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Glossy

ADDRESS
71 Queens Gate London SW7 5JT
+44 (0) 203 582 6937
info@londonglossy.com
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PUBLISHER:
Deborah Thomas

EDITORIAL TEAM:
Kelly Murphy
Zachary Emmanuel
Becky Williams

ADVERTISING:
Femi Banks

GENERAL ENQUIRIES:
+44 (0) 203 582 6937
info@londonglossy.com

**For all comments and
recruitment opportunities
send an email to:**
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AUTUMN WELLNESS

It's a pleasure to present to you our Autumn Wellness Special issue. What a time indeed we are living through! From wars to extreme weather, insane food prices, there is no better time to talk about wellness.

General wellbeing is on a downward trend, poverty is on the rise with more job losses looming and multiple countries have experienced catastrophic weather problems causing people displacement and great hardship. Surviving through and keeping well has never been more important.

This issue has superb features like, Living The Anti-Cancer Life prevention tips, Cashing In, which gives basic money saving tips and Zumba Style to get those jiggy moves. Not forgetting great beauty tips that would enhance your confidence this winter. I am sure there will be one or two features that will work for you.

Settle down with your cup of coffee, relax and have a 'Me' time with London Glossy.

Whatever difficulty and pain you may be experiencing now, remember you are not alone.

Deborah Thomas

**Deborah Thomas
Publisher**

LONDON ROCKS

WINTER WONDERLAND

17th November - 1st January 2024

Hyde Park London

Located in London’s iconic Hyde Park, Winter Wonderland is the world’s ultimate destination for festive fun. Running for six magical weeks from 17th November 2023 to 1st January 2024, Hyde Park Winter Wonderland offers a variety of attractions, activities, entertainment, food, drinks, and so much more. From high adrenaline rides to family-friendly performances, classic festive treats to the newest in London’s street food scene, and cosy fire pit bars to mythical ice kingdoms

A SYMPHONIC TRIBUTE TO METALLICA

Sunday 12th November 2023

The O2 Arena, Peninsula Square, Greenwich, London SE10 0DX

Award-Winning & chart-breaking Metallica tribute Orion are bringing their symphonic tribute to Metallica to London for the first time, along with a full orchestra including original musicians from Metallica’s legendary 1999 ‘S&M’ concert. For 100 mins, there’s surge of energy, passion, impressive live music and an elaborate stage show - a must for all METALLICA fans.

BEVERLEY KNIGHT

Tuesday 14th November 2023

The London Palladium
8 Argyll Street, London W1F 7TF

Beverley Knight MBE is a British soul and R&B singer, songwriter, and record producer



who released her debut album in 1995. Heavily influenced by soul greats such as Sam Cooke and Aretha Franklin, Knight has released six studio albums to date. Widely labelled as one of Britain’s greatest soul singers, Knight is best known for her hit singles “Greatest Day”, “Get Up!”, “Shoulda Woulda Coulda” and “Come As You Are”. Definitely a must watch show

WINTER BY THE RIVER

London Bridge City

14 November 2023 to 1 January 2024

Get ready for vibrant market stalls, themed karaoke rooms and pop-up bars at London Bridge City. Make your way through bright lights and bustling crowds to explore market stalls offering tantalizing tastes, brilliant buys, and gifts for good in the heart of our metropolis. Musical fun awaits at the Pier with themed karaoke rooms, be captivated by choirs in Hay’s Galleria, and toast the season across not one but two pop-up bars serving up a variety of festive and classic beverages.

CHRISTMAS LIGHT TOUR

17 November - 2nd January 2024

Leicester Square London



Get ready for vibrant market stalls, themed karaoke rooms and pop-up bars at London Bridge City. London landmarks spectacularly lit up at night You’ll travel in an open-top bus, with multiple departure times from 4pm until 9pm. Discover sites as you’ve never

seen them before, including Trafalgar Square, Regent Street, Big Ben and more. This is a guided tour, with a professional tour guide on board an open-top bus who’ll give you the fascinating history of London’s historic buildings. The tour lasts 1hr 30m and is sure to put you into the festive spirit.

LES MISERABLES

Ongoing - September 2024

Sondheim Theatre Shaftesbury Avenue, London W1D 6BAQ

Les Miserables has achieved worldwide acclaim, having been staged in 40 countries, over 21 languages and seen by more than 55 million people all around the world. Set in the 19th Century France, Les Miserables follows the redemptive tale of ex-conv Jean Valjean as he escapes parole and goes on the run from the cold and calculating Inspector Javert.



ED SHEERAN

18th - 19th November 2023

Royal Albert Hall London

Ed Sheeran has announced two special, one-off shows at London’s Royal Albert Hall, that will take place on the 18th and 19th November. Set to perform his upcoming album ‘Autumn Variations’ in full on both nights - where Ed will also be accompanied by a live band and string section - it will be the only remaining chance to see him perform in the UK this year.

50 CENT FINAL LAP TOUR

11, 17 and 21st November 2023

OVO Arena Wembley London

50 Cent an American rapper, entrepreneur, investor, record producer, and actor rose to fame with the release of his albums Get Rich or Die Tryin’ (2003) and The Massacre (2005). His album Get Rich or Die Tryin’ has been certified six times platinum by the RIAA. With the help of Eminem and Dr. Dre, who produced his first major commercial successes, Jackson became one of the world’s highest selling rappers. In 2003, he founded



the record label G-Unit Records, which signed several successful rappers such as Young Buck, Lloyd Banks, and Tony Yayo.

NORAH JONES

Thursday, 16th November 2023

Royal Festival Hall London.

Norah Jones is an American singer-songwriter and occasional actress. She launched her solo music career with the release of



the commercially successful and critically acclaimed album Come Away With Me, which was certified a diamond album in 2002, selling over 20 million copies. The record earned Jones five Grammy Awards, including the Album of the Year,

Record of the Year, and Best New Artist. Jones has won nine Grammy Awards and was. has sold over 37 million albums worldwide.

ANGELIQUE KIDJO

Friday 17th November 2023

Royal Albert Hall, London

Five-time Grammy Award-winner and ‘Africa’s premier diva’, Angélique Kidjo returns to the Royal Albert Hall for a celebration of her 40-year career, performing her greatest hits accompanied by the Chineke! Orchestra, conducted by Chris Cameron. Part of the EFG London Jazz Festival, this concert will celebrate the career-spanning catalogue of one of Africa’s best-known artists.

THE LUNA CINEMA

1st December - 2nd January 2024

The Pavilion, Kensington Palace, London



Festive films are a staple when it comes to the winter season, this year The Luna Cinema is back with a whole new programme of classic Christmas and New Year film screenings in magical settings to spread some festive cheer. The ultimate cinematic event for Christmas, The Luna Cinema’s 2023 winter line-up includes five indoor festive screenings, perfect for sleigh-loads of festive fun and quality time with friends and family at the most wonderful time of the year.

NOT ANOTHER INDIE DISCO

Saturday 25 November 2023

O2 Academy Islington London

Non-stop indie bangers all night with London’s favourite weekly indie party! Expect indie anthems from Now, 10s, 00s, 90s and a few from a little further back. Join Not Another Indie Disco and get your feet to the floor and your arms in the air to the best in new and classic indie, plus a few curve balls, every Saturday.

VAN MORRISON

Tuesday, 28th November 2023

O2 Shepherd’s Bush Empire London

Van Morrison, OBE is a Northern Irish singer-songwriter and musician. His live performances at their best are regarded as transcendental and inspired; while some of his recordings, such as the studio albums Astral Weeks and Moondance, and the live album It’s Too Late to Stop Now, are widely viewed as among the greatest ever made.

GREGORY PORTER IN CONCERT

Wednesday 13th December 2023

Royal Albert Hall London

Over the past decade, Porter has taken the world by storm by bringing contemporary jazz to the masses. Not only has the singer collected Grammy Awards for albums Liquid Spirit and Take Me To The Alley, he also made chart history with all five albums breaking into the Top 10 of the mainstream



charts – three of those within the Top 5. He has performed at numerous festivals around the world, including the famous Pyramid Stage at Glastonbury, and has had the honour of performing multiple times for the late HM Queen Elizabeth II, most recently as part of her Platinum Jubilee celebrations.

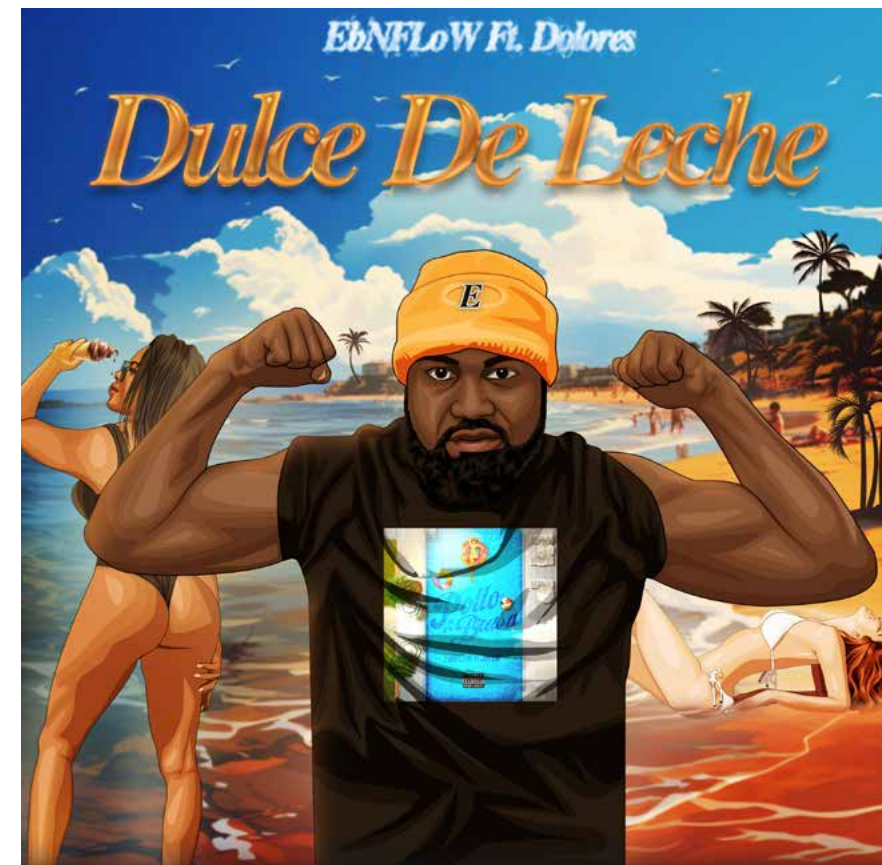
LONDON GLOSSY MEETS

AMERICAN RAPPER & ARTIST EbNFLOW

By Becky Williams



EBNFLOW REPRESENTS THE GOOD AND THE BAD, THE HIGHS AND THE LOWS, THE EBB & FLOW OF WAVES ON THE BEACH AND GOOD TIMES ALL AROUND. EBNFLOW REPRESENTS NYC HEAVY, LIVES IN HARLEM AND HAS MAD LOVE FOR THE WEST COAST AND EVERYTHING IN BETWEEN. EBNFLOW IS A VERSATILE RAPPER, BEING ABLE TO MAKE BANGERS IN SPANISH & ENGLISH. HE MET JAY Z, MEMPHIS BLEEK, AND FUNK FLEX IN HIGH SCHOOL AND THAT WAS MONUMENTAL. THIS INFLUENCED HIS EMBARKING ON HIS JOURNEY AS A RAPPER. EBNFLOW HAS INTERNATIONAL APPEAL, AND HIS TRACK IS BEING PLAYED BY DJS ALL OVER THE WORLD FROM COLOMBIA TO MEXICO TO LA TO NYC AND HE'S JUST GETTING STARTED!



When did you begin your musical journey and what was the biggest influence that solidified your career as an artist?

My musical journey began officially two years ago, in California when I wrote and recorded my first single "Pollo A La Brasa", the biggest influence that set me on my musical trajectory was meeting Jay Z and Memphis Bleek at Hot 97 in NYC. That inspired my decision to become a Rapper. Growing up in Queens where there is so much diversity in each neighborhood, I listened to an eclectic mix of music from different countries in the world and that influenced me to be versatile with all my music that I've written, recorded, and have released to date. I was heavily influenced by Dembow, Reggaeton and Hip Hop and when I was at Summer Camp in Queens I definitely was influenced by 90's Rap &

Reggaeton, and Pollo A La Brasa was absolutely influenced by Daddy Yankee & Pitbull.

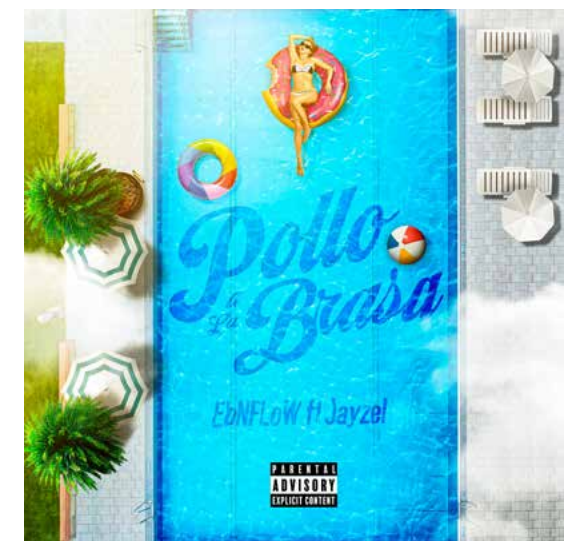
As a versatile rapper that is able to make music not just in English but Spanish with a well rounded international appeal you have been able to blend Hip Hop with Latin Music. How best can you describe your musical style?

My musical style is organic. I draw inspiration from the world around me, from everyday life with a mission to seek new adventures and experiences which is all encompassing. I love Summer Island Vibes. Beautiful People, Cocktails, Bikinis, Sexual Attraction, Delicious Food, Wavy Music & Water. You swim in it water, you drink it, it cleanses, and so on. It's important in hydroponics as well. So, the name EbNFLOW is similar to ebb and flow, which is the tide of the ocean or a body of water, and just

like a body of water, in life you have to embrace the highs and the lows, the good and the bad, the happy and the sad and that, just like a body is shaped over time by the elements, all the things that you experience shapes the person you are today over time.

Harlem is well known in history as the cultural and musical hub for African Americans with the rise of "The Harlem Renaissance" after World War I in the mid-1930s. Several musical legends have their roots from Harlem and have inspired many artists in their career. How has Harlem inspired your music and style?

I was definitely influenced by Harlem and the Harlem Renaissance from early on, as a Black man growing up in the world you already know we have a unique perspective on life unique to our experiences and our struggles, there was such an influx of so much amazing art in the form of music, poetry, style, film, photography, and beyond. It inspired me to see African Americans creating and flourishing and it always to see fellow Brothers & Sisters creating art



that inspires generations and will continue to do so because its timeless, and what really inspired me was seeing the amazing style, poetry, and music & amazing art being that I am a writer and rapper, I'm influenced by the lyrical structure, music, style and speakeasys were a hub of fun sex, taste, prestige, parties, and sophisticated society.

You currently have two Singles released available for streaming - Pollo A La Brasa and Dulce De Leche. What inspired you to make these two songs?

Partying. Having a great time. Beautiful women. I was inspired living in California and the fun I had there inspired me. The energy and women from different backgrounds was truly inspirational. When anyone parties you have to make sure you usually eat something to have a lot of energy, Chcken is tasty & its also a sexy double entendre. Dulce De Leche is the sequel to Pollo A La Brasa bringin' the sexy AfterHours Strip Club Type vibes. I wrote them to be a Party Anthem!! What inspired me is a m a z i n g parties,

seeing everyone on the dance floor and Y Las Mujeres Perreando wherever you at or from. I am blessed to say that "Pollo A La Brasa," which is my first single, was selected to be on the Fast X PlayList Rotation on Spotify.

The music industry is a tough industry and with the last three years profoundly affecting several artists. Several artists now collaborate to reach bigger audiences, are you planning on any future collaborations to reach a wider audience?

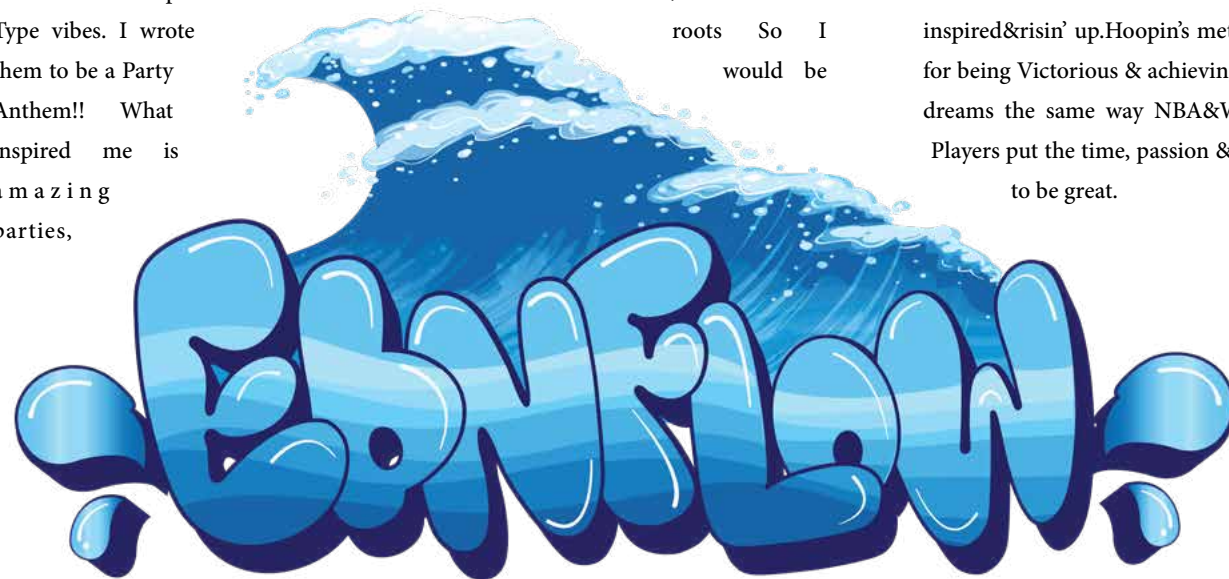
I really enjoy collaborating with artists on tracks. My first track and my second single I just released were collaborative efforts and I don't plan on stopping at all. I am versatile and I have a universal sound and global appeal, I want to and will work on Rap, Trap, Reggae, more Dembow and Reggaeton, and R&B Tracks. In regards to Artists I want to work with, coincidentally you actually have it in your question. I want to work with FBG, Nicki Minaj, Jay Z & Grime

Artists.,I have Ghanian roots So I would be

hyped to work with artists In London where there are many talented lyricists and beyond I would love to work with any of the artists On FBG, OVO, YM, & Heavy on It Record Labels.

What project are you currently working on and when will this be released?

Dulce De Leche is a hard pounding Strip Club Anthem Dembow Banger featurin' Dolores from Argentina, an exceptional talent.I am very motivated & driven,I know I'm going to be a Star &have longevity in the music industry writing music, commercials & soundtracks. I wrote The Real Fronto Brand & Pollo A La Brasa commercial available to watch on IG & YouTube!!I have partnered Dulce De Leche with amazing brands to have Coquito, Candles & Commercials on the way, follow my IG & YouTube. My next single is Celebratin' NBA & Season Opener Day,10/24/23.It's called "Get Hype",the first Trap&Rap Track Im finna release. As an Up&Comin' Artist my fans will know that I am versatile!!It's about being inspired&risin' up.Hoopin's metaphor for being Victorious & achieving your dreams the same way NBA&WNBA Players put the time, passion & effort to be great.



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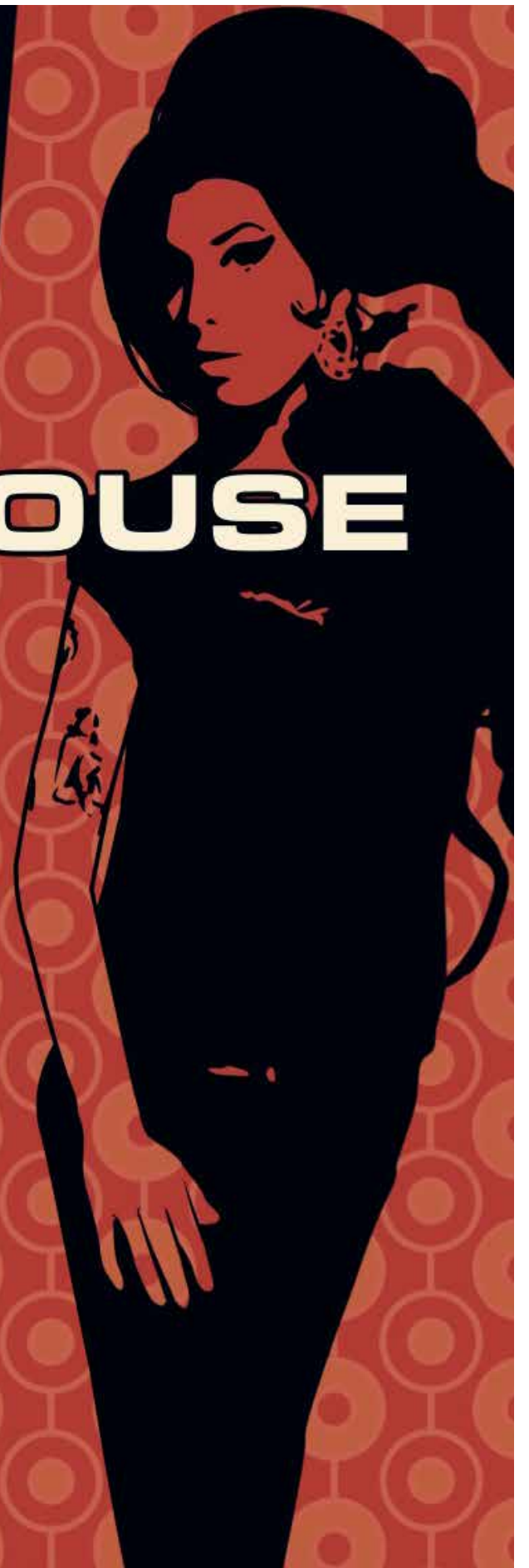
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Cashing In

WITH ALL THE SPENDING CUTS AND RISE IN TAXES, LONDONERS ARE FEELING THE PINCH MORE THAN MOST. TRY THESE TOP TIPS FOR SMART SAVINGS AND YOUR BANK ACCOUNT MIGHT LOOK A LITTLE PERKIER

By Editorial Team

1 Make on mystery shopping

Restaurants, hotels, supermarkets and coffee shops all receive visits from mystery shoppers – and you can become one! Sign up with reputable agencies and follow their instructions when you're on the job. Free meals out – or even nights away – can be yours!

2 Swap shop

Fancy some new togs without splashing the cash? Organise a clothes swap party by inviting some friends round. Everyone should bring a bottle of wine and a bag full of clothes they're happy to swap, then it's up to all the individuals to swap and barter

their items. Not only will you have a great evening in, everyone will leave with refreshed stock for the wardrobe!

3 Mumbo jumble

For a jumble sale with a difference, head to Camden Market in London where there is a melting pot of fashion, music and food across the quarters.

There are amazing finds from vintage clothes to sought after records and

definitely unique bargains.



4 Keep on running

If you have a gym membership but go workout less than twice a week every week – get rid of it! London gyms can cost an absolute bomb and there's no need when we have so many gorgeous green spaces. Nothing burns calories like a good run around the park. If you haven't run before, break it down into short bursts. Try jogging for three minutes, walking for one more and then repeating this three times. Feel OK? Extend the amount of time you run for by a minute and build it up to increase your fitness.

5 It's a snip!

Before going shopping – either on the high street or online, shop for voucher websites and discount apps for free bargains. Whether it's two for one meal deals or 25% off a dress you've had your eye on, if you're planning on spending money, check if there's a voucher first.

6 Switch it

You know you're supposed to switch suppliers when it comes to insurance, energy and the like – but it can be hard to find the time. Set a date in your diary where you'll have a free hour and stick to it. Shopping a variety of websites can save you a lot more than you'd think. And don't forget your TV,

internet and phone too can be switched for better tariffs. There are several reputable experts on-hand seven days a week to find the best deals available and make sure installation and set-up goes smoothly.

7 Drive costs down

Developing good driving habits can cut your annual fuel bill by 20% - which might come in handy if fuel prices stay as high as they are. Always ensure you only drive when necessary, remove any extra weight that's not needed, such as roof racks, drive smoothly and gently, and never fill your petrol tank up to full. According to the Department for Transport, driving at 70mph uses up to 15% more than at 50mph, while cruising at 80mph can use up to 25% more fuel than at 70mph – that's some hike!

8 Eat in season

Buying fruit and vegetables when they're in season will save a few pennies. From June, veggies like new potatoes, beetroot and tomatoes, and fruit such as strawberries, raspberries and plums are all in season – so look out for plenty of supermarket offers or bargains at the market.

9 Auction it off

Now the weather's finer, it's a good time to have a clear out. Whether you

decide to go through your wardrobe, jewellery box or loft, set everything aside that you no longer want or need and sell it on. Auction sites are ideal, and there's always the trusty car boot sale. It's incredibly easy to make £100 just by decluttering.

10 Late night shopping

Go food shopping from 8pm at night for the best food bargains. Most food supermarkets reduce prices of fresh foods and snacks to clear their perishable produce for the night.

11 Family favourites

Nothing is as good as multi-pack or group shopping for the family. There are several fun family deals and offers online that can save you money especially for group bookings. From buy one get one free grocery deals to family package travel deals, you are bound to save money. Remember to book in advance or book with friends for group discounts.

12 Plastic fantastic

If you're fairly good with money, take advantage of credit cards which offer 0% interest on new purchases. Use the card, leaving your earnings in a bank account to accrue interest and pay the minimum amount off each month to avoid any penalties. Make sure you pay



it off before the percentage creeps back up and you'll have made a tidy profit.

13 Stretch the weekly wash

Washing detergents can be pricey. Try using half the recommended amount and see if you notice the difference – we bet you won't and it'll last twice as

long! You can also use distilled white vinegar instead of fabric softener, which is also said to help get rid of any mould or limescale in the machine.

14 Shop 'til you drop

Try shopping for food online across the board to see what supermarkets have the best deals. Shop your local farmer's

market for fresh fruits and vegetables which is also a good way to keep the local farmers in business. There are several companies offers for discounts off your shopping. Always bargain hunt to pick up the money saving deals.

15 Budgeting brilliance

There's no denying that sitting down and working out your money is boring, but if you get into a monthly habit that works out what's coming in and what's going out, over-estimating on everything, you'll soon find yourself with cash to spare.

16 Must-have money

If you don't have one, get yourself an ISA. With such low interest rates in current and savings accounts, it's the only way to make any money on cash you're not spending every month. Even if you're just putting a small amount away to save up for a holiday, you'll get more bang for your buck with an ISA.

17 Take out takeaways

Treating yourself to a takeaway might seem like a fairly inexpensive treat, but they can easily cost £20. If this is a regular habit, you'll be amazed at what you can save by cutting them out.

18 Bag a bargain

How much do you normally spend on your summer holiday? Opt for a last



minute bargain or follow the trend in cutting a week's holiday down to a long weekend, or slash a two-week break to 10 days. The difference in cost can pay for your spends.

19 Taxing problem

Check if you're paying the right level of council tax by visiting reputable free tax advice websites that give a step-by-step guide to reclaiming – you could

save money every month and even get a refund on what you've overpaid.

20 Ringing the changes

If you're on a mobile contract, ring up and threaten to take your business to a rival company. You'll be surprised how quickly many companies will come up with a cheaper monthly price for you.

SURVIVAL OF THE CREATIVE INDUSTRY
SUPPORT OUR CREATIVES FOUNDER

ALAN GREENSTEIN

By Deborah Thomas

ALAN GREENSTEIN, SEASONED PRODUCER, A KEY PLAYER IN THE ENTERTAINMENT INDUSTRY HAS BEEN A STRONG ADVOCATE FOR UP AND COMING TALENT. HE WORKS WITH OTHER PRODUCERS, DIRECTORS AND WRITERS IN DEVELOPING SERIES, FILMS, STAGE PLAYS, PODCASTS AND MUSIC VIDEOS, TO NAME A FEW.

Greenstein's organization Support Our #creatives, documents his experiences and serves as an umbrella over all his entertainment-related activities. Services he has to offer include expertise, marketing, and investment.



1. The Writers Guild went on strike for nearly five months due to low pay and eventually reached a tentative agreement on the 24th of September 2023. As of this writing, SAG-AFTRA (actors) is still on strike. The strikes have had enormous consequences creating billions of dollars in lost revenues for Hollywood studios as well independent filmmakers and producers. How has this strike affected your organisation?

Although I am not a member of the Writers Guild of America (WGA) or the Screen Actors Guild-American Federation of Television and Radio Artists (SAG-AFTRA), I have been impacted. I am the lead producer of “Therapy Session,” a SAG project, which has been put on hold. The upcoming Exception Fest, an event for the filmmaking community, in which my organization is the sponsor of a pitch competition, has been reduced in scope and will now be an on-line event instead of an in-person event.

The creative industry has never been a ‘get rich quick’ scheme. It is known to be a vigorous industry where perfection is the key to the next big role. Having 5 months of frozen work and revenue for

a struggling creative could have a devastating financial and emotional effect. What tips will you suggest to those creatives affected by this strike?

The striking organizations published a set of rules of what is allowed or prohibited. Creatives who are members should pay careful attention to the rules as they are quite meticulous and confusing. For example, it is permissible to work on certain (but not all) Indie or low-budget projects. The striking organizations also have financial aid programs in place.

“Let’s go! Don’t just sit there! Be on your way to that next event to see and be seen, to network, to support your colleagues in entertainment.”

The Scout Motto “Be Prepared” published in the 1908 handbook, Scouting for Boys has been a popular slogan all around the world. How best can creatives prepare for an unforeseen event in the future that could negatively affect their livelihood?

Anywhere Despite what the public thinks, most creatives must supplement their “creative” income by working in other jobs to survive or take other jobs to finance their creative activities. I am mostly involved with low-budget Indie projects, so I see this all the time. Creatives should save as much money as they can afford to prepare for downtime in the entertainment arena. Another approach is to train and diversify your skill set, so that you have somewhere else to turn if the job market dries up in one area of expertise.

A well balanced state of mind is of utmost importance for the success in most professions. Having a successful career that has experienced the lows and highs of the entertainment industry, how have you been able to remain focused during difficult periods?

If you are satisfying your passion, as I am with my Support Our #creatives organization, and you are redirecting your energies to keeping your “eyes on the prize,” it is possible to divert your attention away from dealing with difficult periods, at least for part of the day. This is a way of coping and I think is good for maintaining your emotional and physical health during difficult times.

The creative industry is getting tougher and many say acquiring many skills in order to be versatile is fast becoming a necessity to land the next role / job. Do you agree with this and should versatility triumph over specialism in the creative industry?

The creative industry is getting tougher and many say acquiring many skills in order to be versatile is fast becoming a necessity to land the next role / job. Do you agree with this and should versatility triumph over specialism in the creative industry?

The survival of the creative industry is needed more than ever. What top three tips would you give all the creatives out there, especially up and coming talent?

There are so many ways to help yourself be successful as a creative, some of which have been mentioned elsewhere in this article. Here are some more:

- Subscribe to publications such as Backstage and apply to

audition for as many projects as possible.

- Participate in fantastic networking opportunities such as film screenings/festivals and award shows. Have business cards to hand out. If you can support a creative by attending a screening of their latest film or attending an award show where they are nominated, someday that creative will be there to recognize your successes. Just being seen at these events is a plus, as you will be recognized at the next event!

- Have an on-line presence. Create a website as a one-stop shop for industry movers and shakers to learn about you. Include a blog. From your

website you can link to social media platforms where you post, such as Instagram and TikTok (in my opinion, these are the two best platforms to be on today). Apply to – and accept offers to – be interviewed on entertainment-related podcasts or on-line publications. Even better, start your own podcast.

“I am primarily a producer, but I will not turn down an opportunity to appear on screen.”



<http://supportourcreatives.com>



LIVING THE ANTI-CANCER LIFE

By Editorial Team

WITH CANCER ON THE RISE, LET US LEARN ABOUT THE WAYS WE CAN KEEP CANCER AT BAY. READY FOR A CANCER-FIGHTING DIET AND LIFE? WELL, THERE IS NO FOOD GUARANTEED TO KEEP CANCER AT BAY, HOWEVER A FEW DIETARY AND LIFESTYLE CHANGES CAN KEEP THE DREADED DISEASE AT LOWER RISK. IT IS TRUE, WHAT AND HOW MUCH YOU EAT AFFECT YOUR CANCER RISK! WITH EMPHASIS ON DIET, MOVEMENT AND MENTAL HEALTH, GOOD HEALTH CAN BE ACHIEVED. HERE ARE A FEW POINTERS YOU SHOULD KEEP IN MIND. THE PASTE ON THE AFFECTED AREA, WASH IT OFF ONCE IT HAS DRIED OFF.

Clean Eating

And Living

Sticking with a plant-based diet is a good way to avoid cancer. More fruits and vegetables, less alcohol, dairy and processed meats, could lower the risk of cancers in the mouth, lung, breast and colon. Steer clear of fried foods, cured

or smoked meats, soda, refined sugars and farmed fish. With growing awareness, to avoid cancer people are moving towards a diet heavy on organic whole grains, spices, nuts, seeds, lentils, yogurt, organic fruits and vegetables besides red wine in moderation also helps.

Befriend organic berries, cruciferous vegetables like kale, broccoli, cabbage, cauliflower, in addition to garlic, berries, there are some powerful cancer-prevention foods to include in your diet like red onions, peas, apples, papaya, pomegranate, cinnamon and pure pumpkin. Also the important chemicals in plants are concentrated in the skins, so eat the whole fruit or vegetable. Emphasis on protein is said to have benefits on the body, foods like eggs, fish, cheese, poultry a few times a month is ideal.

Short bouts of exercising, managing stress,

getting enough and timely sleep, besides quit smoking which is one of the main causes of any kind of cancer. It has been reported that sitting is the new smoking, so if you have been sitting on your chair or glued to your bed or TV set or laptop for over two hours and beyond apart from sleep hours at night, it could be dangerous for you. Get your vitamin D in place, get it from the sun or get yourself Vitamin D3 supplements. Don't rule out Omega 3 fatty acids in your diet, get it from fish oils or flaxseeds. In order to support immunity one can focus on probiotics; polyphenols, such as green tea, curcumin and resveratrol; and antioxidants like glutathione and coenzyme Q10. Finally, remember to decrease portion sizes, so you eat only about one-third



of what your appetite tells you to eat. If you eat slowly, you'll fill up, hence caloric restriction starves cancer and increases lifespan. In short, focus on what brings joy to you, eat healthy, keep on the move and get some fresh air or sunshine.

Expert Take

Nutritionist and Diet expert Sujatha Shetty, Gympik gives us a list of eating habits to reduce the effect of cancer. Sujatha says, 'Worming the lives of many worldwide, every year the diabolic disease of cancer is said to claim lives daily. While the exact cause of cancer is yet to be established, a lot of it is attributed to lifestyle choices such as smoking, drinking, unhealthy food habits and lack of exercise. Thus, eating the right food could go a long way in reducing the risk of cancer. Eating the right kind of food can not





only boost immunity but also keeps the overall well-being under check, thereby, reducing the risk of cancer to a great extent. Remember, ignoring proper diet and eating unhealthy food can trigger cancerous growth. However, a firm focus on diet and behavioral changes can possibly even stop cancer in its tracks. Here are five guidelines to follow in order to keep such cancerous attacks at bay-

**Include
plantood**

Add a lot of plant based food like fruits, vegetables, whole grains, nuts, pulses etc. Starting the day with some fruits and nuts is a great practice, followed by whole grain cereal for breakfast. Likewise, for pre-lunch and pre-dinner, a big bowl of salad with vegetables such as lettuce, tomatoes, beetroot, cucumber etc. is highly recommended. These recommendations are based on various studies that



have established that people who consumed fewer amounts of fruits and vegetables were twice likely to suffer from cancer as compared to the ones who consumed adequate amounts of fruits and vegetables. dried off.

**Focus on
fibrous food**

Fiber is touted to be one of the key components to lower risk of cancer and all plant based food are rich in fiber content that keeps digestive system clean and pushes out cancer causing compounds out of the system before they cause any harm. One can increase fiber intake by replacing white rice with brown and choosing popcorn over potato chips along with fruits. It has been medically proven that dietary intake of fiber is inversely associated with the risk of cancer.

**Say no to
processed food**

The more you eat food in its original form, the better protection it offers to the body. For example instead of drinking orange juice, peel and eat orange or prepare oatmeal porridge with raisins rather than having an oatmeal raisin cookie.



ROASTED CORN WITH BASIL-SHALLOT VINAIGRETTE

**Reduce intake of
red meat and fat
whole milk.**

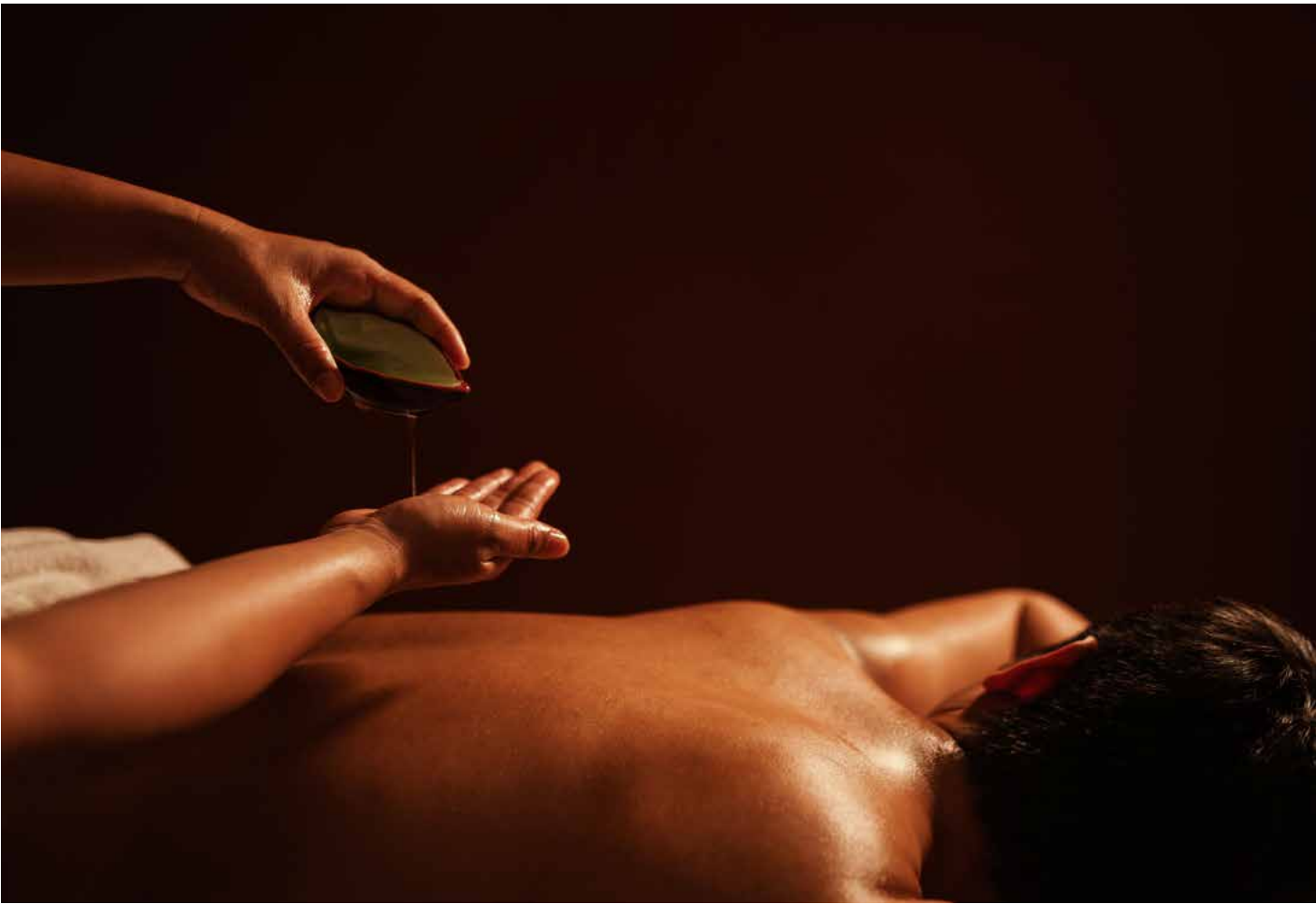
While meat is high on protein and very well fulfills the body's need for protein, meat and milk lack fiber, antioxidants and nutrients that have cancer protective properties and also is high on saturated fat. Therefore, consumption of too much red meat or whole fat milk is often linked with increased risk of cancer. However, there is no need to completely eliminate meat from the diet.

Water is life

Last but not the least, drinking plenty of water is always highly recommended for any physical problem. A lot of water intake helps in reducing toxins from the body and supply nutrients to the cancer cells, which can kill and prevent them from multiplying. Avoid sugary drinks such as colas and packed juices as they may increase inflammation and cancer growth. However, one must understand that simply choosing healthy food in not the end of it, how you cook and store your food matters!



FRUIT KEBAB



DIFFUSING AROMA OILS

By The Editorial Team

HAVEN'T WE ALL EXPERIENCED ESSENTIAL OILS, WHEN WE'VE WALKED INTO A SPA AND BREATHED IN THE LAVENDER, LEMONGRASS OR ORANGE BLOSSOM THAT GREET'S US OR WHEN WE'VE CRACKED OPENED THAT REED DIFFUSER MOM GAVE ON BIRTHDAY? STOCK UP ON TRUSTED, ALL NATURAL SAVIOR FOR YOUR WELL-BEING. WE'LL IF YOU HAVEN'T EXPERIMENTED WITH ESSENTIAL OILS UNTIL NOW, IT'S TIME TO GIVE WAY TO THE SEEMINGLY ENDLESS OPTIONS OF AROMA OILS AND INCORPORATE THEM INTO YOUR BEAUTY/HEALTH

REGIME. AROMATHERAPY MAKES USE OF ESSENTIAL OILS EXTRACTED FROM FLOWERS AND PLANTS BY STEAM DISTILLATION OR COLD PRESSING. IMPORTANTLY, ONE MUST KNOW THE RIGHT OIL FOR THE JOB BESIDES CHOOSING A TOP QUALITY OIL. WITH TREMENDOUS BENEFITS FROM RELIEVING DEPRESSION, ANXIETY, HIGH BLOOD PRESSURE, JOINT ACHES TO BEAUTIFYING THE SKIN AND HAIR, AROMA OILS

ARE A BOON TO MANKIND! To help you master the essential oils aisle, we've got you a lowdown on aromatherapy, so get set for some pretty powerful results. Put these oils together and you have a blend that helps you put a positive spin on practically everything.

1 For a therapeutic effect, add the oil into a bath. You could try mixing a few drops of your essential oils into a tablespoon of heavy whipping cream and add that to the bath water, this will help dispense the oils evenly in the water.

2 Add them to an unscented oil or lotion. Unscented body oil is the apt vehicle for carrying the benefits of the essential oils into your skin, however an unscented body lotion also works.

3 Don't shy away from blending the essential oils as they can be used on their own or combined to create a unique blend and end up with a more powerful benefit besides creating an interesting scent.

SOME AROMA CONCOCTIONS FOR THE GOOD LIFE-

- If feeling down or angry, reach for jasmine, bergamot, lemon, chamomile, rose, tangerine, or ylang-ylang.

- If feeling tired, reach for cardamom, cinnamon, clove basil, eucalyptus, fennel, lemon, peppermint, or sage.
- Feeling stressed, reach for lavender, bergamot, cedarwood, frankincense, myrrh, orange, peach, neroli, or rose geranium.
- For a feel happy quick-fix, mix ylang-ylang, chamomile, orange, and lime.
- If you're moving into a new house or want to give a housewarming gift, orange, geranium, and clove bud is a great blend.
- Confidence boosting shot, jasmine, patchouli, sandalwood, or frankincense. When you want to get in the mood, reach for jasmine, vanilla, ylang-ylang, or sandalwood.
- If sleep deprived or going through insomnia, blend marjoram and spikenard with lavender, clary sage, vetiver, and sweet orange. Spray some on your pillow cover!
- A rough patch, needs a combination of ylang-ylang, basil, jasmine, and bergamot.
- Try Tea Tree Essential Oil for alleviating all hair problems, repairs damaged hair, eliminates dandruff besides

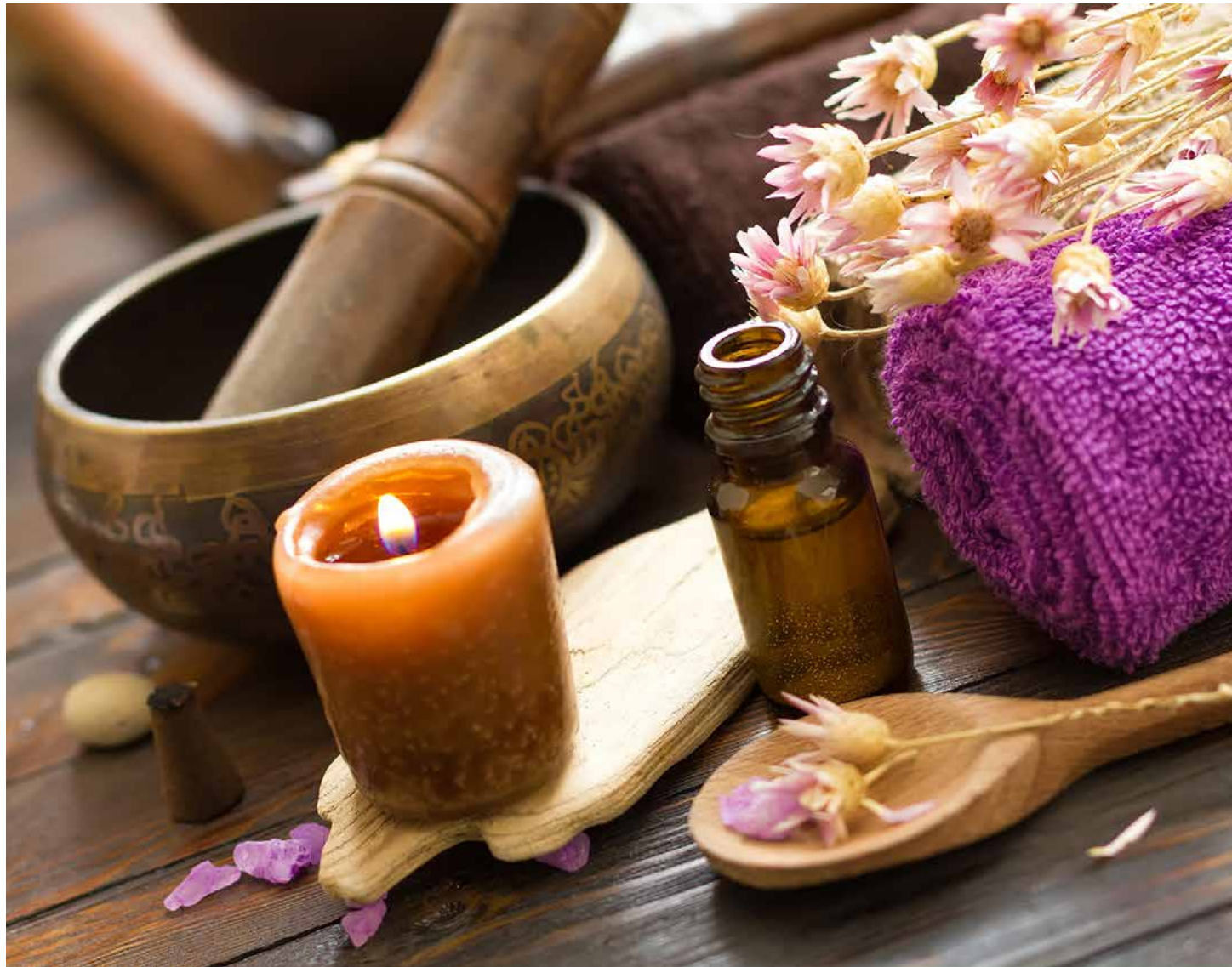


relieves the dryness and itching of the scalp. Mix a few drops of this oil in a tablespoon coconut oil and apply this blend over your scalp to promote hair growth. You can also add a few drops of this oil in your regular shampoo and use it to wash your hair to control hair fall problem.

- Rosemary essential oil, has great antioxidant properties, which is proven to be very beneficial in controlling the condition of hair thinning and premature graying hence a gentle massage with this oil encourages the blood circulation, stimulates hair follicles, which in turn promotes healthy hair growth.

ALL ABOUT AROMATHERAPY

The use of essential oils dates back to ancient civilizations dating back to the Egyptians, Babylonians, and Greeks, who valued aromatic oils and used them for religious beautifying and medicinal purposes. Today, essential oils are used in



everything from foods to perfumes to beauty treatments and holistic healing.

AROMATHERAPY EXPERT RUPAL SHABNAM TYAGI GIVES US DEEP INSIGHTS ON AROMA OILS.

‘After a long day when it is time to unwind at home, often dab a blend of lavender and sandalwood essential oils onto the soles of my feet to help me

relax. When my children were babies, I would apply peppermint oil onto their tummy to cure an upset stomach. And in winter a mix of lavender, lemon, and peppermint would help me fight chest and nasal congestion for the whole family.

Aromatherapy uses the healing powers of the scents of leaves, flowers, stems, bark, seeds, roots, or peels of plants to cure ailments holistically. Aromatherapy’s power comes from the fact that high-grade, organic essential oils are naturally healing and

therapeutic. They can be beneficial for physical ailments such as a stomach aches, allergies, migraines, or sore joints, as well as for finding emotional and spiritual balance. To enjoy the curative properties, smell the oil or gently rub it into your skin. You can also use oils on a hot compress or in a bath, diffuser, or a humidifier. Be sure to follow instructions for use, and check the expiration dates of your oils, because some have relatively short shelf-lives, while others last longer.

The quickest way to benefit from

essential oils is by deeply inhaling its aroma, and then just allowing it to envelope you. Hold the oil under your nose and breathe it in for a count of three, then slowly exhale through your nose. The effects can last up to about 45 minutes, and you can repeat this process as many times as you want throughout the day. If you want to experiment with applying essential oils to your skin, a good place to start is your pulse points—wrist, temples, neck—because the oil is quickly absorbed in these areas. Once it’s dabbed on, it works its way into your bloodstream and throughout your body. Since these oils are concentrates, do dilute them with a carrier oil, which are generally vegetable, nut, or fruit derived, such as coconut or olive or avocado oil. These too have healing qualities and also serve as a protective layer. Essential oils are a beautiful way to support relaxation, balance and clear your energies, manage stress, and contribute to overall wellness. Certain essential oils, by helping us to relax, help our inner energies move more easily to a state of healthy balance and flow.

AROMATHERAPY FOR SKIN

SUN BURN -

Apply a cool compress of cold floral water which helps a lot and then follow it up with a blend of soothing balm made of aloe vera , lavender and calendula -- this will not

only take care of the redness, swelling and discomfort of the sunburn but also reduce the scarring and tanning .

PRICKLY HEAT -

A blend of German Chamomile, Lavender and Eucalyptus combined with Aloe Vera Gel can be very beneficial in such a condition.

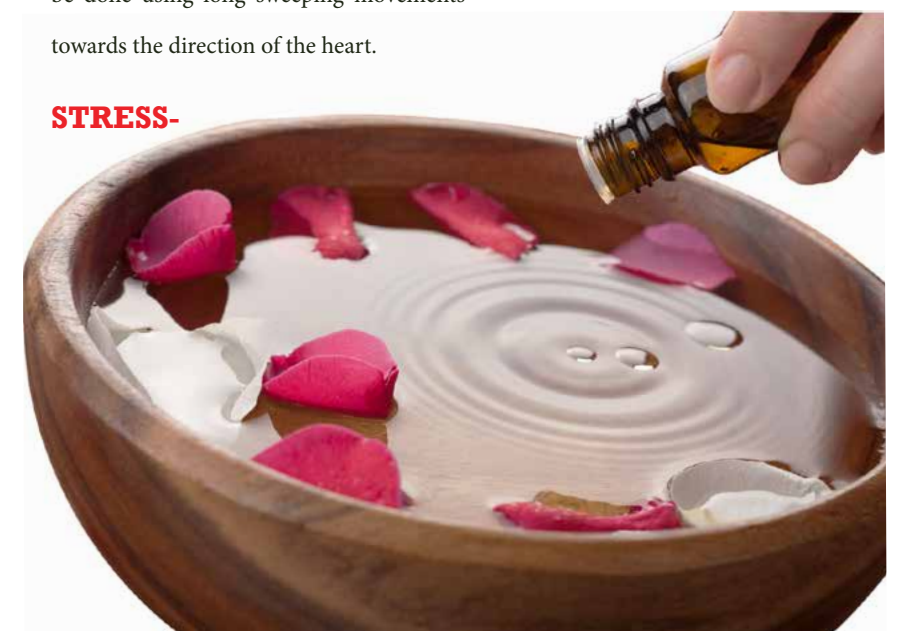
ACNE -

Splash your face regularly with a blend of Cider Vinegar and Lavender to soothe the summer acne prone skin.

DETOX-

A dry skin brushing helps to eliminate the trapped toxins through the lymphatic system. For this a soft hand towel or a loofa can be used. A few drops of thyme oil and eucalyptus oil can be sprinkled to this and a dry skin brushing can be done starting from the feet and going upwards. This should be done using long sweeping movements towards the direction of the heart.

STRESS-



Aromatherapy can prove to be one of the finest treatments when it comes to mind body balancing. It aids beautifully in reducing the stress and uplifting the mood. In adjunction to this a regular full body aromatherapy massage with a blend of essential oils like lavender, geranium and chamomile can be given to de-stress the mind and relax the stressed muscles.

At the time of massage, oils like lemongrass and eucalyptus can be diffused in the air to clear the mind and help in uplifting the mood.

Haven’t we have often smelt a whiff of coconut or jasmine or roses and felt more relaxed and happy because of it?’

ODOUR-FREE DAYS!

THE DISADVANTAGES OF SWEATING IS ICKY STICKY SKIN AND THE PROBLEM OF BODY ODOUR. NO MATTER HOW CAUTIOUS WE ARE, OFTEN WE DO NOT SMELL UNTIL WE RUN HECTIC ERRANDS, GO FOR LONG RUNS OR SERIOUS WORK-OUTS. ALTHOUGH IT CAN BE EMBARRASSING AND SMELLY OR PUNGENT, SWEATING IS NATURAL AND RATHER GOOD FOR US. IT'S OUR BODY'S WAY OF COOLING US DOWN AND GETTING RID OF TOXINS. ONE CAN SURELY FIGHT OFF BODY ODOUR, UNDERARM SMELL AND EXCESSIVE SWEATING NATURALLY WITH SOME EFFECTIVE HOME REMEDIES. HERE'S HOW TO KEEP BODY ODOUR AT BAY AND KEEP YOURSELF FRESH AT ALL TIMES.

By Editorial Team

HIGH ON HYGIENE:

Body odour occurs when bacteria in moist areas of the body multiply. This can be gotten rid of by taking shower twice daily, especially during the warm days. One can use antibacterial soaps as they help to

unclog pores and stop the bacteria from causing further odour. You can add fragrance and a handful of alum to your bath water, which can act as a powerful antiseptic and anti-bacterial element.

DIET CONTROL:

You need to watch what you eat. Remember caffeine, spicy or pungent foods, alcohol, saturated fats, sugar and cigarettes are culprits for body odour. Basically we sweat what we consume, hence

alter your diet to include fresh fruits, salads and vegetables(a lot of spinach, kale, chard), fiber or whole grains besides consume plenty of water, lime water, buttermilk, coconut water or rhododendron

within. Avoid strong smelling garlic or onion based foods. Green vegetables are a natural deodorizer and green salads will not only keep your skin fresh but clear it of impurities. Also drink camphor tea, for chronic problem of body odour this age old drink is worth trying.

LOW SKIN P^H VALUE:

Body odour causing bacteria cannot survive on the skin if the pH value of the skin is low. Apple cider vinegar and tea tree oil naturally help in lowering the pH value of the skin. You can soak a cotton pad in apple cider vinegar and clean your underarms or sweaty areas with it instead of chemical laden perfumes or deodorants.

SCENTED OILS:

You may add a few drops of essential oils like lavender, peppermint and pine to your bath water to reduce body odour. These oils not only make you smell fine they also aid in getting rid of the pungent odour from deep within. Besides lemon is an excellent remedy for killing bacteria that is lodged in your skin. All you have to do it rub half of a lemon on your underarms and allow the juice to





remain on your skin, let it dry for some time and then rinse. Better still you can squeeze a lemon into a bucket-full of water and shower with it. Do this for a few days and bid good-bye to odour!

NATURAL DEODORANTS:

You can make your own herb-based deodorants at home, most of the herbs are helpful in combating body odour. Beauty herbs like sage, rosemary, leaves of chrysanthemum, lovage, celery and parsley can be made

into a tea which can then be used as a wash besides should be included in the diet frequently.

ODOUR CULPRITS:

Smoking and alcohol result in bad mouth odour, also body odour as it builds up toxins in the body.

CHOOSE THE RIGHT FABRICS:

Avoid synthetic fabrics in summer, instead opt for loose fit, airy silhouettes in that

cotton breathe. Also wear cotton socks to prevent your feet from smelling.

Common Issues: Body Odour could also be due to stress, hormonal imbalance, tooth decay, Vitamin Deficiency, heavy physical activity, tobacco use, medical conditions like liver, kidney, fungal infections, diabetes, low BP etc.

Beauty Expert Shonelle recommends a few natural tips to remain odourless this season.

1 A mixture of baking soda and lemon is great for body odour, you can apply it on your underarms and feet to kill bacteria and odour.

2 Take a few teaspoons of tomato juice to bathing water and soak yourself in it for some time.

3 Apply peanut butter on your underarms before retiring to bed, every summer night.

4 Add white vinegar during bathing to a mug of water, rinse your armpits with it.

5 Rose water, a natural deodorant can be stored in a spray bottle and used often or put a few drops in the bathtub.

6 Turnip juice can be used on underarms for getting relieved of body odour.

7 You can rub potato slices on your underarms.

8 Mint leaves and neem leaves are great for odour, boil some leaves and add water to your bath.

9 Sandalwood powder is good for stink, add some powder to rose water and apply the paste on your underarms, let it dry and rinse.

10 Dust your odour-producing areas with baking soda or corn starch, it absorbs moisture and kills bacteria.





Decoding Your Complexion!

By Editorial Team

We've all heard our grandparents telling us time and again- you are what you eat! While most of us try to eat healthy, there may be particular foods that are ruining our skin without us realising it. What you are eating maybe jacking up your face! It is said that too much sugar, dairy, gluten and even alcohol could be blamed for numerous common skin issues like dark circles or sallow skin could be blamed to our

diet. Interestingly, our face can be grouped into main symptom types like dairy face, wine face, gluten face and sugar face. So before your reach for that second cookie, late night chocolate or pour another glass of wine, consider the fact that your diet may be affecting you heavily! Here's how you can transform your life (face) if you steer clear of certain ingredients from your kitchen, all you gluten, sugar, wine or dairy

victims.

Wine Face Wine Face

There are innumerable benefits of drinking red wine in moderation. We are also aware that red wine could stain your teeth or mess up your mouth, and most importantly it can lead to your skin looking reddish and lined. So if you have noticeable lines or marks between the eyebrows, droopy eyelids, pronounced fine lines

and wrinkles underneath the eyes, dehydrated skin with feathery lines across the cheeks, enlarged pores, a reddish skin tone, and deep nasolabial folds. Clearly your body is full of sugar, besides pesticides and sulphites wine causes dehydration. This is when the body loses water, your liver is overworked, and digestion can go erratic the day after your indulgence, leading your skin to look like that! Beware



wine lovers, if you drink unreasonably on a regular basis, you can disrupt your gut's bacteria, leading to many diseases. If you must have a glass or two of wine limit it to once in a while, however refrain from proper booze completely.

Dairy Face

While dairy is a good source of calcium, moderation is again the key here! If you have particularly swollen eyelids, under eye bags, darkness under the eyes, widespread acne and blemishes, pale

cheeks, and concentrated pimples on the chin. Clearly, you have been adding an extra plop of milk in your coffee or been adding extra scoops of ice cream to your sundae or shakes which can be highly tempting, however it can seriously mess up your complexion even if you're not lactose intolerant. As we age, there is a drop in the enzymes that let you properly digest lactose which can lead to inflammation in the body, including the face which tends to appear exhausted and red. So if your face is beginning to appear puffy, sleepy, dull

and uneven then take a break from dairy all together for a couple of weeks to figure the difference in your complexion.

Sugar Face

Sugar can be addictive and has been known as a guilty indulgence since time immemorial. It is not nutritious for sure! If you see lines and wrinkles on the upper forehead, sagging under the eyes, widespread blemishes and pustular or cystic acne, gaunt appearance, thinning of the skin, dark gray or pasty white hue

to the complexion. It's no secret that consuming a lot of sugar regularly can wreak havoc on your weight, energy, and overall health, and primarily be disastrous for your skin. With the face, the sugar consumed leads to glycation, wherein surplus glucose molecules stick to your collagen, changing or stiffening it. If you are yearning for a fresh looking skin and tired of all the spots and fine lines, try avoiding sugar or have very little of it.



Gluten Face

Gluten free food and gluten free beauty products are the buzz word these days! Well, if you find your forehead blemished, cheeks and jawline bloated, giving an overall puffy appearance to your face, with reddish spots or dark patches on the chin you have a gluten face. Clearly, gluten might be giving your body a tough time. Few people have coeliac disease, which is an autoimmune disorder that leads to the body to attack itself when gluten enters the system, here also you are sensitive to gluten! Gluten primarily causes a leaky gut, and leads to your inflammatory cytokines leading to a cascade of systemic inflammation thus leading to your skin cells producing pigmentation, dark patches and spots. So if you're upset with your uneven complexion, especially around your chin steer clear of gluten from your diet all together.

The Beauty Diet

Face mapper and nutritionist Shivali Singh says, 'Beauty comes from the inside, youthful, flawless skin is always an inside job. It's not always what you are putting on your face, instead focus on what you are putting in your body. So if you notice an acned, ageing, dark circles, droopy eyelids and dull skin you need to pay attention to your food intake. For stellar skin avoid poor diet, go wheat-free, avoid sugar, avoid

processed food, avoid drinks, and be hard on yourself to see the results. For some people cereal for breakfast, cheese bread sandwich for lunch and creamy pasta for dinner works well as comfort food but may not go down well on your skin besides disrupting your digestion, energy levels and hormonal system! Instead your beauty diet should include natural and organic options like honey, fruits, dates, salads, vegetables, dry fruits, seeds, gluten free substitutes and tons of water or flavoured water.





COCONUT MILK

Treat For Skin & Hair

By The Editorial Team.

AREN'T WE ALL FAMILIAR WITH THE RICH AND CREAMY COCONUT MILK, WE OFTEN USE TO ENHANCE THE FLAVOUR OF OUR FAVOURITE CURRIES? INTERESTINGLY IT IS ALSO HIGHLY NOURISHING FOR A BEAUTY BOOST; ESPECIALLY FOR THE SKIN AND HAIR. BEAUTY GEEKS ARE RAVING ABOUT THE BENEFITS OF COCONUT MILK AS THE HIGH IN HEALTHY FATTY ACIDS, PROTEINS AND VITAMIN E, C, B6 WITH EXCELLENT MOISTURISING AND REPAIRING PROPERTIES IS ALSO RICH IN COPPER.

COCONUT MILK PREVENTS WRINKLES, SAGGING SKIN, ACNE AND AGE SPOTS WHILE FOR THE HAIR IT KEEPS ISSUES OF DANDRUFF, WHITE HAIR, BALDNESS AND BRITTLE LOCKS AT BAY. IN SHORT, COCONUT MILK COULD JUST BE YOUR TOP GO-TO BEAUTY KITCHEN INGREDIENT FOR AMAZING HAIR AND SKIN. HERE'S HOW IT BENEFITS US AND THE MULTIPLE USES OF COCONUT MILK, TO ADD TO YOUR SUMMER SKIN AND HAIR CARE RITUALS.

Moisturises The Skin

Coconut milk is highly hydrating and can combat dry skin problems. You can extract fresh coconut milk and apply all over your face with the help of cotton pads and may reapply the milk a couple of times after it dries off, and then rinse it with water. And if you have ultra -dry skin then simply add a few drops of almond oil. All these concoctions help you moisturize and lighten the skin.

Coconut Milk Bath

What better way to indulge in luxury than having a moisturising coconut milk bath to renew the body? Take a

cup of coconut milk, add half a cup of rose water and add this mix to your bath water and voila simply soak in. Talk about weekend beauty indulgences?

Soothing Sunburn

Coconut milk is a great alternative to soothe or repair sunburnt skin. It is cooling and gentle. Simply dip a cotton pad in fresh coconut milk and dab on the sunburnt or tanned area to reduce redness and irritation. You may even add aloe vera and cucumber juice to it.

Makeup Remover

Looking for a non-drying makeup remover option suited for all skin

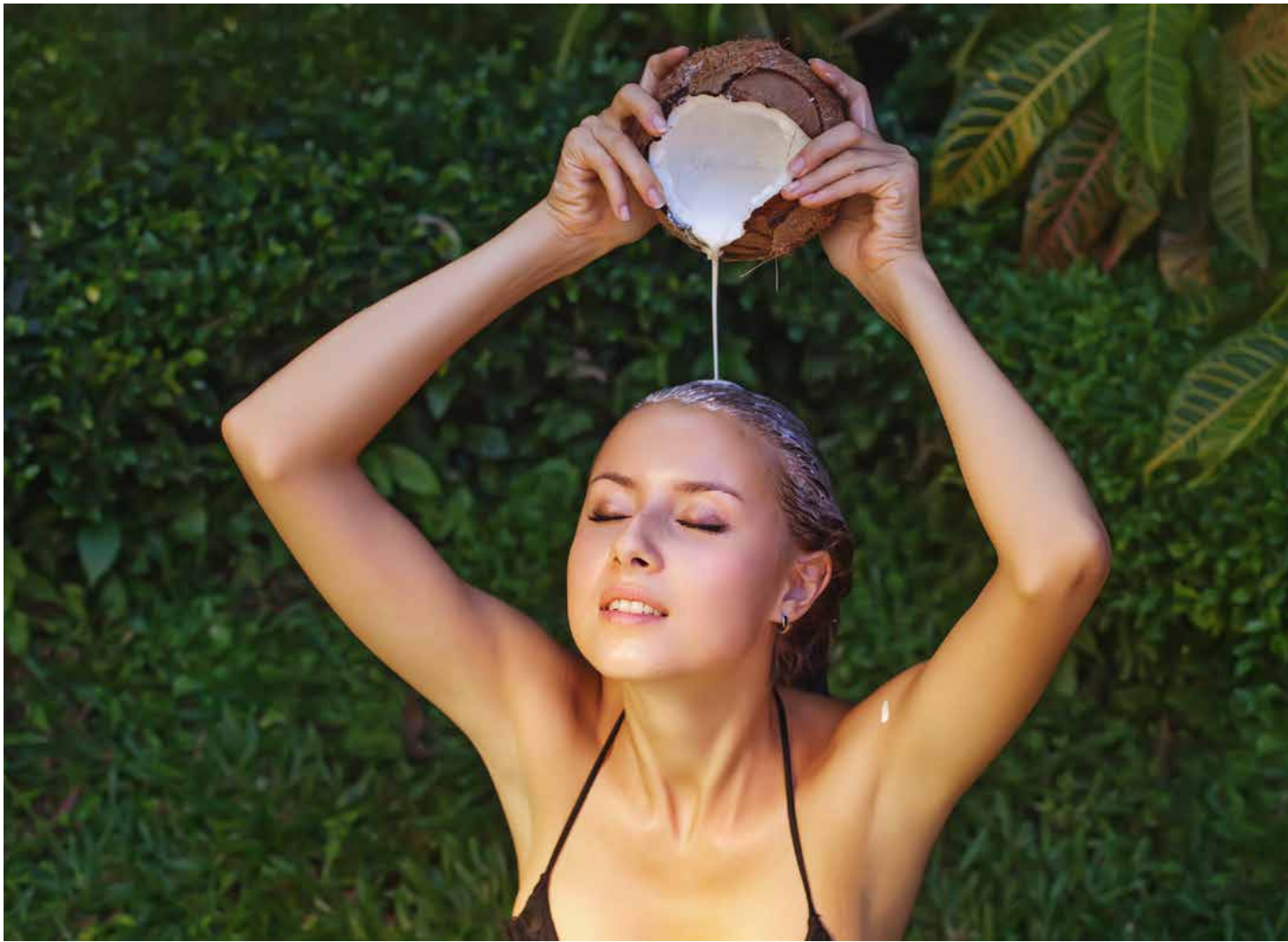
types? Hunt no further, simply dip a cotton ball into fresh coconut milk and remove your makeup gently. The fatty acids present in the milk melts all the stubborn makeup leaving a nourished skin.

You can mix olive oil or creamy yogurt with coconut milk in a 2:1 ratio to mildly clean your skin.

Prevent Premature Ageing

With high dose of vitamin C and E it can help maintain your skin's elasticity. Moisturise, hydrate, nourish the skin with coconut milk to get supple, smoothing skin and bid goodbye to fine lines and wrinkles.





Treating Skin Conditions

If you have sensitive and oily skin, coconut milk is ideal for you, and due to its antibacterial properties, it also helps keep acne at bay. Besides its soothing and moisturising properties, it can be used to treat super dry and irritated skin conditions like eczema and psoriasis.

Restores Dry, Damaged Hair

With nourishing benefits, if you regularly apply coconut milk to damaged hair, expect hydrated, shiny and happy hair in a few days.

Hair Conditioner

High in fatty acids and vitamin E, coconut milk is ideal for conditioning the hair deeply. You may use coconut milk as a leave-in conditioner and wash it off after about thirty minutes for soft and silky crowning glory.

Encouraging Hair Growth

With tons of proteins and essential nutrients that boost hair growth, regular application of coconut milk will result in strong, smooth and thicker tresses.

BOOSTING HAIR MASKS

If you are looking for an effective and

organic hair mask, coconut milk is it! Add a few drops of coconut milk to your hair mask mix to make it more nourishing.

Making Coconut Milk

Start by heating the water and before it starts boiling, pour it into the blender over the shredded coconut. Blend for two minutes and strain the mix. And there you have your coconut milk.

DIY Coconut Milk Packs

1 You can soak 6-7 almonds overnight, and peel their skins off in the morning, grind into a smooth paste and add 5-6

drops of coconut milk. Mix well and apply this paste on your face for 15 minutes, and wash it off with cold water.

2 We all love a glow on the face and coconut milk can bring the glow back to your face. Mix coconut milk with sandalwood powder, a few saffron strands and honey. Apply it on skin and leave it to dry, and wash off. There's brighter skin for you!

3 Exfoliate skin by mixing coconut milk with powdered oats and scrub your skin. Leave it on for two to five minutes and wash with lukewarm water. Another way to use coconut milk as an exfoliator is to mix it with some coconut

oil and roughly grounded sugar. Your skin will look super smooth and glow after you use this scrub and wash off, learn to be gentle here.

4 For dry skin, you can add some honey to coconut milk, and leave on the skin as a face pack for 15 minutes.

5 Skin whitening mask- When mixed with milk powder, coconut milk works as a skin whitener. The same goes with a turmeric and coconut milk paste that can be used up to three times a week.

6 De-tangle knots in hair by using three parts coconut milk, one part avocado oil, and 12 drops of rosemary

and sage essential oils to keep damage and breakage out of hair. Heat the coconut milk and avocado oil together over a low-flame and then add your essential oils. Section and apply on damp hair and work from the edges to the root of the hair.

Drinking and wearing coconut milk can keep you feeling and looking great. If you are inclined to, instead of using coconut oil to massage your skin, you can heat coconut milk until it turns to oil and add a pinch of turmeric to this. It can be used to massage your skin. If you want to reverse ageing, simply take 6-8 soaked and grinded almonds, extract oil from 2-3 vitamin E capsules and add it to few drops of thick coconut milk. Your magical wrinkle cure cream is ready!





B U T T SERIOUSLY

By Editorial Team

Party season is round the corner, and if you are waiting to fit into your elegant cocktail dress butt worried, read on! Girls, if you're yearning to lose some unsightly fat off your butt, which is a problem area for most women, then help is at bay! Reducing fat in buttock or to get a butt quite like your favourite star is a dream of many of us. And to get the desired results, we need to have a few vital dietary changes, workout or focus on cardio or strength training exercises or butt lifts which will help shape the lower body or shrink the butt.

The butt and thighs have muscles known as the glutes, quads and hamstrings. If you want to reduce the size of your butt and thighs, you need to work out in the following ways. Namita Jain, expert nutritionist opines, "Ask most women what body part they'd most like to shape, and the answer is often the butt. To get that sculpted and toned rear, here's how to get to the bottom line." She further gives us a few ideas to kick the butt:

Mission Reduction

Losing body fat is a result of burning more calories than consumed. You need to exercise right and focus on eating right.

Eat To Win

A healthy diet is an integral part of shaping-up. This doesn't mean you have to starve yourself, but it does mean that you have to watch what you eat. Eating several meals a

day keeps your metabolic rate up. Consume a diet that consists of proteins (20-percent), carbohydrates (65-percent) and fats (15 percent). Eating right is winning half the battle of the bulge.

Include Cardiovascular Exercise

Cardiovascular exercises burn calories. Incorporate cardiovascular exercises into your

schedule 5 to 6 days a week, for at least 30-minutes per session.

- The best butt shaping activities are stair climbing, cycling and walking up hill.
- You can set your elliptical trainer for a steeper incline as a challenging variation.

Vary Your Strength Routine:

Include isolation (exercises that target only the gluteus) as well as compound exercises. Compound exercises, such as squats, leg presses, lunges, work more than one muscle group at a time and shape the lower body. Vary your exercises, intensity levels and change your exercise program periodically so that you use the muscles differently and keep yourself from getting bored.

Butt-Shaping Strength Exercises: The Plan

Warm-Up

Begin with 5 minutes of low intensity cardio, such as brisk walking or marching in place.

Workout Schedule

Do this workout every other day as part of your exercise program.

How Much Weight To Use

The amount of weight you use would depend on your personal fitness level. Add on or increase weights as you progress into the exercise routine.

Sets/Reps

Do 2-sets of16-reps.

Squats

Stand with your feet hip-width apart and knees slightly bent; and hold dumbbells in your hands. Keep your back in a neutral position and bend your knees to about 90-degrees, make sure your knees do not go over your toes. Return to starting position.

Power Lunge

Stand with your feet hip-width apart and hold dumbbells in each hand, bring one foot forward. Make sure that when go into this lunge position, both your knees are bent in line with your ankles. Return to starting position and switch legs.

Butt Bridge

Lie on your back with your feet on the floor and knees shoulder-width apart. Raise your pelvis and squeeze your hips as you lift up. Slowly return to starting position.

Step Ups

Stand facing a flat bench or step that is about 8 to



10 inches high. Keeping your right foot flat on the floor, place your left foot on the centre of the bench. Do alternate knee-lifts using the step.

Butt Squeeze On All Fours

Rest on the floor on all fours with knees bent and forearms flat on the floor. Keeping your right knee on the floor, lift your left leg off the floor, forming a 90-degree angle. Your thigh should be parallel to the floor. Now focus on your left glutei and lift and squeeze the glutei for 16 reps. Repeat with the right leg.

Back Flutter Kicks

Lie facedown, with your legs straight and close together, head and neck aligned. Placing the fingertips of each hand just under your hipbones, contract your abs so that your pelvis lies flat. Lift both legs slightly off the floor, and kick with small movements up and down as if you were in the water. Your hands will feel the contraction of your hips.

Kickboxing Leg Extension

‘Kick your way to tone the butt.’ This powerful kickboxing move, works the hips, improves balance and gives you super, toned legs. Stand in a neutral stance, with your feet shoulder distance apart. Now transfer your body weight to the one leg and in a swift controlled way, kick using the other leg behind you and bring it back to start position. Maintain balance and posture throughout the movement. Switch legs.

Hope these were some kick-ass ideas for you all!



ZUMBA STYLE

By Editorial Team

A

re you getting fit for Christmas? We are on the

their party attires, fret not help is at bay! Zumba would be the best gift for yourself this festive season. How can you nail the Christmas fitness? Read on...

countdown towards the end of the year, and as we kick into the holiday season, most of the working women who have had no time to indulge in exercises to get in shape and into

Here are 10 Best Zumba Moves broken down by the fitness expert Sucheta Pal for Working Women to gear up for the party season at home!



Merengue March

Best for: Warm up

How: March with your knees bending and straightening alternately and at the same time isolating your hips from side to side. Let your arms move naturally as you march, pumping the fists straight out right and left to the side or above your shoulders. This slowly increases your heart rate, improving blood circulation while warming up your major muscle groups.

Beto Shuffle

Best for: Biceps, triceps, shoulders

How: Come into a wide squat and raise one arm breaking it at the elbow. With you

arm at shoulder lever, open the palm and point the fingers to the roof. Imagine a water bubble above your head and now pop it with your fingers. The other arm is bent at the elbows and the palm pointing downwards. Now imagine that there is water below and you are pushing it away. Engage the biceps and triceps as both the arms move in unison with the deltoids (shoulders) becoming the stabilizers.

Belly Dance - Jelly Fish Arms

Best for: Shoulders (Deltoids)

How: Start with core engaged and chest lifted, move your arms in a wave or a jellyfish like movement on either side swiftly. The source of the movement is the shoulder. As your body sways side to sidemake sure you add a side lunge every time.

Flamenco

Best for: Chest (Pectorals) and Posture correction

How: Have your feet together, engaging your core, chest lifted and pull back your shoulders with arms placed on the sides of your body. As you step out to the side with one foot, expand the chest keeping your arms and shoulders pulled back and palmsfisted and placed on the hip bones, contract the chest you bring your foot in but your core still engaged. Repeat the same on the other side. Add flavor by adding grapearms. Imagine grabbing some grapes from a tree as you step out pulling it across your face and bringing it back to your hips as you step in. Repeat on the other side.

Cumbia – Sleepy Leg

Best for: Obliques

How: Start off with your feet together.

Step out with your heel, at the same time; isolate the opposite hip out, squeezing the obliques upwards as you do so. Then drag the other foot to the foot that stepped out. Add some flavor by extending one arm out as you travel.

Reggaeton – Knee up

Best for: Abs

How: Start with your feet together. Raise one knee up to the hip level and pump your arms below the legs. Bring your feet down and raise your arms to the shoulder level into a lateral raise. Repeat the other side. The higher you raise your knee more work on that abs.



Salsa - Forward and Back with a Lunge

Best for: Hamstrings

How: Start with your feet together. Step forward with your right leg and add a hip roll. Repeat the same with the left. Once you're comfortable with this movement, as you step back add a lunge back.

Cumbia – Machete

Best for: Legs

How: Start with one foot grounded to the floor. Move the other foot in a 180 degree movement by stepping it forward bringing it center and then back. Add your arms as if you are cutting sugarcane with a machete (big knife). As you step forward with one leg, swing the machete arm and cut the sugarcane, bring the arm center and as you step back throw the arm behind. To now add work for your quadriceps as you step forward, get into a squat as deep as you can go. Repeat on either side.

Quebradita Ándale

Best for: Abs and glutes

How: Start with feet together. Raise one leg up behind at the knee and add a hook movement engaging those abs. Bring the leg down and simultaneously the other leg swings straight behind into a kick back pressing the glutes as you do so. Repeat it faster and then on the other side.



Samba Lunge

Best for: Total Body

How: Start with your feet together and then step side to side adding a lunge to it. Push your hips out and press your feet into the floor as you do so. The arms swing side to side following the hips.

So what are you waiting for, break it down like nobody's business!



ANCIENT FOODS FOR RADIANCE

By Editorial Team

WE ARE A FEW WEEKS AWAY FROM HOLIDAY FESTIVITIES, YOU HAVE BEEN PREPPING FOR OFFICE CHRISTMAS PARTIES OR A DATE NIGHT WITH YOUR BEAU? WELL, MOVE OVER COSMETIC PREPS, WE HAVE GOT YOU REAL ANCIENT GLOW SECRETS TO BEAUTIFY YOU FROM WITHIN AND TRANSFORM YOUR LIFE! FINDING TRUE EVERLASTING BEAUTY CAN MAKE YOUR LIFE SIMPLER AND LESS EXPENSIVE!

For centuries or since ancient times, people have been looking for a fountain of youth, a way to defy age and stay radiant forever. We look at a few ancient secrets, that our ancestors have vouched for looking beautiful ones without the chemical-laden cosmetics or toxic food.

OLIVE OIL

The Greeks called it liquid gold, is an ideal beauty and healthy cooking ingredient since ages. The use of olive oil dates back to the Egyptians,

think Cleopatra- Greeks, Phoenicians, and Romans. This ancient beauty treasure has been claimed to be the secret ingredient to beautiful skin. A perfect moisturizer, penetrates deep down the skin and provides hydration besides is high on antioxidants like Vitamin A and E. So get into the habit of applying a thin layer of olive oil to your freshly washed face before bedtime & wake up to a radiant skin. Also include olives and olive oil in your diet!

AVOCADO:

It not only is the good or healthy fat in your diet, it also doubles as a great moisturizer that people swore by in ancient times. With antioxidant properties, apply it on your skin for an age-defying complexion.

HOLY BASIL

An ancient herb which helps in giving you a natural glow. Rich in antioxidants and nutrients, a good reason to add it to your diet and apply its paste as a mask on to your skin. A miracle awaits you, we promise!

SAFFRON

The dainty strands of beauty is almost life-changing, dates back to Cleopatra's time. Make a face pack by adding in raw milk or coconut oil. Also add it to your diet, helps balance your hormones, boosts metabolism, a natural sunscreen, beautifies you from inside so watch yourself get gorgeously flawless.



ROSE WATER

Persians call it the epitome of beauty, apply freshly home-made rose water for enviable glow.

SEA SALT

Geishas are known for their flawless skin, their secret is the sea salt! Massage





it onto your face with your favourite oil. This delicious mixture will give you a firm and smooth complexion. Sprinkle it onto your food too!

RAW HONEY

Ancient Greek women relied on raw honey for goddess-like skin. With antimicrobial, antibacterial properties works to give you smooth skin. Include it in your drinks, sugar replacement and voila loose weight, say hello to healthy looking skin. Need we add more?

RAKSHA LULLA, MANAGEMENT EXPERT SAYS,

“The current day “Vintage” isn’t really good enough to take us back to our roots completely. We stop at interiors and decor, fabrics and fashion for this word. Ever realized how beautifully this word fits in when YOU want to fit in - whether its those skinny jeans or the skin that competes that of the photoshopped girl on the cover of Vogue?

Let’s begin, 3 foods from the generation of our elders that will make you glow, hair look fuller and lustrous and make you look toned and bloat-free.

SUGARCANE JUICE IS TOPPING THE CHARTS:

I might as well call it the elixir that comes from heaven for all the women! Freshly squeezed glass of Sugarcane juice is your answer to the most delicious mid meal, rehydration after a night of drinking till you were sloshed, restoring the suppleness and hydrated fresh look after a long tiring week! This ensures that your digestion is working at peak efficiency. And we all know from our science classes, digestion well done, is nearly all problems shunned. A tummy that’s not constipated or bloated is the way to a clear mind, confident speech, good mood and a waistline that fits in your favorite jeans just

perfectly. The Glycolic Acid at your dermatologist’s clinic are nothing but the AHAs from Sugarcane juice. It’s your sure shot way to get rid of travel tan, immature freckles and potential wrinkles. What’s a date if it ain’t fresh, blemish-free and “look into my eyes” worthy? It is multi mineral and antioxidant rich, with all it’s therapeutic powers poured in one glass, it is your endocrinologist rectifying and improving your hormonal balance.

GHEE & GLEE:

A good mouth is one of the pre-requisites for a date no? Take a finger, slip it in a pot of homemade ghee and apply it to your teeth and gums. Your worries of bad breath and bleeding

gums will slip through even before you know it. Ghee in your meals is not only your highway to fat burning, but it also makes sure you are shining in glory. No more dark circle woes, dull skin and dry hair, when Ghee is on your eating affair! Warm ghee rubbed on the soles of your feet before sleeping, will ensure you have a good night’s sleep, balanced hormones and wake up feeling like a disney princess - free of bloating, fresh & all set to charm the world.

ALIV:

Also known as Haleem seeds, these are beautiful reddish brown seeds that swell up after being soaked overnight. Add this to your cup of cow milk or make a ball out of it and gobble

it down as a mid meal. The beauty of these is hidden in the ocean of micronutrients it contains. From Iron to essential amino acids, Vitamins A & E; this is a beautiful ancient food that helps recover the hormonal imbalances and recovers the density and sheen in hair. Skin only gets patch-free and complexion becomes lighter as well. A bright, even tone of your skin is the beauty of these littlest seeds! Great strength and improved digestion are always good news for how your body looks when it’s de-stressed & strong!

They also act as Aphrodisiacs. Another strong reason to prep for the D day!





VEGETARIAN *Times*

By Editorial Team

Want to look and feel good? Set a goal to eat better this winter. A few tweaks to our daily food habits can become a catalyst for meaningful and positive change. So folks, it might be cold outside, but we are going to keep on keeping on with the healthy food love all season long. Dig in to these healthy, meat-less preparations this week and reap the benefits with lighter body and happier mind. Expert Chef Pallavi Nigam Sahay gives us two nutritious recipes to keep us full and healthy through the month. Give a quick read through the ingredients and you'll know how why they are good for your body.



COUS COUS ON CHERMOULA GRILLED EGGPLANT

INGREDIENTS

- Eggplant 2
 - Garlic Cloves, Finely Chopped 2
 - Cumin Powder 1tsp.
 - Coriander Powder 1tbsp.
 - Chili Flakes 2 Tsp.
 - Paprika 1 Tsp.
 - Juice Of Half Lime
 - Olive Oil 4 Tbsp.
 - Salt
-
- Cous cous 100 g Cucumber finely chopped 1
 - parsley chopped 1 tbsp.
 - mint chopped 1tbsp.
 - red chili, chopped 1 tbsp.
 - coriander chopped 1 tbsp.
 - lemon juice
 - pomegranate seeds
 - olive oil 2tbsp.
 - salt and pepper
 - boiling water

METHOD

- For Chermoula grilled eggplants, preheat the oven at 180 degrees.
- In a bowl, mix garlic, coriander, paprika, ground cumin, chili flakes, paprika, salt, lime juice, olive oil. slice the eggplant lengthwise, apply the chermoula mix on it and place on a roasting tray. Place the roasting tray into the oven for 30-35 minutes. To check whether ready or not, prick with the fork.
- To prepare the cous cous salad, in a bowl rehydrate the cous cous with boiling water, till fluffy.
- Now in a big bowl mix all the ingredients for salad along with cous cous, and the salad will be ready.
- After the eggplants are ready, to serve pile up the cous cous salad on top of grilled eggplant. sprinkle some pomegranate seeds. Garnish with coriander leaves.



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