

L O N D O N Glossy

October 2026 | Quarter 02 | £3
londonglossy.com

OYSTER APHRODISIAC

Fact or Fiction

Enhanced

Libido

RELAX YOUR MIND IN SECONDS

Release Physical

Tension

Brain Soothing

CASHING IN

Money Boosters

Smart Savings Ideas

LIVING WELL FOR LESS

Cutting Excesses

Low Cost Enjoyment

COCONUT MILK TREATS

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ENERGISE

YOUR SPRING



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ENERGISE YOUR SPRING

This Spring season has come with serious challenges due to the on-going Middle Eastern war and it's ripple effects, causing a higher cost of living crisis in the short term. There is already a huge jump in oil and gas prices due to the uncertainties surrounding the strait of hormuz.

There is no better time than now for trimming down on wastage. You have to be prepared for the unforeseen effects of this war like possible food shortages and articles like 'Cashing In' and 'Living Well For Less' provide great ideas that could be helpful.

Financial crisis is a major cause of stress related illnesses in today's world and this issue has a superb feature that can be beneficial to you. 'Relax Your Mind In seconds' provides simple daily mind exercises that can make a difference.

Staying in good health is not so hard if you put your mind in it, our 'Vegetarian Living' feature provides simple ways you can achieve this.

Trying vegetarian living for even short periods can improve your health.

Happy Reading.

Deborah Thomas
Publisher

Glossy

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LONDON ROCKS

ROMEO & JULIET

Until April 30 2026

Shakespeare's Globe, 21 New Globe Walk, SE1 9DT

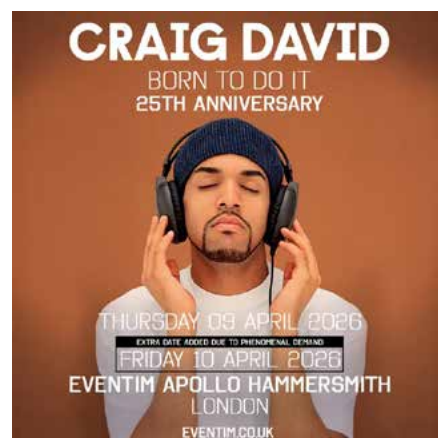
To celebrate the 20th anniversary of the Playing Shakespeare with Deutsche Bank project, Shakespeare's Globe is reviving its critically acclaimed, high-octane production of Romeo and Juliet. The production created especially for young people and is the perfect introduction to Shakespeare for everyone.

This action-packed, 90-minute version is created especially for young people and is the perfect introduction to Shakespeare for everyone.

CRAIG DAVID 25TH ANNIVERSARY

9 - 10 April 2026, 19:00

Eventim Apollo, 45 Queen Caroline St, Hammersmith London W6 9QH



UK pop/garage icon, Craig David*, announces a special one-off live performance to celebrate a phenomenal 25-years since the release of his chart topping debut album, Born To Do It. The ground-breaking album, that remained in the charts for over 70 weeks back in 2000, will now be brought back to life when Craig David performs the full Born To Do it song-list and more.

CHLOE FLOWERS

20 April, 18:30

Kings Place, Kings Cross London.



Emerging as classical music's boldest 21st century star, Korean-American virtuoso pianist and sought-after composer Chloe Flower ushers classical music into the future on her own terms. She has distinguished herself as a powerhouse performer equally at home on stage at the Kennedy Center Honors accompanying the likes of Cardi B, 2 Chainz, Nas and more. Beyond a litany of unforgettable performances, she has released original music at a prolific pace in between composing for films, television series, and major brand campaigns including Netflix, Volvo, Krug and Estée Lauder.

JOEL DOMMETT

24 April 2026, 19:00-23:00

The London Palladium, 8 Argyll Street, London W1F 7TF

Comedian and presenter Joel Dommett will bring his hit live tour show Happy Idiot to a close next month with a final show at the iconic London Palladium. Joel has been delighting audiences across the UK since February 2025 and has a handful of UK dates left before closing the tour.

Joel is one of the UK's most recognisable and beloved television personalities, known for his trusted and charismatic presence. Having recently hosted ITV2's I'm A Celebrity, he has become a familiar face in homes across the nation.

THE LORD OF THE RINGS IN CONCERT

30 April - 9 May 2026, 12:00 & 19:00

Royal Albert Hall, Kensington Gore, London W8



Embark on an unforgettable journey to Middle-earth at The Lord of the Rings: The Fellowship of the Ring in concert. Watch Peter Jackson's award-winning adaptation of J.R.R. Tolkien's classic, as the story of Frodo Baggins and the fellowship unfolds on the big screen, complete with the epic quest to destroy the One Ring at Mount Doom.

AARDMAN - IN CONCERT

Saturday 2 May 2026, 1pm & 3.30pm

Cadogan Hall, 5 Sloane Terrace, London SW1X 9DQ

A cinematic and musical celebration of clay, comedy, and creativity. Bring the whole family for a hilarious, heart-warming big-screen celebration featuring Wallace & Gromit, Shaun the Sheep, Timmy Time, Morph, Creature Comforts and more – all accompanied live by a world-class orchestra. In partnership with Aardman, this joy-filled journey through five decades of British creativity blends classic characters, iconic humour and unforgettable music.

NE-YO AKON - NIGHTS LIKE THIS TOUR

8 - 14 May 2026, 18:30

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

GRAMMY award-winning hitmaker NE-YO and GRAMMY award-winning multi-platinum recording artist AKON will be bringing their co-headlined 'Nights Like This' global tour to London's



The O2. The tour brings together two generational artists whose catalogues have defined radio, nightlife, and pop culture. NE-YO and AKON will share the stage in a unique, dynamic back-and-forth set throughout the show stacked with era-defining hits, sing-along anthems, and club classics.

K-POP ALL STARS

15 May 2026, 18:30

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



Ride the K-Pop All Stars wave influencing the World live on stage and witness breathtaking choreography and numbers from K-pop Demon Hunters.

From stadium-shaking anthems to breathtaking choreography, K-Pop All Stars celebrates the global phenomenon redefining pop culture. With explosive performances of today's biggest K-pop hits from BlackPink, NewJeans, Katseye, and BTS and spectacular numbers inspired by the smash-hit film K-pop Demon Hunters, this high-energy tribute brings the thrill of Seoul's stages to life.

DOJA CAT - TOUR MA VIE WORLD TOUR

29 May 2026, 18:30

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

Tour Ma Vie World Tour is the third concert tour by GRAMMY® Award-winning global superstar singer Doja Cat, in support of her fifth studio album, Vie. With over 36 billion worldwide streams to date, Doja Cat's creativity and showmanship as a performer have been praised



time and time again, she has delivered unique and show-stopping performances on nearly all the major Award Show stages and music festivals throughout the world.

EMELI SANDÉ

6 June 2026, 20:00

Barbican Hall, Barbican Centre, Silk Street, London, EC2Y 8DS

Award winning, British R & B singer songwriter, Emeli Sandé will be back at the Barbican Hall to perform her popular songs. With 3 UK no.1 singles, 6 million album sales, and four BRIT awards, Emeli received an MBE for Services to Music in 2018 and in July 2019, she became the University of Sunderland's Chancellor.

Emeli Sandé MBE is an internationally acclaimed artist and highly sought-after writer that has written for Cher Lloyd, Alicia Keys, Tinie Tempah, Rihanna, Leona Lewis, and many more.

THE DEVIL WEARS PRADA MUSICAL

13 June 20256

Dominion Theatre, Tottenham Court Road London W1

Based on the blockbuster film, starring Meryl Streep and Anne Hathaway, and the best-selling novel by Lauren Weisberger, The Devil Wears Prada play at the Dominion Theatre features a score by music legend Elton John.

The Devil Wears Prada takes us behind the scenes of the cut-throat fashion industry, following the journey of a young aspiring journalist, Andy Sachs, who lands a job as the assistant to the formidable and impeccably stylish editor-in-chief of a prestigious fashion magazine. As she navigates the demands of her high-powered boss, Miranda Priestly, Andy discovers that

the world of high fashion is both alluring and brutal.

HARRY STYLES - TOGETHER, TOGETHER TOUR

12 - 29 June 2026, 17:00

Wembley Stadium, Stadium Way, London, HA9 0WS

Harry Styles is officially back. The global superstar singer, songwriter returns to the stage with his highly anticipated Together, Together Tour 2026, his first full headline run in years, and it includes a series of huge, unmissable nights at London's Wembley Stadium this summer. As part of his worldwide residency, Harry will headline multiple shows at Wembley Stadium – giving fans in the UK one of the most exciting live music events of the year.

BAD BUNNY

27-28 June, 17:00

Tottenham Hotspur Stadium

Bad Bunny, born Benito Antonio Martínez Ocasio is a Puerto Rican rapper, singer, and cultural icon widely credited with bringing Latin trap and reggaeton to global mainstream prominence. Often called the "King of Latin Trap," he has made history as the first artist to win a Grammy for Album of the Year with a Spanish-language record, *Debí Tirar Más Fotos*.

TAKE THAT - THE CIRCUS LIVE

25 - 27 June 2026, 17:00

London Stadium, Queen Elizabeth Olympic Park

London Stadium will host the return of Take That's biggest and most iconic live show: The Circus Live! Originally staged in 2009, The Circus Live broke UK records as the fastest-selling tour in history, with over 600,000 tickets sold in under 5 hours, and over one million fans attending the sell-out shows across the UK and Ireland.

Take That are one of the most successful British pop acts ever to have graced a stage. Formed in Manchester in 1990, the group built a fanbase that has proved genuinely unstoppable across three and a half decades.



Support Our #creatives® is an organisation founded by Producer, Alan Greenstein with a mission to level the playing field for under-represented creators. With a wealth of experience in arts and entertainment, his award winning podcast covers a wide genre of topics ranging from arts, creatives and entertainment.

PODCAST NAME:

SUPPORT OUR #CREATIVES.
HOSTED BY: ALAN GREENSTEIN

LIVE STREAMING

Live streams of episodes are typically on Mondays at 8pm ET.
The live stream can be seen on the Support Our #creative pages:
Facebook (<https://www.facebook.com/SupportOurHashtagCreatives>) and
YouTube (<https://www.youtube.com/@supportourcreatives/>)

ON-DEMAND REPLAYS OF REPURPOSED EPISODES

For full video and audio for episodes visit Support Our #creatives podcast on Spotify is
<https://open.spotify.com/show/4SksYfd1baR445TjzYweAr>



ENERGISE YOUR SPRING

BOW ARTS - OPEN STUDIOS

25 April 2026

RAW studios, Norton Quays, Royal Albert Wharf, London, E16 2QP



Bow Arts are opening the doors to the public for a family-friendly day of activity to celebrate the talent, creativity, and tight knit community at Royal Albert Wharf this April.

Visitors are welcome inside Bow Arts' 40 artist studios at Royal Albert Wharf for an Open Studios event. With talented artists working across mediums from ceramics, photography, puppetry and footwear design, the event is a chance for visitors to meet the artists in the studios and get curious about the artwork being created at the creative quarter in the Royal Docks.

Refreshments will be available from local plant-based community cafe, the Well Bean Co, with a further menu available from Cafe Spice Namaste, recently decorated with Michelin's Bib Gourmand award.

NORTH LONDON BOOK FEST

23 - 26 April 2026

Alexandra Palace, Alexandra Palace way, London N22 7AY

London's newest literary festival, the North London Book Fest returns to Alexandra Palace, following the success of its inaugural outing in 2024.



Set once again in the Palace's Grade II-listed East Wing, the four-day festival brings together stellar roster of headliners, with confirmed guests including Alan Hollinghurst, Tessa Hadley, Natalie Haynes, Laura Bates, Natasha Brown, Rachel Parris and more.

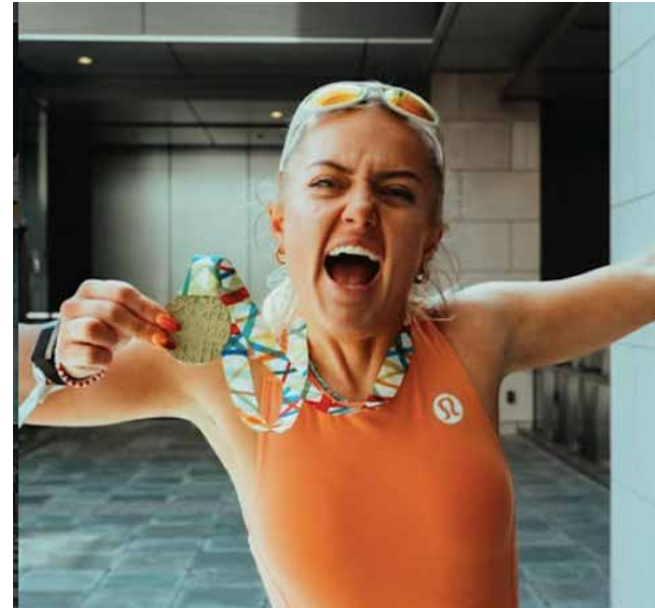
Events will take place across the Alexandra Palace Theatre, Creativity Pavilion and Transmitter Hall, offering a varied programme of author conversations, readings, panel discussions, workshops and book signings. Curated to appeal to readers of all ages, genres and interests, the North London Book Fest at Alexandra Palace will once again transform the Palace into a four-day cultural destination, celebrating the UK's thriving literary scene.

Audiences can enjoy everything from deep dives into contemporary fiction and urban fantasy, to talks by leading children's authors, and lively discussions on themes ranging from mid-life to history, and identity to social change.

RUN THE YARDS

23 April - 1 May 2026

The Yards Covent Garden, London



The Yards Covent Garden, announces RUN THE YARDS, celebrating London's vibrant running culture in the lead-up to – and aftermath of – the world-famous London Marathon.

Designed to champion the spirit of the marathon and the runners who make it iconic RUN THE YARDS will activate across the shops and restaurants of The Yards Covent Garden with a curated line-up of special offers, gifts and rewards for participants and medal-winners as they flock to central London in the lead up to and after the big day. Throughout the campaign, participating retailers, restaurants and wellness brands across The Yards Covent Garden will offer exclusive discounts and experiences for runners who show their race bib or marathon medal.

AFFORDABLE ART FAIR HAMPSTEAD EDITION

6 - 10 May 2026

Hampstead Heath, London NW3 1TH



Affordable Art Fair's Hampstead edition is returning to the iconic to picturesque Hampstead Heath in North London location with some exciting early highlights.

Amongst these highlights is a brand new 'Ceramics Unbound' spotlight, welcoming visitors to the fair with a dynamic showcase celebrating the booming popularity of contemporary ceramic art. The spotlight will feature the fair's campaign artist, ceramicist Sara Dodd, and her beautifully delicate porcelain pieces.

The popular 'Paint your own masterpiece' will also be returning, with outdoor painting classes offered within the stunning scenery of the Heath. The fair's unforgettable Summer Lates will also be back, with art to enjoy as the evenings get longer with DJs and drinks on the Heath's only rooftop bar.

LONDON CRAFT WEEK

11 - 17 May 2026

Various London location, londoncraftweek.com

London Craft Week brings hundreds of artists, thousands of remarkable objects and hundreds of thousands of visitors from across the UK and the globe in a celebration of the joy of making, offering rare insights into how exceptional objects are created. Over the past decade the festival has built its



reputation as a platform for discovery where 2 audiences have rare opportunities to meet makers, go behind the scenes and experience extraordinary creativity firsthand. Spanning local, national and global talent, London Craft Week has become a cornerstone of London's cultural calendar and returns with more momentum than ever before. The festival unites participants from 35 countries and over 70 disciplines who share a common language of beauty and expertise. Each edition of the festival explores fresh interpretations of craft and this year is no exception, with many of the events free and aimed at all ages.

CHELSEA BARRACKS SPRING FAIR

20 -23 May 2026

Chelsea Barracks, London SW1W 8DS



The Spring Fair at Chelsea Barracks continues to grow in popularity, drawing visitors who appreciate artisan

craftsmanship, quality, and thoughtful design. This year's fair will once again feature a carefully curated selection of independent brands and makers, spanning categories such as homeware, fashion, art, beauty, and lifestyle.

Chelsea Barracks Spring Fair will take part in this year's Belgravia in Bloom, embracing the theme "Fairy Tales in Belgravia." Visitors can expect a subtle nod to the wider neighbourhood's enchanting atmosphere, with hints of storybook romance, imaginative details and a touch of seasonal magic woven throughout.

Highlights of this year's fair will include: Artisan market stalls, Seasonal food and drink offerings. The Chelsea Barracks Spring Fair is free and open to the public, making it the perfect destination for families, friends, and those looking to enjoy artisan shopping, delicious British food and drink, and the beauty of spring in the heart of London. The Chelsea Barracks Spring Fair is free and open to the public, making it the perfect destination for families, friends, and those looking to enjoy artisan shopping, delicious British food and drink.

GABRIEL "FLUFFY" IGLESIAS ONE NIGHT ONLY

Saturday, 6 June 2026

The O2 Arena, Peninsula Square, London SE10 0DX

Global comedy superstars Gabriel "Fluffy" Iglesias and Jo Koy will bring their record-breaking comedy to the UK this summer with a special One Night Only show.

Fresh off their historic sold-out show at SoFi Stadium in Los Angeles, where they became the first comedians ever to sell out the iconic venue, Iglesias and Koy are now set to deliver an unforgettable night of comedy in London.

Two of the biggest names in stand-up today, the pair continue



to redefine what's possible for live comedy, selling out arenas around the world and bringing their globally loved, culture-spanning humour to millions of fans.

LONDON FILM & COMIC CON

13 - 14 June 2026

Olympia London, Kensington London W14 8UX



The UK's biggest Comic Con returns to Olympia London bringing you your favourite celebrities from TV & Film. It is one of the biggest pop-culture events in the UK, bringing together stars from TV, film, and comics alongside thousands of fans. The event features celebrity autograph sessions,

professional photo shoots, stage panels, and a large gaming area. There will be hundreds of stalls offering TV and film memorabilia, collectibles, toys, and comics. Browse the traders, visit the cosplay zone, wander Artist Alley and pay a visit to the creators behind your fave comic characters in the Comic Zone!

TASTE OF LONDON

17 - 21 June 2026

Info: www.tasteoflondon.com



The ultimate culinary takeover is back to satisfy cravings this June. Five days of London's most exciting restaurants, fire-fuelled theatrics, 160 artisan producers and exhibitors, live entertainment and hours of ultimate indulgence in the sunshine – Taste of London is a foodie's wonderland.

At Taste of London, this year's restaurant roster balances iconic returning favourites with the city's most exciting newcomers. The event will feature over 30 restaurants across 5 days including two Daily Specials with rotating menus, serving more than 130 dishes – it is advised for visitors to come HUNGRY! New faces for 2026 include the show-stopping Italian Harry's, award winning authentic Cantonese cuisine from Hakkasan and vibrant Mexican tastes from Ixchel. Festival favourites coming back include Los Mochis blending the flavours of Mexico and Japan. Whether you want to learn chef skills from the best, transport yourself to a bar in sunny France or find a fellow food lover to feast with, there is plenty to sip, see and do at Taste of London this year.



Cashing In

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

By Editorial Team

1 Make on mystery shopping

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

2 Swap shop

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

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

3 Mumbo jumble

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

the quarters. There are amazing finds from vintage clothes to sought after records and definitely unique bargains.



4 Keep on running

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

5 It's a snip!

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

6 Switch it

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

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

7 Drive costs down

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

8 Eat in season

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

9 Auction it off

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

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

10 Late night shopping

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

11 Family favourites

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

12 Plastic fantastic

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



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

13 Stretch the weekly wash

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

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

14 Shop 'til you drop

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

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

15 Budgeting brilliance

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

16 Must-have money

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

17 Take out takeaways

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



18 Bag a bargain

How much do you normally spend on your summer holiday? Opt for a last minute bargain or follow the trend in cutting a week's holiday down to a long weekend, or slash a two-week break to 10 days. The difference in cost can pay for your spends.

19 Taxing problem

Check if you're paying the right level of council tax by visiting reputable

free tax advice websites that give a step-by-step guide to reclaiming – you could save money every month and even get a refund on what you've overpaid.

20 Ringing the changes

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



LIVING WELL FOR LESS

By Editorial Team

LIVING WELL IS OFTEN CONFUSED WITH LIVING EXTRAVAGANTLY. SOCIETY FREQUENTLY PAINTS A PICTURE WHERE HAPPINESS IS TIED TO LUXURY—EXPENSIVE MEALS, DESIGNER CLOTHES, AND INDULGENT HABITS. WHILE THESE THINGS MAY APPEAR GLAMOROUS, THEY DON'T ALWAYS SUPPORT GOOD HEALTH OR LONG-TERM WELLBEING. IN

FACT, EXCESSIVE SPENDING AND OVERINDULGENCE CAN LEAD TO STRESS, POOR HEALTH, AND FINANCIAL STRAIN. TRUE QUALITY OF LIFE IS NOT MEASURED BY HOW MUCH MONEY YOU SPEND, BUT BY HOW INTENTIONALLY YOU LIVE.

A GOOD LIFE DOESN'T REQUIRE WEALTH. IT REQUIRES AWARE-

NESS, BALANCE, AND THOUGHTFUL CHOICES. MANY OF THE HABITS THAT IMPROVE DAILY LIFE COST VERY LITTLE, YET OFFER LASTING REWARDS. BY RETHINKING HOW YOU SPEND, WHAT YOU CONSUME, AND WHERE YOU PLACE VALUE, IT'S POSSIBLE TO LIVE COMFORTABLY AND MEANINGFULLY WITHOUT STRETCHING YOUR FINANCES.

UNDERSTANDING WHAT "LIVING WELL" MEANS TO YOU

Everyone has their own definition of living well. For some, it's feeling secure and stress-free; for others, it's good health, time with family, or peace of mind. The challenge comes when spending habits no longer reflect personal values or financial reality. Overspending often happens gradually and can easily go unnoticed until it becomes a burden.

Taking control starts with awareness. Reviewing how money is used and identifying areas of waste allows you to redirect funds toward things that truly matter. This isn't about cutting joy—it's about removing excess and making room for better choices.

RETHINK THE WAY YOU SHOP

Grocery shopping is one area where costs can quietly escalate. Bright labels and promotional signs are designed to encourage spending, not saving. One of the simplest ways to reduce food costs is to compare prices properly. Look beyond the sale tag and check the cost per unit or weight to see what offers genuine value.

Planning meals ahead of time and shopping with a list can prevent unnecessary purchases. Avoid shopping when tired or hungry, as this often leads to impulse buys. A little preparation before heading to the store can result in noticeable savings over time.

MAKE HOME COOKING THE NORM

Preparing meals at home is one of the most effective ways to improve both health and finances. Ready-made meals and takeaways are convenient but often come with higher costs and lower nutritional value. Cooking doesn't need to be complicated or time-consuming to be effective.

Start with basic meals that can be prepared in bulk, such as soups, stews, pasta dishes, or roasted vegetables. Cooking once and eating multiple times reduces waste and saves time during busy weekdays. Even replacing a few takeaway meals each week can make a meaningful difference.





also creates a more organized and calm living environment.

**HEALTHIER CHOICES
SAVE MONEY TOO**

Unhealthy habits often come with long-term financial costs. Smoking, for example, affects both physical health and personal finances. Quitting may be challenging, but the benefits are substantial—improved health, increased energy, and significant savings over time.

Making small, positive changes to daily habits often leads to improved wellbeing and reduced expenses.

INVEST TIME IN LOW-COST ENJOYMENT

Not all enrichment comes with a price tag. Reading, walking, learning a new skill, or spending time outdoors can offer mental clarity and enjoyment without financial strain. Reading in particular has been shown to reduce stress, improve focus, and increase overall satisfaction with life.

Public libraries, digital resources, and second-hand books make reading an affordable habit for everyone.

CONCLUSION

Living well doesn't require excess. It requires intention. By choosing thoughtful spending, mindful



habits, and healthier routines, you can build a life that feels balanced, fulfilling, and financially sustainable. When money is aligned with values, living well becomes simpler—and far more rewarding.

**REDISCOVER LOCAL
MARKETS**

Local farmers' markets offer more than just fresh produce—they provide an opportunity to buy quality food directly from the source. Seasonal fruits and vegetables are often more affordable and fresher than supermarket alternatives. Shopping locally also supports small businesses and encourages more sustainable food practices.

Visiting markets can also help you reconnect with food, making shopping more intentional rather than routine.

**CONTROL
EMOTIONAL
SPENDING**

Impulse purchases often happen in moments of stress, boredom, or excitement. Shopping can become an emotional outlet, especially when credit is involved. Before buying something unplanned, pause and ask yourself why you're making the purchase and whether it serves a real purpose.

A simple delay—waiting a day or two before purchasing—can reduce unnecessary spending. In

many cases, the desire fades, and the money remains available for something more meaningful.

**TURN UNUSED ITEMS
INTO VALUE**

Homes often contain unused electronics, appliances, or gadgets that no longer serve a purpose. These items can often be sold, traded, or recycled for cash or store credit. Many retailers now offer trade-in programs that help offset the cost of new purchases.

Decluttering not only puts extra money back into your pocket but





OYSTER: AN APHRODISIAC

Fact or Fiction?

By Editorial Team

OYSTERS HAVE LONG HELD A REPUTATION AS ONE OF THE WORLD'S MOST FAMOUS APHRODISIACS. LOVED BY MANY AS A GOURMET DELICACY, OYSTERS ARE PACKED WITH PROTEIN, ZINC, IRON, VITAMIN B12, AND A VARIETY OF ESSENTIAL MINERALS THAT CONTRIBUTE TO OVERALL HEALTH. THEIR ASSOCIATION WITH ROMANCE AND SEXUAL VITALITY HAS ENDURED FOR CENTURIES, FUELED BY FOLKLORE, HISTORICAL ANECDOTES, AND CLEVER MARKETING.

One of the most enduring stories comes from Giacomo Casanova, the legendary 18th-century Italian adventurer and lover, who reportedly consumed up to five dozen oysters a day to maintain his seemingly limitless sexual appetite. Since then, oysters have been firmly embedded in popular culture as a food synonymous with desire, passion, and seduction. Today, they frequently appear on Valentine's Day menus, anniversary dinners, and romantic getaways, reinforcing the idea that oysters are the ultimate prelude to intimacy.

But does science support this reputation, or is the oyster aphrodisiac merely a myth dressed up in tradition and expectation?

THE FACTS

From a nutritional standpoint, oysters are undeniably healthy. They are one of the richest natural sources of zinc, a mineral that plays a vital role in hormone production, immune function, and reproductive health. Zinc is particularly important for men, as deficiencies have been linked to reduced testosterone levels, impaired sperm quality, and, in some cases, sexual dysfunction.

Because oysters contain significant amounts of zinc, it is often suggested that they may indirectly support sexual health by helping maintain normal testosterone production and sperm motility. However, while



zinc is essential, there is currently no definitive scientific evidence proving that consuming oysters alone significantly increases sexual desire or libido.

Oysters are also rich in vitamin B12, a nutrient involved in energy production, nerve function, and red





blood cell formation. High levels of B12 can contribute to increased energy and reduced fatigue, which may help explain why some people feel more invigorated after consuming oysters. This boost in energy could easily be mistaken for heightened sexual drive, when in reality it is simply improved physical vitality.

In addition, oysters provide iron, magnesium, and omega-3 fatty acids, all of which support circulation and overall health. Good circulation is essential for sexual function, but

again, this benefit is part of a broader picture of wellness rather than a direct aphrodisiac effect.

Oysters are also known for their immune-boosting properties. Their zinc content helps support the body's defenses, making them a valuable addition to the diet, particularly during cold and flu season. While improved health can positively influence mood and energy levels, it does not necessarily translate into increased sexual desire.

THE BROADER CONTEXT

Modern research shows that sexual health is influenced by a complex combination of physical, emotional, psychological, and social factors. Studies indicate that between 25% and 63% of American women experience some form of sexual dysfunction, while many couples report decreased sexual activity due to stress, long work hours, financial pressure, and emotional fatigue.

In today's fast-paced world, intimacy is often compromised by exhaustion and anxiety rather than a lack of so-called aphrodisiac

foods. This may explain the growing reliance on pharmaceutical solutions and supplements, as well as the continued search for quick fixes to restore desire.

THE MYTH

The belief in oysters as a powerful aphrodisiac may be more psychological than physiological. There is a well-known saying: "It's all in your mind." When an idea is repeated often enough—through history, culture, and marketing—it becomes accepted as truth. Oysters have benefited from centuries of storytelling, romantic symbolism, and expectation.

The setting in which oysters are typically consumed also plays a role. They are often eaten during

special occasions, intimate dinners, or celebratory events, all of which naturally create an atmosphere of romance. In this context, it may not be the oysters themselves that spark desire, but rather the environment, anticipation, and emotional connection that accompany the experience.

CONCLUSION

So, are oysters truly an aphrodisiac? From a scientific perspective, there is no conclusive evidence that oysters directly increase sexual desire. However, their rich nutritional profile supports energy, hormone balance, and overall health, which may indirectly contribute to improved wellbeing and confidence.



The enduring appeal of oysters as a symbol of romance likely lies in a combination of tradition, psychology, and setting rather than biological effect. Ultimately, meaningful intimacy is less about what's on the plate and more about connection, communication, and emotional closeness.

Perhaps the real question is not whether oysters enhance desire, but whether modern relationships need less reliance on external stimulants and more focus on genuine intimacy. In that sense, the true aphrodisiac may not be food at all—but time, presence, and shared experience.



RELAX YOUR MIND IN SECONDS

By Editorial Team

MODERN LIFE MOVES AT A RELENTLESS PACE. BETWEEN WORK RESPONSIBILITIES, FAMILY OBLIGATIONS, FINANCIAL PRESSURES, AND THE CONSTANT STREAM OF DIGITAL INFORMATION, STRESS HAS QUIETLY BECOME A DAILY COMPANION FOR MANY PEOPLE. WHILE SHORT BURSTS OF STRESS CAN SOMETIMES BE MOTIVATING, LONG-TERM OR UNMANAGED STRESS CAN TAKE A SERIOUS TOLL ON THE MIND AND BODY. IT HAS BEEN LINKED TO FATIGUE, WEAKENED IMMUNITY, DIGESTIVE ISSUES, ANXIETY, POOR SLEEP, AND A GENERAL SENSE OF EMOTIONAL DISCONNECTION.

IN A WORLD THAT RARELY SLOWS DOWN, FINDING MOMENTS OF CALM CAN FEEL DIFFICULT, EVEN INDULGENT. MANY PEOPLE BELIEVE THAT RELAXATION REQUIRES LONG BREAKS, QUIET RETREATS, OR HOURS OF MEDITATION. THE TRUTH IS FAR SIMPLER: RELAXATION IS A NATURAL STATE, AND WITH THE RIGHT APPROACH, IT CAN BE ACCESSED IN SECONDS.

RELAXATION IS A NATURAL STATE

Human beings are not designed to operate in a constant state of urgency. Yet many of us spend our days rushing from task to task, measuring our worth by productivity and feeling guilty when we pause. Over time, this constant drive pushes the nervous system

into overactivity, making stress feel like the norm rather than the exception.

Relaxation, however, is not laziness. It is a biological necessity. When the body enters a relaxed state, systems responsible for healing and maintenance begin to function more effectively. Heart rate slows, breathing deepens, di-

gestion improves, and the immune system becomes more responsive. Regular relaxation has also been shown to support emotional balance, improve focus, and strengthen personal relationships by reducing irritability and mental fatigue.

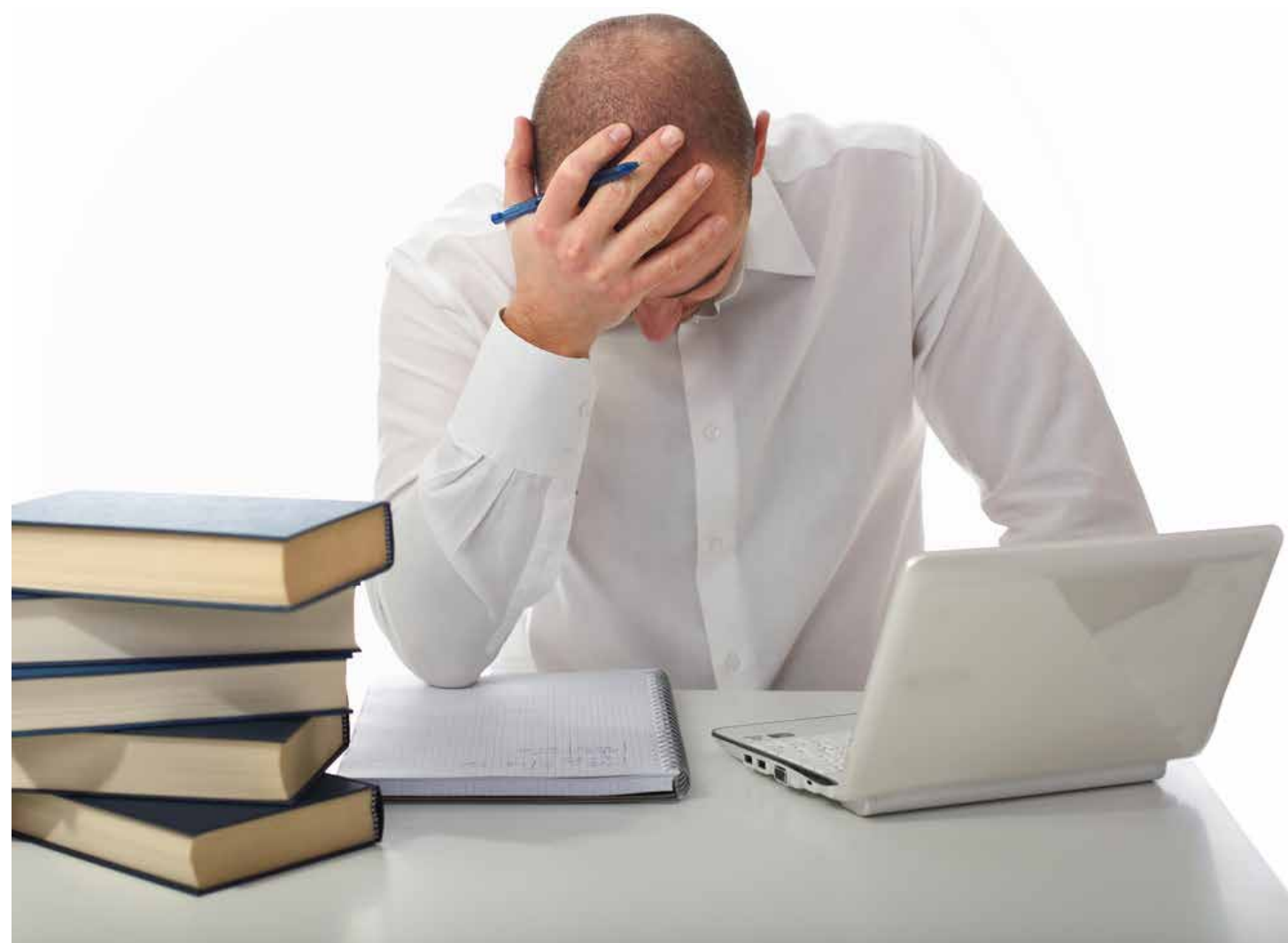
Rather than being something you “earn” after completing everything on your to-do list, relaxation should be woven into daily life. Even brief moments of calm can help reset the nervous system and prevent stress from building to unhealthy levels.

A FAST AND EFFECTIVE WAY TO RELAX

Contrary to popular belief, relaxation does not have to take hours—or even minutes. With practice, you can calm your mind and body in under a minute. The following technique is simple, discreet, and can be done anywhere: at your desk, in your car, or before bed.

STEP 1: SLOW AND DEEP BREATHING

Stress causes shallow, rapid breathing, which signals the body to remain in a state of alertness. To counter this, begin by focusing on your breath.



Take a slow, deep breath in through your nose, allowing your abdomen and chest to expand. This type of breathing engages the diaphragm and sends a signal to the nervous system that it is safe to relax. Hold the breath gently for a count of five, then exhale slowly through your mouth. As you breathe out, imagine tension leaving your body.

Repeat this process several times, keeping your breathing slow and steady.

STEP 2: RELEASE

PHYSICAL TENSION

As you continue breathing deeply, shift your attention to your body. Stress often manifests as tight muscles, particularly in the neck, shoulders, and jaw. With each breath, consciously release tension from different areas of the body.

Start with your feet and calves, allowing them to soften. With the next breath, relax your thighs and hips. Continue upward to your

waist, lower back, chest, shoulders, arms, and hands. Finally, bring your attention to your neck, jaw, and face, letting go of any tightness you may be holding without realizing it. This progressive relaxation helps break the physical stress response and brings awareness back into the body.

STEP 3: QUIET THE MIND

A stressed mind is often filled with racing thoughts—unfinished tasks, worries about the future, or replayed conversations from the

past. These mental distractions can make it difficult to feel calm, even when the body begins to relax.

To interrupt this cycle, gently bring your focus to the present moment. If thoughts arise, acknowledge them without judgment, then mentally say the word “stop.” Immediately replace those thoughts with a calming image, such as a peaceful beach, a quiet forest, or a place where you feel safe and at ease.

This mental shift helps clear the mind and creates space for clarity and focus. When your mind is calm, problem-solving becomes easier and tasks often feel more manageable.

MAKING RELAXATION A HABIT

The first few times you practice this technique, it may take a few minutes to fully settle into relaxation. With repetition, however, your body will learn to respond more quickly. Over time, you may find that you can relax your mind and body in 60 seconds or less.

Practicing short relaxation exercises throughout the day can prevent stress from accumulating and help you maintain a sense of balance. Whether you use this technique



during a busy workday or as part of your evening routine, the benefits can be profound.

In a fast-moving world, the ability to pause, breathe, and reset is a powerful skill. Relaxation is not something you need to chase—it is something you can return to, again and again, in just a few mindful moments.





VEGETARIAN LIVING EN ROUTE TO A LONGER LIFE

By Editorial Team

ADOPTING A VEGETARIAN LIFESTYLE CAN FEEL DAUNTING, PARTICULARLY FOR ADULTS WHO HAVE SPENT YEARS BUILDING MEALS AROUND MEAT AND POULTRY. THE TEXTURES, FLAVORS, AND NUTRITIONAL FAMILIARITY OF ANIMAL-BASED FOODS CAN BE DIFFICULT TO REPLACE OVERNIGHT. HOWEVER, VEGETARIAN LIVING DOESN'T HAVE TO BE AN ALL-OR-NOTHING DECISION. FOR MANY, IT'S A GRADUAL AND REWARDING JOURNEY—ONE THAT OFFERS BOTH PERSONAL HEALTH BENEFITS AND POSITIVE IMPACTS ON THE PLANET.

TODAY, PLANT-BASED EATING IS MORE ACCESSIBLE THAN EVER. SUPERMARKETS AND RESTAURANTS NOW OFFER A WIDE VARIETY OF MEAT-FREE ALTERNATIVES THAT CLOSELY MIMIC THE TASTE AND TEXTURE OF TRADITIONAL MEAT DISHES. FROM PLANT-BASED BURGERS TO MEATLESS SAUSAGES AND PROTEIN-RICH LEGUMES, THERE ARE COUNTLESS WAYS TO ENJOY SATISFYING MEALS WITHOUT SACRIFICING FLAVOR OR NUTRITION.

THE HEALTH CASE FOR VEGETARIAN LIVING

Scientific research increasingly supports the benefits of a plant-forward lifestyle. One of the most well-known studies, conducted by Loma Linda University and involving more than 70,000 participants, found that vegetarians had a sig-

nificantly lower risk of death from heart disease and diabetes compared to meat eaters. Published in *JAMA Internal Medicine*, the study suggested that vegetarian diets are associated with increased longevity and improved overall health outcomes.

This aligns with widely accepted dietary guidelines that emphasize

fruits, vegetables, whole grains, legumes, and nuts as the foundation of a healthy diet. These foods are naturally rich in fiber, antioxidants, vitamins, and minerals—nutrients that help reduce inflammation, support cardiovascular health, and promote healthy digestion.

STARTING SMALL: THE SEMI VEGETARIAN APPROACH

For those new to vegetarian living, the idea of eliminating meat completely can feel overwhelming. A semi-vegetarian approach is often the most practical starting point. This flexible style of eating has no rigid rules and allows individuals to gradually reduce their meat consumption without feeling restricted.

You might begin by replacing a few meals each week with plant-based alternatives—perhaps opting for lentil chili instead of beef stew or a vegetable stir-fry instead of chicken. Over time, as your palate adapts and you discover new foods you enjoy, eating more vegetables and plant-based proteins becomes second nature. This gradual transition reduces pressure, increases sustainability, and makes the change feel more natural.



PESCO-VEGETARIAN: A TRANSITIONAL STEP

Another popular middle ground is the pesco-vegetarian diet. This approach eliminates meat and poultry but allows fish and seafood. For many people, this is an effective transition away from red and processed meats while still providing

familiar sources of protein.

Fish and seafood are generally lower in saturated fat and calories compared to red meat and are rich in omega-3 fatty acids, which support heart and brain health. By replacing several meat-based meals per week with fish, individuals can reduce their overall fat intake while still enjoying satisfying, nutrient-dense meals.

FULLY VEGETARIAN LIVING

Transitioning to a fully vegetarian diet involves eliminating meat and poultry entirely. This shift is best approached gradually—starting with meat-free days and slowly extending those into full weeks. The key to success lies in thoughtful meal planning to ensure nutritional needs are met.

A well-balanced vegetarian diet includes:

- Legumes such as beans, lentils, and chickpeas
- Whole grains like quinoa, brown rice, and oats
- Nuts and seeds for healthy fats and protein
- Dairy or fortified plant-based alternatives for calcium and vitamin B12

When planned correctly, a vegetarian diet can provide all essential nutrients while supporting long-term health.

VEGAN LIVING: A LIFESTYLE CHOICE

Veganism extends beyond diet—it's a lifestyle choice that seeks to minimize harm to animals by avoiding all animal-derived products, including dairy, eggs, leather, wool, and certain cosmetics. For many, vegan living is rooted in ethical and envi-

ronmental values as much as health considerations.

Advances in food and fashion industries have made vegan living more accessible than ever. Today, consumers can find stylish, affordable, and high-quality vegan alternatives to clothing, skincare, and household products. Supporting these brands—whether through purchasing or advocacy—contributes to a broader movement toward sustainability and ethical consumption.

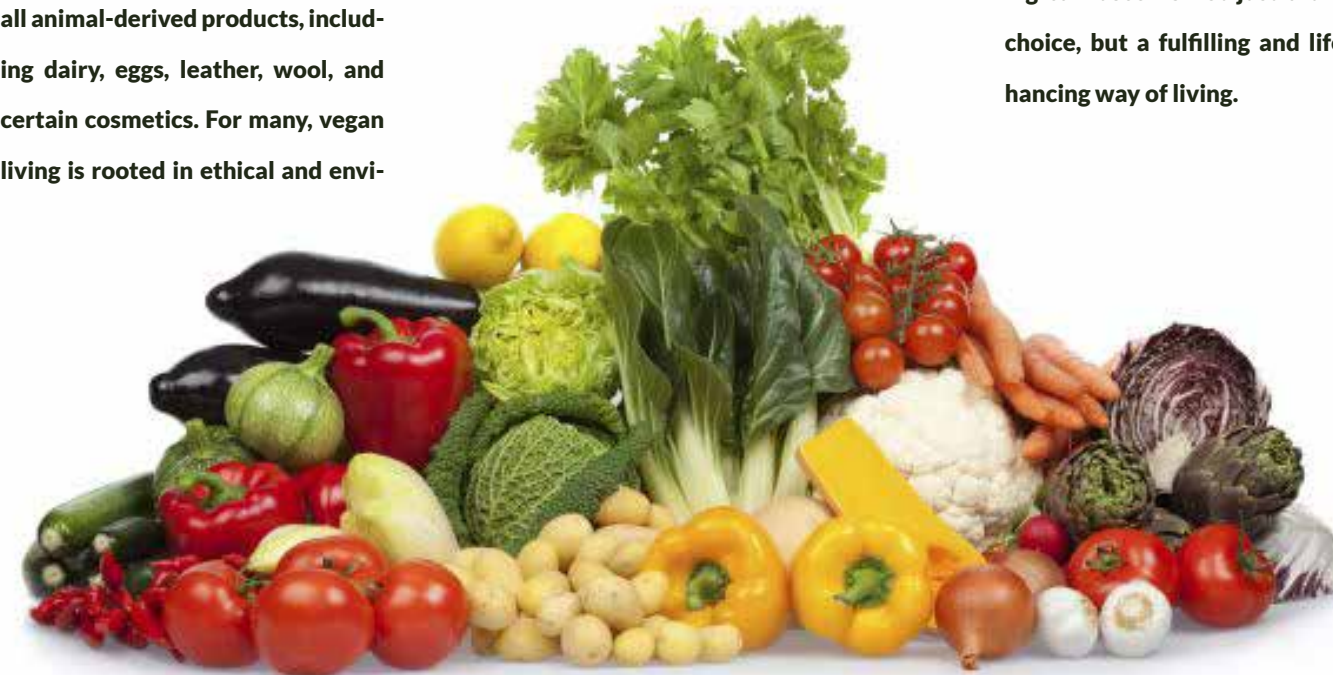
ENVIRONMENTAL AND ETHICAL BENEFITS

Beyond personal health, vegetarian and vegan lifestyles have meaningful environmental benefits.

Plant-based diets generally require fewer natural resources, produce fewer greenhouse gas emissions, and place less strain on ecosystems compared to meat-heavy diets. Even small changes, such as reducing meat intake a few days per week, can make a measurable difference over time.

CONCLUSION

Vegetarian living isn't about perfection—it's about progress. Whether you choose to be semi-vegetarian, pesco-vegetarian, fully vegetarian, or vegan, each step toward plant-based eating offers benefits for your health, the environment, and ethical sustainability. The journey is personal, flexible, and evolving. By embracing gradual change and staying informed, vegetarian living can become not just a dietary choice, but a fulfilling and life-enhancing way of living.





HONEY – THE CURE

By Editorial Team

NATURAL THERAPY HAS LONG SPARKED DEBATE BETWEEN SCIENTISTS AND HERBALISTS. WHILE OPINIONS MAY DIFFER ON THE EFFECTIVENESS OF MANY NATURAL REMEDIES, THERE IS ONE SUBSTANCE THAT BRIDGES BOTH WORLDS: HONEY. ACROSS CULTURES AND CENTURIES, HONEY HAS BEEN PRAISED NOT ONLY AS A FOOD BUT AS A POWERFUL NATURAL MEDICINE. MODERN SCIENCE INCREASINGLY SUPPORTS WHAT ANCIENT CIVILIZATIONS ALREADY BELIEVED—HONEY PROMOTES HEALTH AND POSSESSES GENUINE MEDICINAL PROPERTIES.

FOR THOSE INTERESTED IN NATURAL WELLNESS, HONEY STANDS OUT AS ONE OF NATURE'S MOST VERSATILE REMEDIES. PRODUCED BY BEES FOR OVER 150 MILLION YEARS, HONEY HAS EARNED TITLES SUCH AS THE "NECTAR OF LIFE" AND "NATURE'S ENERGY BOOSTER." ITS USE DATES BACK TO ANCIENT EGYPT, GREECE, AND CHINA, WHERE IT WAS VALUED AS MEDICINE, CURRENCY, RELIGIOUS OFFERING, AND SYMBOL OF LOVE. THE GREEK PHILOSOPHER ARISTOXENUS WROTE IN 320 B.C. THAT CONSUMING HONEY REGULARLY AS PART OF BREAKFAST COULD HELP PREVENT NUMEROUS ILLNESSES—A CLAIM THAT MODERN RESEARCH IS NOW BEGINNING TO VALIDATE.

Beyond its role as a natural sweetener, raw honey in its unprocessed form offers a range of topical and internal health benefits. Unlike refined sugars, raw honey contains enzymes, antioxidants, vitamins, and antimicrobial compounds that support the body in multiple ways.

SOOTHING SUNBURN AND SKIN CONDITIONS

Honey has long been used as a natural skin treatment. When applied topically in a thin layer, raw honey can help soothe sunburn by reducing inflammation and

promoting healing. Its natural humectant properties draw moisture into the skin, helping to prevent dryness and peeling.

These same properties explain why honey is commonly found in skincare products, including anti-aging creams and acne treatments. Honey's antibacterial effects help reduce acne-causing bacteria, while its antioxidants support skin repair and rejuvenation.

WOUND CARE AND HEALING

One of honey's most well-documented medicinal uses is

in wound treatment. Ancient civilizations used honey to dress wounds and prevent infection, and modern medicine has revisited this practice with promising results.

Honey's antibacterial and antiseptic properties create an environment that inhibits bacterial growth while keeping wounds moist—an ideal condition for healing. Clinical studies have shown that medical-grade honey can be effective in treating burns, ulcers, and infected wounds, particularly where conventional treatments have failed.





POTENTIAL ROLE IN CANCER SUPPORT

Emerging research suggests that honey may play a supportive role in cancer prevention and treatment. Studies indicate that honey contains compounds with anti-inflammatory, antioxidant, and immune-boosting effects. These properties help neutralize free radicals, which are known to damage cells and contribute to cancer development.

Laboratory and animal studies have shown that honey may inhibit tumor growth and support the body's natural defense mechanisms. While honey should not be viewed as a cure for cancer, research continues to explore its potential as a complementary therapy that may support immune health and recovery.

RELIEF FOR COUGHS AND COLDS

There is no definitive cure for the common cold, but honey has

consistently proven effective at easing symptoms—particularly coughs and sore throats. Medical studies have found honey to be as effective as many over-the-counter cough suppressants.

A warm drink made with lemon and honey can coat the throat, reduce irritation, and provide temporary relief from coughing. Unlike many medications, honey has minimal side effects and is widely regarded as safe for adults and children over one year of age.

DIGESTIVE HEALTH AND NATURAL RELIEF

Digestive discomfort is another area where honey has traditionally been used. Raw honey acts as a mild laxative, helping relieve constipation when taken in small daily amounts. Mixed with warm water or tea, honey can gently stimulate digestion and support regular bowel movements.

Honey has also been used to help manage diarrhea, particularly when combined with water to restore fluids and electrolytes. Its antimicrobial properties may help combat certain digestive bacteria while soothing the digestive tract.

CHOOSING THE RIGHT HONEY

To gain the full benefits, it's important to choose raw, unprocessed honey. Many commercial honey products are pasteurized and filtered, which removes beneficial enzymes and nutrients. Raw honey, on the other hand, retains its natural medicinal compounds and offers the greatest therapeutic potential.

Varieties such as Manuka honey have gained popularity for their particularly strong antibacterial properties, though all raw honey contains health-supporting qualities.

FINAL THOUGHTS

Honey is more than a natural sweetener—it is a time-tested remedy supported by both tradition and science. From wound care and skin health to digestive support and immune protection, honey's versatility is remarkable. While it should not replace medical treatment, honey can be a valuable addition to a natural wellness routine.

In a world increasingly drawn to synthetic solutions, honey reminds us that some of the most effective remedies are found in nature itself.

FINAL THOUGHTS

Honey is more than a natural sweetener—it is a time-tested remedy supported by both tradition





COCONUT MILK

Treat For Skin & Hair

By Editorial Team

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

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

Moisturises The Skin

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

Coconut Milk Bath

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

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

Soothing Sunburn

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

Makeup Remover

Looking for a non-drying makeup

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

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

Prevent Premature Ageing

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





Treating Skin Conditions

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

Restores Dry, Damaged Hair

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

Hair Conditioner

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

Encouraging Hair Growth

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

BOOSTING HAIR MASKS

If you are looking for an effective and

organic hair mask, coconut milk is it!

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

Making Coconut Milk

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

DIY Coconut Milk Packs

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

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

2. We all love a glow on the face and coconut milk can bring the glow back to your face. Mix coconut milk with sandalwood powder, a few saffron strands and honey. Apply it on skin and leave it to dry, and wash off. There's brighter skin for you!
3. Exfoliate skin by mixing coconut milk with powdered oats and scrub your skin. Leave it on for two to five minutes and wash with lukewarm water. Another way to use coconut milk as an exfoliator is to mix it with some coconut oil and roughly grounded sugar. Your skin will look super smooth and

glow after you use this scrub and wash off, learn to be gentle here.

4. For dry skin, you can add some honey to coconut milk, and leave on the skin as a face pack for 15 minutes.
5. Skin whitening mask- When mixed with milk powder, coconut milk works as a skin whitener. The same goes with a turmeric and coconut milk paste that can be used up to three times a week.
6. De-tangle knots in hair by using three parts coconut milk, one part avocado oil, and 12 drops of rosemary and sage essential oils to keep damage and breakage out of hair. Heat the coconut milk and avocado oil together over a low-flame

and then add your essential oils. Section and apply on damp hair and work from the edges to the root of the hair.

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





IMMUNE BOOSTING CONCOCTIONS

By Editorial Team

HERBAL OR IMMUNITY BOOSTING TEA ARE GREAT FOR BOOSTING THE IMMUNE SYSTEM, CLEANSING THE LYMPHATIC SYSTEM. IN TIMES OF COLDS AND FLU, WE ALL NEED A MAGICAL ELIXIR TO KEEP US HALE AND HEARTY. IN SEARCH OF THE PERFECT ANTI-BACTERIAL, ANTI-VIRAL, ANTI-INFLAMMATORY, HEALING LOOK NO FURTHER, WE HAVE GOT

YOU COVERED!

THERE IS SOMETHING ABOUT A WARM CUP OF TEA WHEN FEELING RUN DOWN OR ISOLATED DURING A PANDEMIC. HERE ARE SOME RECIPES YOU CAN REPLY ON FOR YOURSELF AND THE FAMILY. THEY ARE GREAT TO EVEN TREAT A RESPIRATORY CONGESTION, STIMULATING DIGESTION AND PACKING IN IMMENSE MEDICI-

NAL PUNCH. THE SUPER TEAS ARE IDEAL WHEN YOUR BODY NEEDS A CLEAN AND A BOOST. IF YOU ARE WORRIED ABOUT VIRUSES AND FEEL A COLD COMING ON, OR START FEELING FLU SYMPTOMS DON'T WASTE TIME, WHIP YOURSELF UP A BATCH OF DELICIOUS TEA. ALL-AROUND GOODNESS DECOCTIONS

1 GINGER & TURMERIC

While turmeric is anti-inflammatory, ginger helps soothe the gut, both work wonders for removing toxins from the body.

- Lemon peel
- Ginger root 2 inch piece
- Turmeric root 2 inch piece
- Orange zest half tsp
- Water 5 cups

Bring all the above ingredients to a boil and let it cool then strain it. Add a pinch of cayenne pepper, black pepper, honey, orange zest, coconut or avocado oil.

2 LEMON & APPLE CIDER VINEGAR

Bring water to boil, add lemon juice, honey, apple cider vinegar to your mug. Stir well, cool and drink.

3 FLAVOURFUL KASHMIRI KAHWA

Kashmiri Kahwa Tea is an aromatic, vibrant, soul warming tea made with fine green tea combined with various delectable spices, nuts, and saffron.

- Water – 4 cups
- Kahwa Tea leaves
- Saffron- 8 strands
- Fennel- 1 Tsp
- Dried Rose Petals- As required
- Cinnamon- 1 inch
- Cardamom- 2 slightly crushed
- Cloves- Few
- Star Anise- half inch
- Turmeric root- Half inch
- Almonds, cherry pistachios, cashews, walnuts – crushed as required
- Black Pepper- 2
- (Optional- Basil leaves, lemon grass, cherries)

Put all the ingredients in boiling water except saffron and almonds. Once boiled, strain, add the rest of the saffron, almonds to simmer. Serve sizzling.





4 BASIL & LEMON TEA

Holy basil or Tulsi, is a great herb, it rekindles your immunity and evil germs besides heals a clutch of skin disorders and balances blood sugar.

- Half cup basil
- 2 tsp lemon
- 1 tsp honey

Put the basil leaves into a saucepan with one and a quarter cup of water. Bring to a boil. Then bring down the flame to low for 15 minutes. Strain into a cup, then add the honey and lemon juice and stir.

5 MINT & ROSEMARY TEA

The combination of mint and rosemary makes a very refreshing tea and helps to improve memory, helps with upset tummy too.

- 10 mint leaves
- 1 sprig rosemary
- A squeeze lemon, optional

Put the mint leaves into a cup, set a pan of water to boil. Plop the rosemary in the pan. Once boiled, pour the water on the mint and let it sit for ten minutes. Add a hint of lemon, if you like.

6 HERBAL TEA

- Water- 4 cups Tea leaves
- 1 tsp Cinnamon
- 1 inch Ginger
- 1tsp Caraway seeds
- Black pepper- 4
- Cloves- 4
- 1tsp Fennel seeds
- Jaggery- as per taste

Boil the water, ginger, caraway seeds, black pepper, cloves, fennels seeds. Cool, strain and a hint of jaggery.

7 TONIC TEA BROTH

- 5 cups water
- 1 inch turmeric root
- 1 inch ginger root
- 80 grams oyster mushrooms
- 50 grams shitake mushrooms
- 10 grams astragalus root
- 1 sprig rosemary
- ¼ tsp sea salt

In a pan, add the water, mushrooms, astragalus, rosemary. Simmer, cover until fully boiled, remove from heat, add the turmeric and ginger, sea salt and steep for 10 more minutes. Strain the ingredients and sip through the day.

The tea recipes have been passed down to us through generations from ancient times. These immune boosting



nutrients act as preventive health measures. It is awesome to grow herbs, roots, flowers, superfood spices and use kitchen ingredients to make your own immunity boosting super teas at home.

Results of drinking the warm and toasty teas everyday includes detoxing the body, alleviating infections, reduced aches or pains. From lemon & pepper tea, grow your own hibiscus at home to turn the dried flowers into a refreshing tea. Or take dried thyme, dried rosemary, ginger to make a lovely tea. Order some or grow rosehip, Echinacea, elderberry in your teas.

Stock up on Licorice root, chamomile, peppermint or cumin, coriander, fennel, black pepper, ginger, cardamom to make a nice tea. And don't forget to add a dash of cinnamon,



honey, turmeric or grated ginger to the concoctions. The taste tea is a cinch to make. Along with all this, you still need to eat healthy, stress less and get good sleep each night, but these well help strengthen or heal, boost that sluggish immune system, or even mellow out an overactive one.

HAPPY SIPPING!



7 POPULAR HERBS FOR COMMON AILMENTS

By Editorial Team

HERBAL REMEDIES HAVE BEEN USED FOR THOUSANDS OF YEARS TO PROMOTE HEALTH, PREVENT ILLNESS, AND TREAT COMMON AILMENTS. LONG BEFORE THE RISE OF MODERN PHARMACEUTICALS, PEOPLE ACROSS THE WORLD RELIED ON PLANTS, ROOTS, AND FLOWERS FOR HEALING. TODAY, HERBAL MEDICINE CONTINUES TO BE WIDELY PRACTICED, PARTICULARLY IN ASIA, EUROPE, AND INDIGENOUS CULTURES, AND REMAINS A POPULAR NATURAL ALTERNATIVE OR COMPLEMENT TO CONVENTIONAL TREATMENT.

HERBAL REMEDIES ARE TYPICALLY MADE FROM PLANT EXTRACTS, LEAVES, ROOTS, BARK, OR FLOWERS. WHILE THEY SHOULD NOT REPLACE PROFESSIONAL MEDICAL CARE, MANY HERBS HAVE BEEN STUDIED FOR THEIR BENEFICIAL PROPERTIES AND ARE COMMONLY USED TO SUPPORT OVERALL WELLBEING. BELOW ARE SEVEN WELL-KNOWN HERBS THAT HAVE TRADITIONALLY BEEN USED TO HELP MANAGE EVERYDAY HEALTH CONCERNS.

1 GOLDENSEAL

Goldenseal is one of the most widely recognized medicinal herbs in North America. Traditionally used by Native American tribes, including the Iroquois, goldenseal was valued for treating skin conditions, digestive issues, diarrhea, and eye irritations. Early European settlers adopted its use after observing its effectiveness in Indigenous medicine.

Goldenseal contains an active compound called berberine, which has antimicrobial and anti-inflammatory properties. It has commonly been used to support immune

health and digestive function. Today, goldenseal is often found in herbal supplements, particularly those marketed for cold and flu support.

2 CHAMOMILE

Chamomile is best known for its calming effects and gentle digestive support. With a long history of use in Europe, chamomile has traditionally been consumed as a tea to relieve stomach discomfort, ease gas and bloating, and reduce mild digestive spasms.

The active compounds in chamomile are believed to have an-

ti-inflammatory and mild sedative properties, making it a popular choice for relaxation and sleep support. Many people also turn to chamomile to help calm nerves, reduce stress, and promote a sense of overall wellbeing.

3 GARLIC

Garlic is one of the oldest medicinal plants known to humanity. For more than 3,000 years, it has played a prominent role in traditional Chinese medicine and other healing systems. Garlic has long been valued for its natural antibacterial and antiviral properties.





When consumed raw, chopped, or cooked, garlic is believed to help support immune health and fight infections. Modern research suggests that regular garlic consumption may help lower blood pressure, improve heart health, and reduce the severity of colds. In addition to its medicinal uses, garlic remains a staple ingredient in cuisines around the world.

4 CINNAMON

Cinnamon is a fragrant spice known for its warm, sweet flavor and long-standing use in both cooking and natural medicine. Traditionally, cinnamon has been used to ease digestive discomfort,

reduce nausea, and help relieve bloating.

Some studies suggest that cinnamon may help regulate blood sugar levels and improve insulin sensitivity, making it of interest to those managing metabolic health. Cinnamon is also valued for its antioxidant properties and its ability to support digestion when consumed in moderation.

5 EUCALYPTUS

Eucalyptus is a fast-growing tree native primarily to Australia and is best known for its strong, refreshing scent. The oil extracted from eucalyptus leaves has traditionally been used to relieve cold and flu symptoms, particularly

congestion and coughs.

When inhaled through steam or applied externally in diluted form, eucalyptus oil may help open airways, reduce swelling, and promote easier breathing. It is important to note that eucalyptus oil is intended for external use only and should not be applied to open wounds or ingested unless under professional guidance.

6 GINSENG

Ginseng is a highly valued root used in traditional medicine systems, particularly in Asia. It is commonly taken to improve energy levels, reduce fatigue, and support physical endurance.

Athletes and individuals experiencing low energy often turn to ginseng for its reputed ability to enhance stamina and mental focus.

Ginseng is also believed to support adrenal function and stimulate appetite. Because it can have stimulating effects, it is typically recommended to be taken earlier in the day and in appropriate doses.

7 PEPPERMINT

Peppermint is a versatile herb known for its high menthol content and refreshing flavor. It

traditionally been used to support digestion by increasing stomach acidity and improving nutrient absorption.

Peppermint tea is often used to relieve indigestion, gas, nausea, and mild stomach cramps. It is also believed to help reduce chills and stimulate appetite. Peppermint oil, when used properly, may also provide relief from tension headaches and muscle discomfort.

CONCLUSION

Herbal remedies continue to play an important role in natural health practices around the world. While

growing scientific interest, they should be used responsibly. Herbal treatments can be powerful, and individual responses may vary.

Before adding new herbs or supplements to your routine—especially if you are pregnant, nursing, or taking medication—it is always advisable to consult a qualified healthcare professional. When used thoughtfully, herbs can be a gentle and effective way to support overall health and address common ailments naturally.





TANZANIAN

Sabbath Fish

By Editorial Team

If you are looking for mildly spicy and rich meal ideas or ones with a kick, we have got you covered! This recipe will not only add some serious flavor to your diet but also boost or rev up your metabolism besides fighting off inflammation! Eating spicy food is an energizing experience. So folks, switch things up with a mouth-watering delight and add some kick to your meals. Take a break from your healthy salads and gift yourself a hot meal or entertain your guests with one of this lip-smacking recipe.

PREPARATION TIME 50 MINS
COOKING TIME 20 MINS
SERVES 6 PORTION

INGREDIENTS

- Tri color bell pepper, chopped 1/4 cup
- Basa fillets minced 500 gms
- Mayonnaise 2 tbsp
- Parsley Chopped 2 tbsp
- Paprika powder 1 tsp
- Green Chilli fine chopped (seedless) 1 tbsp
- Salt to taste
- Aromatic Seasoning 1 tsp

FOR THE TOMATO SALSA

- Tomato Large 2 nos
- Tomatoes, chopped (seedless) 100 gms
- Chopped Onion 1/4 cup
- Chopped Coriander 2 tbsp
- Salt to taste
- Crushed black pepper 1 tsp
- Tabasco Sauce 1 tbsp
- Tomato Ketchup 6 tbsp

METHOD

- STEP 1** - Wash the fish and drain the excess water and mince the fish in a mincer.
- STEP 2** - in a medium mixing bowl place the minced fish, chopped bell peppers, parsley, paprika, green chilli, salt and aromatic seasoning and mix well set aside.
- STEP 3** - Grill the large tomatoes on a hot charcoal grill for about 3 mins, remove from heat and peel the skin, deeded the tomato and fine chop it.
- STEP 4** - In another medium mixing bowl place the chopped tomatoes, onion, coriander, salt, pepper, tabasco sauce, tomato ketchup and the grilled tomato mixture mix well set aside.
- STEP 5** - add mayonnaise to the fish mixture and scoop the fish mixture and form small patty about 40 gms and griddle fry on a hot nonstick pan. Drizzle little olive oil on the pan while frying the fish.
- STEP 6** - place the cooked fish on a serving plate and top with the prepared tomato salsa and serve hot.

After the eggplants are ready, to serve pile up the cous cous salad on top of grilled eggplant. sprinkle some pomegranate seeds. Garnish with coriander leaves.



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