

# L O N D O N Glossy



October 2025 |  
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## BLOOD GROUP TYPE DIET

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Weight Loss

## NAIL SECRETS

Stop Nail Biting  
Strong Healthy Nails

## GOLD vs BITCOIN

Investment Analysis  
Boom or Bust

# THE AUTUMN EDIT

## DETOXIFYING HERBS & SPICES

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## Glossy

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

EDITORIAL TEAM:  
Kelly Murphy  
Zachary Emmanuel  
Becky Williams

ADVERTISING:  
Femi Banks

[facebook.com/LondonGlossyMag](https://www.facebook.com/LondonGlossyMag)

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

For all comments and  
recruitment opportunities  
send an email to:  
[info@londonglossy.com](mailto:info@londonglossy.com)

[Twitter.com/LondonGlossyMag](https://twitter.com/LondonGlossyMag)



### THE AUTUMN EDIT

*I am pleased to share with you 'The Autumn Edit'. With changes in global issues from politics to economy, your wellness should never be taken for granted.*

*The cold season is here and it's a good time for a wellness check. This issue has great life-changing topics that you will enjoy. 'Saving Your Skin From The Cold' provides natural inexpensive remedies for the skin and 'Blood Group Diet' has helpful tips for best diet for different blood groups.*

*Beauty is both inward and outward, so every suggestion in this issue can make a difference. Features like; 'Armpit Angels' and 'Detoxifying Herbs & Spices' have great secrets good for your wellbeing.*

*Staying on top of investments should not be taken lightly in this downturn economy. With the digital age here, learning more on wealth would always be beneficial. Our gold and cryptocurrencies series continue with a great investment insight feature; 'Gold vs Bitcoin', definitely not to be missed.*

*Settle down with a warm beverage and spend some time with London Glossy.*

*Enjoy the issue.*

Deborah Thomas  
Publisher

# LONDON ROCKS

## NICOLE SHERZINGER

6 October 2025, 19:30

Royal Albert Hall. Kensington Gore, London, W8.

Nicole Scherzinger is returning to the UK for a very special one-off performance in October. Her first major solo show in the UK in 13 years, his highly anticipated An Evening With Nicole Scherzinger will bring together beloved hits from both the worlds of the West End and pop music alongside a live band.

Scherzinger is currently celebrating a non-stop run of success in London's West End and recently won an Olivier and a Tony for her lead actress role in Sunset Boulevard



## SIMPLY RED

9 & 10 October 2025, 18:30

OVO Arena Wembley, Engineers Way, Wembley HA9 0AA

Iconic soul and pop band Simply Red announce the London leg of their UK arena tour. With special guest, Soul II Soul headlining this incredibly special 40th anniversary UK & Ireland arena tour. Few bands have enjoyed the success and longevity of Simply Red. With over 60 million albums sold worldwide, five UK #1 albums, 2 billion streams across streaming platforms worldwide, Simply Red remain one of the UK's most successful and well-loved bands.

## KATY PERRY - THE LIFETIMES TOUR

13 - 14 October 2025, 18:30

The O2 Arena, Peninsula Square, London SE10 0DX

One the best-selling music artists of all time, Katy Perry announces The Lifetimes Tour is coming to The O2 in October 2025. The Lifetimes Tour will bring fans a spectacular career-spanning show, featuring all the hits from across her multi-million selling albums.



With a cumulative 115 billion streams alongside worldwide sales of over 70 million adjusted albums and 143 million tracks, Katy Perry is one of the best-selling musical artists of all time.

## WESTLIFE

27 - 28 October 2025, 19:30

Royal Albert Hall, Kensington Gore, London W8.

For the first time ever, Westlife will perform at the Hall, kicking off the 25th Anniversary celebrations with two very special shows. To mark the milestone, the band will be joined by the Royal Philharmonic Concert Orchestra, bringing Westlife's biggest hits to life like never before.

Westlife have the most singles of any artist to debut at No.1 in the UK, has established themselves as a defining force within pop and one of the world's biggest bands of the 21st century.

## BLACK HISTORY MONTH

1 - 31 October 2025

[www.blackhistorymonth.org.uk](http://www.blackhistorymonth.org.uk)  
Black History Month events in London include the Black Culture Market in Brixton, the British Urban Festival and

various events in the London Museum Docklands focussing on Caribbean and African history.

The overarching theme for the month is "Standing Firm in Power and Pride," highlighting resilience and strength within the Black community. London boroughs such as Waltham Forest, Tower Hamlets, and Islington will also have their own programmes with workshops, talks, and exhibitions.

Black History Month is an annual celebration of the achievements of Black communities and the remembrance of Black history across the world.

## GO APE SUNDOWN ADVENTURES

17 October - 9 November 2025

Info: [www.grape.co.uk/sundown](http://www.grape.co.uk/sundown)



Go Ape's popular Sundown Adventures returning this year will be their biggest yet with 25 locations. Their usual tree top obstacles will be covered in lights for a magical evening experience. Taking on their high ropes in the dark offers an added layer of thrill you won't want to miss! It's the perfect evening adventure for groups of mates, family adventures, date nights or unique after-work get togethers.

## JOSH JONES

19 November 2025

Leicester Square Theatre, London WC2H 7BX

Comedian, and recent star of ITV's Dancing On Ice Josh Jones is currently on his Autumn 2025 UK tour with his brand-new show I Haven't Won The Lottery So Here's Another Tour Show.

This brand new show is packed full of laughs, nothing super political, nothing controversial and it's definitely not going to change your life, but you can be sure of a fabulous night out filled to the brim with jokes about history, cats, his love of wrestling and much more.

## JLS

28-29 November 2025, 6.30pm

The O2 Arena, Peninsula Square, London SE10 0DX

This autumn will see The O2 come alive with the sound of music as JLS bring their 'The Club Is Alive: 2025 Hits Tour' to the world-famous venue.

It's a show packed front-to-end with classic pop bangers - including the #1 smash hits 'Beat Again', 'Everybody In Love', 'The Club Is Alive', 'Love You', 'She Makes Me Wanna' and many more.

Factor in a whole host of other fan favourites, the boys' irrepressible charm and slick dance moves, it's clear that JLS deliver an arena pop experience quite unlike anyone else.

## MUMFORD & SONS

10 - 11 November 2025, 6.30pm

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



Mumford & Sons are pleased to share details of a huge 19-date European arena tour this year, which concludes with a homecoming show at London's The O2. The British folk-rock band released their new album, RUSHMERE, on 28 March. RUSHMERE is the beginning for Mumford & Sons' next phase and it follows an intense period of creativity for the trio.

## JAMIROQUAI

19 November, 9, 12 & 14 December 2025

The O2 Arena, Peninsula Square, London SE10 0DX



A decade and a half is a long time to be at the top of your game; no matter what that game might be. In music, it's a near impossibility. While many set off as next big things, few stay the distance to arrive as genuine international icons. After 15 years, 159 weeks on the UK singles chart, 232 weeks on the albums chart, more than 20 million album sales, 6 multi-platinum albums, and five mammoth world tours - playing to 5 million people in 38 countries - it's fair to say that Jamiroquai, has made it.

## RNB XMAS BALL - BOYZ II MEN & TONI BRAXTON

7 December 2025, 6.30pm

OVO Arena Wembley, Engineers Way, Wembley HA9 0AA

The heavyweight lineup for the RnB Xmas Ball has just dropped with a feast of RnB superstars who will be performing live at OVO Arena Wembley on 7 December 2025. Leading the pack is Boyz II Men, alongside the one and only R&B icon Toni Braxton, who makes a long-awaited return to the UK stage for the first time in over 5 years, alongside the adored Joe and revered R&B boy band Dru Hill (with original members Sisqó, Nokio and Jazz).

## OLIVER

22 - 31 December 2025

Gielgud Theatre, London W1D 6AR

Oliver! is a stage musical, with book, music and lyrics by Lionel Bart. The musical is based upon the 1838 novel Oliver Twist by Charles Dickens. It premiered at the Wimbledon Theatre,



southwest London in 1960 before opening in the West End, where it enjoyed a record-breaking long run

## PADDINGTON THE MUSICAL

December 2025

Savoy Theatre, Savoy Court 10, London WC2R 0ET

Pack your marmalade sandwiches and get down to the Savoy Theatre, to welcome the world's most beloved bear to the stage! Paddington: The Musical makes its eagerly awaited debut in 2025, bringing the timeless tale of the iconic bear from deepest darkest Peru - a true British national treasure - to the London stage.

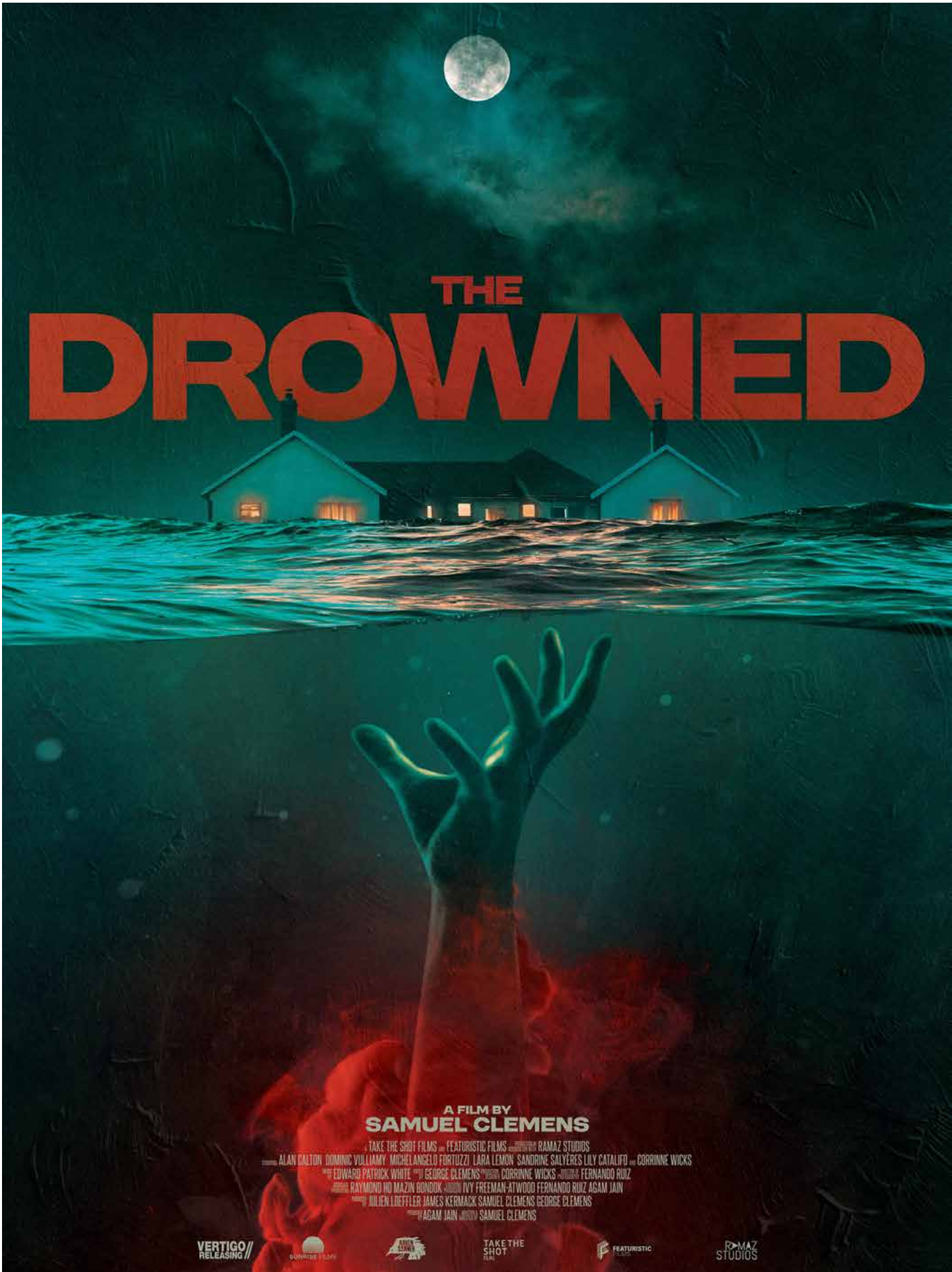
The show reimagines Paddington's journey from his homeland to the heart of London, drawing inspiration from the treasured books and smash hit films that made us all fall in love with the marmalade loving bear.

## LOVE ACTUALLY IN CONCERT

Sat 6 Dec 2025

Eventin Apollo, 45 Queen Caroline Street London, W6 9QH

All I want for Christmas is... filthy fun, fabulous festivities, and enough naughty cheer to make Santa blush! This Christmas, we are serving up everything you could actually want – and then some, with this cheeky musical parody of Love Actually! Get ready for another hilarious and downright dirty Christmas adventure. From Downing Street to The Other Palace, this naughty musical parody will remind you that, deep down, we're all just Lovers Actually. So, if you want belly laughs and to be wooed by some cardboard cue cards, then this hilarious new musical parody is one to put down on your Christmas list





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# THE AUTUMN FESTIVITIES

## EALING FILM FESTIVAL

2 - 4 October 2025

Ealing Picturehouse London



The Ealing Film Festival returns for its annual celebration of bold storytelling, independent cinema and diverse creative voices - taking place in glorious downtown Ealing, the cradle of global cinema, across some of West London's finest film venues, including Act One, Ealing Picturehouse, and Pitzhanger Manor & Gallery.

Audiences will experience a wide-ranging, kaleidoscopic programme of short films spanning wildly-different genres - from drama and documentary to sci-fi, horror and animation to experimental work. Alongside these carefully-curated screenings, the festival will host panels, Q&A sessions and workshops, offering unique opportunities for audiences and creators to engage with the beautiful art and wondrous craft of filmmaking.

Since its inception, the festival has screened thousands of films from more than 40 countries, championing new talent while maintaining a strong connection to Ealing's rich cinematic history.

## LONDON AFFORDABLE ART FAIR

15 - 19 October 2025

Battersea Park London



Affordable Art fair will once again be taking over the iconic Battersea Park for its 2025 Autumn edition. The stunning London park will become home to an incredibly exciting display of art from both established and emerging artists from around the globe.

The Art Fair this autumn will include a striking installation by Beth Shapeero, the annual recent graduates exhibition, a curated display for Black History Month, Art After Dark Lates, fun for all ages, special events, and drop-in workshops.

Artworks on sale will range from exciting up and coming artists to watch, to household names including Grayson Perry, Damien Hurst, and Anish Kapoor. With new exhibiting galleries, this autumn edition will give visitors a chance to discover fresh, exciting new works.

Offering works of all kinds – from striking sculpture to stunning ceramics – from all around the globe, Affordable Art Fair Battersea Autumn is sure to delight all visitors who walk through its doors.

## WRESTLING SPECTACULAR LUCHA VaVOOM

Sat 8 November 2025

Troxy, Commercial Rd, London E1



London Lucha VaVoom, the unique live Mexican wrestling show mixed with the most flamboyant entertainment acts on the planet, finally makes its UK debut.

The show combines Mexican masked wrestling, comedy, burlesque and live music, creating a fast-paced night of variety. Born in Los Angeles, Lucha VaVOOM has thrashed, thrived and thrilled audiences since its launch in 2002. The show is bonkers, crazy & unpredictable, an explosion of highly entertaining expertise and absurdity. Between matches the audience will see top-shelf variety acts from around the world.

This is so much more than a wrestling show; the bill will feature some of the world's best comedians and hottest new bands. Get ready for Lucha VaVoom to shake the foundations with thundering Luchadors, electrifying performers and the energy that only an anything-can-happen happening can bring.

## HALLOWEEN AT KENWOOD

15 October - 2 November 2025

Kenwood House, Hampstead, London, NW3 7JR

Halloween At Kenwood will run from 17th October to 2nd November, transforming the historic grounds into a spine-tingling illuminated trail packed with frights, delights, and immersive surprises for all ages – including ghostly encounters, eerie spectacles, and atmospheric installations.



Roaming the pastures behind the house, the Headless Horseman rides again – a ghostly figure mounted on horseback. Venture deeper into the trail and you may come face to face with a threatening Highway Woman demanding “your money or your life!”, or a cackling Witch brewing dark magic over a bubbling cauldron.

Listen closely and you'll hear the screams of a lost Spirit, wailing from the heart of a thunderstorm. All of this is set to a bespoke Halloween soundtrack, created specially to enhance the trail's eerie atmosphere and make the experience fully immersive – from the first footstep to the final fright.

## LONDON NEVER DIES - SPY THEMED CABARET

02 October - 15 November

*London Cabaret Club, Victoria House, Bloomsbury Square  
London WC1B 4DA*



London Never Dies recruits a crack team of singers, dancers and speciality agents to perform to iconic soundtracks across three acts. Wardrobe is pure espionage chic – elegant tuxedos, killer cocktail dresses and sequined numbers dripping with intrigue.

With delicious themed cocktails created by expert mixologists, signatures include Diamonds Are Forever, No Time To Die and Royale Flush. Plus, of course, no night would be complete without a Martini – shaken, not stirred – with seven inventive twists.

Created with finesse and elegance a gourmet three-course menu will entice tastebuds with a twist on classic British dishes.

## CHELSEA BARRACKS WINTER FAIR

22 - 30 November 2025

*Chelsea Barracks, London SW1W 8DS*

Set to become a cherished tradition for both residents and visitors alike, the Winter Fair promises all the enchantment of last year's debut. Guests of all ages can enjoy a variety of festive attractions, as Chelsea Barracks transforms into a

lively winter haven of seasonal activity, celebrating the start of the season in style.



The Winter Fair will once again feature the bustling stalls of The Winter Artisans' Market, offering a curated selection of artisanal products perfect for Christmas gifts, festive food, and seasonal home décor.

Shoppers can explore a treasure trove of unique items, including vintage holiday decorations, chil-dren's toys, personalised hampers, cards and stationery, fashion, jewellery, homeware, and delicious confectionery.

## NIGHTSCAPES

22 October 2025, 7.30pm

*Battersea Arts Centre, Lavender Hill, London SW115TN*



Photo Credit- Charlotte Politi

A bold new orchestra championing the next generation of professional musicians returns to London this October with Nightscapes – a spellbinding evening of music inspired by dusk, dreams and the mystery of the night. Held at Battersea Arts Centre, this one-night-only concert is presented by Chromatica, a newly formed orchestra offering vital performance experience to young artists at the start of their professional careers.

Conductor Charlotte Politi, herself a fast-rising talent, leads an eclectic programme that spans Men-delssohn's sparkling A Midsummer Night's Dream Overture to Schönberg's transformative Verklärte Nacht.

Nightsapes invites audiences to discover the power of music when the lights go down. The concert marks a welcome return to Battersea Arts Centre, consolidating Chromatica's relationship with the venue, which began during the orchestra's inaugural season last year.

## CARNABY STREET CHRISTMAS LIGHTS

6 November 2025

*Carnaby Street London, W1 9FB*



Carnaby Street Unveils 'All Is Bright' 2025 - A Dazzling New Chapter of Colour-Driven Christmas Lights. The state-of-the-art installation continues Carnaby Street's sustainable lighting programme, combining festive tradition with Soho's modern creativity and capturing the true spirit of Christmas in London.

This brand-new Christmas scheme 'All is Bright'. The colourful new display will provide the perfect backdrop for festive revelry, late-night shopping and Christmas get-togethers in the heart of Soho from Thursday, 6th November and throughout the festive season.

The new 'All is Bright' display marks the next chapter of the sustainable, state-of-the-art scheme, introducing a fresh and dynamic direction for the 2025 festivities. This year, the iconic Carnaby Street arches will also be decorated to

create the perfect festive picture moment. Blending timeless tradition with the creativity and vibrancy that define Soho, the lights ensure visitors and Londoners alike experience the very essence of Christmas in the capital.

Carnaby Street's unique festive atmosphere is brought to life not only by its lights but also through its unrivalled mix of shopping and dining. Visitors can discover fashion must-haves and gifting ideas from both new and established stores, alongside independent concept boutiques and international flagships. These exciting new openings, combined with the destination's beloved favourites, continue to cement Carnaby Street's reputation as a hub of style, creativity, and innovation.

## HYDE PARK WINTER WONDERLAND

14 November 2025 - 1 January 2025

*Hyde Park London*



From mid-November to early January, Winter Wonderland will showcase spectacular family per-formances such as Zippos Christmas Circus, adrenaline-fuelled rides and rollercoasters, delicious street food and the iconic Giant Wheel.

Other attractions will include several festive markets, over 100 rides and attractions from across Eu-rope, a numerous live shows, including a circus, ice shows, live music, as well as numerous bars and restaurants.

In its first ten years, Winter Wonderland had 14 million visitors. Winter Wonderland offers the the ultimate festive experience for everyone, from laid-back family mornings to enchanting evenings with friends.

# GOLD VS. BITCOIN: A COMPARATIVE INVESTMENT ANALYSIS

By: Business Team



FOR CENTURIES, GOLD HAS BEEN SYNONYMOUS WITH WEALTH, STABILITY, AND LONG-TERM VALUE. IN THE PAST DECADE, HOWEVER, BITCOIN HAS EMERGED AS A CHALLENGER—AN ENTIRELY DIGITAL ASSET THAT MANY TOUT AS “DIGITAL GOLD.” BOTH ASSETS HAVE DRAWN IMMENSE ATTENTION FROM INVESTORS SEEKING PROTECTION AGAINST INFLATION, DIVERSIFICATION, AND STRONG RETURNS. YET THEY DIFFER DRAMATICALLY IN THEIR HISTORY, VOLATILITY, AND ADOPTION. THIS ARTICLE EXPLORES THE PROS AND CONS OF INVESTING IN GOLD VERSUS BITCOIN AND COMPARES THEIR HISTORICAL GROWTH TO BETTER UNDERSTAND THEIR PLACE IN A MODERN PORTFOLIO.

## GOLD

### INVESTMENT

Gold has been valued for thousands of years across civilizations, not only for its beauty but also for its scarcity and durability. As an investment, gold is prized for several reasons:

#### PROS:

- **HISTORICAL STABILITY**

Gold has retained its purchasing power for millennia, making it a reliable store of value.

- **SAFE HAVEN**

During geopolitical turmoil, recessions, or market crashes, investors often flock to gold.

- **INFLATION HEDGE**

Gold generally appreciates during inflationary periods, preserving wealth as fiat currencies weaken.

- **TANGIBLE ASSET**

Unlike digital currencies, gold is physical and cannot be erased by a technological failure.

#### CONS:

- **LIMITED GROWTH POTENTIAL**

While stable, gold’s long-term returns are modest compared to stocks or high-growth assets like Bitcoin.

- **STORAGE COSTS**

Owning physical gold comes with storage and insurance expenses.

- **LACK OF YIELD**

Gold does not pay dividends or interest, unlike bonds or dividend stock

## BITCOIN

### INVESTMENT

Bitcoin, launched in 2009, represents a radically new type of asset: decentralized, digital, and limited to 21 million coins. Its rapid rise has attracted both retail investors and institutions.

#### PROS:

- **HIGH GROWTH POTENTIAL**

Since its inception, Bitcoin has delivered astronomical returns, outpacing virtually every traditional asset.

- **SCARCITY AND TRANSPARENCY**

With a capped supply, Bitcoin is inherently deflationary and its blockchain ensures transparency.

- **BORDERLESS AND LIQUID**

- Bitcoin can be transferred globally within minutes, providing unmatched accessibility.

- **ADOPTION MOMENTUM**

Increasing acceptance by businesses, payment platforms, and even governments adds to its credibility.

#### CONS:

- **EXTREME VOLATILITY**

Bitcoin has experienced price swings of 50% or more in short periods, making it risky for conservative investors.





• **REGULATORY UNCERTAINTY**

Governments worldwide are still grappling with how to regulate cryptocurrencies, adding legal and tax risks.

• **NO INTRINSIC VALUE**

Unlike gold, Bitcoin has no physical presence and its value relies entirely on market trust and adoption.

• **SECURITY RISKS**

Despite blockchain's strength, investors face risks from hacking, scams, and lost private keys.

**HISTORICAL PERFORMANCE GOLD VS. BITCOIN**

Gold has delivered steady but modest growth over the past several decades.

**FOR EXAMPLE**

- In 1971, when the U.S. left the gold standard, gold was \$35 per ounce.
- By 1980, amid inflation and geopolitical tension, gold surged past \$600.

**BITCOIN, BY CONTRAST, HAS GROWN EXPLOSIVELY**

- As of 2023, gold trades around \$1,925 per ounce.
- In 2010, Bitcoin traded for just \$0.10.
- By 2013, it had crossed \$750.
- In 2021, Bitcoin reached an all-time high of nearly \$65,000.
- As of 2023, it remains highly volatile, averaging around \$30,000.

This divergence highlights gold's

steadiness against Bitcoin's meteoric, but unpredictable, rise.

**INVESTMENT ROLES: COMPLEMENT OR SUBSTITUTE?**

**RATHER THAN VIEWING GOLD AND BITCOIN AS DIRECT RIVALS, MANY INVESTORS SEE THEM AS COMPLEMENTARY**

- Gold offers security, stability, and trust built over centuries.
- Bitcoin offers innovation,

growth, and a potential hedge against fiat currency debasement.

A balanced portfolio might include both: gold for stability and Bitcoin for growth potential. Risk tolerance, time horizon, and financial goals should guide the allocation.

**CONCLUSION**

Gold remains a cornerstone of wealth preservation, offering stability through uncertain times. Bitcoin, meanwhile, represents a new frontier—high-risk but potentially high-reward. Together,

they embody the spectrum of modern investing: tradition versus innovation, stability versus growth. Investors who appreciate both assets' unique qualities may find that blending them creates resilience in an unpredictable financial landscape.

**DISCLAIMER**

This article is for informational purposes only and does not constitute financial advice. Cryptocurrency investing involves significant risk and may not be suitable for all investors. Readers should consult a qualified financial advisor before making any investment decisions.





# BLOOD GROUP TYPE DIET

By: Editorial Team

WOMEN HAVE BEEN TAKING TO VARIOUS KINDS OF DIETS TO SHED WEIGHT. THE LATEST IN TOWN IS THE DIET WHICH IS AS PER THE BLOOD GROUP AND IF FOLLOWED ACCURATELY, CAN HELP IN WEIGHT LOSS.

Most young women take to different kinds of diets prior to an important event or their wedding, to look fit & get the glow. Most women try to follow their favourite celebs, to get in shape. And if you belong to the same brigade, you'd know that plenty of celebrities are trying the latest trend in town, it is the diet as per to the blood group. This form of dieting is a common fad overseas with the international stars.

Exploring further on this form of diet, women who tried to eat according to their blood group instantly felt wonderful about themselves. So if you want to swear by it for losing weight, here's how to go about it.

Each blood group type diet has emerged at different points of time, therefore women should keep in mind certain things before going ahead with such diets. One must remember that

by eating healthy food or drinks that suit their blood group type, encourages them to eat only certain foods and avoid others. Based on the blood type for instance- A, B, AB, or O, only specific foods will be ideal for people of one type which can be dangerous for another group type. We delve into the ideal food suited for varied blood groups and their personality type.

## O BLOOD GROUP

### TYPE

This blood group type tends to be high achiever with lots of energy besides being organised. This one is perhaps the oldest blood group type, so people blessed with this type tend to stay slim on a strict huntsman like diet more on the lines of how our ancestors led their lives. Women with O blood group must try to get on a high protein diet like lean meats, fish, lamb, asparagus, broccoli and sweet potato, besides mixed fruit like blueberries, kiwi, grapes and peaches work a great deal for you. If you belong to the vegetarian category then might end up starving most of the times so you should ideally you should snack on carbs, to steer clear of blood sugar and metabolism issues. Also you must take salt in moderation. However you should stay away from too much of dairy products or even carbohydrates, eggs,





gluten, beans, legumes, wheat germ and wheat products like bread. The list is long as these products might mess with your digestion. You will have to go in for a work out to stay fit constantly so you should cardio training, treadmill, jogging, cycling, swimming or brisk walking, all of it preferably in the mornings. Your type is mostly responsible, decisive, organized, objective, rule-conscious and practical besides being angry, hyperactive or even manic if you are bored at any point in time.

## **B BLOOD GROUP TYPE**

This blood group type needs everything in moderation and you can't exceed the prescribed limit. Your type will have a fine, healthy constitution and with down-to-earth

and practical demeanour. You are prescribed to indulge yourselves in more of lean meat, lamb, beef, chicken, fish, green leafy vegetables, wheat-free grains, coffee, fruits- bananas, grapes, plums and pineapple. You must steer clear of processed food completely. Include plenty of dairy products like yogurt, cheese and milk into your diet every day. And amongst the food types that you must avoid consists- grains, corn, buckwheat, peanuts, sunflower seeds, sesame seeds and wheat. This blood group type does not take much time to lose weight if you make up your mind well on it. You are individualistic, independent and focused. This blood group type should indulge in activities which are an amalgamation or balances off the body and mind, so ideally you should go in for dance or sports like basketball, volleyball, squash, tennis, Tai Chi, cycling, golf, hiking,

netball, table tennis etc on alternate days.

## **A BLOOD GROUP TYPE**

This blood group type came into being during a time when farming was more popular than hunting, so you have a semi-vegetarian approach. Your type needs less amount of proteins or in some cases even avoid meats, red meats or fish and indulge in more of grains, nuts, seeds, beans, soy, cereals, fruit, yogurt and vegetables. Typically you should fill your bowl with fruits like berries, figs, plums, apples, avocados,



pears and peaches. Your type has a tough time digesting meats, due to lack of meat-digesting enzymes. Also you should try to reduce excessive consumption of sugar, coffee, hard drinks and try not to skip meals. While in vegetables you can choose stuff like broccoli, carrots, leafy greens and garlic. Since you are the highly sensitive, volatile, trust-worthy, artistic, perfectionist, organised, hardworking, responsible, you need gentle exercises to release your pent up energy or releases stress. For you ideal activities would be a quick session of yoga, Tai Chi, brisk walking or outdoor activities like gardening or cycling.

## **AB BLOOD GROUP TYPE**

This blood group type is rarely found and you are lucky enough to indulge in anything to eat and digest it all. Mostly this type has an amalgamation of A and B food types. You should steer clear of too much of corn, buckwheat, meat, only once in a while indulgence on meats or

indulging in seafood is preferable while you can go eat as much of vegetables, fruits, fish, carbs and grains as you like. While you can snack on plateful of fruits like cherries, grapes, watermelon and figs you can give acidic foods like oranges a pass. This type should indulge in activities which calm the inner side in you because you can be highly artistic and a go-getter, so ideal activities would be yoga or pilates or light jogging to keep you energised.

Several women are crazy behind such diets, especially the college going crowd these days. The teenagers, college goers, call it peer pressure or following friends or celebrities into diets of every kind, as they all want to instantly look good, lose weight and look like their favourite celeb. Many a times due to lack of proper knowledge girls end up being anorexic or suffer from Bulimia. Blood group is also related to the genes, diabetes, obesity etc are related to your genes a lot



of times. Any girl or woman following any kind of diet, must always consult a dietician to know what suits her best and gather immense knowledge before indulging in. So it's very important to be careful and aware of what you eat and what you follow or else you might end up with something unwanted.

Get set to sample this diet form.





# DETOXIFYING HERBS AND SPICES

By: Editorial Team

WITH ALL THE IMMUNITY BOOSTING HEALTH TIPS DOING THE ROUNDS. IT WOULD BE GREAT TO HAVE SOME ALL-NATURAL INGREDIENTS THAT CAN HELP REVITALIZE AND INCREASE IMMUNITY ALL YEAR ROUND.

TEAS ARE A GREAT WAY OF TAKING HERBS, OR AS TINCTURES, POWDERS, CAPSULES, OR WITH WATER. WE CAN ALSO ADD THEM TO SOUPS, SMOOTHIES, DESSERTS, DIPS AND MORE. FOR INSTANCE, DANDELION MAKES A GOOD TEA WHILE ROSEMARY OR FENNEL IS IDEAL FOR COOKING.

HERE ARE GREAT WAYS TO INCORPORATE SOME DETOXIFYING HERBS & SPICES INTO YOUR LIFE AND ALLEVIATE YOUR TOXIC BURDEN.

## 1. CILANTRO

Cilantro has elements that act as natural cleansing agent, binding to toxic metals and loos-en them for easier movement out of the body. If heavy metals accumulate to reach toxic levels, they can lead to a host of symptoms and chronic health issues.

## 2. DANDELION

Dandelion has mostly been used as a diuretic, and it may help improve liver and gallblad-der function. Dandelion has vitamins A, B, C, D and K plus minerals, such as iron, potassi-um, zinc, and higher levels of beta carotene or anti-oxidants than carrots. It helps promote the use of bile, which flushes out toxins. Hence, it is a perfect detoxifying herb for your gallbladder and liver, besides it's a skin cleansing herb clearing dirt that leads to acne. Steep it as a tea.

## 3. MILK THISTLE

Milk thistle helps to protect the liver against toxins. Improved liver health, anti-cancer prop-erties in milk thistle with active ingredient being silymarin, a flavonoid helps repair and heal liver cells damaged by toxic substances. Milk thistle tea is a great addition to any cleanse or

detoxification program, but it can also support the daily detoxification process that our body carries out.

It's a strong detoxifying herb, it can reverse the damage of alcohol, heavy metals, pollu-tants. Have it steeped as a tea or take as a capsule supplement.

## 4. GINGER

Ginger is very great for digestion, diarrhea, nausea, and upset stomachs. It also promotes circulation and soothes PMS, a super hero kitchen ingredient can be added to tea, soups or savouries making it wonderfully warming.

## 5. TURMERIC



Turmeric has bountiful health benefits. This spice comes from a root and is popular in Ayurvedic and Chinese medicine. A potent antioxidant that protects the heart, joints, and liver, is anti-inflammatory, anti-microbial, and anti-cancer. Use turmeric in curries, soups and Golden Milk or turmeric latte to cleanse your system!





## 6. NETTLE LEAF

This has been used to treat and cure a range of diseases including hay fever, bone issues-joint & muscle pain, allergy, diuretic as well as to treat joint pain and muscle pain, urinary tract infections, insect bites or eczema, psoriasis and acne.

## 7. CELERY SEED

Great source of essential minerals like calcium, manganese, and iron. Supports bone health, promotes red blood cells, blood sugar level, heart issues or digestive issues.

## 8. BLACK WALNUT

Ideal for solving intestinal problems, ulcers, laxative, cold sores, candida, or acne. With plenty of beta-carotene, acids, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc, tannin, B-vitamins, and vitamin C. Black walnut is an anti-fungal agent, which expels parasites from the body. It also works within the bowels to remove fatty material, which stores toxins and impurities.

## 9. FENNEL SEEDS

Fennel seeds are ideal to induce bowel movements. It relieves gas, bloat pains and cramps within the gastrointestinal tract. The ingredient within fennel seeds inhibits spasms in the smooth muscles of the intestine.

## 10. SLIPPERY ELM BARK

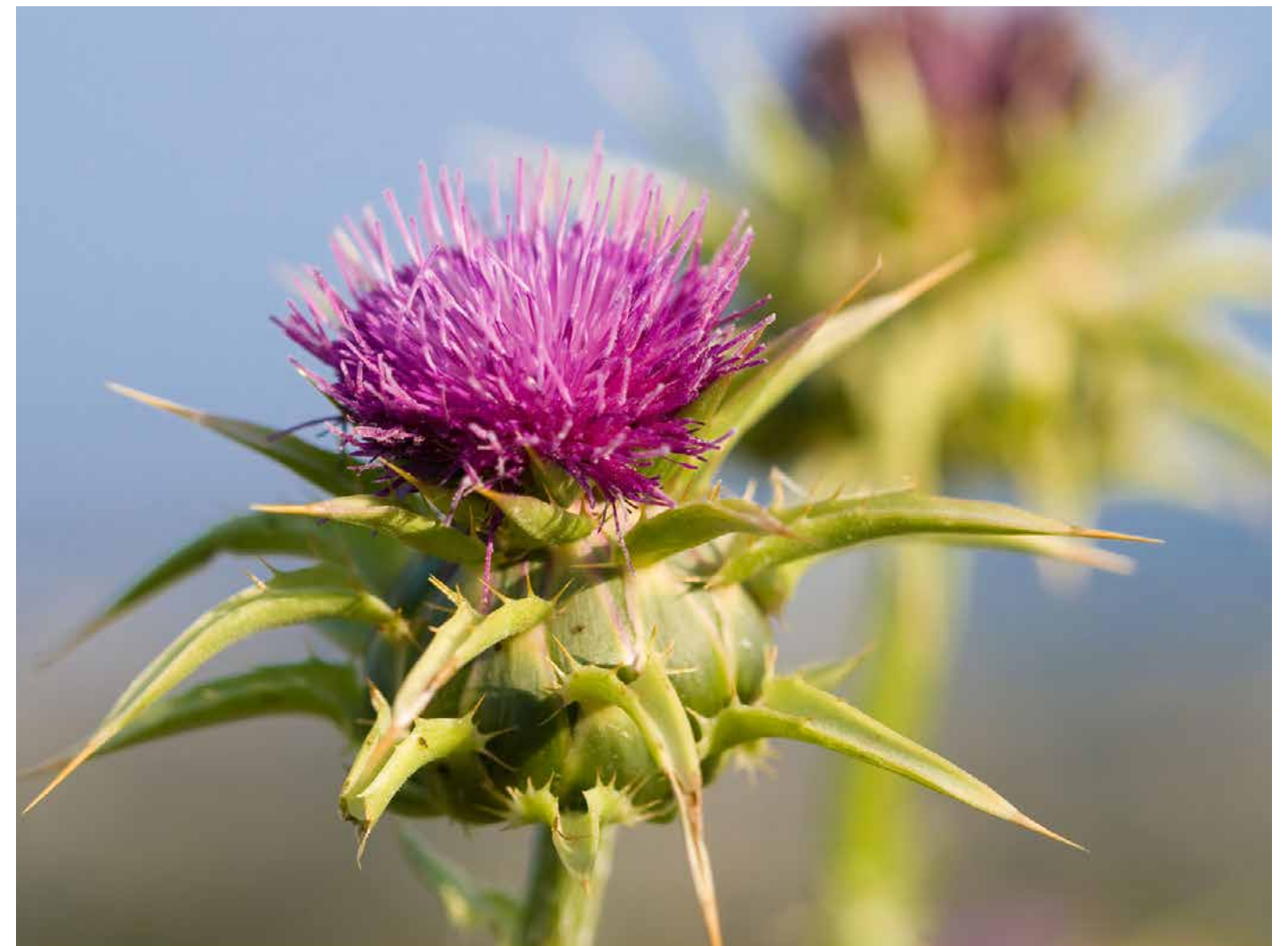
Slippery elm is an anti-inflammatory, laxative and nutritive herb. Slippery elm heals and soothes all parts of the body especially the mucous

membranes of the gastrointestinal tract. It is super digestible and neutralizes stomach acidity.

Nutritionist Rekha Rai says, “ I tell people to keep some things handy in kitchen to improve stomach health as it is the soil, foundation for overall wellbeing. Keep stock of cinnamon, oregano, turmeric, cumin, cilantro, fenugreek, ginger, fennel, cayenne pepper, black pepper, clove, parsley, and rosemary.

Psyllium seeds have a laxative effect, which promote health bowel movements. Effective at cleaning out the intestines and colon. Once in the digestive tract, the seed absorbs water and swells, scrubbing and cleaning out any toxins or chemicals. Great for constipation, IBS, and as a fiber supplement. Marshmallow root is a soothing and detoxifying herb with mild laxative properties. It protects mucous membranes, calms irritated digestive tracts and restores moisture to

dry tissues besides being diuretic, nutritive and rejuvenative. Licorice root has mild laxative effects. It soothes irritated mucous membranes and nourishes the adrenal glands. It fights viruses by helping the body to produce antibodies besides being nutritive, rejuvenative, antioxidant. Irish Moss, is a type of seaweed that is alternative, nutritive, and demulcent. It soothes the mucous membranes of the gastrointestinal tract.”





# ARMPIT ANGELS: NATURAL REMEDIES FOR BRIGHT AND HEALTHY UNDERARMS

By: Editorial Team

AS THE LEAVES BEGIN TO FALL AND WARDROBES SHIFT WITH THE CHANGE OF SEASONS, AUTUMN IS ALSO THE PERFECT TIME TO CHECK IN ON AN OFTEN-OVERLOOKED PART OF PERSONAL CARE—OUR UNDERARMS. FOR MANY WOMEN, DARKENED UNDERARMS CAN CAUSE EMBARRASSMENT AND SELF-CONSCIOUSNESS, ESPECIALLY WHEN WEARING SLEEVELESS OUTFITS. THE GOOD NEWS? YOU DON'T NEED EXPENSIVE TREATMENTS OR PAINFUL PROCEDURES TO RESTORE BRIGHTNESS AND CONFIDENCE. THE SOLUTIONS MAY ALREADY BE SITTING IN YOUR KITCHEN PANTRY.

THIS GUIDE, AFFECTIONATELY TITLED ARMPIT ANGELS, EXPLORES NATURAL, AFFORDABLE, AND EFFECTIVE WAYS TO LIGHTEN UNDERARMS WHILE PROMOTING OVERALL SKIN HEALTH. EACH METHOD USES SIMPLE INGREDIENTS, YET CARRIES POWERFUL PROPERTIES TO EXFOLIATE, BRIGHTEN, AND SOOTHE DELICATE SKIN.

## WHY NATURAL REMEDIES?

Before diving into the recipes, it's worth considering why natural remedies are so appealing. Professional whitening treatments such as chemical peels or laser therapy can yield quick results but are often costly and may cause discomfort. Home remedies, by contrast, are

gentle, budget-friendly, and provide more than cosmetic benefits: they exfoliate, hydrate, and nourish the skin without exposing it to harsh chemicals.

By adopting these natural treatments consistently, you can encourage gradual and sustainable improvement while avoiding irritation.

## PANTRY STAPLES THAT WORK WONDERS

### 1 APPLE CIDER VINEGAR & BAKING SODA

A dynamic duo for skincare, this blend helps tackle dark spots while cleansing the underarm area.

#### HOW TO USE:

- Mix two teaspoons of apple cider vinegar with two teaspoons of baking soda.
- Allow the mixture to bubble and settle before applying to underarms.
- Let it dry, rinse with cold water, and repeat three times per week.

#### WHY IT WORKS:

Apple cider vinegar contains mild acids that exfoliate dead skin cells and act as a natural disinfectant. Combined with baking soda's

cleansing effect, the mixture lightens pigmentation while keeping the skin fresh and bacteria-free.





## 2 POTATOES: NATURE'S GENTLE BLEACH

Potatoes may not look like a beauty remedy, but their natural bleaching properties make them surprisingly effective.

### HOW TO USE:

- Peel and grate a small potato.
- Squeeze out the juice and apply it directly to underarms.
- Rinse after a few minutes. Repeat twice daily until results appear.

### WHY IT WORKS:

Potato juice soothes irritation, reduces patchiness, and gradually lightens hyperpigmentation without the stinging effect of harsher chemicals.

## 3 OLIVE OIL & BROWN SUGAR SCRUB

A little exfoliation goes a long way in keeping skin bright and smooth.

### HOW TO USE:

- Mix two tablespoons of virgin olive oil with two to three tablespoons of brown sugar.
- Dampen the underarm skin and scrub gently for a minute or two.
- Leave on for five minutes before rinsing with lukewarm water. Repeat twice weekly.

### WHY IT WORKS:

Rich in antioxidants, olive oil hydrates and nourishes the skin, while brown sugar acts as a gentle exfoliant that removes dead cells. Together, they reduce patchiness and promote healthy cell turnover.

## 4 TURMERIC, MILK & HONEY MASK

This golden trio is a skincare staple across many cultures.

### HOW TO USE:

- Mix one teaspoon of turmeric powder with one tablespoon of milk and one teaspoon of honey.
- Apply the paste to underarms and let it sit for several minutes.
- Rinse thoroughly. Repeat twice weekly.

### WHY IT WORKS:

Turmeric brightens the skin and fades dark spots. Milk contains lactic acid, which gently whitens and softens, while honey soothes and protects sensitive skin.

## 5 TEA TREE OIL SPRAY

A daily spray that doubles as both a brightener and deodorant.

How to use:

- Add four to five drops of tea tree oil to one cup of water in a spray bottle.
- Shake well and spritz onto underarms daily. Allow to dry naturally.

### WHY IT WORKS:

Tea tree oil has antimicrobial properties that fight odor-causing bacteria while lightening darkened skin. It's a natural alternative to conventional deodorants, many of which contain chemicals that can worsen pigmentation.

## LIFESTYLE TIPS TO PREVENT UNDERARM DARKNESS

While natural remedies can repair

and brighten, prevention is equally important. Here are a few everyday adjustments that help maintain lighter, healthier underarms:

- Shaving habits: Frequent shaving can irritate and darken the skin. Consider waxing or using a gentle hair removal cream to reduce friction.
- Clothing choices: Tight fabrics trap sweat and cause chafing. Opt for breathable cotton fabrics to reduce irritation.
- Deodorant awareness: Some antiperspirants contain alcohols and harsh chemicals that contribute to darkening. Switching to natural deodorants may help.
- Consistent exfoliation: Gentle weekly exfoliation prevents buildup of dead skin cells, which often make underarms appear

darker.

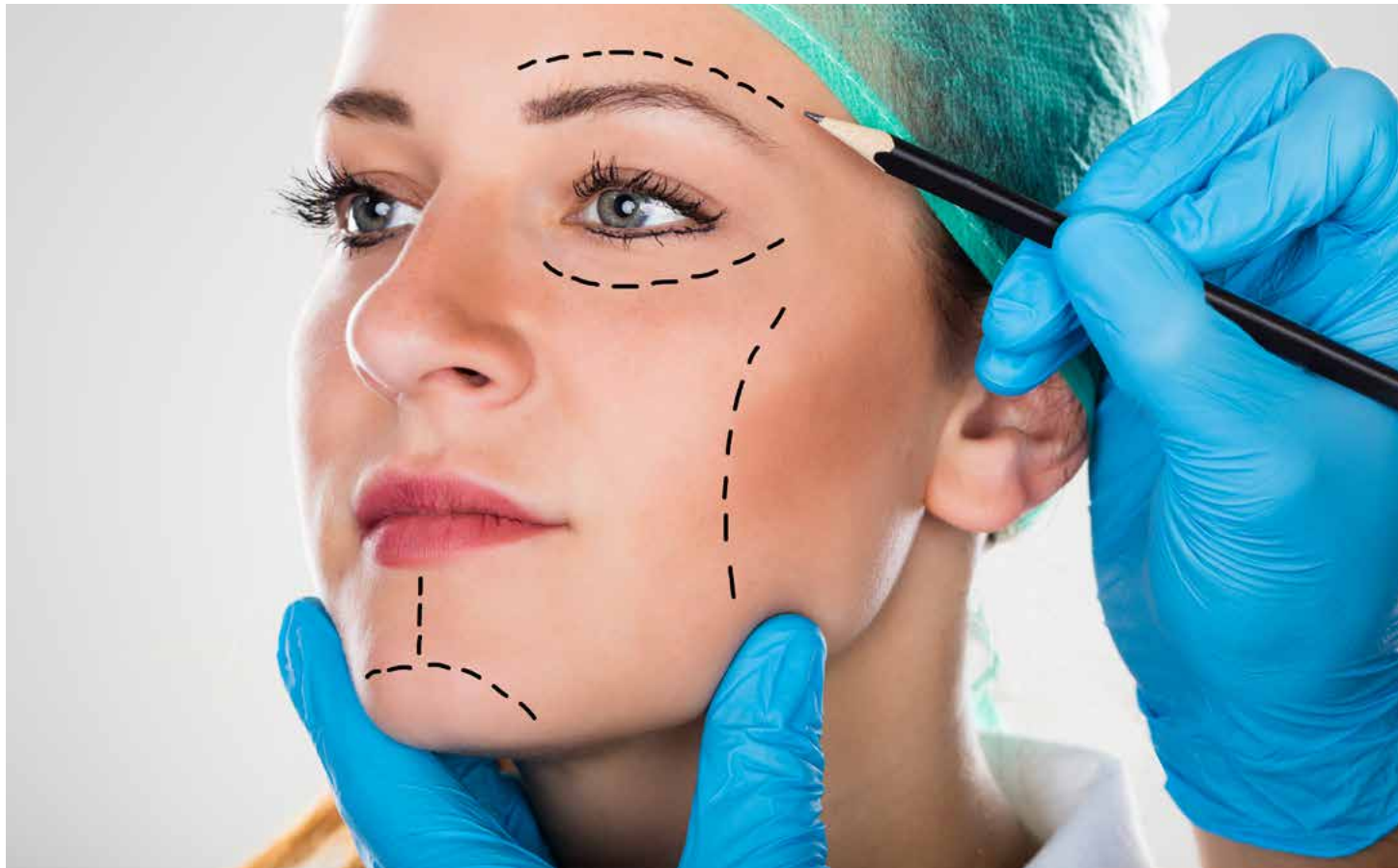
- Stay hydrated: Proper hydration keeps skin healthy from the inside out.

## EMBRACING CONFIDENCE

Dark underarms are common, yet often hidden behind embarrassment or quick fixes. By turning to natural remedies and healthy habits, you can gradually restore brightness without resorting to harsh procedures. These methods may take patience, but they offer a holistic approach that improves skin health while lightening pigmentation.

Confidence isn't just about appearance—it's also about feeling comfortable in your skin. With a little consistency and self-care, your underarms can feel just as cared for as the rest of your body.





# NATURAL FACELIFT EXERCISES: **STAYING YOUNG WITHOUT PLASTIC SURGERY**

By: Editorial Team

TIME SPARES NO ONE. AS THE YEARS PASS, GRAVITY, SUN EXPOSURE, STRESS, AND THE NATURAL AGING PROCESS BEGIN TO SHOW ON OUR SKIN. WRINKLES DEEPEN, CHEEKS LOSE THEIR FIRMNESS, AND THE ONCE-SMOOTH NECK AND JAWLINE BEGIN TO SAG. FOR MANY, COSMETIC SURGERY OR COSTLY PROCEDURES LIKE BOTOX AND FILLERS MAY SEEM LIKE THE ONLY SOLUTION.

BUT WHAT IF YOU COULD REGAIN A FIRMER, MORE YOUTHFUL LOOK WITHOUT NEEDLES OR SCALPELS? NATURAL FACELIFT EXERCISES—SIMPLE, TARGETED MOVEMENTS THAT STRENGTHEN FACIAL MUSCLES—OFFER AN ALTERNATIVE PATH. WHEN PRACTICED REGULARLY, THEY CAN IMPROVE MUSCLE TONE, ENCOURAGE BLOOD CIRCULATION, AND SUPPORT HEALTHIER, TIGHTER-LOOKING SKIN.

Here's a full guide to facial exercises designed to lift your face naturally and bring back some of that youthful glow. Each exercise should be repeated 5–10 times before moving on to the next.

## EXERCISES FOR THE EYES

The delicate skin around the eyes is often the first place to show fine lines and crow's feet. These exercises focus on strengthening the small muscles around the eyes to minimize wrinkles and reduce sagging.

### 1 THE WIDE EYE LIFT

- Look straight ahead and raise

your eyebrows as high as you can.

- At the same time, open your eyes as wide as possible.
- Hold for a slow count of five before releasing.

### 2 THIS HELPS STRETCH

and engage the upper eyelid muscles, lifting the eye area naturally.

### 3 TEMPLE STRETCH

- Close your eyes tightly.
- Place your index and middle fingers gently on the outer corners of your eyes.
- Pull the skin slightly toward your temples and hold for five seconds.

### 4 THIS MOVEMENT CREATES

a gentle resistance that tones the muscles at the sides of the eyes, helping reduce lines and sagging.

## EXERCISES FOR THE LIPS

If your concern is thinning lips or fine lines around the mouth, these lip-focused movements can add fullness and softness while smoothing wrinkles.

### 1 THE BIG SMILE

- With your lips firmly closed, smile as widely as possible.
- Hold for five seconds, then release.





## 2 THIS NOT ONLY TONES

the muscles around your mouth but also lifts the surrounding cheek area.

## 3 THE KISS AND STRETCH

- Pucker your lips tightly, as if preparing to give a kiss.
- Hold for one second.
- Then open your mouth as wide as possible and hold for another second.

## 4 ALTERNATING BETWEEN THE TWO

shapes works the orbicularis oris (the muscle around the lips), boosting circulation and plumping the area naturally.

## EXERCISES FOR THE CHEEKS

Sagging or hollow cheeks can make a face look older than it is. By working the cheek muscles, you can encourage a firmer, more lifted appearance and even slim down overly full cheeks.

## 1 CHEEK SUCK

- With your mouth closed, suck in both cheeks.
- Hold for five seconds, then release.
- For added intensity, repeat the move by isolating the right cheek and then the left cheek.

## 2 CHEEK BALLOON

- Keep your lips closed and fill your mouth with air, puffing out both cheeks.
- Slowly move the air to your left cheek and hold for five seconds.
- Switch to your right cheek and hold again.
- 

## 3 THIS EXERCISE BUILDS STRENGTH

in the cheek muscles, helping prevent sagging and loss of volume.

## NECK AND CHIN EXERCISES

The neck and chin area is particularly prone to sagging, creating double chins or the dreaded “turkey gobble.” These moves target the muscles under the chin and along the neck, promoting a tighter, smoother appearance.

## 1 THE JAW CLENCH LIFT

- Tilt your head back and look up at the ceiling.
- Clench your jaw so that your neck muscles tighten.
- Slowly open and close your mouth, keeping the jaw tense.

## 2 THIS STRENGTHENS THE PLATYSMA

muscle, reducing sagging under the chin.

## 3 Lip Over Stretch

- While still looking up, relax your jaw.
- Bring your lower lip up and over your top lip.
- You should feel a deep stretch in your throat muscles.

## 4 TONGUE EXTENSION

- Return your head to a neutral position.
- Open your mouth wide and stick your tongue out as far as you can.
- Hold for a second, then release.

## 5 THIS FINAL MOVE WORKS

the chin and jawline simultaneously, reducing the appearance of fullness and toning the area.

## WHY FACIAL EXERCISES WORK

Facial muscles are just like the muscles in the rest of the body—they respond to consistent training. By working these muscles regularly, you improve circulation, bring oxygen-rich blood to skin cells, and stimulate collagen production. The result? Skin that looks firmer, healthier, and more youthful over time.

Unlike surgery, which comes with high costs and risks, facial exercises are free, safe, and can be done anytime, anywhere. The key is consistency. Just a few minutes a day can make a noticeable difference within weeks.

## TIPS FOR BEST RESULTS

- Consistency is key: Aim for at least five days a week to see lasting improvement.
- Pair with skincare: Use a gentle moisturizer before or after exercises to keep the skin hydrated and supple.
- Be patient: Results are gradual but natural, building over weeks

- and months.
- Stay healthy overall: Balanced nutrition, hydration, and sleep all support youthful skin.

## A NATURAL PATH TO YOUTHFUL SKIN

Aging is inevitable, but looking older than you feel doesn’t have to be. With natural facelift exercises, you can take control of your appearance in a safe, empowering, and cost-effective way.

Commit to these routines, and you may find your reflection showing fewer lines, firmer cheeks, and a smoother neck—all achieved naturally, without going under the knife.

Because true beauty isn’t about erasing the years, but about aging with confidence, vitality, and grace.





# NAIL CARE SECRETS

By: Editorial Team

EMBRACE THE AUTUMN SEASON WHILE KEEPING YOUR NAILS HEALTHY AND WELL KEPT. GROWING YOUR HEALTHIEST NAILS STARTS WITH OUR EVERY DAY HABITS AND HOLISTIC NAIL REGIME. NEEDLESS TO SAY, WELL-GROOMED NAILS INSTANTLY MAKE YOU LOOK POLISHED. THERE ARE NUMEROUS WAYS TO KEEP NAILS PRETTY AND CLEAN, SANS HEAVY CHEMICALS, PRODUCTS OR MULTIPLE TRIPS TO THE SALON.

## HERE ARE TOP TIPS TO KEEP YOUR NAILS HAPPY AND HEALTHY THIS AUTUMN SEASON

### 1 HEALTHY EATING

Eating a well-balanced, vitamin-rich diet is vital. As vitamin deficiencies lead to weakened, brittle fingernails or pits in the nail. Don't forget fish oil, primrose oil in your diet.

### 2 WELL TRIMMED

Buffed or filed nails looks groomed and keeps them happy glam.

### 3 CLEAN UP

Regular hand washing is great for maintain clean nails, however some extra attention to by brushing baking soda and scrubbing under each nail. You may also add a few drops of lemon juice or peroxide or apple cider vinegar for a whitening or squeaky clean effect.

### 4 PROTECT YOUR NAILS NATURALLY

By wearing gloves at home while doing chores, gardening, cooking or even cotton gloves outside if the weather permits.



### 5 COCONUT OIL OR OLIVE OIL

Or butter are very hydrating, prevents nail infections and can help strengthen your nails and soften the cuticles.

### 6 USE HONEY AS AN ANTI BACTERIAL





Can help keep your nails and cuticles nourished, hydrated and supple. Using honey & lemon nail mask for brighter nails, soft cuticles.

Beautician, Blossom Kochar gives us some more nail care pointers below.

“How will you protect your nails and skin? One looks for oils, moisturisers, home remedies, etc. But one thing that most of the time gets neglected is “actual nails”.

While being outdoors, our nails are regularly stained with dust, bacteria and harsh weather conditions for at least a few hours. This can spoil all your nail art, nail extensions, French manicure, or even plain nails. No one wants those dry, brittle, multi-coloured, dirty nails.

## 7 DIP YOUR HANDS IN ROSE WATER

Or massage your nails with yogurt and avocado for some summer hydration.

## 8 STACK UP ON CARRIER OILS

like grape seed and carrot seed are hydrating, vitamin E oil is strengthening. And for essential oils, tea tree and cypress oils are antibacterial.

## HERE WE WILL SHARE SOME EASY HOME REMEDIES THAT WILL HELP YOU TO EASILY CLEAN YOUR NAILS AT HOME WITHOUT SPENDING A MASSIVE SUM OF MONEY

### DIP IN COLD WATER

After being outdoors, the first thing that you must do is dip your nails in cold water or room temperature water. Take a bowl filled with cold or room temperature water, squeeze 1 or 2 lemons in it and leave the

squeezed lemons also in the bowl. Soak your nails in cold water for up to 10 minutes and keep rubbing softly with lemons. Bleaching agents present in lemons will help clean colours from your nails and hands.

### VINEGAR DIP

Take 3 to 4 spoons of vinegar in a bowl and dip your nails in it for up to 5 minutes. Take a cotton ball and start rubbing your nails with it. Dip cotton in vinegar and keep rubbing on your nails. The high content of citrus present in vinegar will remove the stubborn colours, bacteria, dead skin from your

nails. But this can also dry your nails excessively. Use natural cuticle conditioners to help nourish, hydrate and strengthen the nails.

### CLEAR NAIL PAINT WITH ALMOND OIL

Apply clear nail paint onto your nails. Take a bowl filled with lukewarm water and add few drops of Almond Oil in it. Slowly start rubbing your nails. This will help to take off colours from nails easily and regain the moisture lost by nails while being outdoors or daily chores.

### CLEAR NAIL PAINT WITH ALMOND OIL

Both dry mango powder and orange peel powders have bleaching and exfoliation properties. You can use either of them or both and make a fine paste with water. Apply this mixture on your nails and leave for 10 minutes, wet your fingers and slowly start exfoliating your nails with it and rinse off with cold water. After this, use Olive Oil to give deep nourishment to the nails. After the prep, you can apply a thick coat of dark-coloured nail paint. Apply rich moisturiser on nails and arms or feet.”





# SAVE YOUR SKIN FROM THE COLD WINTER SKIN CARE ESSENTIALS

By: Editorial Team

WINTER CAN BE TOUGH ON YOUR SKIN. COLD WINDS, LOW HUMIDITY, AND INDOOR HEATING ALL CONSPIRE TO STRIP AWAY MOISTURE, LEAVING YOUR COMPLEXION DRY, FLAKY, AND IRRITATED. AS THE FESTIVE SEASON ROLLS IN, YOU MAY NOTICE YOUR SKIN LOOKING DULLER, TIGHTER, OR EVEN CRACKED. BUT WITH THE RIGHT CARE, YOU CAN BEAT THE SEASONAL BLUES AND GIVE YOUR SKIN THE TLC IT TRULY DESERVES.

FROM APPLYING THE RIGHT MOISTURIZER TO TRYING SIMPLE DIY REMEDIES STRAIGHT FROM YOUR KITCHEN, WINTER SKINCARE DOESN'T HAVE TO BE COMPLICATED OR EXPENSIVE. A FEW SMALL CHANGES TO YOUR ROUTINE CAN MAKE ALL THE DIFFERENCE IN KEEPING YOUR SKIN SOFT, RADIANT, AND GLOWING THROUGHOUT THE COLDER MONTHS.

## RETHINK YOUR ROUTINE

Beauty expert Sade Coker advises making adjustments to your daily skincare as soon as the temperature drops. "Come winter, you need to adjust your daily routine to provide moisture and nourishment to the skin and also prevent moisture depletion," she explains.

### • NORMAL TO DRY SKIN

Skip harsh soaps and hot water. Instead, use a creamy cleanser or gel with soothing ingredients like aloe vera. Apply gently, massage lightly, and wipe off with moist cotton wool to avoid stripping natural oils.

### • OILY SKIN

Opt for cleansing milk or a gentle face wash. Even oily skin can get dehydrated in winter, so don't skip hydration. Follow up with rose water or a mild toner to refresh and balance.

And don't forget sun protection—yes, even in winter. UV rays don't disappear with the snow. Many sunscreens now come with built-in moisturizers, making them a two-in-one essential.

## LOCK IN THAT MOISTURE

Moisturizers come in many forms, from lightweight lotions to rich creams. In winter, reach for a formula that suits your skin type:

### • CREAMS

Best for extreme dryness, particularly at night or for areas like cheeks, knees, and elbows.

### • LOTIONS OR GELS

Great under makeup or for oily to combination skin types.

The secret is timing. Apply moisturizer immediately after cleansing or showering while your skin is still damp. This seals in hydration before it escapes.

For extra nourishment, massage a night cream or nourishing oil into your face before bed. Spend three to four minutes massaging in upward and outward strokes—it not only boosts circulation but also allows active ingredients to sink in deeper.





## DON'T FORGET EYES AND LIPS

The skin around your eyes is thinner and more delicate, making it prone to fine lines. Dab on a nourishing eye cream daily, or massage a drop of pure almond oil gently with your ring finger. Just a minute a day can help reduce dryness and prevent wrinkles.

Your lips also need special attention, as they lack oil glands and can easily become chapped. Swap out drying matte lipsticks for hydrating formulas, and keep a sun-protective lip balm handy. For overnight care, apply almond oil, shea butter, or even a dab of honey.

## BODY CARE MATTERS TOO

Winter isn't just about facial skincare. Your body needs attention too. Before your bath or shower, massage warm sesame oil into your skin to lock in hydration. Switch to a mild glycerin-based soap, and after bathing, apply a lotion or body butter while your skin is still damp.

Hands and feet are especially vulnerable in winter. Keep a small hand cream in your bag and use it often. For cracked heels, try massaging petroleum jelly or coconut oil at night, then slip on cotton socks to let the treatment work while you sleep.

## DIY HOME REMEDIES

Your kitchen is full of natural ingredients that can soothe and hydrate dry winter skin. Here are some tried-and-true fixes:

- **HONEY GLOW MASK**  
Mix honey with a teaspoon of orange juice and apply for 20 minutes. Wash off for instantly softer skin. Honey is a natural humectant, meaning it draws in moisture.
- **FOR OILY OR ACNE-PRONE SKIN**  
Combine honey with yogurt and a pinch of turmeric. This blend hydrates while keeping breakouts at bay.
- **ROSEWATER-GLYCERIN BLEND**  
Mix 100 ml rose water with a teaspoon of pure glycerin. Store in a glass bottle in the fridge and use as a lightweight moisturizer for face, hands, and feet.

- **CABBAGE AND CARROT REFRESH**  
Boil cabbage leaves, let the liquid cool, and use it as a face rinse. Then apply grated carrot as a mask for 15 minutes. Packed with vitamins A and C, these vegetables revive tired, winter-dull skin.
- **BANANA MASK**  
Mash a ripe banana and spread it evenly across your face. It's rich in potassium and great for replenishing moisture.
- **OLIVE OIL CREAM**  
Mix olive oil with a little milk cream, apply for 15 minutes, then rinse. This age-old remedy is a winter favorite for dry skin.

## SMALL CHANGES, BIG IMPACT

Winterskincareisn'taboutexpensive treatments or complicated routines. It's about consistency and listening to what your skin needs. Drink plenty of water, use a humidifier if indoor heating makes the air dry, and don't forget that a balanced diet—rich in healthy fats, fruits, and vegetables—also shows up on your skin.

The festive season is about joy and celebration, but it's also about self-care. With just a few tweaks and natural remedies, you can keep your skin soft, glowing, and holiday-



ready, no matter how cold it gets outside.

So, wrap up warm, sip on a comforting tea, and give your skin the nourishment it craves. This winter, let your skin shine as brightly as the season itself.



# BELLY GOODNESS: MIRACLE FOODS TO HELP SHRINK YOUR BEER BELLY

By: Editorial Team

IN YOUR TWENTIES AND EARLY THIRTIES, LIFE OFTEN FEELS LIKE A CELEBRATION. LATE-NIGHT TAKEOUT, CASUAL PINTS OF BEER, AND INDULGENT WEEKENDS RARELY SEEM TO LEAVE A TRACE. BUT SOMEWHERE ALONG THE WAY, OFTEN IN MIDLIFE, MANY OF US GLANCE DOWN TO DISCOVER AN

UNWELCOME COMPANION: THE STUBBORN BEER BELLY.

YOU MAY TRY TO FIGHT IT WITH HOURS ON THE TREADMILL OR A NEW GYM MEMBERSHIP. WHILE EXERCISE IS IMPORTANT, THE TRUTH IS THAT REDUCING BELLY FAT ISN'T JUST ABOUT SWEATING IT OUT. WHAT YOU

PUT ON YOUR PLATE MATTERS JUST AS MUCH—IF NOT MORE—THAN HOW MANY MILES YOU LOG.

FORTUNATELY, SCIENCE POINTS TO SEVERAL NUTRIENT-RICH FOODS THAT CAN HELP TRIM YOUR WAISTLINE WHILE FUELING YOUR BODY. THESE FOODS

DON'T JUST BURN FAT; THEY KEEP YOU FEELING FULL, STABILIZE BLOOD SUGAR, AND PROMOTE HEALTHIER LONG-TERM EATING HABITS. HERE ARE THE BELLY-GOOD FOODS TO EMBRACE IF YOU'RE SERIOUS ABOUT SAYING GOODBYE TO THAT BEER GUT.

## NUTS: NATURE'S PROTEIN-PACKED SNACK

Nuts are tiny but mighty. They're brimming with protein, healthy fats, and fiber, all of which help you feel full and reduce mindless snacking. Instead of reaching for chips or salted

party nuts coated with spicy, crispy shells, opt for plain, unsalted varieties.

### BEST PICKS

Almonds, cashews, walnuts, peanuts, pecans, hazelnuts, Brazil nuts, pine nuts, chestnuts, and pistachios.

A small handful makes a satisfying snack, curbing cravings without adding empty calories. Just remember: moderation is key since nuts are calorie-dense.

### SUPER SEEDS

### AND DRIED

### SUPER BERRIES

Seeds are nutritional powerhouses, loaded with protein, omega-3 fatty acids, and fiber. Adding them to your breakfast, smoothie, or salad can keep hunger at bay for hours. Top choices include: flaxseeds, pumpkin seeds, watermelon seeds, sesame, and chia seeds.





Pair these with dried, unsweetened super berries like cranberries and goji berries. Not only do they taste delicious, but they also pack antioxidants that fight inflammation—a hidden driver of weight gain.

### DAIRY: CALCIUM-RICH FAT BURNERS

It might seem counterintuitive to include cheese, milk, or yogurt on a fat-burning list, but dairy products contain calcium, which plays a surprising role in breaking down fat cells. Studies suggest that people who consume adequate calcium are less likely to gain visceral fat—the dangerous fat that builds up around the belly. Dairy is also rich in protein,

zinc, and B vitamins, making it an all-around nutritional win.

Pro tip: choose plain Greek yogurt, low-fat cheese, or skimmed milk for maximum benefits without unnecessary sugar or saturated fat.

### PEANUT BUTTER: A CREAMY POWERHOUSE

Yes, peanut butter earns a spot on this list—but with a caveat. In moderation, it's a fantastic belly-busting food. Peanut butter combines protein and fiber in a way that keeps you satisfied for longer, reducing the urge to snack on less healthy foods.

Serving size matters: stick to no more than two tablespoons a day. Spread it on whole-grain toast, add

it to a smoothie, or pair it with apple slices for a snack that balances indulgence with nutrition.

### EGGS: THE BREAKFAST OF FAT-BURNING CHAMPIONS

Few foods are as perfectly designed for weight loss as eggs. They're high in protein and healthy fats but low in calories, making them ideal for a filling breakfast.

Starting your morning with eggs (or egg whites if you prefer lighter options) instead of bagels or pastries can reduce calorie intake throughout the day. The protein in eggs also helps build lean muscle, which in turn boosts metabolism and burns fat more efficiently.

### LEAN RED MEAT: PROTEIN THAT WORKS HARD

For steak lovers, here's some good news: lean red meat can be part of a belly-shrinking diet. Red meat is high in protein, which has two powerful effects: it reduces cravings and increases the calories your body burns during digestion. The key is to choose lean cuts—think sirloin, tenderloin, or lean ground beef—and pair them with vegetables rather than fries or creamy sauces. This way, you get the benefits of protein without the extra fat that can sabotage your progress.

### THE BIGGER PICTURE: BEYOND FOOD

While these miracle foods are powerful allies, no single item will melt away belly fat overnight. True

success comes from a balanced lifestyle that combines diet, exercise, and mindful habits:

- **PORTION CONTROL**  
Even healthy foods can add up in calories. Mindful eating is essential.
- **REGULAR MOVEMENT**  
Mix strength training with cardio to accelerate fat burning.
- **SLEEP AND STRESS MANAGEMENT**  
Poor sleep and high stress can raise cortisol, a hormone linked to belly fat.
- **HYDRATION:** Water supports metabolism and helps curb overeating.

Think of these foods not as quick fixes, but as part of a broader strategy to reclaim your health and energy.



### A BELLY- FRIENDLY FUTURE



The beer belly doesn't have to be a permanent fixture. By incorporating nutrient-dense, protein-rich, and satisfying foods into your daily routine, you'll not only trim your waistline but also strengthen your body from the inside out.

These "belly goodness" foods prove that fighting fat doesn't mean deprivation. It means smarter choices—ones that balance enjoyment with health. With consistency, your reflection will soon remind you not of past overindulgence, but of the healthier, leaner lifestyle you've built.



# TICKLE YOUR TASTEBUDS FIVE TEAS THAT HEAL AND REFRESH

By: Editorial Team

FOR CENTURIES, TEA HAS BEEN MORE THAN JUST A COMFORTING BEVERAGE. AROUND THE WORLD, CULTURES HAVE TURNED TO HERBAL AND BOTANICAL INFUSIONS NOT ONLY FOR THEIR FLAVORS BUT ALSO FOR THEIR HEALING QUALITIES. WHETHER YOU'RE REACHING FOR A SOOTHING CUP BEFORE BED, SOMETHING REFRESHING ON A HOT AFTERNOON, OR A BREW TO ENERGIZE YOU THROUGH THE DAY, THE RIGHT TEA CAN OFFER BOTH TASTE AND WELLNESS.

LET'S EXPLORE FIVE TEAS—PEPPERMINT, HIBISCUS, ORANGE, CHAMOMILE, AND GREEN—AND DISCOVER HOW EACH CAN BENEFIT YOUR BODY WHILE DELIGHTING YOUR TASTEBUDS.

## PEPPERMINT

## TEA COOLING

## CALM IN A CUP

Few teas are as instantly refreshing as peppermint. Brewed from the leaves of the peppermint plant, this tea is best known for its cooling, menthol-rich flavor that clears the senses.

### HEALTH BENEFITS

- **Digestion aid:** Peppermint tea is a natural remedy for bloating, indigestion, and gas. The menthol helps relax digestive muscles, easing discomfort after meals.
- **Headache relief:** Its cooling effect can reduce tension headaches and sinus pressure.
- **Energy boost without caffeine:** Though naturally caffeine-free,

peppermint tea has an invigorating quality that leaves you feeling alert and refreshed.

### WHEN TO SIP IT

Enjoy a warm cup after a heavy meal or iced on a hot day when you need a burst of freshness.

## HIBISCUS TEA

## THE CRIMSON

## POWERHOUSE

With its vibrant ruby-red color and tart, cranberry-like taste, hibiscus tea is as beautiful as it is beneficial. Often enjoyed hot or chilled, it is a staple in tropical and subtropical regions.

### HEALTH BENEFITS

- **Supports heart health:** Studies show hibiscus tea may help lower blood pressure and cholesterol levels.



- **Packed with antioxidants:** Its high levels of vitamin C and flavonoids help combat free radicals, reducing oxidative stress.
- **Weight management:** Some research suggests hibiscus extract can reduce fat absorption, making it a supportive drink for weight balance.

### WHEN TO SIP IT

Hibiscus tea is delicious iced with a slice of lemon. It's especially refreshing in the afternoon, when you want something tangy without sugar.





## ORANGE TEA

### A CITRUS BURST OF SUNSHINE

Less common than the others but wonderfully aromatic, orange tea is made from orange peel, zest, or infused with orange oil. Its bright flavor feels like sunshine in a cup.

#### HEALTH BENEFITS

- Immune support: Rich in vitamin C, orange tea helps strengthen the immune system, especially during flu season.
- Digestive boost: Citrus oils stimulate digestion and reduce bloating.
- Mood enhancer: The cheerful

citrus scent can uplift mood and reduce stress.

#### WHEN TO SIP IT

Try it in the morning as a caffeine-free alternative to start your day on a bright note. It's also great blended with black or green tea for extra depth.

## CHAMOMILE

### TEA NATURE'S GENTLE SOOTHER

Chamomile is one of the world's oldest herbal remedies, made from daisy-like flowers. Its delicate, apple-like flavor has long been associated with relaxation and calm.

#### HEALTH BENEFITS

- Promotes sleep: Chamomile is famous for its calming effect, making it a natural bedtime tea. It may even improve sleep quality for those with mild insomnia.
- Relieves stress and anxiety: The apigenin antioxidant found in chamomile binds to receptors in the brain, helping ease nerves.
- Digestive comfort: Gentle on the stomach, chamomile can soothe cramps and mild indigestion.

#### WHEN TO SIP IT

Perfect before bedtime or in moments of stress when you need a calming ritual.

## GREEN TEA

### THE CLASSIC ANTIOXIDANT KING

Perhaps the most studied of all teas, green tea has earned a reputation as a powerhouse for health. Made from unoxidized *Camellia sinensis* leaves, it has a grassy, slightly bitter taste that grows on you with time.

#### HEALTH BENEFITS

- Rich in catechins: These potent antioxidants help protect cells and reduce inflammation.
- Supports metabolism: Green tea has been shown to aid fat burning and weight management.
- Brain health: Its caffeine and L-theanine combination promotes alertness without jitters, while long-term use may support memory and cognitive function.

- Heart health: Regular consumption is linked to lower cholesterol and reduced risk of cardiovascular disease.

#### WHEN TO SIP IT

Best in the morning or early afternoon for a gentle energy lift. Avoid late evenings, as its caffeine can interfere with sleep.

## CHOOSING THE RIGHT TEA FOR YOU

Each of these teas has unique qualities that suit different moods and needs:

#### HEALTH BENEFITS

- Reach for peppermint when you're bloated or sluggish.
- Pour hibiscus for a tangy, antioxidant-packed refreshment.
- Sip orange tea for a bright immune boost.

- Let chamomile calm your nerves before bed.
- Opt for green tea when you want focus, energy, and long-term wellness.

Experimenting with these teas can help you build a daily ritual that nourishes both body and mind. Many tea lovers even rotate between them, adjusting to the time of day or season.

## A CUPFUL OF WELLNESS

Tea is more than a drink—it's an experience of aroma, flavor, and comfort. Each of these five varieties offers a unique way to support your health while adding pleasure to your daily routine. From the calming embrace of chamomile to the energizing lift of green tea, there's a cup for every moment.

So go ahead, tickle your tastebuds—and let every sip be a step toward better well-being.





By: Editorial Team

Looking for a simple delightful treat for entertainment? Look no further than sweet cinnamon buns that you can pair up with tea or a meal. Rich in antioxidants, cinnamon contains powerful antioxidants that protect your cells from damage and also possess anti-inflammatory properties that can reduce health problems. Most of all, the comforting aroma and warm sweetness of a cinnamon bun is a perfect mood booster.

# Cinnamon Treat

## CINNAMON BUNS

### INGREDIENTS

- 150 gms Butter
- 500 ml milk
- 50g Fresh Yeast
- 1 tsp salt
- 85 g white sugar
- 2 tsp crushed cardamom seeds
- 900 g plain sugar
- Filling-
- 100 g butter, room temperature
- 85 g white sugar
- 3-4 tbsp ground cinnamon
- Decoration-
- 1 egg, beaten
- 3-4 tbsp pearl sugar or almond flakes

### METHOD

1. Melt the butter in a saucepan and add the milk. Heat at 37 degree celcius.
2. Crumble the yeast in a mixing bowl, pour in the liquid and stir until the yeast dissolves.
3. Add salt, sugar and crushed cardamom seeds and almost all the flour. Save a little flour to later.
4. Knead and dough until it is smooth and stretchy and no longer sticks to the edge of the bowl. Let rise under a clean cloth for 30 minutes.
5. Turn the dough onto a floured surface and cut in two. Roll out in two rectangular shapes about half cm thick.
6. Spread on the butter and sprinkle over sugar and cinnamon.
7. From the long side, roll up into two sausages. Cut each roll into chunks so that you get some 45-50 buns altogether and place them, cut face up, in paper muffin cases on baking sheets. Cover with cloths and leave to rise for a further 30 minutes.
8. Preheat the oven to 225 degree Celsius. Brush the buns with the egg wash and garnish with pearl sugar or almond flakes.
9. Bake in the middle of the oven for about 8-10 minutes. Leave to cool on wire racks.



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