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GOLD INVESTING

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MATTERS OF THE HEART

Heart Health

Lifestyle Changes



CIRCADIAN RYTHYM

Master Your Body Clock

Body Jumpstart

RELIEVING EYE STRAIN

Eyes Workout

Natural Remedies

FIGHT YOUR INDIGESTION

Stop Bloating

Digestive Health

FITNESS Vs ZODIAC SIGN

Heavenly Match

Compatible Workouts

NEW

BEGINNINGS



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Timeless



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Glossy

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NEW BEGINNINGS

It's a delight to welcome you to 'New Beginnings' 2025 issue. Last year is done and gone and this is the time to reflect and move forward.

The old saying: 'It is not the end of the world' is correct because as long as you are breathing changes can made and miracles can still happen. Give yourself a chance and a new slate to begin again on all your endeavours this year from personal relationships to work experiences. It is a big digital world with immense opportunity to exceed and thrive as long as you can find your own tribe.

This issue has fantastic features that can help you jump-start this year, from Gold Investing, Matters of The Heart, Mastering Your Body clock to Fighting Your Indigestion, there is definitely some tip in this issue that will enhance your well-being.

Clear your head and have a chill time with London Glossy

Best Wishes

Deborah Thomas

Deborah Thomas
Publisher

LONDON ROCKS

THE PHANTOM OF THE OPERA

January - 27 September 2025

Her Majesty's Theatre, Haymarket, London SW1Y 4QL

"Phantom of the Opera" is a theatrical masterpiece that has enchanted audiences for over 30 years with its haunting romance and grandeur. Be transported to the opulent Paris Opera House, where a mysterious and disfigured musical genius, the Phantom, falls deeply in love with the beautiful singer, Christine. Combining a captivating blend of dramatic storytelling, exquisite costumes, and mesmerizing set designs, the show creates a visually stunning feast for the eyes. With its timeless tale of love, obsession, and redemption, The Phantom of the Opera" is an unforgettable story and musical masterpiece.

MAMMA MIA!

January - 27 September 2025

Novello Theatre, 5 Aldwych London WC2B 4LD

Swedish pop legends ABBA join forces with director Phyllida Lloyd for a jukebox musical like no other. Perfect for dancing queens young and old, discover the joyful show that inspired the hit film!

Mamma Mia! at the Novello Theatre weaves ABBA's back catalogue into a witty original story. Audiences who couldn't get enough of Meryl Streep, Pierce Brosnan and Colin Firth on the big screen will adore the West End show, which features ABBA's best-loved hits, including "Gimme, Gimme, Gimme", "Dancing Queen" and "SOS".

MJ THE MUSICAL

January - 13 September 2025

Prince Edward Theatre, 28 Old Compton Street London, W1D 4AS

Michael Jackson was one of the most popular entertainers of all time. His dance skills made him a legend, inspiring the world to moonwalk. His albums sold in their millions. Now his unique artistry is being showcased in a brand-new musical.

The show focuses on the making of Jackson's legendary 1992 Dangerous World Tour. Created by the Tony winning Director and Choreographer Christopher Wheeldon, in cahoots with the twice-Pulitzer Prize winning writer Lynn Nottage, it's about so much more than the music. This is a jukebox musical with a difference, containing more than 25 of MJ's brilliant songs, and while MJ has all the moves it also reveals the extraordinary mind and creative spirit behind the tunes.



LAKE STREET DRIVE

Fri, 31 Jan, 19:00 - 23:00

Roundhouse, Chalk Farm Road, Chalk Farm London, N1 8EH

With a sound that feels like a cross-pollination of soul, folk, jazz and pop, Lake Street Dive have slowly become one of the best bands of the 2020s. Their new tour brings music from the latest album Good Together, as well as older favourites like Better Than and Rich Girl.

DEAN LEWIS

Fri, 7 Feb, 19:00 - 21:00

Event in Apollo, 45 Queen Caroline Street, London

Australian singer-songwriter, Dean Lewis has sold 5.7M Albums/EPs worldwide and his music has attracted 11.4B streams to date. Dean was welcomed into the Spotify Billions club for his hit 'Be Alright' which now has 4.9B streams. 'Be Alright' has been certified 14 x platinum in Australia, 3 x platinum in the U.S.A, 2 x platinum in the UK and platinum+ in 22 other countries.

CYNDI LAUPER FAREWELL TOUR

11 Feb, 18:30

The O2, Peninsula Square, London

The iconic 80's pop starlet skyrocketed her way to the top of the mainstream and has remained there ever since. Beginning her solo career in 1983 with hit debut album She's So Lauper came to be a household name with the four top-five hits that came with the record, including breakthrough single Girls Just Wanna Have Fun and the visceral, chart-topping Time After Time.



JAMES BLUNT

1Sun, 6 Feb, 18:00

The O2, Peninsula Square, London SE10 0DX

James Blunt will be bringing the 'Back To Bedlam 20th Anniversary Tour' to The O2. Alongside the tour, James just released a special remastered version of the album, which was one of the top ten best-selling albums of the Noughties, twenty years to the day of its initial release.

PETER KAY LIVE

Saturday 27 Apr, 19:00 - 23:00

The O2 Arena Peninsula Square Greenwich London SE10 0D



MYLES SMITH

Wed, 26 Feb, 19:00 - 22:00

O2 Shepherd's Bush Empire, Shepherd's Bush Grn, London

Myles Smith is a British singer and songwriter from Luton, England. He is best known for his 2024 single "Stargazing" and "Nice to Meet You"



MACBETH

1 - 29 March 2025

Lyric Theatre Hammersmith W6 0QL

A struggling and divided nation, tearing itself apart. So, when the Macbeths see their chance at the crown, why shouldn't they take it? But things don't go according to plan. Dreams quickly turn to nightmares, humanity erodes, nature stirs. As society strives to make sense of the darkness that sits inside it, how long will it take for people to fight back against the endless cycle of violence and corruption?

A visceral and contemporary new production that speaks to a world we find ourselves living in now, asking why has Macbeth haunted our fears and nightmares for centuries, and what lesson this cautionary tale is still urgently trying to communicate to us?



RETROGRADE

8 March - 16 June 2025

Apollo Theatre, 31 Shaftesbury Avenue, London W1D 7ES

Sidney Poitier: outstanding actor, trail blazer, activist, icon. The first black artist to win an Oscar for Best Actor. Ryan Calais Cameron's gripping thriller captures the moment when a young Sidney Poitier is about to sign a career-defining Hollywood contract that could make him a star. But there's a catch. Will he put his career before his principles? In a time of betrayals, will he name names? Will he sign his life away? Retrograde follows Ryan's smash West End hit For Black Boys Who Have Considered Suicide When the Hue Gets Too Heavy - so good it sold out twice.

STRANGER THINGS: THE FIRST SHADOW

March - 7 September 2025

Phoenix Theatre, Charring cross Rd, London WC2H 0JP

Welcome to Stranger Things: The First Shadow , a stage play based on the Netflix Original Series which acts as a prequel to the series itself, a brand new story. Produced by Sonia Friedman's production company along with Stephen Daldry and Netflix, the premiere takes place in late 2023 at the West End's Phoenix Theatre. The plot takes place

back in 1959, revealing a young Jim Hopper and Joyce Maldonado as they handle the shadows of the past.

TEDDY PENDERGRASS BIRTHDAY PARTY

Weds 26 March 2025, 19:00 - 22:30

Jazz Cafe London In 2025,

Teddy Pendergrass would have been turning 75 years of age. In celebration of one of the most iconic soul musicians of all time, AGMP Concerts are presenting a special one-off night in dedication to Theodore DeReese Pendergrass with a live performance from The Love T.K.O. All-Stars featuring the voice of Ashton Jones.

Teddy Pendergrass was the original vocalist with Harold Melvin & The Blue Notes and the The Love T.K.O. All-Stars will be performing live hits and fan favourites from both his solo years and Harold Mevin & the Blue Notes classics such as If You Don't Know Me By Now, Wake Up Everybody, When Somebody Loves You Back, Turn Off The Lights, The Love I Lost, You Can't Hide From Yourself, Don't Leave Me This Way, The More I Get The More I Want, Only You, I Miss You and Love T.K.O.

MOULIN ROUGE! - THE MUSICAL

Ongoing until 24 May 2025

The Piccadilly Theatre, 16 Denman Street London, W1D 7DY

Moulin Rouge! The Musical is a jukebox musical. The musical follows the romantic journey of Christian, a young poet, and Satine, the sparkling star of the Moulin Rouge. Against a backdrop of dazzling spectacle and infectious music, their forbidden love story unfolds, intertwined with themes of freedom, creativity, and the pursuit of dreams.

Moulin Rouge! The Musical contains a plethora of music from some of the greatest artists of all time. The show integrates songs from the film like Elton John's "Your Song" and "Nature Boy" by Nat King Cole whilst also delivering a fusion of more modern songs like Pink's "Raise Your Glass".

Moulin Rouge! The Musical is a breathtaking celebration of love and the transformative power of art.





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WINTER FESTIVITIES

MOCO MUSUEM COLLABS WINTER WONDERLAND



January 2025

Hyde Park London

Located at One Marble Arch, directly opposite Hyde Park Winter Wonderland, the permanent new museum spans 24,000ft² and follows the success of its counterparts in Amsterdam and Barcelona, which have welcomed over 5 million visitors. The museum showcases artworks by icons such as Andy Warhol, Keith Haring, Basquiat, Damien Hirst, KAWS, Banksy, Jeff Koons, Yayoi Kusama, alongside pioneering digital artists.

As the presenting partner of the UK's largest open-air ice rink, Moco Museum brings its vibrant energy and creative fair to one of London's most beloved festive traditions. Spanning an impressive 1,795 square meters of outdoor skating space, the Ice Rink invites visitors to immerse themselves in the magic of Hyde Park Winter Wonderland.

What's included:

- Entry to Moco Museum for you and a guest – discover breathtaking artworks from Warhol, Haring, Banksy, Basquiat, Kusama, and more
- Entry to Hyde Park Winter Wonderland for you and a guest – located across the road from Moco
- A skating session on the Winter Wonderland Ice Rink presented by Moco Museum

LONDON SHORT FILM FESTIVAL

17 - 26 January 2025

British Film Institute, Southbank, Belvedere Rd, London, SE1 8XT

The 22nd London Short Film Festival will be held in January 2025. LSFF exists to spotlight a multiplicity of filmmakers, visual artists and creatives, across intersections and with a commitment to peripheral voices.

Each January, the festival hosts ten days of short form, conversation and multidisciplinary curation. We present up to 500 British and international films, collaboratively selected from 5000+ open submissions, alongside Special Events and an industry programme of workshops, panels and discussion for filmmakers and cinema workers.

THE EMPLOYEES



Photo by - Natalia Kabanow

Thursday 16 January - 19 January 2025

Southbank Centre London

Lukasz Twarkowski, one of the most interesting directors of his generation, makes his hotly anticipated London debut with The Employees, an adaptation of the dystopian sci-fi

epic by Olga Ravn, nominated for the International Booker Prize 2021. Set in an undetermined near future where Earth has been annihilated, this dark, satirical play questions our understanding of reality in an era of advanced AI. The employees of the 6000 Spaceship carry people and humanoid robots. Mysterious objects appear, interrupting their routine and a longing for Earth awakens their innermost desires. Under these extreme conditions, a closed community are forced to confront questions about the differences between the human and the non-human.

LONDON FASHION WEEK



Thursday, 20 - 24 February 2025

Multiple Locations

London Fashion Week will feature the latest collections from both established and emerging designers. Known for its bold creativity and innovation, the event highlights the best of British fashion, blending tradition with cutting-edge style. A key date in the global fashion calendar, London Fashion Week offers a platform for diverse design talent and is a must-attend event for industry professionals and fashion enthusiasts

WINTER LIGHTS FESTIVAL

21 January - 01 February 2025

Multiple Locations



London's largest free to attend light display, Winter Lights, is returning to Canary Wharf this January, featuring 11 spectacular new installations and ever-popular permanent artworks from artists across the globe.

The immersive light exhibition will return for 12 nights from Tuesday 21st January to Saturday 1st February 2025 between 5-10pm.

Suitable for all ages, the dazzling exhibition is unticketed, with the line-up including a towering stack of bathtubs, pulsing with light and sound, a monumental light portal and a UK-first illuminated bird in flight.

THE BRIT AWARDS

Sat, 1 Mar, 20:00 - 22:00

The O2 Arena London



Launched in 1977, the BRIT Awards with Mastercard are the annual showcase for the UK music industry. The BRIT Awards

along with its sister events Classic BRITs and BRITs Icon celebrate not just the biggest successes in music but also operate as an important platform to introduce and promote new talent. Substantial proceeds from the shows go to the BRIT Trust, the charitable arm of the BPI that has donated almost £30 Million to charitable causes nationwide, since its foundation in 1989.

Once the nominations are out, the buzz and excitement escalates in the weeks leading up to what is the biggest event in the British music industry's calendar. Artists are interviewed, the internet is alive with speculation as to who will win what, but the hive of activity behind the scenes is equally intense. The planning and work that goes into successfully pulling off the The BRIT Awards with Mastercard begins months ahead and involves an array of specialists and production teams. The BRIT Awards 2025 with Mastercard will exclusively broadcast on ITV1 and ITVX.

THE O2 INFINITY SAGA CONCERT

4th March 2025, 7pm

London Royal Festival Hall

Join the Novello Orchestra for Marvel Studios' Infinity Saga Concert Experience – a new Marvel Studios film concert that takes fans on an epic cinematic journey covering twenty-three films in one momentous concert experience, taking place at London's Royal Festival Hall on the 4th March 2025 at 7:30pm.

Embark on a thrilling and unprecedented live concert journey through the Infinity Saga - from the Tesseract's concealment on Earth by the Asgardians, across time and space to Tony Stark's ultimate sacrifice. Revisit the earliest days of Iron Man, Captain America, and Thor as they discover their place in



the Marvel Cinematic Universe – each accompanied by their own unforgettable heroic music. Recapture the excitement as Earth's mightiest heroes join forces for the first time and open the door to the next wave of Avengers.

ST PATRICK'S DAY FESTIVAL

16 March 2025, 12 - 6pm

Trafalgar Square, Westminster, WC2N 5DN
<https://www.london.gov.uk/events/st-patricks-day-2025>

Join us for London's St Patrick's Day on Sunday 16 March in Trafalgar Square. Enjoy the best of Irish arts, culture, food and music, along with the spectacular parade.

The Mayor's annual shindig has become a highlight of London's cultural calendar. It brings together Londoners and visitors to celebrate the many contributions the Irish community have made to our great city.

St Patrick's Day is a chance to honour the lasting friendship between the British and Irish people. This event begins with a parade of Irish marching bands, dance troupes and pageantry, travelling from Hyde Park Corner to Trafalgar Square.

The action continues in Trafalgar Square, where the main stage hosts a world-class line up of Irish acts, programmed by the London Irish Centre. Plus there's lots of family activities, great food stalls and a bar to enjoy.

Every March, countries across the world celebrate St Patrick's Day with a huge parade, and in London, you'll find one of the best. The London St Patrick's Day Festival attracts more than 125,000 people and features a spectacular Parade, a huge festival in Trafalgar Square, and plenty (and we mean plenty) to eat and drink. It's become a destination event showcasing the best of Irish food, music, dance, and culture. This year's celebrations take place on Sunday, 12th March, when the huge parade sets off at midday. The London Saint Patrick's Day Parade starts at Hyde Park Corner, then travels through Piccadilly, St James's Street, Pall Mall, Cockspur Street, and Whitehall.



WYNTON MARSALIS ORCHESTRA PRESENTS THE DEMOCRACY! SUITE



Photo by - Piper Ferguson

16 February, 19:00

Lincoln Centre

"Jazz music is the perfect metaphor for democracy," says famed trumpeter Wynton Marsalis.

At a time when America, and indeed, the whole world, finds itself at a crossroads, the Pulitzer Prize-winning composer has been inspired to write a poignant work, The Democracy! Suite, which proves that the joy and beauty of jazz can bring us all closer together. Now a digital album from Marsalis and a septet composed of members of the famed Jazz at Lincoln Center Orchestra, The Democracy! Suite features impassioned compositions that are a reflection of turbulent times, urging us into action.

Presented as a two-part concert, a septet will perform the European Premiere of The Democracy! Suite for the first half and for the second half, the full orchestra will perform a selection of works drawn from their vast canon.

GOLD INVESTING: A TIMELESS ASSET WITH HISTORICAL GROWTH

By The Business Team



IN GOLD HAS CAPTIVATED HUMAN CIVILIZATIONS FOR CENTURIES, SERVING AS A SYMBOL OF WEALTH, A MEDIUM OF EXCHANGE, AND A SAFEGUARD FOR PRESERVING VALUE. TODAY, THIS PRECIOUS METAL CONTINUES TO PLAY AN INTEGRAL ROLE IN INVESTMENT STRATEGIES WORLDWIDE. WHETHER AS A HEDGE AGAINST INFLATION, A PORTFOLIO DIVERSIFIER, OR A SAFE HAVEN DURING ECONOMIC UNCERTAINTY, GOLD REMAINS AN ENDURING AND RESILIENT ASSET. THIS ARTICLE EXPLORES WHY GOLD INVESTING IS A PRUDENT CHOICE, THE HISTORICAL GROWTH OF ITS VALUE, AND WHAT THE FUTURE HOLDS FOR THIS TIMELESS COMMODITY.

WHY INVEST IN GOLD?

1 HEDGE AGAINST INFLATION

Gold has a unique ability to maintain its purchasing power over time, making it a reliable hedge against inflation. During periods of rising prices, fiat currencies lose value, but gold’s price often increases, helping investors protect their wealth. Historically, when inflation surges, gold tends to outperform other asset classes.

2 SAFE-HAVEN ASSET

Geopolitical tensions, economic crises, and financial market volatility often drive investors to seek refuge in gold. Unlike stocks or bonds, gold’s value is not dependent on a company’s earnings or a government’s fiscal policies. This makes it an ideal safe haven during periods of uncertainty.

3 DIVERSIFICATION TOOL

Gold offers a way to diversify investment portfolios. Its performance frequently moves inversely to traditional assets like equities and fixed income, reducing overall risk. By adding gold to a portfolio, investors can achieve better stability, especially during downturns in the stock market.

4 UNIVERSAL DEMAND

Gold’s universal appeal transcends borders. Central banks, institutional investors, and individual buyers contribute to its steady demand. In emerging markets like China and India, gold is also deeply embedded in cultural and economic practices, driving sustained interest and value.

VISUALIZING GOLD’S GROWTH

A historical chart of gold prices provides a clear picture of its growth over the decades. The chart linked below showcases gold’s performance from 1971 to 2023, highlighting its resilience and upward trajectory.

THIS HISTORICAL GROWTH OF GOLD PRICES

Gold’s price has grown significantly over the decades, reflecting its resilience as an investment. Here are some key milestones that highlight its journey:

THE ABANDONMENT OF THE GOLD STANDARD (1971)

In 1971, the U.S. government ended the gold standard, allowing the dollar to float freely. This marked the beginning of a dramatic rise in gold prices. At the time, gold was priced at just \$35 per ounce, but by 1980, it had soared to over \$600.



BULL MARKET OF THE 2000S

The early 2000s saw a steady climb in gold prices, fueled by factors such as global economic instability, rising oil prices, and increasing demand in emerging markets. Gold peaked at over \$1,900 per ounce in 2011, driven by the aftermath of the global financial crisis.

THE PANDEMIC SURGE (2020)

During the COVID-19 pandemic, gold once again proved its worth as a safe haven. Investors sought refuge in gold amid economic uncertainty and record-low interest rates, pushing prices to an all-time high of \$2,070 per ounce in August 2020.

CURRENT TRENDS (2023)

As of 2023, gold prices remain robust, hovering around \$1,925 per ounce. With rising inflation concerns, geopolitical tensions, and increasing central bank purchases, gold continues to be a compelling investment option.



ANALYZING LONG-TERM TRENDS

Over the last 50 years, gold has demonstrated a consistent upward trajectory. Unlike stocks, which are prone to market cycles, or fiat currencies that can lose value due to inflation, gold has shown remarkable resilience. Its average annual growth rate has outpaced inflation, ensuring long-term wealth preservation.

In addition to its monetary value,

gold’s tangible nature makes it a trusted store of value. Investors often turn to gold during periods of market turbulence, ensuring its demand remains strong.

WAYS TO INVEST IN GOLD

1 PHYSICAL GOLD
Investing in physical gold, such as coins, bars, or jewelry, is a traditional method that offers tangible ownership. While storage and insurance costs can be a downside, physical gold remains

popular for its simplicity and direct control.

2 GOLD ETFs (EXCHANGE-TRADED FUNDS)

Gold ETFs provide a convenient way to invest in gold without owning the physical metal. These funds track gold prices and offer liquidity, making them a popular choice for modern investors.

3 GOLD MINING STOCKS
Investing in companies involved

in gold mining provides indirect exposure to gold. While mining stocks can offer higher returns, they also come with higher risks tied to operational performance and market conditions.

4 DIGITAL GOLD
With technological advancements, digital gold platforms have emerged, allowing investors to buy, sell, and hold gold online. This method combines the benefits of physical gold ownership with the convenience of digital transactions.

FUTURE OUTLOOK

FOR GOLD

Several factors indicate a positive outlook for gold in the coming years:

- **CENTRAL BANK PURCHASES:**
Central banks globally are increasing their gold reserves, signaling confidence in its enduring value.
- **INFLATION CONCERNS:**
As inflation continues to rise, demand for gold as a hedge is expected to grow.
- **GEOPOLITICAL RISKS:**
Ongoing geopolitical tensions ensure gold’s relevance as a safe-haven asset.
- **SUSTAINABLE DEMAND:**
Emerging markets like China

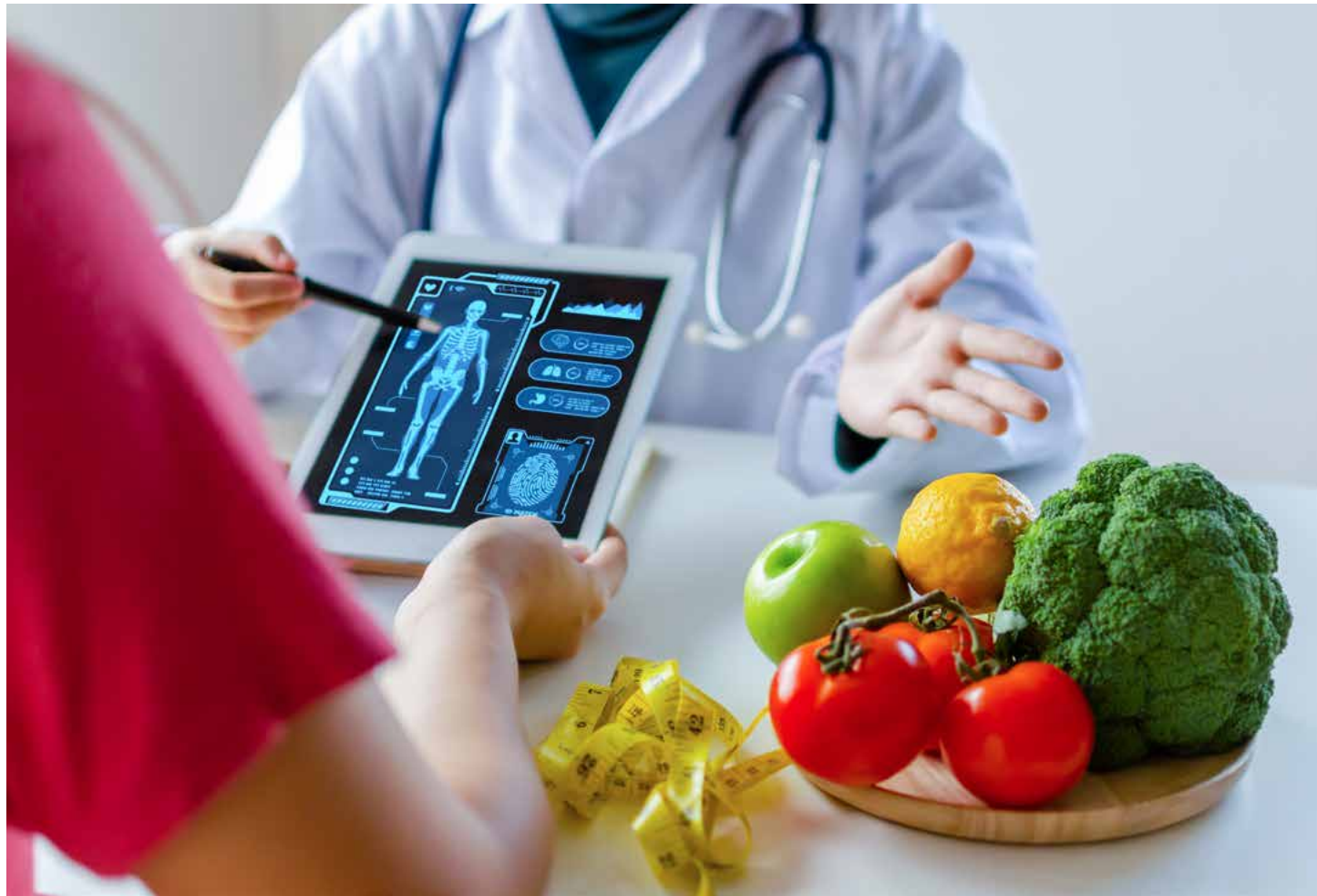
and India will continue to drive gold consumption through cultural and investment needs.

CONCLUSION

Gold’s enduring value and historical growth make it a cornerstone of any robust investment strategy. From serving as a hedge against inflation to offering a safe haven during turbulent times, gold’s versatility and reliability are unparalleled. With its consistent performance and universal demand, investing in gold is more than just a financial decision—it’s a timeless strategy for securing long-term wealth.

As you consider diversifying your portfolio, remember that gold is not merely an investment but a testament to stability and resilience through the ages. Now is the time to explore the opportunities that gold presents and take advantage of its proven track record for growth and preservation of value.





MATTERS OF THE HEART

By Editorial Team

FEBRUARY IS ALL ABOUT HEARTS, NOT JUST THE KINDS THAT IS FILLED WITH CHOCOLATES. IT IS ALSO NATIONAL HEART MONTH! HEART IS YOUR BODY'S ENGINE HENCE KEEP IT STRONG AND PUT GOOD FUEL IN WITH HEALTHY FOOD OR HABITS. LISTEN TO YOUR HEART, YOUR HEART WILL THANK YOU!

UNFORTUNATELY, HEART DISEASE CAN HAPPEN TO ANYONE AT ANY TIME, IT IS THE LEADING CAUSE OF DEATH IN MOST COUNTRIES. IT IS NO ROCKET SCIENCE TO TAKE CARE OF IT. HERE ARE SOME EASY HEART HEALTHY TIPS TO INCREASE YOUR HEART RELATED AWARENESS FOR FEBRUARY AND BEYOND. SO TAKE CARE OF YOUR HEALTH, IT'S THE ONLY ONE YOU'VE GOT!

HEALTHY

TIPS

1 Practice good dental hygiene and floss your teeth daily to ward of gum disease.

2 Dancing or dance based workouts is a good cardio workout and doesn't feel like an exercise. Basically target two and half hours of aerobic activity per week. Don't sit for too many hours at one time.

3 Walk your way to good health. Walk your child to school, take the stairs, walk your dog or just take a nice long walk in the park with your kith n kin. You are sure to keep your weight under control.

4 Limit your sodium rich food, saturated fat and processed food

intake- hot dogs, burgers, white flour, canned foods, meats.

5 Limit your alcohol intake. Not more than a drink or two if at all.

6 Healthy diet is one of the keys to fine health. Cook food at home, if eating out make healthy choices.

7 Heart healthy foods include pomegranates, tomatoes, red fine, tart cherries, apples, red kidney beans, red bell peppers, strawberries, watermelon, asparagus, soaked pine nuts, Portobello mushrooms, blackberries, goat milk yogurt, spaghetti squash, egg whites, salmon, raw almonds, avocado, pumpkin seeds, broccoli, cranberries, oats, sweet potato, extra virgin olive oil and green tea. Focus should be on plant based foods and eating health fats instead of trans fats or baked foods.



8 Dark chocolate once in a while helps prevent heart disease.

9 Get enough sleep.

10 Avoid second hand smoke. Passive smokers are at risk too, so non-smokers beware.

While you should take care of your health in the above mentioned ways, here are some broad symptoms to be heart aware include-Anxiety, chest





discomfort, cough, dizziness, fatigue, nausea or lack of appetite, pain in other parts of the body, rapid or irregular pulse/heartbeat, short of breath, sweating, swelling, ear noise or buzzing, nosebleeds, tiredness, vision changes, weakness.

HAVE A HEART

Cardiac Surgeon, Dr. Zainulabedin Hamdulay, gives us detailed inputs on how one can take care of matters of the heart. He says, ‘Heart is a very important organ in your body. It is working round the clock, yet it never gets tired. The heart pumps the blood, which carries all the vital materials which help our bodies function properly. Heart, being such an important organ, it is only

imperative that you take good care of it, so that it keeps ticking and you live a healthy and enriching life. Whether young or old heart disease can affect any body, so following the old adage prevention is better than cure, one should maintain his/her heart health for optimum life. Make a smart choice now that will pay in the long run.

Remember age is not a factor; you are never too young or too old to do what is best for your heart. Lack of exercise, unhealthy lifestyle, a poor diet all over the years can cause damage to your heart. Taking care of your heart early in life puts you in a healthy zone. One is never too young or too old to take care of one’s heart. If you are in your 20s start early with all the things that will make your heart healthy.

If you are in your 30s and busy in balancing family and professional commitments, ignoring heart health, don’t worry it’s not too late, start by heart health check up and follow the rules for healthy heart. If heart health was not your priority in your 40s, don’t panic but yes make healthy choices which will strengthen your heart or a long haul make required lifestyle changes tackle them one by one, each success should make you confident or achieving the next one. The wrinkles and graying hair in your 50s indicate about your advancing age but about the condition aging has on your heart, in this age you need extra care towards your heart.’

He further suggests the do’s & don’ts to protect your heart-

BE PHYSICALLY

ACTIVE

It is easier to be active and stay active if you start at a young age.

QUIT SMOKING

If you are a smoker, it’s time to quit smoking. Even exposure to second-hand smoke will result in a serious health hazard. Non-smokers are up to 30 percent more likely to develop heart disease.

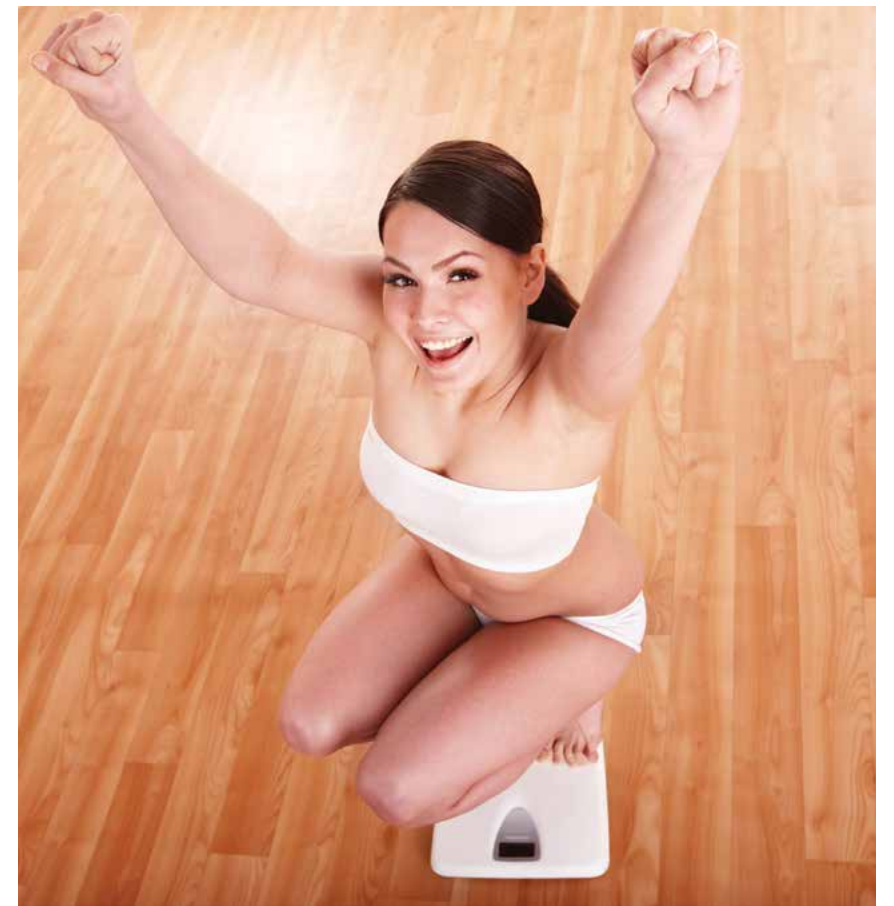
HAVE REGULAR

WELLNESS EXAMS.

Ask your physician’s opinion about your lifestyle, diet, blood pressure, heart rate, cholesterol, body mass index and blood sugar. Knowing where your numbers stand early makes it easier to spot a possible change in the future.

FAMILY HISTORY

If you have a relative from your parent side who is a heart patient you need to be cautious as it may increase your risk, it means you have to focus on factors which can risk you, you should control it by maintaining a healthy habit, proper eating, weight check, exercising regularly, not smoking, etc Consult your doctor about the heart problem you learnt about your family member.



CHECK YOUR

STRESS LEVEL

Keeping a check on the stress level and learning how to manage it will do good to your body and will increase your quality of life.

WEIGHT CHECK.

Your metabolism may slow down, watch your weight. You should avoid weight gain by following a heart-healthy diet and getting plenty of exercise.

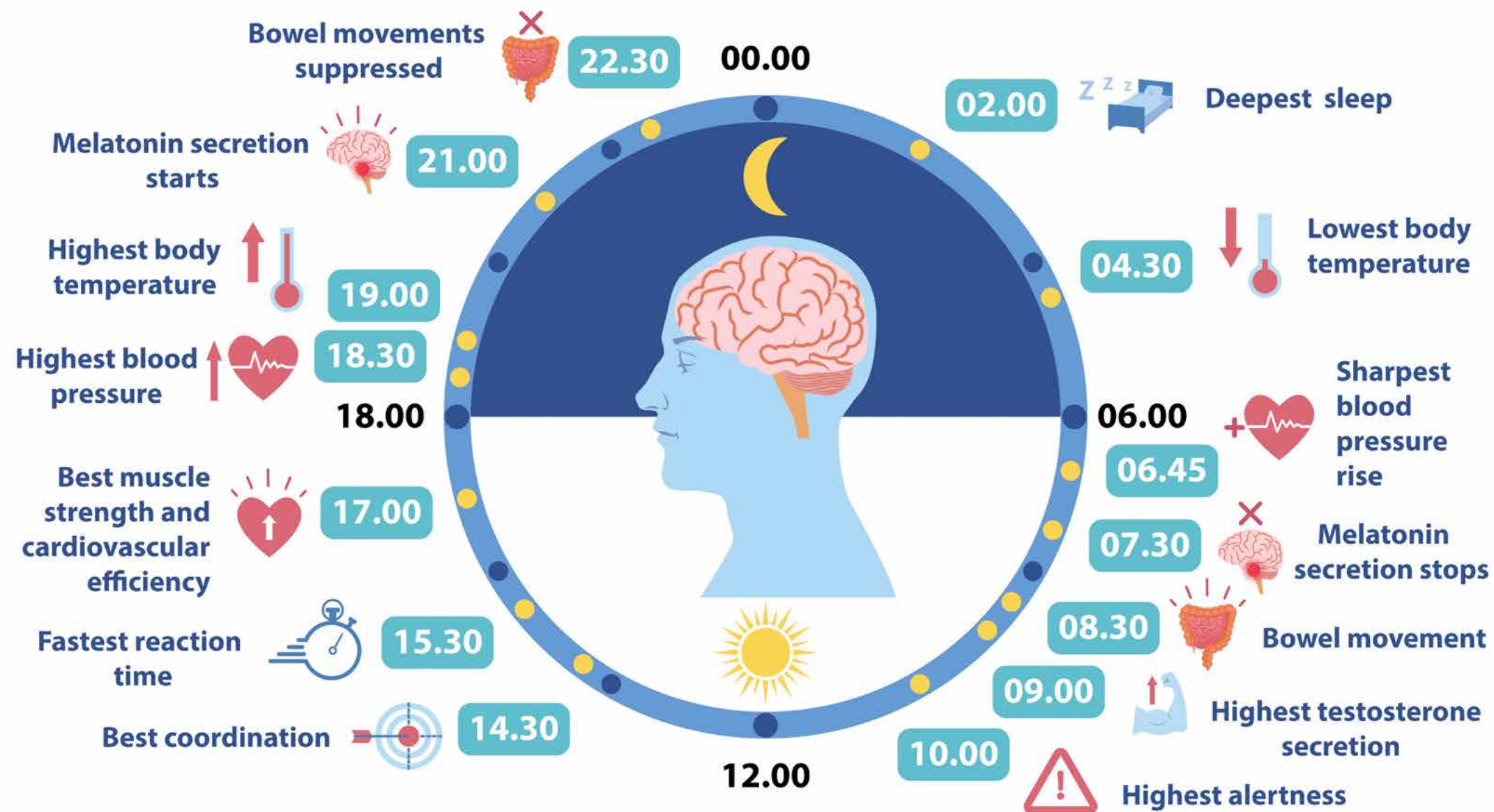
BLOOD SUGAR

LEVEL CHECK

In addition to all your heart-health screenings, you should get your blood glucose tested. This

test serves as a baseline for future tests, which you should have regularly on the advice of your physician.

A healthy lifestyle and diet is the best weapon against heart diseases. Thus an overall healthy nutritional diet is a must. Include varieties of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes. Limit saturated fat, Trans fat, sodium or salt, red meat, sweets and sugar-sweetened beverages. Consult your doctor or a dietician for a healthy diet plan that will help strengthen your heart.’

INFOGRAPHIC

CIRCADIAN RHYTHM

MASTER YOUR BODY-CLOCK

By Editorial Team

Most of us are struggling to sleep given the uncertain times and lockdown issues, with anxiety levels at it's peak and our internal body clocks or circadian rhythm might be out of whack.

Our body clocks love routine. Our sleep wake cycle, controls hormones that would make us feel attentive during the day

or fatigued at night. Routine change can easily disrupt hormones, with an afternoon nap or less day out, clearly our internal body clocks will be confused. Being wide awake when trying to fall asleep or feel sleepy during the day. The Circadian Rhythm infographic above is a great example to help you master your body clock.

KEEPING YOUR BODY CLOCK TICKING

LIFESTYLE

1 Get into a routine. Wake up and go to bed at the same time every day to maintain your circadian rhythm, this includes eating your meals at the same time every day. Even if you're furloughed at present, it may feel like the best time to stay in your pyjamas all day on a TV binge. After waking up, get dressed and have your breakfast within an hour.

2 Avoid napping. Many people feel a short power nap will be good for them, sometimes naps disrupt our night time sleep.

3 Off Caffeine. Everybody has a different tolerance to caffeine but most people will notice better sleep pattern if they steer clear of caffeinated drinks, especially coffee or strong tea, after mid meal.

4 Get outside sometimes and if you cannot at the moment sit by a window in the sunshine as much as you can.



5 Try to do at least 20-30 minutes of exercise each day but avoid high intensity workouts after 8pm. If you want to exercise in the evening, opt for relaxing options which maybe less stimulating.

6 Maintain a cool and dark bedroom at night. Avoid looking at your screens at least an hour or two before bedtime, as the blue light from such devices disrupts production of melatonin. Melatonin needs to be high at bedtime which helps us fall asleep.

7 Practices to reduce anxiety can be added to your bedtime routine such as yoga, meditation and breathing exercises.

NUTRITION

1 Limit alcohol, as it may help you get to sleep but it will stimulate the body to wake you up after a few hours.

2 Limit sugary snacks, high sugar diets affect blood sugar levels and are linked to disruption of circadian rhythm.

3 Magnesium is a vital mineral needed for plenty of processes in the body including helping

our nervous system to relax and rest besides plays an important role in the circadian rhythm. Magnesium food sources would be green leafy vegetables -spinach and kale, fruit -figs, avocado, banana and raspberries, nuts and seeds, legumes - black beans, chickpeas and kidney beans and vegetables - peas, broccoli, cabbage, green beans, artichokes, asparagus, Brussels sprouts.

4 Opt for foods high in the amino acid tryptophan with your evening meal with turkey, eggs, tofu and pumpkin seeds. Tryptophan

is what the body uses to make the sleep hormone melatonin, high amounts of melatonin can help in better sleep.

5 Try to have your meals at regular times each day and ideally have your evening meal by 7pm. Or atleast 3 hours prior to sleep.

6 Green tea, although containing some caffeine, is also high in the amino acid theanine, which can aid sleep and promote relaxation.

YOGA & BREATHING

ALTERNATE NOSE BREATHING EXERCISE

Nasal breathing reduces anxiety and aid sleep and may even lower your heart rate. Try this easy exercise before bed.

- Sit at the edge of your bed with your legs crossed
- Breathe in your left nostril for 5 seconds and gently block the right one by pressing your



finger against it

- When you exhale, release your finger and then begin to breathe in through the right nostril, blocking the left nostril
- Do this for 5 minutes, begin and end with your left nostril.





OIL THERAPY

By The Editorial Team.

ARE YOU SLEEP-LESS OR OVER-WORKED, STRESSED OR EXHAUSTED FROM TOO MUCH WORK OR PARTYING, TRAVELLING OR SIMPLY FEELING MEH? WELL, ALL YOU MAY NEED IS A NICE MASSAGE TO REJUVENATE AND CHARGE YOUR BATTERIES! FOLKS, INSTEAD OF BUYING EXPENSIVE MASSAGE OILS OFF THE STORES HOW ABOUT MAKING YOUR OWN OILS, THAT YOU CAN EXPERIMENT WITH IN TERMS OF THE OILS, HERBS AND FRAGRANCES TO CREATE POTIONS THAT SMELL HEAVENLY AND ARE PERFECT FIT FOR YOUR REQUIREMENTS. WHILE THERE ARE TONS OF MASSAGE OILS YOU CAN PICK OFF THE RACKS, IT IS ACTUALLY A FULFILLING EXPERIENCE TO MIX YOUR OWN. INSTEAD OF HITTING THE SPA, YOU COULD DO IT YOURSELF OR GET YOUR PARTNER OR FRIEND TO GIVE YOU A GOOD MASSAGE WITH ONE OF YOUR FINE HOME BLENDS. HERE'S HOW-

HOMEMADE

MASSAGE OIL

THEORY

- However, before you get started you must have a few pointers in mind.
- Remember to mix your oils gently so that you do not disturb the delicate chemical balance in the oils.
- You must shield massage oils from heat and light to avoid them turning rancid quickly. Remember to wear sun protection if you must be exposed to sunlight after applying essential oils to your

skin. Many of these blends especially those containing fruit oils have the potential to make skin more sensitive to UV damage.

- You must always leave a fair amount of space at the top of the bottle so that the oil can breathe.
- You must store the oils in a glass or ceramic bottle.
- Always do a patch test on the inside of your wrist or elbow before you use any of the oils and wait until half an hour to see if there is any allergic reaction like hives, irritation, itchiness or redness from them.

- If you have an allergic reaction, do not rinse with water instead the ideal way to remove oil is to apply a skin-safe liquid dish-washing soap to dry skin where the oil is present. You should massage gently for a few seconds or until you are sure that the oil is off before continuing with your rinsing.

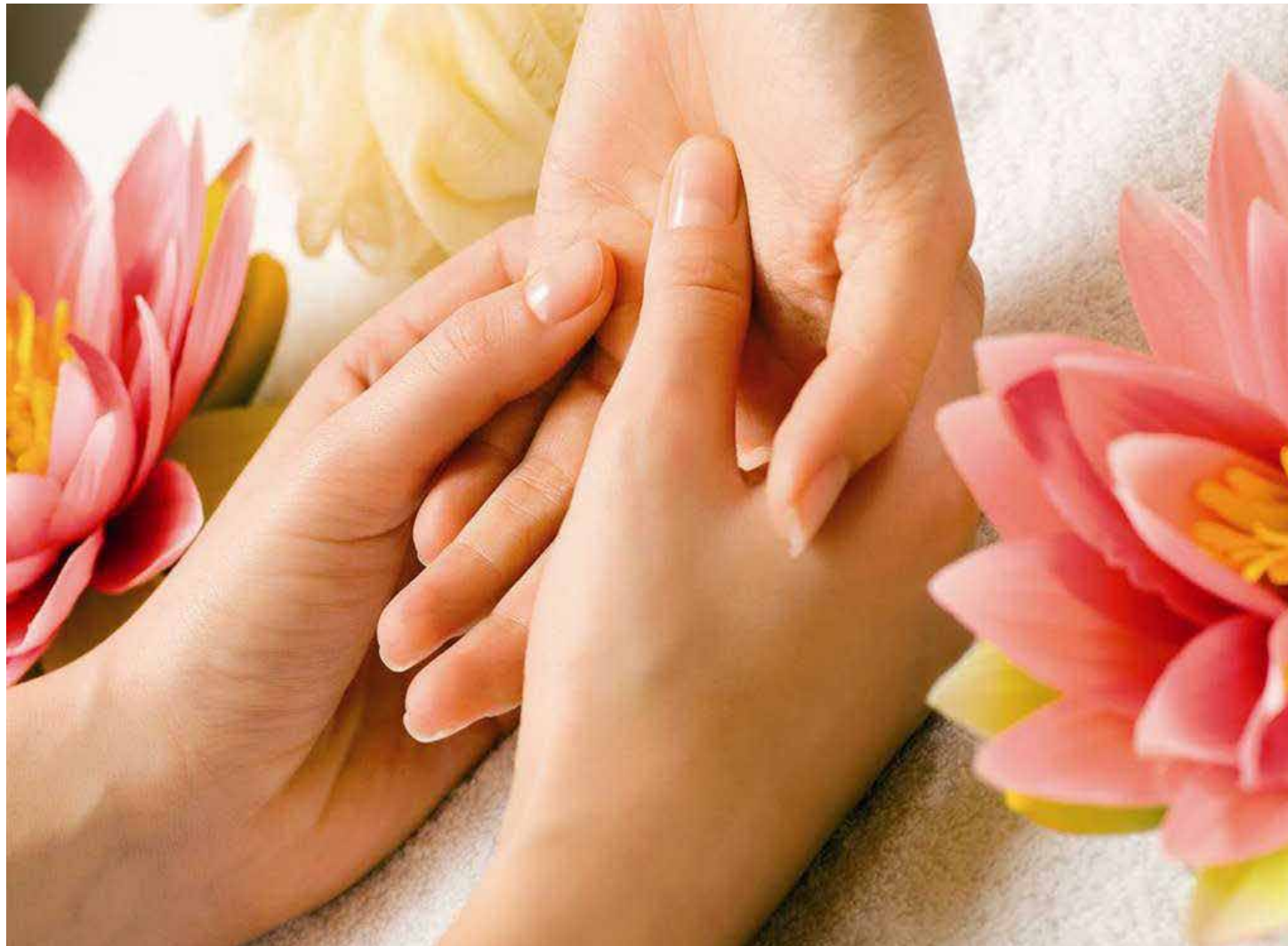
A handful of massage oil recipe ideas to get you started and sorted.

ROMANCE

RE-BOOT

You can apply this fragrant oil before you hit the bed, with sensual scents in tow no one's complaining! Mix about 12 drops of ylang-ylang, 6 drops patchouli, 3 drops





sandalwood oil in half cup of sweet almond or olive oil. Voila, your bed-time massage oil is ready for its show.

DAY DARE

If you are looking to commence your day on a zesty note, you could gladly apply this massage oil that has a warm, elevating blend of spices. Who said spices were only for cooking, they have the ability to uplift your mood and relieve stress instantly! Mix 5 drops of cardamom oil, 18 drops of sweet orange, 8 drops of cinnamon bark oil and 5 drops of coriander seed in

about a cup of coconut oil. Feel the difference and thank us later!

PAIN RELIEF

If your muscles and joints are having a hard time, its time to give them some pain relief! This massage oil has an amalgam that has muscle calming and mood enriching properties.

Mix 4 drops of bergamot, 14 drops of lavender, 10 drops of myrrh, 6 drops of chamomile in jojoba oil and apply to the painful parts of the body. Good-bye aches.

FEEL THE BLEND

If your feeling down in the dumps? Fret not, we have got the perfect solution to your woes and worries.

A massage with this oil mixture is all that you need to surprise yourself, besides easily your mood will improve post a whiff of this fragrant oil complete with ingredients targeted at your emotional well-being. Mix 4 drops of jasmine oil, 16 drops of bergamot, 6 drops of vanilla, 4 drops of ylang ylang and 4 drops of grapefruit oil in a cup of olive oil. Learn to apply it with long strokes on your body prior to your bath. Say hello to a new you.

SWEET DREAMS

Are you having a tough time getting a good night's sleep and nothing seems to help? Well, this massage oil has a soothing blend that might help achieve the impossible. Simply rub it on on your wrists, forehead, ears and feet before you call it a day. Mix 4 drops of mandarin, 16 drops of lavender, 5 drops of sandalwood and 4 drops of Chinese rose in a cup of sweet almond oil. Being sleep deprived is a thing of the past?

DIGESTIVE AID

Are you having trouble with your digestive system post heavy meals or your eating schedule having gone haywire? Learn to eat healthy and at the right time, also try this massage blend for quicker help

with your digestive juices besides helps relieve tension or nausea. Mix 3 drops of ginger, 3 drops of cardamom, ylang ylang, 6 drops of Frankincense, 15 drops of Bergamot, 3 drops of Neroli, 3 drops grapefruit in half cup of almond oil. Massage expert Aarti Singh says, 'My favourite blend is a detoxifying massage oil which is made with 3 drops of Rosemary, 12 drops of Atlas Cedarwood, 6 drops of Oregano, 3 drops of Grapefruit, 4 drops of Thuja in half cup of carrier oils like olive, grapeseed or jojoba. Also having the right carrier oil makes alot of difference as you can play around with the fruit or essential oils. Carrier oil can be categorized into- Sweet Almond, it adds a rich aroma to any blend, high

in oleic acid which aids in improving blood pressure and cholesterol levels. Cold Pressed Coconut gives a sweet tropical note to massage oils, it is the richest natural source of lauric acid besides being one of the best oils for promoting healthy skin and hair. Grapeseed oil has little scent, dries faster and has high concentration of linoleic acid. Jojoba oil gives out slight nutty aroma, it oxidizes slowly, absorbs quickly besides leaves behind very little residue. Olive oil possesses a rich, verdant aroma and is high in oleic acid which can improve blood pressure and cholesterol levels. You may want to experiment with your mixtures in small batches until you get them just right.'

Happy Massaging.





RELIEVING EYE STRAIN NATURALLY

By Editorial Team

EYES ARE PRECIOUS FOLKS! THEY ARE THE MOST DELICATE AND BEAUTIFUL PART OF OUR BODY. WITH TOO MUCH SITTING IN FRONT OF THE LAPTOP OR CONSTANT CHECKING YOUR PHONE WHILE YOU ARE IN THE TRAIN OR TUBE CAN TAKE A TOLL ON YOUR EYES. BESIDES STRESSFUL TIMES AT WORK AND LONG WORKING HOURS, OR WATCHING TELEVISION FOR LONG COULD GET YOUR EYES FEEL WORN-OUT, RED AND IRRITATED. WE GOT YOU SOME SIMPLE EYE EXERCISES THAT WILL HELP YOU RELAX AT THE END OF A FRENZIED SUMMER DAY. HERE'S HOW TO IMPROVE EYE SIGHT AND REFRESH YOUR EYES!

GAZE INTO THE DARKNESS

You may have done it unknowingly or unmindfully, however do it consciously no. Switch off the lights, put your elbows on the table, close your eyes and cup them with your palms. Relax and stare into the

darkness. You could do this a couple of minutes.

SIDE TO SIDE EYE MOVEMENT

You can do this either while sitting or standing. All you have to do is look straight ahead. Don't move your head, look sideways, and focus on

what you observe. Now look to the other direction and focus on what you see. You can move your eyes from side to side around five to six times. Repeat the cycle three times.

UP AND DOWN

EYE MOVEMENT

You have to sit upright and look ahead, look upwards and focus on what you see. Now look down, you have to frown or wrinkle your forehead, thereafter look up and down about five to six times and the entire cycle a few times.

MOVING EYES

DIAGONALLY

For this you have to look straight ahead, look downwards and leftwards. Thereafter, move your eyes





diagonally and look up, to your right and focus on what you see. You have to repeat the cycle five times continually. Now you have to go back to the starting position and repeat it in the other direction about thrice.

PENCIL EXERCISE

Hold a pencil or a pen at arm's length in front of you and keep your eyes focused on the tip of a pencil or pen and slowly bring it closer to your nose. Repeat for 10 times. This

prevents blurred vision and improves focus ability.

ROLLING YOUR EYES

Rolling your eyes does help relax, an exercise we tend to do as a habit. If you wish to do it as an exercise you have to sit straight in a relaxed position, look side wards and gradually roll your eyes in a circle, clockwise. You have to repeat this five times and then do it counter clockwise as well with the cycle going up thrice.

**PENCIL
WORKOUT**

Hold a pencil or a pen at arm's length in front of you, keep your eyes focused on the tip of a pencil or pen and slowly bring it closer to your nose and repeat a few times. This prevents blurred vision and improves focus ability.

NATURAL REMEDIES

**Pour little oil on your palm
and rub the palms together to**

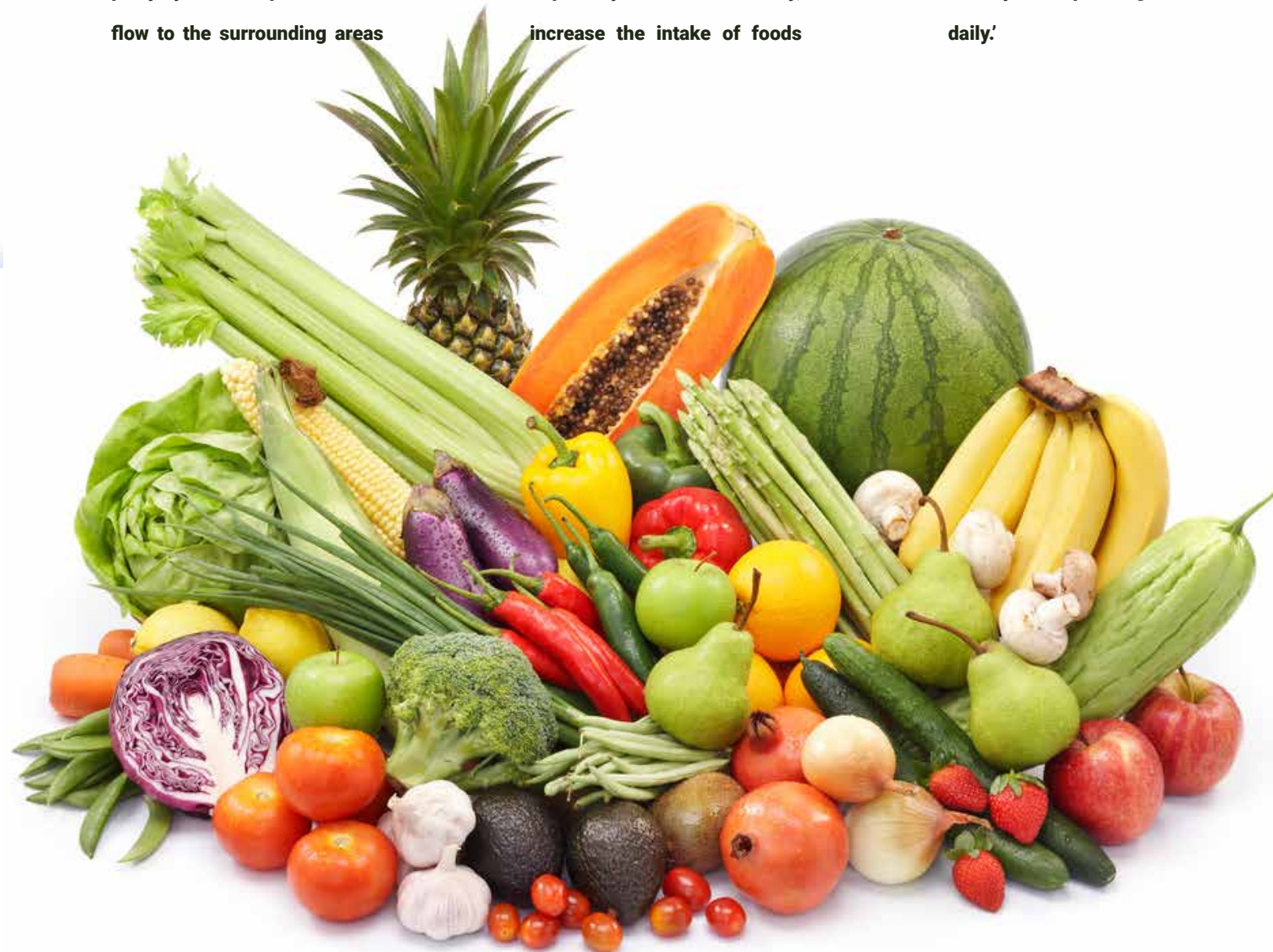
generate heat, and then place your palms on your eyes for a few seconds. Repeat this a few times to relax and reduce eye stress.

You can take aloe vera gel or herbal cream and gently massage on to your closed eyes for few minutes in clockwise and anticlockwise direction. It helps relax muscles, soothes puffy eyes and improves blood flow to the surrounding areas

of your eyes.

Health Expert Vaani Kapoor says, 'Take breaks and blink as often you can. You should have an anti-glare computer screen. As soon as you wake up in the morning splash your eyes with cold water and repeat a few times to clean and relieve tired eyes besides reduce dark eye circles too. To improve your vision naturally, increase the intake of foods

that are rich in vitamin A such as papaya, carrot, milk, fish and egg. Also include lot of dark leafy vegetables such as spinach, drumstick leaves and fenugreek leaves that are good sources of iron. Drink at least 15 -16 glasses of water to keep your eyes hydrated and fresh. Wear sunglasses when you go out in the sun to protect your eyes from the harmful sun rays. Sleep for eight hours daily.'





BEAUTY BENEATH THE SEA

By The Editorial Team.

WHETHER YOU LOVE THE SEA OR LOVE THE WEALTH OF BEAUTY BENEFITS THE OCEAN HAS TO OFFER, THE HIDDEN TREASURES OF THE SEA CAN ACTUALLY WORK WONDERS ON THE SKIN AND CONSIDERED NATURE’S BIGGEST SPA. THE BEST SKINCARE INGREDIENTS DON’T HAVE TO BE BROUGHT FROM LABS, RATHER SUBSTANCES FROM THE OCEAN CAN PROVIDE EASY SOLUTION TO OUR SKIN PROBLEMS. THE DEEP AND ENIGMATIC SEAS ARE A TREASURE TROVE OF BEAUTY INGREDIENTS, HENCE SINCE

TIME IMMEMORIAL THE NUTRIENT-RICH SEA INGREDIENTS HAVE BEEN BROUGHT IN SKIN AND HAIR CARE ONLY FOR THEIR HYDRATING, RENEWING AND ANTI-AGEING, SKIN-SOFTENING, WRINKLE-PLUMPING, AND HAIR-THICKENING BENEFITS DERIVED FROM VARIOUS JEWELS OF THE OCEAN. WE UNEARTH SOME BEAUTY INGREDIENTS FROM THE DEPTHS OF THE OCEAN THAT YOU SHOULD BE INCORPORATING INTO YOUR SKINCARE REGIME. HERE ARE THE SKIN LOVING BENEFITS FROM THE SEA.

SEA KELP

This marine plant is actually a huge sea algae and is amazingly rich in proteins and minerals like sodium, potassium, magnesium and calcium. It can repair the harm caused by everyday wear and tear of the skin. The iodine found in sea kelp removes the free-radicals that cause skin ageing. This is not all, the high nutrient-content found in it can promote hair growth to make it strong and healthy. Keep the kelp safe in your beauty box!

SEA CLAY

Here is a mud mask which is mineral-rich, so the clay is a characteristic face and body rejuvenator. It is removed

from the bed of the sea, the clay helps in keeping the skin nourished and hydrated and takes off the toxins. It helps oxygen flow efficiently throughout your face or body leaving you glowing. The sea clay also acts as a mild exfoliator and helps in reducing cellulite. To your surprise, sea clay works beautifully as a hair mask too, keeping the hair easy and grease-free. So what are you waiting for slather yourself in clay or mud from head to toe and feel your skin drinking the nutrients!

SEA SALT

High on electrolytes and key minerals, it acts as a natural scrub for exfoliating the skin from dust and grime. Sea salt

is great as a bath salt which helps pull out dirt, grime, sweat and toxins from the body and cleaning the body from within. The salt’s mineral composition helps keep the protective barrier in skin and holds hydration. Hold on to this salt!

GREEN SEAWEED

This one is a superfood for your skin and hair, it has anti-ageing and inflammatory benefits to the skin besides providing moisture, acts as a natural cleanser and purifier. It protects, calms redness, irritation, inflammation, acne and maintains skin’s natural pH balance. Nutrients like Vitamin C, E, beta-carotene,





potassium, zinc and iodine found in this wonder ingredient fuel the production of collagen and can help reduce fine lines over a period of time. Besides, it also has amazing moisturising properties and saves the skin from UV damage. The astringent property of the seaweed also helps reduce inflammation and skin sensitivity. Let the world go green with envy seeing your radiance.

BROWN AND RED ALGAE

This is also a kind of sea weed commonly found in cold waters. Brown

algae is very common in skincare products. Brown Algae also helps in decreasing the inflammation or effects of sunrays and increases production of collagen. Loaded with potassium, calcium, iron, zinc and proteins, this one can improve your skin's texture, as a natural emollient it moisturises the skin from deep within. So if you are suffering from ageing or dry skin conditions or eczema, this should be your go-to or ultimate building block for healthy skin. Not to forget the little plants also contain a kind of sugar that help improve skin functioning, skin cells retain moisture and block

irritants. Say hello to glowing & supple skin.

CAVIAR

This one needs no introduction as it is considered among the most expensive foods in the world, for its ultimate nourishment to the skin. Caviar is salty eggs from some kind of fishes. Rich in omega 3, omega 6 fatty acids, amino acids, vitamins, proteins and minerals, putting caviar on skin can promote porcelain, youthful and healthy skin. The protein found in caviar goes down to the cells, thus healing and improving the skin's texture. Caviar is great for improving skin's natural

collagen production benefiting the skin by reducing the appearance of wrinkles and plumping up the skin. Needless to add, the high heeled and celebrities swear by caviar extract as their ultimate anti-ageing quick fix. Glow like a glow fish.

SEA FENNEL

This edible plant grows abundantly in coastal regions, with promising antioxidants it is ideal for repairing skin damage or ageing and pigmentation. Go sea the difference!

GREEN ALGA OR CHLORELLA

This marine plant is actually a huge sea algae and is amazingly rich in proteins and minerals like sodium, potassium, magnesium and calcium. It can repair the harm caused by everyday wear and

tear of the skin. The iodine found in sea kelp removes the free-radicals that cause skin ageing. This is not all, the high nutrient-content found in it can promote hair growth to make it strong and healthy. Keep the kelp safe in your beauty box!

This one is found in fresh water, the peptides in this prevent premature ageing and damage by UV rays besides provides hydration to the skin. Looking fresh and bright everyday has never been easier!

Skin Expert Indira Thounaojam says, 'Sea secrets are a rage these days. Look out for beauty products with organic sea ingredients in them, so change your skincare routine for the better. They are way safer than chemical-loaded products. Join the tidal wave of marine ingredients. Caviar can be your



skin's best friend so rub a bit of edible caviar on face. Mix Caviar with yogurt or sour cream or natural honey, apply the mixture on your skin and leave it on for thirty minutes. You can mix caviar, rose oil, grape seed oil together and apply on face. Or use caviar with one fresh egg yolk and little flour. Your skin will bright, glowing and spectacular like never before. Also mix red caviar with yogurt or olive oil as a hair mask.'



KITCHEN INGREDIENTS FOR DULL SKIN

By Editorial Team

HAVE YOU BEEN CONSTANTLY USING INGREDIENTS IN YOUR COOKING AND WONDERING HOW TO INCORPORATE THEM IN YOUR BEAUTY REGIME? WELL, SOME OF THE ORGANIC KITCHEN STAPLES WHEN APPLIED TOPICALLY CAN PACK IN QUITE A PUNCH! MOST OF THE TIME PEOPLE ASSUME THAT PREPARING HOMEMADE BEAUTY REMEDIES

CAN BE TIME-CONSUMING AND MESSY. HOWEVER, BEYOND THE PRACTICE, PATIENCE AND YOUR INGREDIENTS, THE EFFORT IS WORTH IT! THE WEATHER IS CHANGING, AND SO IS YOUR SKIN CONDITION, SO DULL, TIRED AND LIFELESS SKIN IS A COMMON ISSUE. ALSO WITH THE FESTIVE MONTHS ROUND THE CORNER, WE SUGGEST YOU START PREPPING

RIGHT AT HOME. HERE ARE SOME QUICK AND EASY WAYS TO PREPARE YOUR OWN SKINCARE AND BEAUTY PRODUCTS AND GET YOUR BEAUTY FIX FROM YOUR KITCHEN SHELF. HERE'S HOW TO GET REVIVE, REJUVENATE YOUR SKIN. GET GLOWING AND BRIGHT SKIN IN MINUTES! INGREDIENTS FROM YOUR KITCHEN TO BRIGHTEN UP LIFELESS SKIN.

SIMPLE BEAUTY HACKS FOR BRIGHT AND RADIANT SKIN.

1 **Lemon** Packed with vitamin C, antioxidants it is also a natural bleaching agent that helps in brightening up dull skin, besides removing your summer tan as well. It revitalizes tired skin. Simply rub

on for 10 minutes and wash off with water. Grab the lemons!

2 **Sugar** We are aware that sugar is not recommended for your waistline when taken orally however it can work wonders for your skin when used externally. It is a fabulous exfoliate and helps remove dead skin cells besides provides hydration to the skin.

All you have to do is mix a tsp of sugar with a few drops of water, and massage on face in circular motion for 15 minutes. Rinse off with lukewarm water. Sugar Up ladies!

3 **Honey** This one is loaded with antioxidants, brightening, softening and skin-lightening properties it is a beauty staple. Simply mix honey with powdered oats and egg yolk to make a paste. Apply it on your face in upward strokes. Leave it on for 20 minutes and wash off. Glow like a bride!

4 **Raw chocolate** Chocolate can be hard on your teeth and body. However, raw dark chocolate that contains no sugar can be extremely beneficial for your skin. It can be a blessing for your beauty regime, it can add instant radiance to the skin and makes it soft and supple. Get yourself 1/2 tbsp of cocoa powder with 1/2 tbsp of honey. Apply the paste on your face and neck, allow it to dry and wash after 20 minutes. Chocolate wraps anyone?

5 **Almond** Aren't we aware how that almond oil is a rich source





of vitamins and minerals for hair but is equally good for your skin too? It moisturizes, hydrates, adds a glowing sheen giving way to healthy skin. Mix few drops of almond oil to your body wash and moisturizer before using it. Or make a quick face mask by removing the almond peels and grinding it to make a paste. Add a few drops of milk and apply on face. Scrub it away when it dries up and wash off. Amp up with almonds!

6 Potato These are a must-have in the kitchen. The versatile ingredient can be used to prepare varied meals and is great to brighten skin, pigmentation and remove the sun tan. Simply take a few slices of potato and rub it on the face to allow the juices to penetrate in the skin. Leave them on the face for 30 minutes and rinse. Prep up with potatoes this season!

7 Strawberries It's great for your skin inside out! Rich

in vitamin C and antioxidants, it contains alpha hydroxyl acid which is a skin brightener, also found in various skincare products. Quickly mash up a few fresh strawberries and mix a few drops of honey to Beauty Expert, Nikita Anand says, "No side effects, costs literally nothing, so let's welcome natural skincare regime with open hands.

Tuck these two ingredients in also pat them gladly onto your skin.

TOMATO

EXTRACT:

Acts as a natural sunscreen, shrinks open pores and gives younger looking, glowing skin.

Take 1-2 spoonful of tomato juice and apply it on your face with a cotton ball. Gently massage your face and leave it on for 15 minutes. Regular application of this will shrink pore size, balances sebum secretion; richness of Vitamin C in tomato promotes healthy glowing skin and helps skin look younger.

APPLE:

Rich in skin-friendly nutrients like vitamin C, vitamin A and copper, apple is a perfect natural anti-aging solution. It reduces fine lines and wrinkles, exfoliates skin by removing dead cells and importantly suits all skin types.

Take a teaspoon of grated apple, add some coconut milk and 2-3 drops of lemon essential oil. Mix and make a smooth paste over



your face and neck. Wash it after 30 minutes. Stay beautiful,"





FITNESS MATCH MADE IN HEAVEN

By Editorial Team

Can't decide on a new workout routine? Why not let your star sign guide you in the right direction? The New Year is the best time to start experimenting with fresh workouts, specifically the exercises that speak to your soul, and here by soul we are implying to zodiac signs. Our zodiac sign determines our personality choices, knowing what ailments you are prone to and taking indication from it we can decide which workout will suit our body type or nature. After all don't we all know that too much routine could send us into a comma of boredom!

Go figure which workouts are compatible for you and your personality based on your star sign!

ARIES

- You like competition, activity and are bold. You will like cardio exercise. Dance class where you can show your moves and speed, consider hip hop, ballet. You could try metric based cycling, spin classes, running, and tennis too.

TAURUS

- You are calm, grounded, patient, bodily, graceful, disciplined and persistent. You prefer a comfortable and relaxed workout not something that gets you totally tired. Yoga is your go-to exercise. Try burpees, push ups, planks, outdoor boot camp, light jogging, belly dancing, kite surfing, tennis or even gardening.

GEMINI

- You get bored of monotony, you look for variety and social interaction while you are at it. You are restless and workouts are ideal for you to keep your mind and body in good shape. Also you would gladly want to bring in a workout buddy while you are going through the rigmarole. You can give circuit training and boot-camp or pilates a shot wherein the moves are changing regularly or even run or Frisbee in the park, badminton, volleyball are great for you.

CANCER

- You like routine and structure, you are activity driven and are a sensitive nurturer. You like working out with people with some space or solitude, quiet thinking time once in a while. A spinning class, run club, sailing, water aerobics, golf, yoga, or Pilates will keep you stimulated.

LEO

- You like challenges, you are flashy in your workout regimes hence you like something that pushes you. You like to keep in good shape, especially because you like the compliments pouring in on your physical appearance. Consider HIIT or boxing classes, gym, Zumba, golf, weight training, kick boxing, sailing or even dance classes will help keep you fit and fabulous. Remember to mix things up!

VIRGO

- You are particular, detail oriented and focused. You like to keep a record of your



daily workout or activity in details and count calories. Exercise forms like Barre or Pilates, power yoga or core workouts are your best bet!

LIBRA

- You are friendly, peaceful, like to sweat it out alongside social interaction. Also you love food so don't stop eating just yet! Focus on workouts of your interest that flows smoothly and does not stress you besides letting you indulge in your favourite treats. Consider partner sports like tennis, badminton, racquetball, golf, martial arts, strength training Barre or join a gym.

SCORPIO

- Focused, fearless, fiery in nature, intense and ambitious. You should try endurance sports like long distance running, treadmill or swimming. Empowering workouts like deep water running or aqua boot camp or boxing, spin class, triathlon are good fit.

SAGITTARIUS

- Adventurous, athletic, challenge-loving and variety loving creature, with amazing stamina levels. You love to travel, you could be travelling the world and working out at the same.

Try mountain climbing, power walking or bike riding or horseback riding for a sense of accomplishment. Or simply go running with your pet! You should befriend cross-fit, races, mud run and intense workouts or gymnastics, martial arts, core fusion and high intensity cardio will push your limits.

CAPRICORN:

- Naturally blessed with discipline and self-control, you love hard work and are dependable. With a strong mind and the skill to listen to your body you will do what works for you, hence

results speak volume for you! Look for Pilates on crack classes to cater to your challenging side or simply join a health club, gym and sign up a trainer.

AQUARIUS

- Curious, creative and love trying out new things besides being a team player in social settings. The newest trends and equipment's will motivate you besides freedom of movement is the key to your fitness routine. Your best bet would be Zumba fitness sessions,

sign up for a marathon or try resistance training, spinning or martial classes.

PISCES

- You treat workout as a passion, you look at the physical, spiritual, body and mind benefits of your workouts forms. You are easy going, sensitive, intuitive and like strenuous activities. Trying out Yoga will give you the perfect balance, that besides try aqua cycling, paddle boating, aqua yoga, surfing,



water polo or meditation, Tai Chi, Pilates, Yoga, Zumba, Hip Hop, Salsa too, all which engage the body, mind, spirit and fun too!





FIGHT YOUR INDIGESTION NATURALLY

By The Editorial Team.

DO YOU FIND YOURSELF CONSTANTLY BURPING, FEELING BLOATED, OR STRUGGLING WITH STOMACH HEAVINESS AND HEARTBURN? THESE SYMPTOMS, COMMONLY ASSOCIATED WITH INDIGESTION, AFFECT MILLIONS OF PEOPLE GLOBALLY, INCLUDING A SIGNIFICANT PORTION OF THE POPULATION IN BRITAIN. MODERN LIFESTYLES, CHARACTERIZED BY UNHEALTHY EATING HABITS, SEDENTARY ROUTINES, AND ELEVATED STRESS LEVELS, CONTRIBUTE SIGNIFICANTLY TO THIS PROBLEM.

Indigestion, also known as dyspepsia, can manifest due to irregular secretion of digestive juices in the stomach. This imbalance is often triggered by high levels of stress, resulting in symptoms such as abdominal pain, acid reflux, rumbling, or a growling sensation in the stomach. While over-the-counter antacids are widely used for relief, they often offer only temporary respite and can come with side effects such as nausea, vomiting, or diarrhea.

Instead of relying on medication, a more effective and sustainable solution involves preventing indigestion naturally by adopting healthier habits. Here are some practical strategies to help you combat indigestion and improve your overall digestive health.

1 MODIFY YOUR LIFESTYLE

Your lifestyle choices play a crucial role in managing and preventing indigestion. Here are some key changes you can make:

QUIT SMOKING

Smoking exacerbates indigestion by irritating the stomach lining and weakening the lower esophageal sphincter, making it easier for stomach acid to reflux into the esophagus. Reducing or eliminating smoking can significantly reduce symptoms of heartburn and dyspepsia.

LIMIT CARBONATED AND CAFFEINATED BEVERAGES

Excessive consumption of fizzy drinks and caffeinated beverages can irritate the stomach lining and contribute to abdominal discomfort. Opt for water, herbal teas, or non-carbonated drinks to avoid triggering indigestion.

2 CHANGE YOUR EATING HABITS

Your eating patterns have a direct impact on your digestive health. Large, hurried meals and certain types of foods can lead to indigestion. Follow these tips to improve your eating habits:

TAKE YOUR TIME

Avoid rushing through meals. Eating slowly allows your body to properly break down food, making digestion easier.





CHEW THOROUGHLY

Properly chewing your food helps initiate digestion and reduces the burden on your stomach.

AVOID TALKING WHILE EATING

Talking during meals can cause you to swallow excess air, which contributes to bloating and discomfort. Foods high in acid or grease, such

LIMIT ACIDIC AND GREASY FOODS

as fried dishes, citrus fruits, and spicy meals, can trigger heartburn and stomach discomfort. Opt for lighter, less irritating alternatives.

AVOID POST-MEAL EXERCISE

Vigorous activity immediately after eating can interfere with digestion and worsen symptoms of indigestion. Allow your body some time to process the meal before engaging in physical activity.

3 ADJUST YOUR SLEEP PATTERNS

Sleep and digestion are closely linked. Poor sleeping habits can exacerbate symptoms of indigestion. Here's how to improve your nighttime routine:

WAIT BEFORE BEDTIME

Medical experts recommend waiting at least three hours after eating

before going to bed. This allows your body ample time to digest the meal, reducing the risk of acid reflux and promoting weight loss.

SIT UPRIGHT POST-MEAL

Sitting upright after meals helps prevent acid from flowing back into the esophagus, minimizing burping and heartburn.

USE ELEVATED PILLOWS:

Sleeping with your head elevated can prevent stomach acid from traveling back into the esophagus, reducing the likelihood of nighttime heartburn.

4 CHEWING GUM: A SURPRISING ALLY

As unconventional as it may sound, chewing gum can help alleviate heartburn. Research conducted by Wake Forest University in North Carolina revealed that chewing gum increases the pH levels in the esophagus and throat, reducing the effects of acid reflux. By stimulating saliva production, chewing gum can neutralize stomach acid and provide temporary relief from heartburn.

However, improper disposal of chewing gum is an environmental issue, particularly in urban areas where gum-stained streets are a persistent problem. Be sure to dispose of your gum responsibly in designated waste bins.

5 SEEK PROFESSIONAL HELP WHEN NEEDED

While natural remedies and lifestyle changes can be highly effective, persistent indigestion lasting more than two weeks may indicate an underlying medical condition. If your symptoms continue despite making adjustments, consult a medical expert. Conditions such as gastroesophageal reflux disease (GERD), ulcers, or gallstones may require professional diagnosis and treatment.

EMBRACING LONG- TERM DIGESTIVE HEALTH

Indigestion is a common but manageable condition. By making small yet significant changes to your daily habits, you can reduce symptoms, enhance your digestive health, and improve your overall quality of life. Start by addressing triggers such as stress, poor eating habits, and irregular sleep patterns. Additionally, pay

attention to your body and be proactive about seeking medical advice when necessary.

Remember, a healthy digestive system is central to your well-being. Taking steps to prevent indigestion naturally not only alleviates discomfort but also contributes to long-term health and vitality. Prioritize these changes today to enjoy a lighter, healthier tomorrow.





FLAVOURED *Rice Feast*

By Editorial Team

Looking for new ways to cook rice? Well, rice meals are easy to prepare, appetizing and an essential nutrient for your well-being. Rice, a kitchen staple has the goodness of vitamin B1, slows down ageing, provides instant energy and stabilizes blood sugar levels. Try this quick, easy to combine with other ingredients, rice recipe meal that will brighten up your plate instantly. So revel in this delicious rice recipe inspiration.



TRI FLAVOURED RICE PLATTER

Prep Time: 15 mins
Cooking Time: 25 mins
Calories: 270kcal

INGREDIENTS

- | | |
|--------------------------------|----------------------|
| • Rice- 200gms | 1gm |
| • Mustard seeds- 2 tblspn | • Coriander- 1 sprig |
| • Green chillies-2 nos | • Onion- 1 no |
| • Curry leaves- 3 sprigs | • Tomato- 1 no |
| • Dry red chilly whole- 3 nos | • Curd- 4 tblspn |
| • Lemon- 1 no | • Milk- 4 tblspn |
| • Saffron soaked in hot milk - | • Ginger-1 tspn |
| | • Peanuts- 15gms |
| | • Oil- 3 tblspn |
| | • Salt- to taste |

METHOD

1. Boil rice, strain and keep aside to cool.
2. Divide it into 3 equal parts, for the first preparation add curd, milk, chopped ginger, green chillies, salt to the rice and mix well mashing it simultaneously, temper with dry red chilly, mustard seeds, curry leaves and garnish with grated carrots. Chill in a refrigerator. Has to be molded cold.
3. For the second preparation, heat oil, add chopped onions, tomatoes, mustard, curry leaves, dry red chilly, rice, salt and toss everything till it gets mixed well. Has to be molded hot.
4. For the third rice preparation, heat oil, add mustard, dry red chillies, curry leaves, salt, saffron soaked in milk and mix everything well in a pan stir frying simultaneously. Add lemon juice, peanuts and finish with chopped coriander. Has to be molded hot.
5. Fill the 3 types of rice preparations into a mould and demould the same onto a oiled banana leaf.
6. Garnish with a tempering mix made of curry leaves, dry red chilly, mustard seeds and fresh chopped coriander.



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