

The People's Magazine

Health and Fashion

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Why beauty brands are getting more concerned about **environmental** sustainability ?

**Grow forward,
today rather than yesterday,
towards tomorrow
– Thamizhachi Thangapandian**

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Editorial



*It's a wonderful thing
to be optimistic.
It keeps you healthy and
it keeps you resilient.*

What a year has it been? Up until now, we've all heard of staying together during ups and downs as a society. This is one of those times we got to witness it. It's our will power and resonance that has brought us to where we are. The post pandemic days as I would like to call it. Optimism is like ripple effect. A small effort can lead to a big wave. As satisfying as a cheat day is for the body after long week of restricted intake, the pleasure derived from it is indescribable. It's the same for the mind. After months of being locked at home waiting for an opportunity to go out to get groceries, the post pandemic festive season is definitely a treat. Festivals are usually special, but this year it's going to be an ounce more special, when the family meets each other after a long and terrific wait. A reunion of the family members is an assurance to others that we have made it through the pandemic. These are time when we should be grateful to the almighty to let us have this moment of reunion with our family, while many are deprived of this. May this festive season bring happiness, wealth and health to your family. These are brittle times,. We are not far from going back to where we were last year this time. Happy celebrations doesn't have to be reckless celebrations. Stay sanitised, maintain the social distancing protocols, and wear masks. The government and the frontline workers have done their part. It is on us to take the country forward while keeping the infection rates to the minimum. Stay safe, be wise.

Narendra B. Davey
Editor

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How To Invest in Pieces of Jewellery That Can be Passed On?

Rare Heritage designs jewellery that hold a special place in your hearts, and in the hearts of your generations to come

Rare Heritage creates jewellery that is born out of the now yet inherently rooted in heritage. With changing times, jewellery in the present does not quite translate to being kept in the vault, only to be excavated to doll up for special occasions. Women want to invariably adorn their jewellery pieces day-in and day-out, passing on this one little thing that their future generations can treasure. Rare Heritage brings authentic heirloom jewels that seamlessly transform from bridal-wear to occasion-wear to everyday pendants and bracelets.

With a variety of treasured jewels in mind, it can be mind-boggling to choose what's the right one for you. Rare Heritage deciphers this complex process by aiding you every step of the way. Are you looking for something more contemporary or traditional? What metal colour do you prefer? Is your style more statement or subtle? Does your lifestyle call for more everyday pieces or are you looking for occasion pieces? Each aspect is taken care of with attention to detail.

While there's certainly nothing wrong with buying jewellery off-the-peg, going down the bespoke route can be incredibly rewarding. The idea of having a unique piece of jewellery customised for you is irresistible – a piece that's deeply meaningful to you, a piece that shares your personal story. Rare Heritage offers this service, keeping in mind that these jewels will be a part of your legacy.







RECIPE

Introduction:

Iffah was originally thought out for the purpose of visiting and experiencing as many restaurants, cafes as possible within the reach of handlers Iffah and Rana; alongside providing their honest opinions and reviewing places as they went along their journey filled solely through the passion for food. Both sisters have the same passion but also have their priorities in becoming successful. Iffah is an aspiring law student while Rana is pursuing medicine. As the world took an unfortunate turn with respect to human livelihood, Covid-19 gave Iffah and Rana a new perspective of many things, most importantly, their passion for food. They felt drawn to their personal kitchen space and through sheer desire of having delicious and mouth-watering food around them, they were driven by the idea of developing their review page further into an exciting food page where they began sharing their scrumptious recipes for all the types of foods they were longing for and missing out on, but couldn't get their hands on due to global circumstances. They were on a completely different and new journey now from the one they had embarked on, but all for the good, as they are now providing us with beautiful and tasty food treats on their growing page. These two are definitely onto something "sweet" and maybe even "spicy" but you have to check them out to know it best yourselves. So what are you waiting for, follow them now!



Saffron Milk cake

Saffron Milk Cake is a rich, creamy cake soaked in saffron-flavored milk and topped with sweetened cream, with a royal saffron flavor in every bite. This could be the perfect dessert for your Diwali parties!

Ingredients:

Prep time: 15 mins / cook time: 30 mins / refrigerating time: 4 hours

Cake Ingredients

- 1 cup All-Purpose Flour Maida/Plain Flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon saffron threads
- 100 grams butter soft at room temperature
- $\frac{3}{4}$ cup sugar
- 3 eggs
- 1 teaspoon vanilla essence

Soaking Milk Ingredients:

- 1 $\frac{1}{2}$ cups milk
- $\frac{1}{2}$ cup condensed milk
- $\frac{1}{4}$ cup cream
- Pinch of saffron

Topping Ingredients:

- 1 $\frac{1}{2}$ cups non-diary whipping cream
- Pinch of saffron for garnish



METHOD:**INSTRUCTIONS:**

1. Preheat the oven to 170°C.
2. Grease a baking dish with butter and lightly dust with flour.
3. In 1 tablespoon hot water, soak 12 teaspoon saffron threads (for cake).

FOR THE CAKE:

1. Sift together the all-purpose flour and baking powder, 3/4 teaspoon baking powder, 1 cup all-purpose flour
2. Beat the butter and sugar together for 6 minutes until it doubles in size and becomes creamy. Beat in the eggs one at a time until the mixture is smooth. Then, add the vanilla extract and soaked saffron to the batter and whisk thoroughly.

3. Now, gradually add the flour mixture and mix gently to form a slack cake batter. Make sure not to over-mix. Pour the batter into the greased baking dish and spread evenly. Bake for 25–30 minutes in the oven.

4. Insert a knife into the center of the cake to see if it is done. It should come out clean, indicating that the cake is done. Allow to cool to room temperature and poke deep holes with a wooden skewer. This is done to allow the cake to absorb the soaking milk.

For soaking milk:

In a saucepan, combine milk, condensed milk, a pinch of saffron, and cream. Bring to a gentle boil and continue to cook for 5 minutes. Remove from the heat and set aside until the soaking milk has reached room temperature. Then, pour half or less (1 cup) of the soaking milk over the cooled cake. Half of the soaking milk should be saved for later use.

For the topping:

Refrigerate the cream or whipping cream so that it is chilled while whisking. Whip the chilled cream for 5 to 7 minutes, or until it thickens, using a beater. Top your cake using the cream with a spatula or a piping bag and refrigerate the cake for 4 hours or overnight.

To serve:

Cut the cake into neat squares and arrange each one in a large serving bowl. Serve chilled with 3 or 4 tablespoons of soaking milk in a serving dish.

SPINACH MUSHROOM & RICOTTA PHYLLO CUPS

These bite-sized spinach mushroom and ricotta Cheese Phyllo Cup Appetizer is ideal for entertaining and is sure to please! Made with only few ingredients, this dish is ready in 20 minutes or less. This could be served as a crowd pleaser for any small or big celebrations you have at home.

Serves: 4

Preparation time: 20 mins

Ingredients:**For the phyllo cups:**

- Phyllo dough
- 3tbs unsalted butter

For the filling:

- Mushrooms (sliced) – 500gms
- Spinach – 250gms
- Olive oil- 1Tbs
- Garlic cloves (minced) - 4
- Onion (diced) - 1
- Pepper – 1tsp
- Salt- 1tsp
- Thyme- 1tsp
- Cayenne pepper- 1tsp
- Ricotta cheese – 250gms
- Mozzarella cheese – ¼ cup

Roasted cherry tomatoes- 7
Health and Fashion



METHOD:

1. Preheat the oven to 180 degrees celcius
2. Microwave the butter until it is melted. Meanwhile, take 4 phyllo sheets. Brush each layer with 1/4 of the melted butter, then stack them on top of one another. Cut the dough into 12 squares and place them in muffin tins.

For the filling:

3. To 1Tbs olive oil, add in the diced onions and sautee until it turns translucent.
4. To the onions, add in the sliced mushrooms, minced garlic, season with pepper, salt, cayenne pepper and dried/fresh thyme.
5. Now add the spinach and cook until its done and take it out of the flame and transfer to a bowl.
6. Add in the ricotta cheese and the roasted cherry tomatoes to the filling and combine it well.
7. fill the phyllo cups with the filling and top it with mozzarella cheese.
8. Brush the edges of the phyllo cups with melted butter.
9. Bake the phyllo cups at 180 degrees for 10 minutes or until the phyllo sheets turn golden brown.
10. Top with some microgreens of your choice and parmesan cheese.
11. serve hot and enjoy!





Be The Best Version Of Yourself

Festive season calls for hair styling, makeup, dress and food. Want to look your best in every occasion but insecure about your hair and skin? A stitch in time saves nine. Presenting to you Re'equil. Helps your repair the damage done to your hair and skin. We know how much self-confidence good hair and skin can give a person. Developed by scientists with scientifically and dermatologically tested and approved products. Money spent on every product you buy is used to give meal to one underprivileged child.

Ranked among the top 10 products on amazon. Remedies ranging from frizzy hair to removing zinc sunscreen from face. We provide you with solution for all some of the common problems with the remedies for it in our website.

Want to look your best during the festive season, this is probably the best time for you work on your insecurities, But hey remember, you are beautiful, you are unique and you matter! Be best version of



Get festive ready with RENÉE

Festive season is here, this calls for a celebration. Hair check, dress check, shoes check, jewellery check, make up....used it up? Fear not Renee cosmetics brings to you the latest variety of makeup. Your One stop shop for everything from eyeliner to highlighters. RENÉE Cosmetics is an Indian makeup brand that's redefining beauty with its range of high quality, cruelty-free and FDA-approved innovative range of products. RENÉE believes in empowering women to own and enjoy their bold, ambitious persona and let their glam do the talking. Every woman is beautiful in her own way, and we are here to help you get the look you want. Slay everyday like you would on a red carpet.

This is the era of women. Women dominate in every field. They serve as role models for other women. Motivation and self-confidence they radiate has an immense effect on other women. Never settle for less, so here's the best. Renee brings you a wide variety of products that emphasise your persona. RENÉE aims to recognize makeup as your undiluted strength. With matchless class of products, each product can be customized to meet your requirements.

Women can conquer the world, makeup just contributes a tiny percentage by boosting your self-confidence immensely. You can chase your dreams or party, with some make-up on your pretty face without worrying about side-effects.



Seven spring

Your healthy alternative!



Empowered By Nature

Be it an exhausting day or just a lazy day a cup of tea at any time of the day, makes you feel more alive.

In a vast country like India, with people from different cultural background bring to you the taste of their kind, hence resulting in various flavours of tea.

In India, tea is far from "just a beverage", it's a cultural revolution that varies from culture to culture. Few years ago, not many would associate their daily cup of tea with descriptions like hand-blended, artisanal, or including exotic flavour notes. After all, Indians' decisive relationship with tea for the last several decades has largely been delimited to the mass-produced, overly sweet, milky variety – the ubiquitous cup of chai we know so well.

Taking the country's tea-growing legacy forward with innovative, handcrafted blends, exotic ingredients, and turning Tea into cordon bleu symbols of luxurious indulgence Sejal Purohit presents Seven Spring, a young brand looking to change the way tea is perceived with an array of rare and unique tea range serving in the lap of luxe. The most flamboyant ingredients, rich flavours and combination of exotic herbs like Fennel, Rose hip, Mallow flower, Star Anise and Senna Mallow Flower etc.

Seven Spring was made out of sheer passion and with a vision of creating products that would revive the ancient goodness and purity of products, made using hand-picked ingredients from all over the world, brought to your aid to provide you with the best that nature has to offer.

Pure to us means something that is 'authentically real'. In the backdrop of hazardous elements of today's world, with precise insights into natural

ingredients, Seven Spring expertly blends elements from nature to make products that satisfy every palate and every craving with the goodness and purity of Nature.

Seven Spring aims to provide this experience to the body with the help of products which are of unsurpassed quality and value, beneficial both to the health and well-being of human beings. Purity assured by the fact that the elements of nature are used when they reach the epitome of freshness, potency and taste it aims to help people take a moment away from the noise and reconnect with themselves over a cup of tea, with a focus

Health and Fashion

on healthy food without any chemicals, colour or artificial flavours. The teas are created help humans experience tranquillity.

They offer a range of Tea, each suited for a specific kind of tea, as well as fine teas in flavours. With a strong commitment to environmental sustainability, they source their ingredients directly from farmers and social enterprises and use biodegradable packaging.

Explore the variety.

Ori Bloom Tea

The sweet fragrance of velvety petals

emanating from a garden of Roses is enough to reel one into the magic of serenity. Every cup of Ori Bloom captures the same marvel in the form of authentic herbal infusions which have the power to give your soul, mind and body the exact restart they require!

Sip your way to rediscover the enigmatic beauty within!

Autumn Twist Tea

Ever felt miserable with bouts of discomfort and pain when your tummy decides to ruin your day? Here's a solution to settle your stomach discomfort

naturally. Every Cup of Autumn Twist boasts a set of herbs and flowers which calm your stomach and adrenaline.

Day Joy Tea

The 'Feel-good' factor is forever necessary for a person to be happy, healthy and to live in harmony. Wondering how?. Why take a chance when it's all in the change? Every cup of Day Joy helps you jumpstart your fitness regime.

Hibiscus Tea

Hibiscus is a flower that can absolutely enchant you with its aura. The beauty of this creation is that it clears all the clouds of ambiguity and mesmerizes the onlooker. Every cup of Hibiscus tea comprises of refreshing and healing properties of these serene blooms that will connect you with the divine force of nature.

The Merry Mix Tea

Ever felt the need to just stare at the stars twinkling in the sky, and unwind without thinking about all the worldly affairs and hustle-bustle of life that tire you out? Here's your moment! Every cup of The Merry Mix lets you bathe in serenity, and lets your stress drift away.

Maypetal Tea

For all treasures are not Gold, Platinum or Silver! When it comes to the perfect balance of beauty and fragrance, nothing can beat the 'little treasure of nature' – Jasmine and Mallow flower. Every cup of MayPetal Tea celebrates and encompasses this balance in the form of bliss and tranquillity that takes you on a journey where you almost resurge.

Mystic Feel Tea

By the fireplace, with shorter days and longer nights, all snuggled in a blanket, with a great book in one hand and a steamy cup of tea in the other hand. Sounds surreal doesn't it? How about the same but without a guilt trip about calories? Every cup of Mystic Feel keeps you all snug and healthy.

What you need to know about the brand:

The concept of nature helping in curing and healing the body is something not new to us. Close association of Indians with nature can be traced back to the Vedic times, when nature has always

proven to be an aid in the science and art of a healthy living.

In today's fast paced life, everyone tends to forget about taking care of themselves and health becomes less of a priority. The 'too busy to take care' has become a mantra rings a bell doesn't it?

Gradually, over a period of time, the unhealthy and so-called organic substitutes of products have taken over the market, people have also forgotten about "The Healing Power of Nature" and that 'Holistic Living is Healthy Living'.

Hence, Seven Spring! Your healthy alternative.





Style Island your go-to-store

It's almost, which means it's time for a wardrobe update. Looking for fall collection? Try Style Island.

Style Island, a women's wear brand reveals their fall/ Winter Collection - 21/22

The brand offers an exquisite range of premium and aesthetic collections

The premium fashion brand Style Island has launched their exquisite Fall/Winter collection. It is that time of the year where we thrive for layers and cold winter outerwear and the brand has a diverse collection to offer, which has something for everyone. Want to look chic in the cold? This place has handpicked styles and fabrics that are fit for the Fall- Winter days and balmy nights. In this women dominated era, what's the harm in adding more beauty to the already gorgeous god's creation called "women". Intricate trendy details like velvet, pleats, lace, ruffles, and frills on crop tops, women blouses, young dresses, women dresses, and they are also developing premium collections like athleisure, embellished gowns, chic jumpsuits, tweed sets, and jackets. What's more amazing is that their fabrics are heavy including velvet, denim, lots of blacks with sequence, ruffles, and embellishments to give a festive look. Style Island offers a variety of outfits be it for parties, formal wear for work, or just your everyday chic look. This is you one stop solution.

, Malika Mehta, Co-Founder, and CEO of Style Island said, "It is a delight to see people express themselves through fashion because fashion is not just style, it's a mood, a quirk, and so much more. As autumn comes to an end, we're all geared up for our next collection—the Style Island Fall-Winter Collection 2021: It's packed with different styles, from tweeds, velvets to satins, and so much more. The collection is so diverse—it has something for everyone!"

Give it a go, it soon might become your go-to store.





Take home an Ayurveda experience this Diwali

Take home an Ayurveda experience this Diwali India, a country with beauty, tradition and festivals. With Diwali right around the corner, it's time to spice things up. What a wonderful season this is, with lights, sweets, dances and family can this get anymore better? Wouldn't you want to make such an occasion memorable for you and your near and dear ones? Give them a gift that's useful and reminds them that you only wish for their well-being. Presenting to you Mellows gift hamper. This Ayurvedic beauty basket comes at an affordable price and has everything you could possibly want for a glowing skin be it for face care or body.

Here are some of their premium hampers to gift your loved ones this Diwali or Festive season:-

• Body Care Essentials – Priced at Rs. 1499/-

Mellow brings you a beautiful curation of hydrating body care products encased in a handmade wooden box. The Body Care Essentials is a perfect combo for total body care. This is a perfect gift hamper to pamper oneself or gift to your loved ones. This box is a luxurious blend of Ayurveda from face pack, body oil to moisturisers for the ultimate care that your skin needs. This sustainable box might be "THE" gift this Diwali.

The Hamper includes:-

- Sarson Ubtan 35g
- Green Apple Body Lotion 200ml
- Apricot Body Massage Oil 100ml
- Complementary – Mellow Sanitizer + Cotton Mask

You can also purchase each product from our À la carte menu or as a part of Body Care Essentials.

+ Mellow Sanitizer + Cotton Mask



Not all problems have solutions, but here's one.



Indians are known for their flamboyant spending during festivals. Want to pamper your loved ones this Diwali? Satliva's hampers might be the one for you.

Satliva, a hemp-based beauty brand brings to you products made from the finest hemp found at the foothills of Himalayas combined with other cold pressed oils & essential oils to bring you the finest chemical free products.

SATLIVA – Nature Nurtures have created an exclusive and highly limited collection of hemp seed oil hair, face, and body products. The limited product line provides and caters to a wide range of ailments. Their belief in using minimum amount chemical to enhance your natural beauty adds a jewel to the tiara.

Satliva's best hamper for this Diwali

ULTRA CLARIFYING + SOOTHING ESSENTIALS SKINCARE COMBO:

PRICE - ₹ 2,350

This hamper includes hemp with morning face & body oil, mango rosemary face cream, hemp with moringa body soap bar, and orange lip balm. It moderates the skin's oil production, hydrating dry skin and balancing oily skin. Its anti-inflammatory molecules encourage skin growth and new cell generation, accelerates collagen production, and

have anti-aging properties. It works to clear pores and prevents pimples and blackheads, treats skin puffiness and damage due to sunburn. It removes dead cells, reduces dark circles, and evens out skin tone. The orange lip balm hydrates, keeps the moisture locked in, and restores dry, chapped, cracked, and peeling lips.

**“So this Diwali help
your loved ones love
their skin a bit more”**



Supplements that result in compliments

Never give yourself a reason to look anything less than the best. Brittle nails, hair fall, acne, every body type is beautiful but still feel insecure? Then give Zeonutra a go. Wide Range of products might just be the one stop solution to all your problems. Zeonutra is an End to End researched-driven manufacturer for Nutraceutical, Ayurvedic, Immunity Booster, Phytopharma, Medical Nutrition, Women's and Men's nutrition, Kids Nutrition, Sports Nutrition & health and wellness products, immunity booster products and food ingredients. It is a leader in finished formulations and quality ingredients with a focus on extensively researched products.

With over 30 years of experience in the field of beauty in Ayurveda they might soon become your go to store for beauty with a traditional touch.

ZeoGlow -Collagen is derived from Fish or Cow. This collagen is derived from marine (fish) source and is 1.5 times better than the other sources due to its low molecular weight and high absorbing ability. ZeoNutra's ZeoGlow is a Marine Collagen that promotes skin elasticity and hydration. It is infused with Biotin that promotes a healthy hair growth and helps in reducing Dark Spots, Wrinkled Skin, Aging Skin, and Pigmentation. It's enriched with Vitamin C, an antioxidant that can help promote collagen production.

ZeoSlim - ZeoNutra's ZeoSlim promotes a feeling of fullness. Helps in reducing cravings. It provides slow-release energy which helps reduce glucose spikes which help maintain healthy glucose levels. Also, it includes prebiotics and dietary fibre which helps in improved micro biome diversity. A healthy gut leads to a healthy life.

ZeoHNS - ZeoNutra's Zeo-HNS a great supplement for hair. Contains Active Ingredients - Biotin, Folic Acid, Grape Seed Extract, 9 key Vitamins and 15 Amino Acids which strengthen Hair Roots, prevents Hair Breakage and provides daily nourishment to the hair. It offers you the essential nutrients that are required by the body to back up a person's innate growth. Infused with Biotin, which acts as an excellent binder that interacts effectively with other ingredients thereby boosting its effectiveness. Zeon has created a fine blend that combines these essential Vitamins, minerals, and amino acids for maximum results. The right combination of ingredients to stimulate collagen production strengthens your hair and nails.





Mr. RAVI KUMAR SARDANA
LIFE COACH and REIKI HEALER

You are one thought away from healing

Yes, you can heal yourself with the power of your sub conscious mind, your sub conscious mind, which have unbelievable and unlimited power. But to understand, how to use our sub conscious mind to heal our physical, mental or emotional sickness, we should understand vividly two functions of our mind.

We all have only one mind, but our mind possesses two entirely different characteristic, two different functions. These functions of mind are generally known as, "the objective and subjective mind" and/or "conscious or sub conscious mind".

To understand the function of our mind more clearly, we can assume our mind as a garden and we are the gardener. Who are planting seeds (thoughts) on our sub conscious mind throughout the day. As we sow in our sub conscious mind, so shall we reap. Quality of these seeds (thoughts) are based on our habits, lifestyle, upbringing and environment. Our every thought is a cause and every condition is its effect. Our sub conscious mind is like soil which doesn't make any difference between good or bad seed. It just grows them. So, if we want prosperity, happiness, peace, harmony, good health, we should sow the seeds of same thought. If we will not

sow these thoughts then automatically all thoughts of negativity like ill health, fear, poverty, sickness, jealousy, anger will take place. Therefore, it's essential to take charge of our thoughts to get desired results.

When we deposit good quality of thoughts in our sub conscious mind, it brings magically result in our life.

Let's take one more example to understand it more clearly. Our conscious mind is captain of the ship (Our life) and sends order to man (sub conscious mind) in engine room, who in turns navigate the ship as per order receive. The man in the engine room doesn't know where they are going, he simply follows the instruction. If captain issues wrong instruction (based on this knowledge, experience or environment), ship may go in wrong direction or even hit rock or iceberg.

Our sub conscious mind simply takes the orders of conscious mind whether it is right or wrong, good or bad, ethical or unethical, healthy or unhealthy for us.

Two more important points about our sub conscious mind.

It doesn't understand, "NO". If he generates thoughts like, "I don't want to be poor"! I will understand it as, "I want to be poor" because "NO" is not in his dictionary.

It understands language of pictures only.

So, whatever we want in our life, we should be very careful in generating thoughts about that "WANT". It should be positive affirmation and we should visualize it.

Now come to the main point, how our sub conscious mind can heal us? Very simple. Start generating positive affirmation about your health. We can consciously repeat the following affirmation.

I AM HEALTHY.

MY WHOLE BODY IS HEALTHY.

I AM LEADING A HEALTHY LIFE.

MY MIND AND BODY IS IN PERFECT BALANCE.

I AM WILLING TO RELEASE THE NEGATIVE THOUGHTS THAT HAS CREATED THIS.

Repeat this affirmation several times, especially while going to bed. Since our sub conscious doesn't apply logic, it simply accepts it as it is, follows the instructions and make it happen. From the day one you will feel the difference.

Believe it and do it.

This technique has power to cure even fatal disease.

Recommended screening guide for healthy women

By : Sameer Bhati – Director at Star Imaging and Path Labs

In the past few years, women and girls across the globe have started facing certain health issues. From PCOD, Premature Menopause, sexual, reproductive and maternal health issues to cardiovascular diseases, diabetes, and depression. But their health is ignored several times as they often don't show up. Below are five important screenings with periodicity which a woman must undertake in order to stay healthy. Even the family members should take care of the women in their family and insist them to get the following tests done:

Regular Blood Check-ups: Regular blood check-ups can help find potential health issues before they become a problem and is one of the most important ways to keep track of overall physical well-being. Routine blood examinations allow us to examine the way our body changes over a period of time and empowers us to take informed decisions regarding our health. It is recommended to get done the preventive blood tests twice a year. The routine blood examination may include the following:


Anemia test,
Blood pressure screening,

Cholesterol check-up,
Blood Glucose test,
Vitamin D, etc.

Female Hormonal Profile: Hormonal imbalances are common these days due to lifestyle changes. Hormone blood tests reveal a lot of important information about a woman's health. Blood tests, that are used to measure female hormone levels, also play a role in diagnosing health conditions such as thyroid disease, PCOD/PCOS or diabetes. Female hormonal profile test may include the following:

Estrogen,
Progesterone,
Follicle-stimulating hormone (FSH),
Testosterone/DHEA,
Thyroid hormones.

Bone Density Test (BMD): A bone density test measures bone mass in key areas of your body, such as your wrist, hip and heel. It is the important test to diagnose osteoporosis. Osteoporosis is a condition in which the bones become



weak and brittle, and become more susceptible to breaking. A bone density test is done using a common technique called Dual-Energy X-ray Absorptiometry (DEXA) scan. It is also done using different machines. A bone density examination increases the accuracy of the results of calculating the risk of breaking bones. In order to measure the grams of calcium and other bone minerals packed into a segment of bone, a bone density test is done using X-rays. The most commonly tested bones located are in the spine, hip and sometimes the forearm. It is recommended to undergo a bone density test twice in a year.

Pelvic examination: A pelvic exam is an examination of the female reproductive organs to check for infections, cancer, and other conditions. A Pap test is a common test that is done during a pelvic exam. This helps in detecting cervical cancer. Detection of cervical cancer at an early stage with a Pap smear examination provides a greater chance for cure. The changes in cervical cells are also detected by a Pap smear test. This suggests the chances that cancer may develop in the future. The first step in halting the possible development of cervical cancer is the detection of these abnormal cells with a Pap Smear Test. It is recommended to get a pelvic examination done at least once a year starting at 21 years of age.

Mammography Test: A mammogram is an X-ray of the breasts. It is used to find signs of breast cancer, the second cause of cancer-related death of women. Women usually start getting mammograms done at the age of 40 and then keep getting it done every 1 or 2 years. Some Doctors also suggest that it should be started at the age of 50. Mammogram test is done to identify any skeletal changes taking place in the breast like breast pain, lumps, unusual skin color etc. It is not recommended for pregnant patients.

DON'T LET SIDE-EFFECTS BE A REASON FOR YOUR INSECURITIES

By: *SamyukthaSrikanth*

India, a country known for its magnificent collection of herbs, known to have cure for every disease. Our ancestors made every effort possible to enlighten the future generation about our greatest treasure. These are inscribed beautifully in the ancient Sanskrit scriptures. These are handed down the best assets we got from our ancestors.

Decoding the scriptures not only revealed beautiful and poetic messages but also immense wisdom gathered through traveling and collecting anecdotes from saints and sages.

A solution for healthy and natural lifestyle is Amrutam. Crafted with love and care to make the authentic Ayurvedic product with herbal and natural ingredients.

Glow up post during lockdown? Wardrobe? Check! Shoes? Check! Skin and hair??? Worried about the side effects? Don't worry we've got you.

Amrutam Ayurvedic Introduces Self Love Gift Box for those of you trying for a major glow-up.

Here's all you need to know about the Self-love box.

Amrutam Self Love Gift Box contains Ayurvedic recipes for healthy skin and hair care, made with a blend of more than a hundred herbs, the Amrutam self-love gift box consists of:

Kuntal Care Hair Spa (200ml):

This hair spa contains Triphala, Bhringraj, Eucalyptus oil, Balchhad, and Kapoorkachhari. Revitalizes your scalp and helps in strengthening of the roots. Useful in preventing hair loss, promotes re-growth and keeps your hair healthy and black. Bhringraj stimulates hair growth and prevents hair

greying. Kapoorkachhari not only gives your hair the shine you aspire to get, but also nourishes the scalp. Balchhad improves blood circulation in the scalp, thereby, reducing hair whitening.

Don't like going to parlour? Then this Kuntal DIY hair mask is just for you.

Bhringraj Hair Therapy (200ml):

Made with Triphala, Bhringraj, Reetha, and Shikkakai. Bhringraj Hair Therapy is a two-in-one Ayurvedic Shampoo & Conditioner. Aimed at reducing hair fall, premature ageing of hair and dandruff due to dry scalps, the blend of herbs used in Bhringraj Hair Therapy such as Reetha, Vibhitaki along with Bhringraj will make you fall in love with your hair just after one wash.

Vanyamrutam Body Lotion (200ml):

Ever wondered what good do wildflowers do in beauty products? Here's the answer to feed your curiosity

Vanyamrutam Body Lotion is inspired by wildflowers and forest walks to provide a natural and healthy solution to the beautiful humans.

Vanyamrutam contains Lotus, Chironji, and Devdaru as its key ingredients. It works as a wonderful moisturizing agent & promotes skin elasticity, improving complexion, erasing fine lines, fading brown spots and wrinkles.

Amrutam Face Clean Up (200ml):

Love to keep your face clean? Want to have clear porcelain skin? Check this out

Amrutam Face Clean-Up extracts dirt from your skin and deep

cleanses the pores. It's anti-bacterial and anti-fungal properties promote acne prevention and fading of dark spots. Kesar&Chandan are ingredients that give a natural glow to your skin.

At just Rs. 3,787/- you can get the products online.

Available- www.amrutam.co.in

Here's what you need to know about Amrutam:

Started in 2006, they were established as a brand in 2017 to build a strong connection in the Indian market. Amrutam strongly believes in and endorses the idea of "Health is Beauty." Amrutam's modus operandi have been developed by incorporating ancient wisdom from Vedas & Ayurvedic, and they were slightly changed to fit the modern civilization.

Handpicked herbs from various farms and forests, all of Amrutam's products have therapeutic properties. It works on the root cause of the problem and cures the damage done caused by unhealthy lifestyle and stress of the modern world. Their aim is to form a global community for those who wish to follow a lifestyle governed by ayurvedic principles.

Amrutam is 100% natural with no artificial colouring or chemicals. Amrutam's signature product portfolio includes personal care, healthcare, Amrutam Gourmet and Amrutam Oils.

Check out their entire collection: www.amrutam.co.in

PRODUCT PORTFOLIO:

Personal Care

With a wide range of Personal Care recipes curated while keeping in mind the mantra – "Health is Beauty," all products have been developed by modifying the ancient wisdom in Vedas & Ayurvedic Principles to accommodate the needs of the Modern Lifestyle.

Health Care

Considered to be one of the most authentic Indian recipes for effective healing, known to eradicate the roots of the illness, these Ayurvedic Jams (malts) are designed by Amrutam to



cure various health-related concerns and wellness in general.

Amrutam Gourmet

An exotic range of delicious luxury recipes that include Sherbets extracted from natural fruit pulp, these Herbal Jams that are tasty and healthy, try them now.

Amrutam Oil


With a collection a wide range of oils, with combinations of over 30 herbs. These Ayurvedic Oils are made especially for traditional Skin Care, Hair Care & Abhyanga (Ayurvedic Massage).

Amrutam Health Baskets

Ayurvedic Baskets & Combos consists of Health & Personal Care products. Making it the perfect gift for your friends, family and loved ones.

Amrutam Travel Packs

The travel pack contains our luxurious products for hotels and spas depicting our passion to combine the true principles of Ayurveda with the finest quality ingredients to enhance beauty and well-being. Passionately focused on purity and efficacy, our high quality and beautifully packaged products might soon become your go-to products for a flawless skin and hair.



Help your foodie buddy not miss out on a taste bud ride.

By: Samyuktha Srikanth

Looking for the sweet treats to gift your loved ones this festive season? Then the Baklava box is the perfect choice. This Middle Eastern dessert kunafa contains all the rich flavours of the Mediterranean land and is the perfect sweet twist to your desi festival.

The Baklava Box is a gourmet Sweets Company based in the city of joy, Calcutta. It was founded in 2019 by Vatsal Agarwal. The brand aims to curate gift boxes and trays with utmost opulence with their large variety of handmade Baklavas, Flavoured dates, Kunafa, Indian fusion sweets and much more.

But what's Baklava?

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Baklava is a layered pastry dessert made of filo pastry which is filled with chopped nuts and sweetened with syrup or honey. They have different variants in Baklava. There is Almond Tart Baklava, Cashew Square Baklava, Cashew Tart, Midye Baklava, Finger and Assorted Tart, Mixed Tart, Pistachio Square, Pyramid Baklava and much more. The Baklava Box offers premium gifting options for wedding, festivals, anniversaries or birthdays. This special box also offers premium and stuffed flavoured dates apart from those delicious treats.

The baklava box is hell-bent on offering its customers a go at the Middle Eastern dessert menu. To satisfy that sweet tooth, give this box a go. Apart from this, the brand offers a range of dessert collections for you to pick the one that catches your eye.

Vatsal Agarwal, Founder of The Baklava Box, said, "I tried Baklava for the first time when I was in Turkey and I absolutely fell in love with it. I couldn't find authentic Baklavas in India and that's when I thought of starting 'The Baklava Box'. Our collection of authentic premium baklavas are handcrafted by highly professional chefs and made using zero preservatives, chemicals or artificial colouring. People are loving our gourmet sweets and we have become the highest sellers of Baklava in India just within the two-year time frame."

This amazing box of treats might just be the one for you. Give it a go.



A take on home decor trends for 2021

by Pranjali Agarwal, CEO of Hèrmosa Design Studio

It's been a long year, so we have a reason to celebrate and when it comes to the home design trends we're most excited about for 2021 and beyond.

Pranjali Agarwal's take on home decor trends will present you with a curated design that will lead your home into the New Year with amazing style, from the growing importance of sustainable materials to elegant features and a celebration of individuality and originality.

Brass

Gold is here to stay. Brass accents add a warm, timeless vibe to home decor. And this home decor trend isn't going anywhere anytime soon. There are so many great ways to add brass to your home as an accent. Think: picture frames, bookends, cabinet pulls, candleholders.

Earthy Tones

Brown is the new grey. All the cool toned accents are headed in the opposite direction. Browns,





taupes, greens and everything in between is coming back in fashion. Warm up your space and make it feel instantly cozier with earth tones. Stick to items like terracotta vases, marble coffee tables, wicker baskets and wooden furniture pieces. These all work together to add texture and warmth to a room, creating a more organic look that can produce a relaxed, calm vibe.

Urban modern

Urban modern is a fusion of various opposing and complementary traits. Minimalist modern, glamorous chic, ethnic heirlooms, and edgy experimental designs all collide in a distinctively 21st-century setting. In urban decor often artistic and creative expression are used – add some elegant geometric designs, or vintage items with traditional embellishment.

Cozy Up

Surround yourself with the things you love. It's time to abandon the minimalism route and build up your room with accessories like art, sculptures, knick knacks basically, whatever objects speak to you. You'll feel like you're inside of this cozy little nook and it's less of these sparse, modern spaces. People just want to feel like they're being wrapped in a warm hug when they walk into a room.

Break up your space

Now that we're faced with the reality that we do have to use our homes as our working spaces as well, we have to be mindful of that and create the

best of the interior where function is just as important as the aesthetic. With entire families impacted by closed offices and schools, open floor plans make it difficult for anyone to efficiently work while their entire household is also home. We have realized that the open concept may be great for entertaining, but not so much for living, especially if you have small kids.

Bringing the outdoors In

Covid taught us a lot about how much better life is when we take the time to sit outside. Even though we can move around more freely, I think the indoor-outdoor connection is here to stay. Bringing nature doesn't have to be so literal; it can mean switching to natural fibers in furnishings and maximizing natural light.

Curves replace straight lines

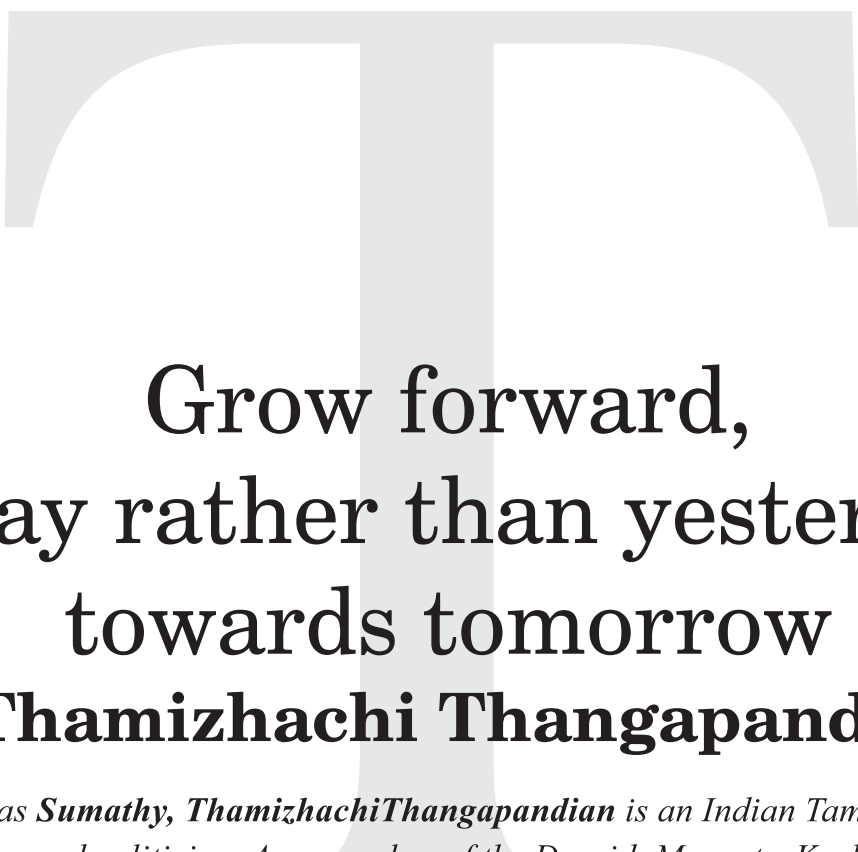
Curves and smooth edges give a comfortable and casual vibe in a home. These organic, attractive shapes are replacing boxy edges and clear lines that were previously staples in the latest interior design trends. Puffy sofas and

comfy chairs are defining the trends in 2021, as well as circular furniture, mirrors, artwork, and more.

Cozy fabric and natural textures

Ultra-soft fabrics and natural textures. We see clients being drawn more to a relaxed feel in their home with something sophisticated and chic but still cozy. There's a big focus on texture and boucle, Sherpa and other furry fabrics bring warmth without the need for color. This makes decorating super simple, as you can add it to your existing decor for a quick, cozy change.





Grow forward,
today rather than yesterday,
towards tomorrow
– **Thamizhachi Thangapandian**

*Also known as **Sumathy**, **ThamizhachiThangapandian** is an Indian Tamil poet, orator, lyricist, writer and politician. As a member of the DravidaMunnetraKazhagam, she was initially elected to the Lok Sabha and worked as a lecturer in English at Queen Mary's College, before enduring onto her political journey. Being a yoga enthusiast, she is also fond of her jewels and does not encourage stereotypes surrounding politics. So, strain your eyes a little more to have a peek into her 'interesting journey,' as she would call it!*



Q) Tell us a few words to describe yourself.

I'd describe myself as a vernacular Tamil poet whose roots extend to a south Indian village, next to Madurai and is proud about her village roots. It is my privilege to be born in a village, to travel around the world – thanks to my career and to be able to interact with literature and politics. I am a simple village woman with simple ideas in life for me to grow forward, today rather than yesterday, towards tomorrow and in the journey, have the hopes of taking along with mine - a regional view. My idea is to frame a regional feminist outlook, rather than a broader western mindset - a mindset that can fit the Indian standards.

Q) How would you describe your past from a lecturer to politics?

It has just been politics. I come from a political family, but my inclination is more towards teaching literature, writing poetry, doing theatre - with the only difference being that I belong to a political family. I entered the political field only because my family wanted me to get vested within.

Q) Do you have any political strategies that you could share with us?

Strategies is a very heavy word. I do have a roadmap. Women empowerment, upliftment of the underprivileged, especially from the rural parts of India and upholding art, literature, theatre and culture, specifically the Tamil heritage and lineage are the three aspects that I look forward to. We need to teach these elements to kids, so that the present generation can take it forward. As a parliamentary member, however, I do have a few promises. Developing counselling centres for underprivileged women, keeping sanitary lending machines in slum areas and public arenas and making the Velachery Lake – a tourist spot is some of them.

Q) How would you define success?

This is very personal to me. Success equates to happiness and is not decided by the society or any third party. What gives you happiness is ultimately success for me. Rather than reaching the destination, the journey is equally

important. I don't want to miss out on anything, while pursuing my path to achieve a goal.

Q) How would you describe your achievements?

Frankly, I wouldn't say that I have achieved anything. I am also not unhappy about it. Making progress everyday is an achievement for me. When it comes to living a political life, you are accountable to people. Which is why, I make a pitstop to the things that I have done and remind myself of them each day. I am moving positively towards it.

Q) What/ who inspires you?

Inspiration is my home. It equates to describing the arid soil of the southern area – it needs to be nurtured during rainfall. Similarly, the women who brought me up, have been my inspiration because most of them weren't even educated. But the ways in which they have braced an attitude towards everything has been really inspiring. Their life mustn't have been easy but they have looked at it quite positively.

Q) How do you manage work and personal life?

This is a very critical question, but nobody asks this to a man. I mean, of course, men can handle multiple careers too, but this is never a question of concern for them. It is a taboo that associates it. Now, I have recently been blessed with two twin grandchildren and my whole world revolves around them. In the night I am awake and at the same time, I have to manage work as well. This needs a lot of balance and family support, when one has to cope with stress.

But I think there is compass based time rather than a clock-based one. There is a difference between being in a hurry and being fast. The compass-based management of time helps. For instance, a lot of my students come to college without breakfast. Only during lunchtime, they would consider grabbing a bite. They are in so much of a hurry. To avoid that, time management is important.

Q) Any activities or hobbies?

I prefer walking as it is more of a meditative element. And yoga, which is a passion and it keeps me fit, rather than flexible.

Q) How would you describe women empowerment?

This is self-realisation and being rational, respecting oneself and not to being ashamed of putting yourself first equates to women empowerment. Your whole outlook towards life and the way with how one perceives it is the ultimate goal. Being self-confident and not being guilty/ judgemental about anything in life is a how a woman can seek her path to empowerment.

Q) Being a woman in this industry, have you faced any difficulties?

Being a woman is a little difficult, irrespective of the area you are working in. There are hurdles everywhere. I wouldn't say that a woman can't face everything on her own. Sometimes a glass ceiling can be difficult to be broken. There are pressure points and you might be pushed till the end and made use of but of course, it is worth it. If there is a seed coming up, piercing through the rough soil to make an identity for itself – that is a woman.

Q) Looking back at this journey, what would you describe it as?

Very interesting. It has been a bumpy road with ups and downs. One thing is that I have been able to meet a lot of people and interacting with them. When I listen to stories and see hope within them, I feel like I have made a difference in their life and it is the best feeling. But at night, I feel guilty, because I haven't met promises. So, I wish to work on that.

Q) What message would you give to young women out there?

Love yourself and always keep yourself as a priority in life. Wear whatever you want to – irrespective of the age group. You decide what suits you and whatever is best for you. Don't make it a habit but relish it. Don't feel bad if you make mistakes in life. Try to be a better version of yourself.



A perfect guide to facial serums

Upgrade your CTM skin care routine to the next level by adding facial serum to your beauty kit!

If you follow cleansing, toning, and moisturizing routine religiously and still struggle with skin issues then you might be missing out on something that can provide skin with the best nourishment. Facial serums can be a perfect addition to your beauty routine that can help to accomplish your healthy skin goals. Not many people are aware of the wonders that facial serums can do for your skin. Commit to applying facial serum after cleansing and before moisturizing to see the magical differences in your skin.

What is a facial serum?

Facial serums are concentrated and light-weight formulations that are either gel-based, oil-based, or in liquid form. The facial serums are dense and enriched with nutrients potent for the skin. Thus, the application of serums helps the superior concentration of powerful and active ingredients to penetrate deeper into the skin as it is made up of smaller molecules. Thus, serums not only provide better hydration to the skin surface but also augment the effectiveness of moisturizers. In a way, serums and moisturizers are complementary to each other and deliver the best results when used together.

There are many types of facial serums available in the market but you must pick one according to your skin concern and type.

Hydrating serums

Hydrating serums consist of emollient ingredients that help to bind moisture into the skin. Unlike regular moisturizers that just sit on the top layers of the skin, the lightweight serum penetrates deeper into the skin layers and provides an ample amount of hydration. Generally, ingredients in hydrating serums include hyaluronic acid, niacinamide, Vitamin E, and tremella, which help to replenish moisture levels and repair dry and flaky skin. Also,

regular application of hydrating serum provides a dewy glow to the skin and prevents dry patches. People with dry, oily or combination skin types can include hydrating serums to your skin routine for a perfect and flawless skin complexion.

Exfoliating serums

If you assume serums are only for moisturizing then you are wrong. There are different kinds of exfoliating serums that are formulated to eliminate dead skin cells and create a smooth and even texture of the skin. These serums are made from a combination of acids like alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs), which gently remove the gunk and impurities from the skin without making the skin dry, red, or sensitive. Thus, regular application of these serums can brighten your skin by reducing discoloration and ease inflammation by unclogging pores. Some of the active ingredients that you should look out for in your exfoliating serums are salicylic acid, malic acid, glycolic acid, lactic acid, and citric acid.

Brightening serums

Boost your skin radiance and prevent dullness by adding brightening serums to your beauty routine. Inhibiting the excessive production of melanin, the regular application of brightening serums helps to fade away blemishes, fight discoloration, and lighten overall skin complexion. Many of these serums include ingredients such as Vitamin C, retinoids, AHAs, kojic acids, azelaic acid, or hyaluronic acids, which provide antioxidant properties to the skin and acts as a protective barrier to prevent skin damage from pollution and UV rays.

Serums for acne-prone skin

If you deal with acne frequently then you should find a facial serum that helps to regulate excess sebum production and kills P.acnes bacteria, responsible for inflammation. Since serums contain a



**By: Ms. Arthi Raguram,
Founder, Deyga Organics**

high dose of active ingredients, they work better than any creams and thus could potentially aid in managing acne. Choose serums that include a high content of salicylic acids, niacinamide (vitamin B-3), retinol, hyaluronic acids, zinc, and vitamin C. Make sure to choose either gel-based or serums in liquid form instead of opting for oil-based serums otherwise they could worsen inflammation.

Anti-aging serums

Using an anti-aging serum is the most effective and non-invasive method to prevent premature aging and reduce the appearance of fine lines and wrinkles. The active ingredients present in anti-aging serums such as hyaluronic acids, Vitamin A, Vitamin C, Vitamin E, amino-peptides, coenzymes, tea extracts, and hydroxy acids boost collagen production in the skin, which makes the skin tighter and more youthful.



Enroute Healthy teeth and Gums for Kids

By- Mr. Rajesh Vohra,
Chief Executive Officer,
Artsana Group, in association with Chicco Research Center.

Good oral health is an essential part of overall health care especially for babies and kids. Better health of teeth and gums of the babies are as important as oral care is to adults and should not be sidelined considering the absence of teeth in newborns and milk teeth in young kids.

The health of milk teeth in babies or kids should not be ignored considering the fact that they would eventually fall off as good oral health in babies definitely paves a healthy path for better oral health later in their lives. Good oral care leads to decreased possibilities of cavities which can cause pain and infections and may lead to problems with kid's eating, speaking, playing, and learning.

Keeping the baby's gums bacteria free and teeth (whenever they start appearing) sparkling clean right from the beginning goes a long way in healthy oral care. Right care and attention are needed while caring for the baby's gums and teeth during initial months.

There are a wide range of oral care products available which can aid the parents to take proper care of their baby's oral health. Practicing healthy habits and using right products can support in preventing or reducing cavities, tooth decay in infants and children. Making kids learn to brush properly is a slow and steady process, till the age they learn to properly brush each corner of their mouth, mothers are advised to do it for them daily twice a day.

Below are a few suggested practices and products which are an absolute essential in oral care regime of the babies/kids.

e Gum Gel: Babies usually get their first tooth between 4 to 6 months of age. Discomfort at the time of teething can cause them to be extremely irritable and



cranky. A Gum gel is an effective and easy solution to calm the irritation , clean & disinfect the gums of a teething baby. A natural plant-based extract Xylitol is known for its antibacterial properties and is a suitable ingredient for cleaning baby's teeth even before they start teething. Ingredients like chamomile are responsible for providing soothing and relaxing effect for the irritated and swollen gums. The product picked for the kids/babies should be free from harmful chemicals and preservatives.

e Toothpaste – A fluoride free toothpaste formulation can be used for young kids/babies as excess fluoride intake may lead to dental-Fluorosis/Decolouration/patchy milk teeth as babies can swallow the toothpaste. Fruity flavours help kids to identify the flavours of fruit and enjoy the flavour of the toothpaste which encourages them to brush their teeth leading to better oral hygiene. The toothpaste should have low REA (Reactive Enamel Abrasively) level so that it does not scratch baby's tooth enamel.

e Gum massager brush – It is also called as finger brush in general terms. It is most suitable for babies less than 6mn of age to massage their gums softly to pacify them against the irritation they have during teething. It is a specially designed massager brush with its small and rounded head and extra smooth massaging grooves to soothe irritated

gums.

e Toothbrush - Toothbrush for the kids should be picked very selectively for efficient cleaning. It should be specially designed for the kids/babies. Kid's toothbrush has a special size & shape according to baby's mouth shape and age. Tapered bristles technology is a technology where the bristles are made ultra-thin on the top compared to a thick base for a stable base and a flexible top which can properly clean your baby's teeth and reach every corner of the mouth.

Ultra-thin hair like soft bristles are made up of PBT material which absorb less water and are highly durable and effective for removal of plaque and food residue between gums & teeth which is the main cause of any dental diseases. Kids tooth brush range comes with a wide array of features like anti slip handle for a comfortable grip, suction cup to ensure brush holds on a slippery surface, tongue scraper to effectively clean the tongue and brush head cover to protect it from all the bacteria and dirt when not in use. There is also attractive, colourful and fun design tooth brush available in the market which makes brushing exercise a fun routine to the kids.

e Electric toothbrush – In case a normal toothbrush does not interest your kid enough; electric toothbrush makes it exciting and simpler to clean with 10000 vib/min and effectively cleans the gums and teeth.



Health benefits of Caviar

By: *Dt. Lakshita Jain, Certified Clinical Dietician,
Lecturer, Diabetes Educator, Meat Technologist, and Founder of NUTR*

Caviar is a type of Roe. Roe are the eggs from fish. To call a true Caviar the Roe or the fish egg must come from Sturgeon fish specifically from the Caspian or the Black Seas (Azerbaijan or Turkey) but in India, Roe from Salmon fish, Trout or Cuttlefish might be labelled as Caviar.

True Caviar can come from four types of Sturgeon fish: Beluga, Sterlet, Sevruga and Ossetra and of those four the most expensive type of fish roe or caviar is from the Beluga fish.

Caviar is a powerhouse of nutrients and the issue of power and supply makes Caviar one of the world's most expensive foods. There is a limited Sturgeon fish left in black and Caspian seas. When an egg or roe is harvested, it kills the fish. The fish is captured and the belly is opened which is where the eggs live.

It has become a delicacy as it is hard to harvest and has amazing taste. In India, Caviar can be only found in world class restaurants and hotels. 30gm of Caviar from Ossetra can cost you around INR 9,000 and Beluga starting from INR 12,000.

But what makes it more special is its health benefits:

Omega 3 Fatty Acids

One gram of caviar contains enough Omega-3 Fatty Acids to last an entire day. Roe of Hke, Lump sucker and Salmon fish is the best dietary source of Omega-3.

The omega-3 fatty acids aid in the prevention of heart disease. Caviar's Omega-3s can help prevent stroke, heart attack, clogged arteries, and blood clotting. If you can't find Caviar, pop in omega-3 tablet or have fish twice a week.

High in Selenium

Caviar also contains high levels of selenium, an essential antioxidant that works with Vitamin E as a disease prevention. Selenium also aids thyroid function, which is critical to your entire endocrine system. Caviar contains selenium, which can help your immune system as well as improve cell health and growth.

High in B12

Vitamin B12 is a water-soluble vitamin which is often difficult to absorb in a plant based diet. A spoonful of Caviar is an excellent source of Vitamin B12, especially if you are fatigued, a common symptom of B12 deficiency.

Depression

Omega-3s found in caviar can improve mood. Some research suggests that Omega 3 content of caviar can aid in the treatment of depression and bipolar disorder symptoms. More research is needed to confirm this link.

Another study linked Vitamin D content in caviar in reducing seasonal depression in the winter. Vitamin D, which is important for boosting mood

during the winter months. Vitamin D is produced naturally by the body when it absorbs the sun's rays. When sunlight is scarce in the winter, dietary vitamin D, such as that found in caviar, can help combat the depressing effects of vitamin D deficiency.

Reproductive Health

Men, in particular, can benefit from consumption. Caviar has long been regarded as an aphrodisiac that promotes closeness. The increase in blood flow generated by the B vitamins and zinc present in caviar is most likely the cause of both men's and women's reproductive benefits.

Caviar Benefits Cancer Patients

Caviar is abundant in iron, which helps cancer patients recover faster from chemotherapy side effects. Iron aids in the improvement of energy and gastrointestinal function, both of which are significant complaints among chemotherapy patients.

Healthy Proteins

One serving of Caviar contains 4gm of protein. The American Heart Association recommends consuming at least 1gm of these healthy proteins in order to maintain optimal health.

Concussion:

Although Caviar has numerous health benefits, it is also high in cholesterol and sodium so it's better to stay on the safe side and only eat it sparingly.



Use of spices correctly is important

By: Dt. Lakshita Jain, Certified Clinical Dietician, Lecturer, Diabetes Educator, Meat Technologist, and Founder of NUTR

Did you know Madhya Pradesh is known as the state of spices. For generations in Indian household kitchen spices are bringing food together. Seven spices that include cumin, clove, coriander, cinnamon, turmeric, fenugreek and cardamom. What's great about spices is that everytime we cook something, we match the spicing to the ingredients.

Spices are not just important as food but medicine.

Why include spices in our diet?

Spices are abundant in minerals including potassium, manganese, iron, and magnesium.

They contain a long variety of chemical plant based compounds which have disease-preventing and health-promoting qualities.

Over the centuries, spices have been used for their anti-inflammatory, carminative, and anti-flatulent qualities since ancient times.

Spices is a great antioxidant whose importance has been significant in the difficult times of COVID. Other health benefits of spices are:

Anti-inflammatory properties

Spices like turmeric are commonly prescribed in cases of inflammation of specific body regions or nerves/tissues since they have anti-inflammatory qualities.

It can aid in prevention of cancer and indigestion too.

How to use it for indigestion:

Taking haldi powder and salt in equal quantities with warm water gives instant relief in acidity.

Taking 2gm of grinded powder of ajwain, black pepper, sendha namak, syah jeera, sonth and heeng roasted in ghee after meals with lukewarm water cures all indigestion problem

Acts as antioxidants

Spices are one of the best sources of antioxidants. They're high in antioxidants, antispasmodics, antiseptics, digestive enzymes, carminatives, and stimulants. Spices are anti-oxidants that improve the body's oxygenation and circulation while also boosting the immune system. Spices are not only good providers of minerals, but they also aid to improve skin quality.

How to use:

Taking clove water

Helpful in boosting immunity system

Spices have very few calories, yet they

are incredibly beneficial to the body's natural immune system. Spices not only stimulate the immune system, but also aid in the prevention of numerous ailments, blood vessel strengthening, and blood coagulation. They also aid in the reduction of cholesterol, the improvement of blood circulation, and the prevention of diseases like atherosclerosis and cancer.

How to use of Immunity:

Cook Pinch of haldi, ajwain, black pepper, anise, cardamom in a glass of boiling water

Improves digestion

Spices are well-known for their potential to assist regulate bowel motions, improving digestion, and minimizing digestive disorders like indigestion and constipation. Spices are a good source of vitamins and minerals, and they help the human body's enzymatic activity. Spices are also renowned for their potential to decrease blood cholesterol levels and regulate insulin levels in the body.

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Regulates metabolism

Spices can aid in the efficient regulation of the body's metabolism. Spices can help avoid blood diseases like anemia by assisting in the regulation of body metabolism. The heart rate is effectively controlled, and the gastrointestinal cation is optimized, thanks to increased metabolism.

How to use for lost appetite:

1 tsp of ground powder of coriander, small cardamom and black pepper in equal quantity. mix with 1 tsp ghee

Helps control Diabetes

Cinnamaldehyde, a compound found in many spices, is very effective at controlling blood sugar levels. Spices boost insulin sensitivity by delaying the rate of glucose digestion in the digestive tract.

How to use for Diabetes:

Empty stomach, have haldi with a pinch of black pepper in warm water

Fenugreek powder (100gm), Turmeric powder (25gms), White pepper powder (5gm). Take each spoon in the morning and evening with a glass of milk (without sugar). Avoid fenugreek if High BP.

Prevents allergies and helps fight nasal congestion

Certain spices, such as rosemary, include particular chemicals that assist decrease allergic reactions as well as alleviate nasal congestion problems. This substance also has anti-inflammatory effects. It works to relieve nasal congestion by raising the number of white blood cells in mucus, which helps to reduce and eliminate congestion in the tissues.

How to use for bronchitis and cough:

Haldi powder and a little salt with hot water

Helps improve skin and hair

Spices have long been hailed for their potential to improve skin and hair health. Spices can help the neurological system function better, resulting in improved immunity and blood circulation, as well as healthier skin and hair.

How to use for skin eruptions:

Apply paste of Haldi and til oil on the body

Improves memory and brain function

Sage, for example, is an excellent spice for improving brain and memory performance. This spice has been demonstrated to help persons with Alzheimer's disease enhance their cognitive function. Alzheimer's disease is caused by a rapid reduction in acetylcholine levels in the brain, and spices can help prevent this by inhibiting the breakdown of this chemical. Other spices can help persons with memory problems who are otherwise healthy.

Fights infections

Spices are particularly efficient at preventing yeast, mold, and bacterium infections. Spices serve to strengthen the body's immune system, preventing

illnesses from taking hold, as well as actively suppressing the growth of harmful germs in the human body.

Improves heart health

Garlic, for example, is particularly beneficial in lowering cholesterol levels and so maintaining heart health. Garlic, when added to the diets of persons with high cholesterol, may help lower cholesterol levels and prevent the start of heart disease. Furthermore, several spices are effective in the treatment of ailments such as the common cold.

Uses of Spices

Spices offer a wide range of applications, from warding off pests in the home to calming the body and mind. It's almost impossible to imagine cooking without spices. Spices are used in a variety of ways, beginning in the kitchen and progressing to therapeutic applications. Spices not only help to add flavor, color, and taste to food, but they also provide several health advantages. They have antibacterial and antifungal activities, as well as antioxidant characteristics.

They are recognized for boosting the immune system and aiding in the battle against numerous infections. Spices are typically used in little amounts, therefore the calories they contribute are nearly non-existent. This is why spices are used in such great quantities in Indian households, as they provide multiple benefits with no drawbacks or side effects.

Side-Effects & Allergies of Spices

Spices, in general, have no recognized adverse effects. However, allergic reactions can occur in people as a result of consuming particular spices, and this varies from person to person. Occupational contact dermatitis, bronchial asthma, rhinitis, and anaphylactic shock are among the allergic reactions that can occur. Furthermore, many spices can interact with certain drugs, resulting in issues such as blood thinning and haemorrhoids formation. However, these are all extremely uncommon, and the advantages of spices much outweigh the minor side effects.



How to convert Lockdown into an opportunity to teach new skills to your specially-abled Kids?

Dr. Himani Narula

*Developmental and Behavioral Pediatrician
Director & Co-founder of Continua kids*

Lockdown has happened more than once, and in this time the children with special needs also get tied up at home, they are not able to go out for their routine therapies and interventions, schooling has come to a standstill mode, also many children who participate in sports and other recreational activities are unable to attend to these due to lockdown. This leaves them with very few opportunities to develop and learn the skills. During these times of lockdown, many children already having mental illness have shown a deterioration in their symptoms in the form of increased irritability, hyperactivity, aggressive behaviours, restlessness, anxiety and even regression in their previously children with special needs at home.

So we must learn some strategies to engage our children with special needs at home in a meaningful way so that their energy is channelized in a better way, they are occupied meaningfully and they can learn some skills while staying at home. This will also help reduce their unwanted behaviours.

During the lockdown times, parents need to take a lead in teaching their child. They need to play the role of a therapist and teacher apart from being parents. While it is increasing the stress and pressure of extra work for parents it is also giving them time to understand their child and learn the ways to teach them.

Children with special needs many times have challenges in performing self-help skills and activities of daily living. Parents can take up simple activities like self-feeding, eating with spoon or fork, dressing and undressing, wearing and removing shoes, brushing, combing hair, washing their face and hands, bathing, toileting etc. are some of the activities of daily living which when taught can make your child independent. You may take up teaching these activities one at a time, split the activity into multiple steps and teach it over sometime.

Another developmental Challenge that parents observe is hyperactivity in children with special needs, where occupying them into a physical task can help them stay calm and relaxed. Parents can introduce and teach a child some physical exercises which can be age-appropriate. They can demonstrate the child and teach the child to copy those exercises. This will increase their body orientation, strength, endurance Coordination. For smaller children activities like catching and throwing a ball, hitting the target E.G bowling pins with a ball, bat and ball games etc. The parents can engage the children in activities like grain sorting activities, puzzles, building blocks games, reading picture books, social stories etc can help child build sitting time, improve their attention and focus, and when the child can complete the task reinforcing them positively will motivate them to engage then and it also builds a bond with parents and better social reciprocal responses.

Routines are a very important part when it comes to teaching children with special needs, hence having a plan for the day and sticking to the schedule can help children with special needs.

Making the best use of technology is something that this lockdown has taught us. Hence making good use of the online remote therapy sessions with your interventionist and therapist can be a good option. Seeking medical advice on rising health concerns from your developmental Pediatrician can nip it in time. Home-based remote therapy with your therapist will not only provide a continuity of care for the child but parents shall also learn how and what to teach to their special needs children. A loss of few months of therapy for specially-abled children can tremendously increase their challenges and also disturb the whole family structure hence it's important to keep the child continuously engaged in a structured and meaningful activity.

Creating the lockdown into an opportunity can help us lead this phase happily and healthily. Inventing more and more innovative ways to support children with special needs is the need of the hour.



Hypertension during pregnancy - What it leads to?

by Dr. Aruna Kalra – Senior Gynaecologist and Obstetrician at CK Birla Hospital, Gurugram)

Hypertension or High Blood Pressure in pregnancy can be very complicated for some women. If blood pressure is greater than 130/90 mm Hg, then it is considered as Hypertension. Hypertension during pregnancy isn't always dangerous, but if not managed well, it can cause severe health problems for the mother and the baby.

During pregnancy,

- **Normal Blood Pressure** should be 120/80 mm Hg.
- Blood Pressure higher than 130/90 mm Hg is considered **High Blood Pressure or Hypertension**.
- If a woman feels dizziness, headache or nausea, then it is considered to be Low Blood Pressure.

Causes of Hypertension

The possible causes of hypertension during pregnancy includes the following:

- Smoking
- Drinking alcohol
- Obesity
- First-time pregnancy
- Carrying more than one child
- Late pregnancy (after 35 years of age)
- Diabetes

There are some risk factors that make hypertension during pregnancy more likely to happen:

Lifestyle: Unhealthy lifestyle, obesity, laziness, etc. can lead to hypertension during pregnancy.

Age: Women above 35 years of age are at higher risk of experiencing hypertension during pregnancy.

Pregnancy Type: First pregnancy can be a factor too. Carrying more than one baby can lead to hypertension as the body works harder to nourish the babies.

Types of Hypertension during pregnancy

Hypertension during pregnancy can be:

Chronic Hypertension: If a woman has pre-existing hypertension before getting pregnant, then it is referred to as Chronic Hypertension. It may also occur in the first 20 weeks of pregnancy.

Gestational Hypertension: It occurs after the 20th week of pregnancy and resolves after delivery.

Chronic Hypertension with superimposed preeclampsia: A woman can develop preeclampsia if she experiences chronic hypertension before getting pregnant. The signs include experiencing protein in urine or complications during pregnancy.

What Hypertension leads to?

In pregnancy, hypertension may lead to multi-organ involvement. The basic underlying mechanism of organ damage is

- increased vasoconstriction leading to decreased organ perfusion,
- increased endothelial dysfunction leading to capillary leak, edema, pulmonary edema and proteinuria.

Involvement of kidneys leads to proteinuria, involvement of Liver manifests as HELLP syndrome, involvement of cerebral vessels leads to eclampsia, effect on systemic blood vessels causes hypertension and, in the foetus, it leads to intrauterine growth restriction.

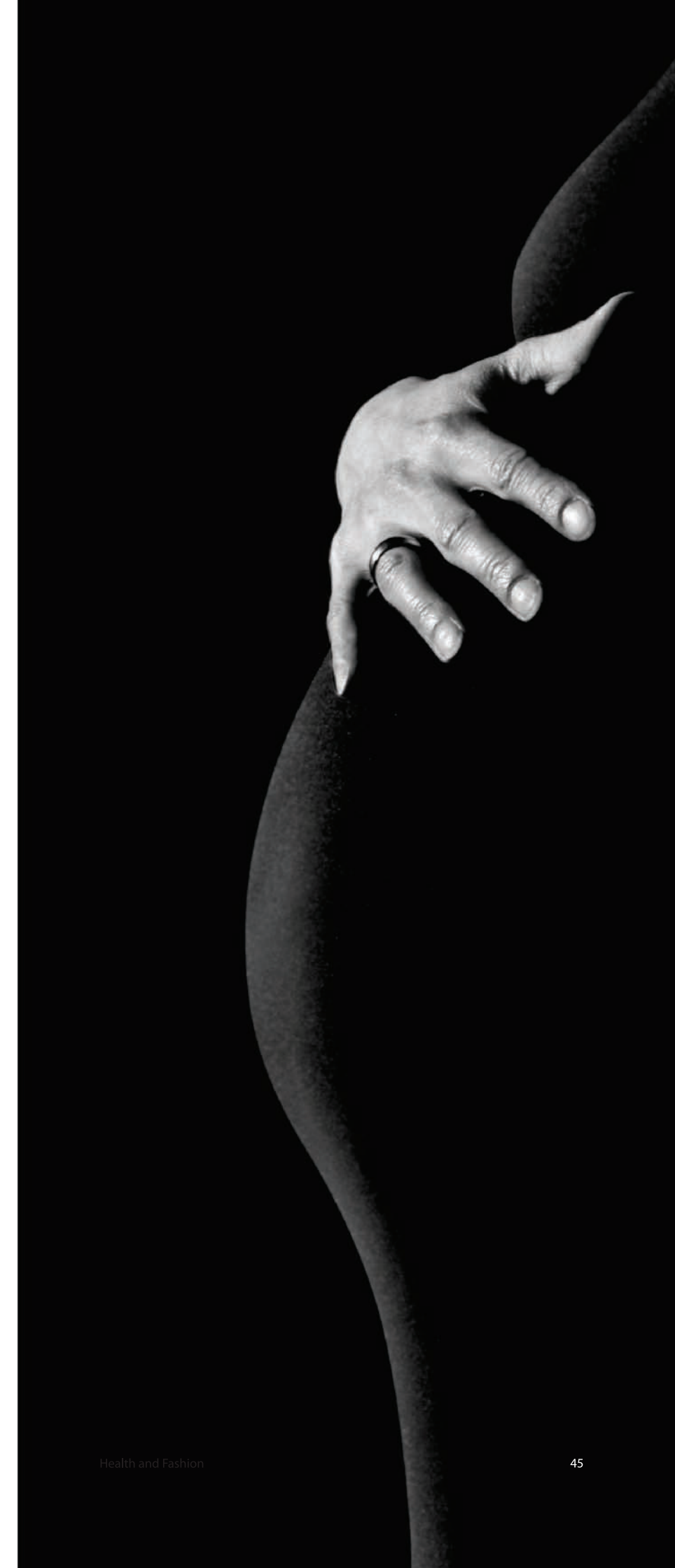
There can be complications like:

1. **Cardiovascular complications** - increased cardiac load.

There may be endothelial injury to blood vessels. Haemoconcentration is seen and there is an increase in vascular permeability. Women with preeclampsia lack the hypovolemia associated with normal pregnancy, thus haemoconcentration is a frequent finding. In addition, the interaction of various vasoactive agents results in intense vasospasm.

2. **Haematological changes** like thrombocytopenia which is low platelet counts, HELLP (Haemolysis + elevated liver enzymes + low platelet counts), coagulation profile gets deranged and haemoconcentration occurs as mentioned before.

Thrombocytopenia results from increased platelet activation, aggregation and consumption and is a mark of disease severity.



3. **Renal changes** include decreased glomerular filtration leading to decreased renal perfusion. Increase in protein-creatinine ratio, proteinuria.

It ultimately results in renal failure due to tubular necrosis resulting in oliguria and finally anuria.

4. **Changes in Liver** - altered hepatic function is seen. The more serious complications may include sub capsular haemorrhage and hepatic rupture. Alterations in hepatic function are reflected by abnormalities of prothrombin time, partial prothrombin time and fibrinogen usually occur in advanced preeclampsia.

5. Neuromuscular sequelae like stroke, retinal detachment and diabetic retinopathy are seen.

6. **Fetal complications** -

Impaired fetoplacental blood flow secondary to physiologic transformation of spiral arteries or placental vascular insult. As a result of impaired uteroplacental blood flow, secondary to failure of physiologic transformation of spiral arteries or placental vascular insults or both. Abnormalities in the placental bed and subsequent failure of physiologic transformation of spiral arteries in the first and early second trimester limit the blood flow to uteroplacental unit. The clinical manifestations include fetal growth restriction, oligohydramnios, placental abruption and non-reassuring fetal heart rate. Consequently, fetus of preeclamptic mothers are at risk of spontaneous or indicated pre-term delivery.

7. **Metabolic sequelae** may include Type 2 Diabetes, metabolic syndrome, dyslipidaemias and obesity.

Some Tips to Follow

Women can follow the following tips to prevent Hypertension during pregnancy:

1. If a woman is obese, then she should try to lose some weight by regular exercises and balanced diet.
2. Avoid smoking and alcohol during pregnancy. Both of them increase blood pressure and cause many other complications during pregnancy.
3. Don't limit salt consumption, even during hypertension, as it may impact fetal growth and development and can be harmful for pregnant ladies.
4. Yoga and meditation should be performed on a daily basis. They can help relieve stress that is generally caused by psychological and physical changes during pregnancy.
5. Self-monitoring blood pressure during pregnancy is important.
6. If you experience high blood pressure repeatedly, consult your doctor immediately.

Travel Checklist with a Baby On Board

By- Mr.Rajesh Vohra, CEO, Artsana Group in association with Chicco Osservatorio

Travelling for the first time with your infant/baby is a whole new ball game. Everything from what to pack to planning your itinerary can become significantly more complex, when there is a baby on board. It's amazing to experience the beauty of nature and new places with your baby and watch it make new discoveries, splash in a pool, play in the sand, or spend special time with the family members.

But travelling with baby can also be difficult and exhausting. Babies usually get bored in sightseeing and interrupted naptimes and meltdowns can cause chaos on flights or outings.

Travelling is a new experience for the baby, and he should get to enjoy it. By keeping a few things in mind and ensuring comfort and hygiene at all times, you and your baby can have a wonderful trip, and make memories to relish for years to come.

Here's what you need to have in your baby travel checklist to give 100% gentle care to your baby on the move

1. Diapers have to be the most important item on your list. Carry loads of them according to your baby's requirements and few more as back-up. Parents must choose diapers made of soft and delicate material, which are slimmer and easy to wear as they allow the baby to move around freely while guaranteeing maximum level of absorbance and comfort.

2. Nappy Cream – The chances of your baby getting a diaper rash are pretty high, considering the long waiting hours at the airport, travelling long distances by cars and the consequent long intervals between changing diapers. An irritated baby is not something you would like to deal with especially while travelling. Travelling

with some nappy cream will ensure that your baby is happy and hearty at all times. One should use a nappy cream which is specially formulated with Zinc oxide for the sensitive area and aids in protecting, soothing and repairing the delicate skin of the baby.

3. Liquid Disinfectant- Specifically, while travelling, one comes in contact with a lot of public areas which could be a source of germs or infections. Therefore, when travelling with babies, parents must keep a disinfectant specially meant for decontamination of plastic and metal baby utilities (i.e., feeding bottles, teats, pacifiers, small toys etc.) as well as fruits and vegetables always handy. And before using these products on the go, it's beneficial to thoroughly disinfect them with a disinfectant having anti-bacterial & anti-fungal properties

4. Gentle Body wash and Shampoo –Gentle body wash and shampoo is ideal to gently cleanse baby's delicate hair and skin. Enriched with the soothing and softening properties of Oats, it provides rich & gentle care to baby's hair and skin and making your baby's bathing moments a loving one

5. Cleansing Wipes- Wipes are an absolute must while you are on the go. From cleaning food and drink spills to just wiping baby's face, hands and skin for a soothing fresh experience, they are absolutely multifunctional. Wipes enriched with Chamomile for soothing action and Aloe vera for rich moisturization makes it super useful for the times with limited water supply or while you are on the go.

6. Baby Stroller- If you're traveling with a baby or a young child, travelling with a stroller can be a big help. Not only does it make moving around more convenient for the parent and is also comfortable for

the baby whether they want to look around or catch a nap on the go.. With carry basket for baby essentials and easy maneuvering, a stroller can be life-saver when planning lots of sightseeing. Strollers with easy /auto folding and a compact design for storing are super useful while travelling.

7. Car Safety Seat for babies- Travelling with your child is a good opportunity to enjoy the discovery of places and people. But carrying them in parent's arms or using safety belt system designed for adults does not provide adequate protection or comfort to kids in the car. Hence, Child safety car seat is a must when travelling with a baby on board. There are multi-group car seats which can be used over multiple age-groups and are suitable for growing babies.

8. Spill-proof Sippy Cup - For sipping and having liquids such as water, fruit juices etc. on the go, a spill proof sippy cup with handles that baby can easily hold will save you from all that heavy clean up duty. Your baby can continue to sip his drink while you walk to the next attraction!

9. Anti-Mosquito Spray/Gel – Mosquitoes could be potential carrier of diseases such as Dengue, Chikungunya and Malaria in addition to leaving those pesky red marks and rashes on the baby's delicate skin given that babies are all the more unprepared to deal with mosquitoes. Therefore, it is important to have an anti-mosquito gel / spray that is specially formulated for babies in your bag all the times when travelling with your little one to keep them protected. Anti-mosquito gel and sprays with features like natural ingredients, dermatologically tested and chemical free should be the preferred choice of parents.



Navaratri, With CHALLANI

Navaratri, one of the most celebrated festival in India. Spread over a period of 9 days, each day of during this festival is special and unique in its own way.

What's more beautiful than witnessing various Hindu gods arranged beautifully in an odd number of tiers. The beauty of this tradition increases drastically through dances and songs.

In for a unique navaratri this year? For the first time ever in Chennai, Challani- House of Silver has organised a Golu entirely in Silver. The golu comprises totally 5 tiers with the first lower step displaying the Kalasam with Amman face in centre and traditional lamps on both sides. The following step contains a jewellery box and the miniatures of fundamental necessities such as transports, utensils, machines and instruments. The third step includes the idols of Vinayagar, Perumal, Lakshmi, Saraswathi, Kuberar, Krishnan and a Thulasi Madam. Fourth step is exclusively arranged to attract kids with fountains and dolls like Donald Duck, Mickey Mouse, Doraemon, and Chotta Bheem as such. The topmost tier includes idols of lord Vinayaka, Lakshman, Rama, and Seetha. Followed by this are a few delicious treats. Paying a visit to challani is definitely a treat for your eyes.



Prithi Hari



Archana dugar



Rebecca & Her mom



Deekshita & Music Director Dharan



Shwetha Subramanian



Neha Sidharth



Jennifer



Aruna Vijay



Anju



Who got you smiling like that? Vegan makeup!

Veganism has made its way into our lives faster than we expected. From food to makeup everything is vegan. Then why compromise on your skincare products? Try CIEL. CIEL has a wide range of high performance skincare products. Powered by dermatech, CIEL delivers efficient and effective skincare without any harmful ingredients. Their products are 100% vegan & vegetarian. The products are paraben free. So you can use these products without fearing the side effects. The products are designed and manufactured in a way to suit all skin types. From anti-aging creams to body creams they have it all.

They also have a variety of gift hampers, you can gift your loved ones this festive season wishing them good health, wealth and good skin.

Some of the best sellers include skin whitening face wash and anti-ageing serum.

With over 14 years of experience with Indian skin, CIEL delivers clean, effective and efficient skincare.

Try CIEL for clear and radiant skin.





Sustainable Fashion makes its debut

Designer ReshmaDalal championing sustainable fashion one collection at a time.

All of us have heard of sustainable clothing but have we actually given it a green light? Presenting to you Tara and I, to ease your morning wardrobe crisis.

As fancy as the word sustainability sounds, it comes a lot of responsibilities. At Tara and I, sustainable fashion takes a sensible approach of consciously producing

garments and encouraging their customers to consume consciously.

Reshma Dalal, founder of Tara and I, reveals that every waste at their factory is recycled.

"From leftover trimmings, we make our tags or sometimes accessories like a belt." Dalal adds, "We're not using plastic anymore. We're also trying to steer towards more certified fabrics." The Joy collection is made with Tencel, a type of fabric, which is sustainable, natural and biodegradable.

That does not mean they don't use polyester or blends for their garments. But they are sustainably sourced and excellent quality that would end up lasting for a while longer than garments made with other materials. With the aim to

deliver true 'joie de vivre' through their collections, Tara and I truly and successfully makes an effort to co-exist with planet while creating elegant, sophisticated clothing line for women.

About Tara and I: Exuding effortless chic, Tara&I is a prêt-a-porter label with a design vocabulary of casual chic and unique pieces that will brighten up any wardrobe. Their elevated classics bring a chic romanticism and joie de vivre to life. With a playful elegance, the silhouettes celebrate natural proportions, with subtleties of form and fit, creating comfortable yet flattering essentials for the beautiful women out there offering them a wide variety of choices to choose from.



Moonstruck... your new staple.

Looking for a wardrobe to portray your elegance and personality? Moonstruck is the place for you. Their amazing range of collection is definitely ostentatious. Moonstruck aims to define personality with elegance. Be it a business meeting, or a party, Detonate collection is an answer to all your wardrobe worries. Their collection is indubitably has the outfit of your choice for every occasion.

Viewed as a paragon their "Detonate" collection helps you leash the real you from within and steal the show wherever you are.

Women are stronger than they look and to help unleash that confidence in you a perfect wardrobe helps boost your self-confidence multi-fold.

It likes to give its customers the bold and fearless look with the thought that they would

conquer everything in their path. They have worked with known celebrities like Rakul Preet, Neha Kakkar, Mouni Roy, PV Sindhu, Avneet Kaur and Jasmin Bhasin to name a few.

Having witnessed these wonderful women on screen with nothing but the best of clothes, should leave no room for doubt about the brand.

About Moonstruck: Moonstruck is an Indian brand based in Jaipur. It was launched on 21st November 2015 by Shrapri Singhvi and Avi Singhvi. The brand is inspired by the word 'Moonstruck' which means something that is unique and unusual that attracts everyone and stands out from the crowd. It caters to women of all sizes and complexions. The brand aims to



empower & accept the differences and understand the God given bodies as a part of ourselves.

Speaking about the brand, Shrapi Singhvi, Founder and CEO at Moonstruck, said, "I love to create something for the modern Indian women who are bold and beautiful in their unique way. Each collection represents what we want to convey as a brand and where we stand when it comes to women's beauty. This is just the beginning, and we have a long way to go in order to revolutionise women's fashion."

What are waiting for? Go, take your pick and slay.



Treating PCOD with Ayurveda

by Mr. Vikas Chawla, Founder and Director, Vedas Cure



A common condition affecting 7-12% of the menstruating women population ranging from 12-45 years across the globe, Polycystic Ovarian Disease (PCOD) is caused due to many factors including hormonal imbalances. The problem is affecting a large chunk of the population due to changes in lifestyle habits. PCOD can cause problems with the menstrual cycle and make it difficult for patients to conceive. There are some complications of PCOD including acne, pimples, weight gain, excessive hair growth on the body. Several women also experience hair loss and thinning of hair on the scalp. Other problems caused by PCOD include depression, stress and anxiety.

To treat PCOD from the root, it is essential to understand the cause of it. Ovaries produce female sex hormones - Estrogen and Progesterone and a limited amount of male sex hormones - Testosterone. During the menstrual cycle, these hormones assist in the natural production of eggs in the ovaries. PCOD is caused as a result of imbalance in these sex hormones. During this condition, the ovaries begin to produce slightly more androgens. This causes women suffering from PCOD to stop ovulating; develop pimples, and excess facial and body hair. Follicles contain eggs, with one or more eggs getting released during the menstrual cycle every month. In PCOD, the eggs in these follicles do not develop and are not released from the ovaries. Instead, they develop small cysts in the ovary, which is why it is called polycystic ovaries. However, PCOD tends to occur in families; if other women in the family are suffering from PCOD, the chances of others getting it are higher.

Ayurveda has an effective treatment for PCOD. It is also the only medication scheme globally that is both preventive and curative. The only variable is the length of treatment, which varies as per the severity of the problem and the size of the ovary. Additionally, Ayurveda places a strong emphasis on a person's 'Prakriti' (constitution) and prescribes a comprehensive treatment plan accordingly.

The traditional allopathic treatment for PCOD consists of two drugs: one for insulin resistance and the other is contraceptive pills. Apart from these, allopathy doesn't recommend anything else which only manages to cure PCOD on a surface level.

Ayurveda is the only system that treats the problem by dissolving the cysts. The dissolution of cyst is done by using best herbs such as Gandhari and Varuna. Ayurveda treatment also prescribes an ovulation support medicine which is entirely made up using a herbal formulation. Another medicine is also prescribed to help

with metabolism and prevent gynecological disorders. These medicines have no side effects. These medicines are completely natural herbal formulations composed with the right combination of healing herbs. When a patient begins taking medicines, the size of the ovaries starts returning to normal and the menstrual cycle becomes regular. The treatment can take anywhere between 3-6 months, depending on how severe the problem is. Eighty percent of the cases get fully healed after six months of treatment.

With years of research, Ayurveda has developed unique natural and herbal compositions which has helped thousands of women across India to recover from PCOD. The compositions are made of highly effective and beneficial natural herbs. Apart from the herbal composition, a classical ayurvedic tablet known as KachnaarGuggulu is also good for treating PCOD. Depending on the symptoms RajparvatniVati and ChandraprabhaVati are also given. These are composed of KachnaarChhal and Ashok Chhal mixed with 28 other herbs.

Allopathic procedures suggest ovarian drilling which is excessive and in many cases damages the connective tissue between the ovaries known as stroma. Regardless of the size of the cysts, Ayurveda never prescribes surgery and treats the problem only through medication and lifestyle changes. Only non-invasive treatments are suggested by Ayurveda using the prescribed drugs. Pregnancy is often suggested as a natural remedy but many women are not ready to have a child. If PCOD diagnosis has already been made, pregnancy cannot be cited as the only treatment to cure it. The best cure is a blend of diet and exercise with regular medication to maintain healthy body weight. Supplementing vitamins can also be highly helpful.





Wedding/Festive jewellery pieces that one must have in their jewellery collection

by Nilofar Jaques, Anayah Jewellery

There's something special about a vintage charm, its glamour and bold aura - the praises can go on. In today's world less is more and staying true to that fashion in trend dainty necklace, earring or set in pearl, maang tika, statement kadaas, bold finger rings are always a game changer when it comes to evergreen trends.

One can upgrade the festive looks with versatile styles using the variety of multi-functional accessories that are the top trends for upcoming season. For example a delicate embellished necklace can be worn stylishly as a tiara or head chain, Mathapati that can be worn like chokers and





earrings like hair accessories. Similarly, a bold and striking pendant can be worn as a maang tika. This piece of jewelry is a great investment due to the multi-usability of looks you can get. Layered necklaces are also a great look for any occasion; such as multi necklaces in different colours and styles worn together or singularly enhances the overall appearance.

Some key pieces that one should own according to me are a good pair of stud earrings that can basically go with everything and are perfect for all occasions, a statement choker to add glamour to your minimal outfit, a colourful stone accessory to add dimension to your all-neutral outfit, a bangle bracelet to adorn your hands., and a heritage Navratna kundan piece.

With layering being in trend you can stack up your jewellery to give your outfit a glamorous and heavy look. Add a pop of colour to your outfits with pastel jewellery. And if you just want to have a minimal look, wear a heavy pair of earrings that'll be statement enough.

How skincare industry is evolving in the Indian market?

Er. Sarbjot Kaur, Founder & CEO, Laconic

The products that you apply determines how good your skin care routine is. While high-quality products might help your skin look exceptional now and even in the future, low-quality products can be ineffective or even hazardous to your skin. Social media has a powerful influence on people and the skincare business has recognised its potential. Skincare influencers and bloggers are in high demand, educating the masses about the fundamentals of skin care with tips and tricks for a better routine. Some of the reasons why good skin care is imperative are as follows:

It keeps the skin in good condition:

As you shed layers of skin cells all day, it is vital to keep your skin bright, tight and healthy. A healthy skincare routine will help you prevent acne, avoid wrinkles, and maintain even skin tone.

Skin will appear more youthful:

As you get older, your skin's cells turn over at a slower rate, making it appear dull and lifeless. Using a high-quality skin care line can aid in the removal of dead skin cells, allowing your body to replace them with younger, healthier cells.

Prevention is better than cure:

Preventing skin disorders is easier and less expensive than trying to cure them later before it gets worse.

Boosts self-confidence: Radiant skin is definitely a confidence booster.

In India, the skincare sector is expanding in a very distinctive way.

Over the last decade, the Indian beauty business has quadrupled. The Indian beauty sector has developed, with more homegrown brands entering the market and international inbound beauty brands hitting the market. Here's a look at how it's changed over the years:

Focus on long-term sustainability

Brands have been more conscious of

their practises, with a greater emphasis on establishing sustainable brands, from recyclable packaging to safe components. Clean beauty has become the focal centre of the beauty business, with safer packaging and ingredient procurement. A shift has occurred in the previous five years, and it will continue.

Increase in homegrown brands:

In the last five years, the Indian beauty industry has reached new heights. Consumers are increasingly comfortable with companies that understand the demands of Indian skin as more homegrown businesses enter the Indian beauty sector. With effective formulations and appealing branding, local brands have infiltrated an already established business in skin care and makeup.

Spike in Mini products:

Beauty ventures have begun to recognise their customers' trial based buying behaviour. Indian companies have adapted to the need for mini sizes, following the trend of the West, to give consumers a fair chance to sample the product. Better prices and smaller packages attract customers and help to reduce waste. We're pleased that the trend is starting to catch on in India.

E-commerce is gaining a lot of attention:

The transition to beauty e-portals was a challenging phase for the set of audience who prefer in-store shopping and trying out products. The internet beauty industry in India, on the other hand, is skyscraping. E-commerce has become an indispensable part of today's customer, since it facilitates the availability and accessibility of different brands. E-commerce is now at the heart of the Indian beauty sector, driven even further by the pandemic.

Beauty Entrepreneurial Women:

It's fascinating to watch women embrace their natural beauty along with blending it with their commercial savvy. The beauty sector has risen, with more and more women jumping on board with their grit, knowledge, and vision to provide a unique experience for Indian beauty aficionados. From overseeing one of the largest beauty e-commerce portals to creating sought-after local makeup and skincare products, women are leading the way.





Health Benefits of Soaked Raisins

By: Dt. Lakshita Jain, Certified Clinical Dietician, Lecturer, Diabetes Educator, Meat Technologist, and Founder of NUTR

I have always seen my grandmother and mother soak raisins before they are offered for consumption. Even in our school, raisins are used as an example to showcase experiments on osmosis. Add 6-7 raisins in a glass of water and in a few seconds the raisins swell up. So the same happens with our body. Raisins act as a natural laxative and when soaked in water can help in digestion.

Nevertheless, eating raisins without soaking or cooking has health benefits but soaking them in water overnight and then eating them makes them even better.

This was just one example of how kishmish, sultanas or raisins can help our health.

Raisins come in a range of sizes and hues, including green, black, brown, blue, purple, and yellow, and are made from many grape varieties. Raisins are called 'Kishmish' in India.

Raisins are a good source of important nutrients, minerals, and calories, and carbohydrates, as well as energy. They're high in fibre, vitamins, and minerals and are high in energy. They are naturally sweet and high in sugar and calories, yet when consumed in moderation, they are helpful to our health. Raisins can help with digestion, iron levels, and bone health.

Anemia

Soaked Raisins are high in Iron and Vitamin B which helps to cure anemia, i.e. deficiency of hemoglobin in the body. Women specially benefit with high iron during hormonal imbalance, irregular periods, low hemoglobin and pregnancy.

Soak 7-8 raisins in a glass of water and drink the water on an empty stomach in the morning.

Arthritis and Gout

Eating raisins help in increasing bone density and also the risk of arthritis and gout. Raisin water can also be used as a remedy for rheumatoid arthritis.

Women's bone density is a serious concern, especially after they reach their 30s, which is why eating soaked raisins is a good idea. Raisins are high in calcium and vitamins, and when taken daily, they aid to strengthen bones and muscles.

Healthy skin

Black raisins are high in antioxidants as well as essential phytochemicals. Both these compounds protect our skin from potential damage caused by long time exposure from sun and pollution.

The Body Is Detoxified

Soak 10-15 raisins in a cup of water. Filter it next morning and drink on an empty stomach. This regimen eliminates all toxic toxins from the body and improves the liver's biochemical activities. It will also help to purify your blood.

Make sure raisins are washed before they are soaked.

Controls Blood Pressure

Raisins are rich in potassium. Potassium creates a balance in blood and reduces the chances of elevated blood pressure because of sodium. As a result, salt balance aids in maintaining health.

Digestion

As mentioned above, Raisin water is high in fiber and a natural laxative. When taken, an empty stomach can relieve your constipation. Raisin water as a fiber acts as a broom in your bowel. It helps in pushing hard stool out of the system.

Immune System Boosting

Raisins are high in vitamins B and C, as well as antioxidants. As a result, they can help your body's natural immune reaction to be stronger. Kismis contains bioflavonoids that protect the body against infections.

Aids in the prevention of anemia

The production of red blood cells (RBCs) in our bodies requires iron. Raisins are high in iron and can help avoid anemia by increasing RBC production. Raisins soaked in water are also a good source of nitric oxide, which improves blood flow throughout the body.

Raisins are already a good food for the heart muscle because they monitor blood pressure and purify the blood. Raisins' high fiber content and mineral composition aid in lowering blood cholesterol levels. It also reduces the load on the heart, lowering the risk of stroke, heart failure, hypertension, and other heart-related disorders.

Enhances Performance

Raisins added in nut mixes or trail mixes can help in giving instant energy boost. The protein content, as well as other amino acids, aids in the body's recovery after vigorous exercise. As a result, soaking raisins in water can help you increase your athletic performance.

Adding handfuls of raisins before your workout can be a good idea.

Conclusion:

Soaked Raisins have numerous health benefits. Also it can help in improving the quality of sleep, heart health, and promote bone and teeth health. Consume Raisin water consisting of 5-15 overnight soaked raisins. Timing of consuming soaked raisins matters a lot. Therefore, the best time to eat them is early morning, or an empty stomach.

Negative calorie foods: Do they exist

*By: Dt. Lakshita Jain, Certified Clinical Dietician, Lecturer, Diabetes Educator,
Meat Technologist, and Founder of NUTR*





Dt. Lakshita Jain

There Are No Foods with Negative Calories. A negative calorie food supposedly requires more food energy to digest than the food provides or in other words the body burns more calories while digesting than it actually has.

Celery is often advertised as a number one favourite negative calorie food because of its water and fiber content. Foods that contain few calories, such as celery and non starch vegetables like Gourds provide a small number of calories but still require energy to digest. That means it is theoretically possible to have a negative-calorie food, but there are no reputable scientific studies to prove that certain foods have these effects.

What About Calorie-Free Foods?

Zero-calorie things, such as cold water, are frequently touted as improving metabolism, similar to negative-calorie foods. Drinking cold water burns calories in the same way as chewing does. However, such minor impacts will not result in a significant rise in the number of calories burned by your body.

Negative calorie foods were never shown in a scientific study. Eggs, white fish, fruits, and vegetables, on the other hand, are high in nutrients and low in calories.

When a person consumes more calories than they expend through physical exercise or normal physiological functions, the excess calories are stored as fat in the body. A food with a negative calorie value would need the body to use more calories digesting it than the food itself contains.

As a result, if consuming negative calorie items helped, a person may conceivably lose weight. A person's body burns about 10% of their daily calories through energy metabolism, which includes chewing, digesting, and storing food ingredients.

Different nutrients utilise different quantities of calories in diet and thermogenesis. For each nutrient, the percentage of calories burnt during thermogenesis is:

- 0-3 % fat
- Carbohydrate content: 5-10%
- Protein content: 20-30%
- Alcohol: 10% to 30%

The number of calories burned during sleeping is determined by a person's age, height, weight, and body composition (for example, how much muscle they have).

Foods with a high-water content:

Fruits and vegetables are considered "negative calorie" foods by many people. Foods with a high-water content. Many people believe that fruits and vegetables with a high-water content are "negative calorie" foods.

Low-calorie foods with a high nutritional value:

There are several foods that are both nutritious and have a low calorie content in relation to their volume.

These are some of the hydrating foods:

Apples

As few as 100 calories can be found in a single apple. Vitamin C, calcium, phosphorus, and potassium are all strong in apples.

Grapefruits

Grapefruit has calories in a 25 g piece. Calcium, iron, and vitamin C are all abundant in grapefruit.

Strawberries

Strawberries include calories in a single cup. Strawberries are high in calcium, vitamin C, copper, and protein, among other nutrients.

Berries

Berries are high in calcium, phosphorus, and magnesium, yet only have a few calories per cup.

Arugula

Salads and garnishes using arugula are popular. A cup of arugula contains only a few calories and is high in folate and potassium.

Peppers

A regular-sized raw pepper has calories in it. Peppers are also high in calcium, potassium, and folate, as well as vitamin C. Some people claim that negative calorie meals exist, and that they burn more calories during digestion due to thermogenesis than they contain.

They refer to food with high water content, such as fruits and vegetables, as one element of "negative calorie" food types. Negative calorie foods, on the other hand, do not exist.

There are many nutritious, low-calorie items that can be included in one's diet to provide health advantages and aid in weight loss. If a person wants to reduce weight, they can attempt many approaches like limiting sugar intake, eating more protein, or intermittent fasting.

Bottom line:

Following extreme diets that promote eating only a few foods can cause you to miss out on important nutrients. The key to successful weight loss is adopting a healthy lifestyle that include a balanced diet and regular exercise.

How to manage special kids needs at home?

*Dr. Himani Narula: Developmental and Behavioral Pediatrician
Director & Co-founder of Continua kids*

During these trying times of pandemic when everyone has been advised to stay at home to ward off the infection, it is becoming difficult with each passing day as to how to manage kids at home. It's all the more difficult when a child's requirement is special. There are certain things which if can be done and managed properly, we can say with reasonable surety that this too shall pass. We strongly believe that childhood comes once and that it should be addressed with utmost sincerity. We understand that there are several limitations in replicating the same environment which a child gets when mingling with peers but few things if done at home, one may be able to fill the gap. Parents need to set realistic expectations, they need to be realistic about their expectations about how much teaching can happen at home.

As a parent of a special child, one should still maintain the discipline of waking up on time so that child also gets up early so that early morning can be utilised for doing some physical exercises. For those attending the online school modified list of assignments can be obtained from the teacher. If need be can schedule a remote therapy session with the child's therapist. You may use the visual cue cards, photos, videos to teach the child various skills at home.

If there are some Pressing needs, some behaviours requiring immediate attention then parents may seek a tele-consult with their developmental paediatrician to provide them with write guidance and treatment.

The structure and routine of the day should be maintained and have a morning routine of toileting needs, brushing, bathing and breakfast. Have fixed timing for learning and play. The learning slots can vary from 15 minutes to 45 minutes depending on how long the child can sit through and focus at a stretch. Give them breaks and rewards in

between the learning activities to keep the motivation high. Avoid threatening and punishing them.

Incorporating some physical activity schedule during the day can be enjoyable and will help channelise their extra energy and keep them better regulated. It is important to know your child's sensory needs and addressing them from time to time can help them be more sensorily integrated and settled.

Teaching child self-help skills, involving them and allowing them to participate in the daily chores like setting up the dinner table, teaching them how to use a washing machine, watering the plants etc are some of the important life skills.

Gardening, watering the plants and taking care of plants can help children connect with nature. Indulging in nature can build a sense of responsibility towards conserving it.

While we are teaching various skills to our children with special needs, teaching them the new rules of social distancing, wearing a mask and sanitizing and cleaning their hands are important to core skills to protect them and be able to keep them safe during these COVID times.

Staying home and staying safe is important but at the same time, parents need to actively participate in teaching their children with special needs for continuity of care and learning for them. Try applying some of the above-mentioned strategies to ease the lockdown phase of staying home. Seek support from professionals to help you navigate through the distance learning programs.





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