2021 is the year of Rest Relaxation

The year 2020 was characterised by insomnia and disrupted body clocks, but in 2021, sleep and relaxation is gaining momentum. “We have realised how essential sleep is. I have seen a dramatic rise in queries from people on how to improve their sleep. The market too is flooded with sleep-aiding and inducing products,” says Dr Radhika Pannu from a sleep clinic in Mumbai. Here’s more...

Bedtime snacks for sleep

Changing season takes its toll on skin—from harsh to mild winter—from that to onset of spring. To keep your complexion in good condition, here are some DIY ideas.

Berries, Cream and Honey Mix for Soft Cream

Hand sanitizers and hand creams have become a part of our daily routine. Home-made creams can reduce tears, which could wash out the foreign object. If there is a foreign object that gets lodged in your eye, you should take care to not rub it. Most people assume, incorrectly, that doing so will promote tears and flush out the foreign body. However, if you also cause damage to the eye, this may exacerbate or prolong the problem.

A small piece of the object that has landed in your eye, you should take care to not rub it. Most people assume, incorrectly, that doing so will promote tears and flush out the foreign object. However, if you also cause damage to the eye, this may exacerbate or prolong the problem.

Lip balms for suppleness

Gentle-scented balms and trash-based, home-made balms can soothe the dry skin off chapped lips and soften them. Sugar granules with almond oil can be used to gently scrub off chapped lips and leaving them supple. Home-made balms can exfoliate the dry skin off chapped lips and soften them. Sugar granules with almond oil can be used to gently scrub off chapped lips and leaving them supple.

Honey and oatmeal mask for your face

Oatmeal is a wonder space—with ingredients like bananas, milk, honey and olive oil. It is rich in antioxidants and is perfect for exfoliation and moisturization. Apply a mixture of banana, milk, honey and oatmeal on your face and wash it off after 10 mins. Your skin will feel rejuvenated and look radiant.

Naturals oils to moisturise

Naturals oils can help alleviate the use of natural products to moisturise the skin. Use pure castor, olive or coconut oil on your face, neck and lips for hydration.

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SLEEP TECH

“Sleep tracking and medication apps have been a phenomena in 2021, changing the way people go about their sleep patterns. There are numerous apps available for adults, containing an alarm and a timer,” says Dr Radhika Pannu from a sleep clinic in Mumbai. Here’s more...

Why you should not rub your eyes

If there is a foreign object that gets lodged in your eye, you should take care to not rub it. Most people assume, incorrectly, that doing so will promote tears and flush out the foreign object. However, if you also cause damage to the eye, this may exacerbate or prolong the problem.

SLUMBER SNACKS

While international brands like Nestle are offering healthy ‘sleep ice cream’ abroad, people on how to improve their sleep. The market too is flooded with sleep-aiding and inducing products,” says Dr Radhika Pannu from a sleep clinic in Mumbai. Here’s more...

BED WORKOUTS

Many are turning to pre-sleep yoga to wind down and burn a few calories before calling it a night. "Exercise like tip toes, side planks, crunches, scissors leg, etc., help you stay fit and also sleep well," says fitness trainer Manali Ghorpade.

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