo, or any of the countless characters that had become household names. It was a wholesome obsession, one that brought joy and a sense of community to children.

However, in the age of technology and the advent of gaming consoles like PS4, the sweet innocence of Cartoon Network's golden era seems to be fading away. Today's children are more likely to be found with their eyes glued to their gadgets than to a television screen, experiencing a different kind of entertainment that is worlds apart from the hand-drawn animations of yesteryear.

## REMEMBERING CARTOON NETWORK

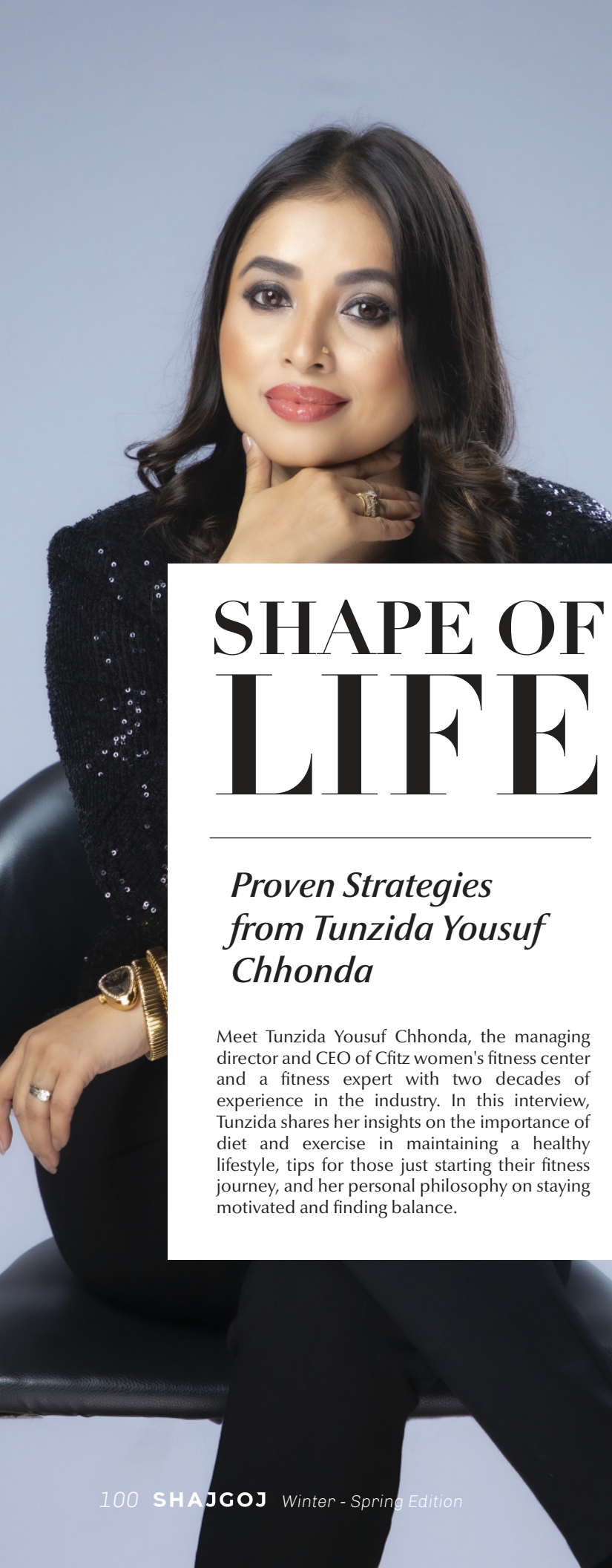


### A Nostalgic Walk Down Memory Lane



Despite this shift, the memories of Cartoon Network will forever be etched in the minds of those who grew up in the 90s and early 2000s. It was more than just a channel; it was a cultural phenomenon that shaped a generation. The laughter, the tears, and the lessons learned from shows like Ed, Edd n Eddy, and The Grim Adventures of Billy and Mandy are irreplaceable.

So, let us take a moment to remember and cherish those days spent in front of the TV, eagerly waiting for our favorite shows to begin. Let's remember the joy of discovering a new episode, the excitement of sharing the latest plot twist with friends, and the comfort of knowing that, no matter what, we could always count on Cartoon Network to bring a smile to our faces. These may have been simple pleasures, but they were an integral part of our childhoods, and for that, they will always hold a special place in our hearts.



# SHAPE OF LIFE

## *Proven Strategies from Tunzida Yousuf Chhonda*

Meet Tunzida Yousuf Chhonda, the managing director and CEO of Cfitz women's fitness center and a fitness expert with two decades of experience in the industry. In this interview, Tunzida shares her insights on the importance of diet and exercise in maintaining a healthy lifestyle, tips for those just starting their fitness journey, and her personal philosophy on staying motivated and finding balance.



**Q: Tunzida, based on your extensive experience, can you speak to how important diet is compared to workouts in achieving and maintaining a healthy lifestyle?**

**A:** Absolutely. While exercise is an essential component of a healthy lifestyle, it cannot stand alone. In fact, diet plays an even more crucial role in shaping our bodies and overall health. To put it into perspective, diet makes up a staggering 70% of the equation. What we consume daily is paramount in determining our health and fitness levels. If we only focus on burning calories through exercise, we may find ourselves in a caloric surplus if our food intake is high. Our bodies need roughly 1800 calories to function properly, so a thoughtful and balanced diet is key to losing weight and staying healthy.

**Q: For those who are just beginning their fitness journey, what advice do you have? Are there certain foods that can kick-start their progress, and how often should they work out?**

**A:** For fitness newbies, it's important to ease into a workout routine and not push the body too hard initially. Aim for 3-4 days of low-intensity exercise per week and prioritize consistency. It's also crucial to listen to your body and avoid overexertion. Equally important is a balanced diet. Instead of starving all day and then overeating in the evening, maintain a sensible diet and eat every 2-3 hours. Even small snacks like an apple or crackers can help regulate your appetite and metabolism. Remember, maintaining a consistent eating schedule will help your body establish a routine, making it easier to avoid overeating and unhealthy cravings.

**Q: What strategies do you recommend for staying motivated and focused on one's fitness journey?**

A: Motivation comes from within, and it's essential to understand your goals and why you want to achieve them. When you're not feeling your best physically and mentally, it can be tough to stay motivated. So, start by educating yourself and preparing for the journey ahead. Find health tips and resources that resonate with you. As you progress and start seeing results, such as weight loss or fitting into old clothes, your motivation will naturally increase. Celebrate your achievements, no matter how small, and use them as fuel to keep pushing forward.

**Q: Can you share some of your favorite healthy snacks?**

A: Certainly! One of my go-to snacks is cheese, a fantastic source of milk protein that many people overlook. I also recommend incorporating a variety of fruits into your diet. Eggs, yogurt mixed with raisins, nuts, dates, and honey are also excellent choices. The key is to find healthy foods that you enjoy and make them a regular part of your diet. For example, I love porridge. It's a good source of calories and carbohydrates that your body needs. I enhance it with nuts and bananas to make a delicious and filling meal. When you enjoy the foods you eat, it doesn't feel like a punishment, and you're more likely to stick with your healthy habits.

**Q: What's your stance on cheat meals? Do you have any special recipes or strategies for indulging without going overboard?**

A: I'm a firm believer in moderation, and I think cheat meals can be a healthy part of any diet. In fact, I have a cheat code for cheat meals. I ask my clients to write down their cravings throughout the week. They need to eat healthily for six days, and the seventh day can be their cheat day. This way, they can indulge in their cravings without feeling guilty. It's important to remember that we're all human, and it's okay to treat yourself occasionally. Just make sure to do it in moderation and choose the indulgences that are most satisfying to you. It's all about finding balance and enjoying your food without going overboard. Additionally, here are a couple of healthy drink recipes that can complement your diet.

*Flat Stomach Tea*

**Ingredients:** 100 grams fennel seeds, 100 grams coriander seeds, 100 grams cumin seeds.

**Instructions:** Mix all the ingredients and store them in a jar. To prepare the tea, boil 1 cup of filtered water with 1 teaspoon of the mixed ingredients. Boil for 10 minutes, then strain and enjoy.

*Detox Drink*

**Ingredients:** 1 lemon, 1 cucumber, 12 to 15 mint leaves, 1 teaspoon grated ginger, 1 liter filtered water.

**Instructions:** Cut the cucumber and lemon into thin round slices. Add the cucumber, lemon, mint leaves, and grated ginger to the water. Store the mixture in the refrigerator.

Throughout the day, drink from the mixture, and feel free to refill the water as needed.

**Q: Apart from diet and exercise, what other habits should people adopt to maintain good health?**

A: One simple but effective habit is walking. You can burn calories just by walking and talking on the phone or watching TV.

Incorporating small exercises into your daily routine can make a big difference. Another tip is to drink lemonade after every meal. I personally drink a glass of lukewarm water with lemon juice to help digest the food. It's also important to drink water at a temperature slightly above or below room temperature, as this can help your body burn calories to regulate its temperature.

**Q: Lastly, what inspires you to maintain your fitness and continue working in this field?**

A: I've been a fitness consultant for 20 years, and my passion for helping people has only grown stronger. I started this journey when I was in college and took a job as a lady instructor at an international gym. Over the years, I've had the privilege of working with clients who came to me with health issues, not just for weight loss. Seeing their progress and hearing how they've reduced or eliminated their need for medication is incredibly rewarding. It's a reminder that this profession is about more than just earning money; it's about making a direct, positive impact on people's lives. That's what keeps me motivated and excited to continue this work.

“ I've been a fitness consultant for 20 years, and my passion for helping people has only grown stronger. ”



# ZUMBA

*it Up!*

## SHAKE IT OFF: THE NEED FOR ZUMBA IN YOUR FITNESS ROUTINE

In a world that often feels like a constant swift, finding a fitness routine that not only keeps you in shape but also offers a joyful escape from the daily grind is like striking gold. Enter Zumba, the exciting dance-based workout that has taken the fitness world by storm. More than just a trend, Zumba is a dynamic exercise program that brings numerous health benefits while allowing participants to have a blast. Its official slogan is “Ditch the Workout, Join the Party!”

Zumba is a unique blend of dance and fitness, inspired by Latin American and international rhythms. It's an infectious fusion of salsa, merengue, cumbia, reggaeton, and more. What sets Zumba apart is its focus on enjoyment; participants don't even realize they're exercising because they're too busy having fun.

Zumba is designed to be a total-body cardio and aerobic workout that promotes calorie consumption and other benefits. According to one 2012 study, an hour of Zumba exercise burns 300 to 900 kcal. Zumba provides several possibilities and claims to be safe for all ages, which means that anyone of any age can join any of the 11 varieties of Zumba classes according to their age.

However, before beginning any fitness program, even an aerobic program like Zumba, people should consult with their primary care physician. Children and the elderly should inquire about specific Zumba lessons for their age groups.

## HEALTH BENEFITS OF ZUMBA

### Cardiovascular Health

One of the most significant benefits of Zumba is its ability to improve cardiovascular health. Regular Zumba sessions can help lower your risk of heart disease, improve blood circulation, and boost overall cardiovascular fitness.

### Weight Management

Zumba is an effective calorie burner. On average, an hour of Zumba can burn between 400 to 600 calories, depending on your intensity level and body composition.

### Stress Reduction

Dancing is a fantastic way to relieve stress, and Zumba is no exception. The energetic and rhythmic movements release endorphins to reduce stress, anxiety, and depression while improving your mood. After a Zumba class, you'll feel lighter, happier, and more relaxed.

### Improved Coordination and Balance

Zumba involves a combination of fast and slow movements, helping to enhance coordination and balance and your body becomes more agile and flexible.

### Social Connection

The group dynamics of Zumba classes foster a sense of community and connection. Exercising with others can motivate you to stick with your fitness routine, and the shared joy of dancing creates lasting bonds. It's not just a workout; it's a social event, that provides emotional support and encouragement.

### Finally, Boost your Self-Esteem

Dancing is a great way to increase your confidence. Zumba promotes self-expression and embraces uniqueness. As you develop your dance moves and experience the benefits on your body, your self-confidence grows, which has a beneficial impact on your overall well-being.







# HOME MADE

## Winter

Welcome to our Winter Wonder Recipe Section, where each page is filled with the rich, hearty, and heartwarming flavors of the season. We believe that winter is the perfect time to indulge in warm soups, and other cozy delights that bring family and friends together. From steaming hot drinks to soothe your soul to scrumptious Bengali Pithas,, we have something for everyone. A special mention to the talented food photographer, Nabila, whose stunning images bring our recipes to life. Each picture is a visual feast, capturing the essence of the dishes in all their delicious glory. So, put on your apron, gather your ingredients, and let's embark on a culinary journey that promises to make this winter memorable, one delightful dish at a time.

# *Soupy affair*

## CREAMY MUSHROOM SOUP WITH TOASTED BREAD

### Ingredients:

1. 2 tablespoons unsalted butter
2. 1 onion, finely chopped
3. 3 garlic cloves, minced
4. 500g (1 pound) mixed mushrooms (button, cremini, shiitake, etc.), cleaned and sliced
5. 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
6. 2 tablespoons all-purpose flour
7. 4 cups vegetable or chicken broth
8. 1 cup heavy cream
9. Salt and pepper, to taste



### Ingredients for the Toasted Bread:

1. 2 slices of bread, cut into small cubes
2. 1 tablespoon olive oil
3. A pinch of salt

### Instructions:

In a large pot, melt the butter over medium heat. Add the onion and garlic, and cook until the onion is translucent and the garlic is fragrant for about 5 minutes.

Add the sliced mushrooms and thyme leaves, and cook until the mushrooms have released their moisture and have started to brown, about 10 minutes.

Sprinkle the flour over the mushrooms and stir to combine. Cook for an additional 2 minutes to get rid of the raw flour taste.

Gradually pour in the broth while continuously stirring, to prevent any lumps from forming. Bring the mixture to a simmer and let it cook for 10-15 minutes, or until the soup has thickened slightly.

Reduce the heat to low, and stir in the heavy cream. Season the soup with salt and pepper to taste. Let it simmer for an additional 5 minutes, or until the soup is heated through.

While the soup is simmering, prepare the toasted bread. In a small pan, heat the olive oil over medium heat. Add the bread cubes and a pinch of salt, and cook, stirring occasionally, until the bread is gold.



# CREAMY CAULIFLOWER SOUP

## Ingredients:

1. 1 tablespoon olive oil
2. 1 onion, finely chopped
3. 2 cloves garlic, minced
4. 1 head cauliflower, trimmed and cut into florets
5. 4 cups vegetable or chicken broth
6. 1 cup heavy cream
7. Salt and pepper, to taste
8. Fresh parsley, chopped (for garnish)

## Instructions:

In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and cook until the onion is translucent and the garlic is fragrant, about 5 minutes.

Add the cauliflower florets to the pot, and stir to coat with the onion and garlic. Cook for an additional 5 minutes, or until the cauliflower begins to soften.

Add the broth to the pot, and bring the mixture to a simmer. Let it cook for 15-20 minutes, or until the cauliflower is very tender.

Remove the pot from the heat, and use an immersion blender to blend the soup until smooth. If you don't have an immersion blender, you can transfer the soup to a regular blender and blend in batches.

Return the pot to the heat, and stir in the heavy cream. Season the soup with salt and pepper to taste. Let it simmer for an additional 5 minutes, or until the soup is heated through.

Serve the soup hot, garnished with chopped fresh parsley.

This creamy cauliflower soup is velvety and comforting, perfect for a cozy dinner. Enjoy! *en brown and crispy.*

Serve the soup hot, garnished with the toasted bread pieces.

This creamy mushroom soup is rich and comforting, and the toasted bread adds a delightful crunch to each bite. Enjoy!





## Ingredients:

1. 2 cups whole milk
2. 1/2 cup heavy cream
3. 4 ounces high-quality dark chocolate (70% cocoa), finely chopped
4. 2 tablespoons unsweetened cocoa powder
5. 2 tablespoons granulated sugar (adjust to taste)
6. 1/4 teaspoon vanilla extract
7. Pinch of salt
8. Marshmallows, for topping

## Instructions:

In a medium saucepan, combine the milk and heavy cream. Heat over medium-low heat until warm, but not boiling.

While the milk mixture is heating, place the finely chopped dark chocolate in a heatproof bowl.

Once the milk mixture is warm, pour a little bit of it over the chopped chocolate to soften it. Let it sit for a minute, then whisk until smooth.

Add the softened chocolate mixture back into the saucepan with the remaining milk mixture. Stir well to combine.

Add the cocoa powder, granulated sugar, vanilla extract, and a pinch of salt to the saucepan. Whisk until the cocoa and sugar are fully dissolved and the mixture is smooth and creamy.

Continue to heat the hot chocolate over medium-low heat until it's hot, but not boiling. Be sure to stir occasionally to prevent the chocolate from sticking to the bottom of the saucepan.

Once the hot chocolate is hot and well mixed, remove it from the heat and pour it into mugs.

Top each mug of hot chocolate with a generous handful of marshmallows. For an extra touch of indulgence, you can use a kitchen torch to lightly toast the marshmallows until they're golden and gooey.

Serve the hot chocolate immediately and enjoy!

# Indulgent Hot Chocolate



## Ingredients:

1. 2 cups water
2. 2 cups whole milk
3. 4 teaspoons loose black tea leaves (Assam or Darjeeling tea)
4. 2-inch cinnamon stick
5. 4 green cardamom pods, slightly crushed
6. 4 whole cloves
7. 1-inch piece of fresh ginger, grated
8. 1 teaspoon fennel seeds
9. 1/4 teaspoon freshly ground black pepper
10. 2 tablespoons granulated sugar (adjust to taste)
11. Optional: 1/4 teaspoon ground nutmeg

## Instructions:

In a medium saucepan, add the water and milk. Bring the mixture to a gentle simmer over medium heat.

Add the black tea leaves, cinnamon stick, crushed cardamom pods, whole cloves, grated ginger, fennel seeds, black pepper, and optional ground nutmeg to the saucepan.

Allow the tea to simmer for 5-7 minutes, allowing the spices to infuse into the tea. The longer you simmer, the stronger the flavors will be.

Add the granulated sugar to the saucepan and stir well until the sugar is fully dissolved.

Strain the tea through a fine-mesh sieve into cups or mugs, discarding the spices and tea leaves.

Serve the masala tea hot and enjoy the comforting flavors of the spices. You can garnish with a cinnamon stick or a few cardamom pods for a decorative touch.

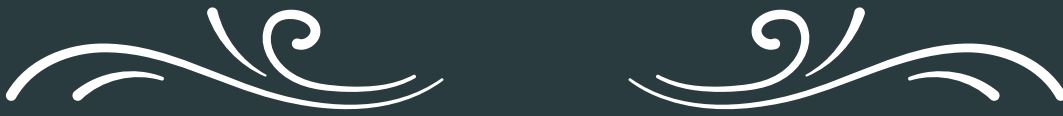
This masala tea is aromatic, flavorful, and perfect for sipping on chilly winter days. The combination of spices not only adds warmth but also has health benefits that can help soothe a cold or sore throat. Adjust the sweetness and spice levels to your preference, and enjoy!



# Spiced Masala tea



# Pitha Tales



Pithas hold a cherished place, reminiscent of warmth and tradition. These delectable rice cakes are not just sweet treats; they are a poignant reminder of our childhood, echoing memories of our grandparents preparing them on clay stoves. These culinary treasures, enjoyed together with family, embody the spirit of togetherness.

Pithas are an integral part of winter in Bangladesh – a divine time when these traditional delicacies take center stage. The anticipation for this season is palpable, as it brings with it the promise of relishing these time-honored sweets. Pithas are a celebration of diversity, with an array of types, flavors, and fillings. From sweet to sour, hot to cold, in every conceivable color and stuffing – each variety tells a story of regional flavors and familial traditions.

Winter in Bangladesh is incomplete without the joy of sharing and savoring these delightful treats. The vast assortment of Pithas, each with its unique taste and texture, makes winter truly special and eagerly awaited. In every home, the sweet aroma of Pithas wafts through the air, signaling the arrival of a season filled with culinary delights, warmth, and nostalgia.

## Syringe Pitha

### Ingredients:

1. 1 cup Boiled Rice
2. 2 cups Water
3. 1/4 tsp Food Color
4. Syringe (as per requirement)
5. Paper or Banana Leaf (as per requirement)

### Method:

1. Begin by soaking the boiled rice in water for two days.
2. After the soaking period, drain the water from the rice and grind it into a thick paste.
3. Mix in the food color until well incorporated.
4. Fill a syringe with the prepared batter.
5. Using the syringe, carefully form circular shapes onto paper or a banana leaf.
6. Steam the shaped pitha like a vapa pitha.
7. Once steamed, remove the pitha and allow it to dry in the sun for two days.
8. Finally, fry the pitha in oil until they become crunchy.



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