

The Science of Stink ... Dealing With Body Odour?

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Is excessive sweating in armpits, feet and groin bothering you? Unpleasant sweating in summers is major cause of embarrassment. Sweating is the body's natural way to regulate its temperature but terrible smell becomes a problem. Excessive sweating which is known as hyperhidrosis could be caused due to stress, physical exercise, emotional excitement, diet, hygiene standards, heredity hormonal imbalance and high temperature.

While sweat itself is virtually odourless. When sweat encounters bacteria on the surface of your skin, it produces nuisance called body odour.

Perspiration is the body's natural way of cooling itself. Sweat mixes with surface bacteria and decomposes fast, creating problems of body odour. Body odour actually forms about six hours after we sweat. The waste matter that is secreted with sweat has to be removed by washing and bathing, in order to avoid stale odour and feel fresh.

Bathing and scrubbing help to clear away germs, dirt and odour. All parts of the body must be washed well, specially the neck, armpits and feet. These are the areas where germs accumulate and cause odour. Adding cologne to the bath water leaves the body fragrant. Colognes also have a cooling effect. Shower gels and body shampoos, containing natural ingredients, like sandalwood, rose and khus have a cooling and refreshing effect. They are not only natural coolants, but have germicidal and antiseptic benefits. Wear cotton underwear and clothes during the humid season. Porous materials help sweat to evaporate. Loose, light clothing is much more appropriate and comfortable during summer. Daily changes of clothing is, of course, a must.

The use of anti-perspirants and deodorants do help. Most deodorants are also anti-perspirants. A spray, rather than the roll-on deodorants may be more suitable in summer, but this is a matter of personal choice. However, be sure to choose a mild deodorant, as strong built-in anti-perspirants can cause skin irritation or sensitive reactions. It is always better to try them out on a small area, on the inner arm, first. If the skin tingles or burns for more than a minute, you should not use it. Some people find the use of talcum powders quite adequate. They absorb perspiration and maintain freshness for some time.

Climate also plays a part in choosing the right perfume. In hot and humid conditions, it is better to go for light, lemony and fresh fragrances, rather than heavy ones. The effect of perfumes intensifies in hot and humid weather. A heavy perfume can be quite overpowering. Lemon, rose, lavender or sandalwood are light and refreshing during hot weather.



Here are some tips for preventing body odour:

Be generous with the use of colognes, even splashing them on. Colognes and Eau de Toilette constitute mainly water, or a mixture of alcohol and water, with only 2 to 5 % perfume. They are lighter and leave a light lingering fragrance.

Colognes can be added to bath water. Or, add eau de cologne to a mug of water and use as a last rinse. It has a cooling effect too.

Bicarbonate of soda (baking soda) helps to prevent body odour. Make a paste of baking soda and water and apply under the arms. You can also add lemon juice to this paste. Leave on for ten minutes and wash off with water. Or, mix a little baking soda with your talcum powder and apply under the arms, or on the feet.

Potato slices can also be rubbed on areas where odour forms easily.

You can also add one teaspoon alum to your bath water. Crush some mint leaves and add them too.

Rose water can always be added generously to bath water. It is a natural coolant and also fragrant.

Add 2 drops of Tea Tree Oil to two tablespoons of water or rose water. Apply this under the arms with cotton wool.

To remove odour from the hair, add the juice of a lemon and half a cup of rose water to a mug of water and use as a last rinse.

For excessive perspiration (which can result in body odour), Ayurveda gives some dietary suggestions:

Sip "nimbu pani." Sip ginger tea before and after your meals. Chop fresh ginger root finely and mix with a pinch of salt. Chew a little of this before your meal. Sipping warm water with your meal may also help. Light diet and less spices are advised. Eat smaller meals.

The author is international fame beauty expert and is called herbal queen of India

Shaadilogypresents 'Trousseau Closet 2018'

In what was a stimulating gathering of the city's fashion enthusiasts and style hunters, Shaadilogy presented 'Trousseau Closet 2018' - a fashion pop up of designer prêt apparel, jewellery and accessories from across the country. This spectacle was held at Gharana, The Oberoi Grand, from 10:30 am to 8 pm. It was a unique single day exhibit by top notch designers, mostly based out of Kolkata who showcased their collection across all categories. It was the perfect place to get the best options and suggestions for the dapper look this season!

Acc designers like, Rimzim Dadu, Divyam Mehta, Anand Bhushan, 431-88 by Shweta Kapur, Yashwantrao Zaveri, Ankita Saraf, Aditi Samani displayed their collection of garments. Jewellery designers like Vasundhara Mantri, Shefali Rawat Agarwal Jewellery & Little Carats & Kokomo also exhibited their assortment. Moreover, Shaadilogy too featured a Gifting Pop-up, displaying a beautiful ar-



ray of Stationery Barware, Home Decor, Gift Hampers and more.

Shaadilogy is a brand which is the brainchild of Aayshya Jhunjhunwala and Vasundhara Mantri. The duo has demonstrated their brilliance by launching Shaadilogy, a one stop shop for all the wedding arrangements. Shaadilogy is

the betrothal between science and art of wedding shopping and planning. It is India's best curated online wedding experience for those getting married,

and anyone attending weddings. It offers tailor made wedding planning and management tools through their app and customized planning tips.

Festive fervour of Easter at JW Marriott Kolkata



Festivals are always special, giving us a reason to celebrate every month of the year, and JW Marriott Kolkata has made it possible for Kolkata to participate in diverse festivals from across the country. The upcoming weekend gives us another reason to celebrate Easter and JW Marriott Kolkata gives you ample reason to celebrate Jesus' Resurrection - and the victory of good over evil!

Festivals are incomplete in the city without special offerings from the JW Marriott Kolkata. Easter celebrations begin at the property with a specially curated activity for the kids at the Living Room. They get to participate in an Egg Hunting contest, making for a fun and competitive activity. The top 3 children, who scout the maximum number of eggs, get to take away special Easter Goodies from the property. Following the Egg Hunt, the children get to indulge in a Cake Decorating activity, where the culinary cuties get ready to decorate a Simnel cake, gearing up for Easter!

Next, is a wholesome Easter Sunday Brunch. After bringing the flavours of the South to the kitchens of JW Kitchen with 'Taste of Madras', the hotel is getting ready to treat its guests and patrons to a delectable Easter Sunday Brunch, curated by the team of chefs, at all-day dining restaurant - JW Kitchen.

Sunday Brunches are al-

ways an elaborate affair, and Easter implies scrumptious delicacies on offer in plenty. Watch out for dishes such as, 'B o u r b o n Glazed Ham with Fennel, Baby Carrots, Sweet Potato, Caramelized Onion, Ba Potatoes, Asparagus, Broccoli', 'Green Coated Lamb Roulade with Courgette Cannelloni & Ginger Ale Sauce', 'Olive and Sundried Tomato Crusted Potato Dauphinoise' alongside a special live counter-offering assorted preparations of egg dishes.

From the Asian station, sample the 'Penang Curry with Chicken' and 'Sir Fried Greens with White Garlic Sauce'.

'Subz Zaffrani Biryani', 'Lasoni Dal', 'Barwan Dum Aloo', 'Vilayati Kadhai Subz', 'Aloo, Begun Macher-hoi', 'Kolkata Goshli Biryani (Aloo and Andra)' and other choicest regional dishes will be on offer at the Indian station.

Alongside the food will be unlimited servings of beer & variety of Sangrias, to complete the celebration.

End the meal on a sweet note with some mouth-watering desserts, one of the main attractions of the elaborate buffet at JW Kitchen. 'Easter Carrot Cake', 'Pineapple-Cococonut Bunny Cake', 'Citrus Bundt Cake', 'Traditional British Simnel Cake' and 'Hot Cross Buns' and much more will be on display to appease your sweet tooth.

Additionally on sale will be Easter-special hampers 27th March onwards. Goodies up for grabs will be 'Easter Raspberry Lemon Pound Cake', 'Chocolate Easter Basket', 'Easter Eggs (Big & Mini)', 'Easter Bunny (Big & Mini)' and much more, available at attractive rates.

Oriflame launches Super Matte range lipstick

Available in 9 tempting shades, the latest offering from Oriflame is a long-stay matte miracle that ensures supreme coverage and keeps the lips nourished and hydrated.

Stains on tea cups, fading shine, chapped lips, and a trip to the washroom every few hours for a quick retouch - women and lipstick lovers have a complicated relationship. But the modern women are not ready to compromise. They want to rock that flattering lip color from the time they put it on in the morning, through their workdays, and into the happy hours of the evening spent socializing with friends and family. It is for these flamboyant ladies that Oriflame India, the direct selling cosmetic brand, has introduced its boldest matte ever: The ONE Colour Unlimited Super Matte. The



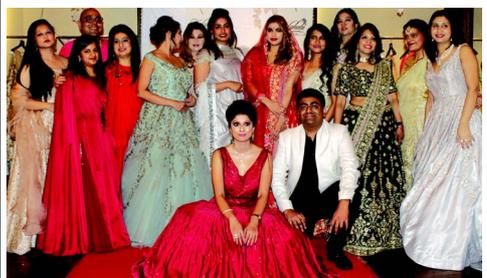
latest offering from Oriflame stays matte and fresh for hours, ensuring that your lovely pout never dries and your lips remain nourished and hydrated for longer!

The exciting and dynamic new lipstick range from Oriflame has been designed for women who have busy schedules and are always on the move, but don't like compromising on their

style quotient. The ONE long-wearing matte lipstick helps them to avoid chapped and thirsty lips when they are striking out a matte pout! With super matte finish, supreme coverage, and hydrating & nourishing elements, The ONE Colour Unlimited Super Matte is an absolute must-have for the stylishly confident, fiercely independent women of today.

Available in 9 stunning shades of Perennial Pink, Constant Coral, Forever Fuchsia, Perpetual Papaya, Sunset Horizon, Eternal Flame, Resolute Red, Endless Cherry and Persistent Plum, these innovative lipsticks can be used to create multiple trendy looks. Users can mix and match, line and smudge for an ombre pout, making a stunning style statement in their preferred color shades without putting in any extra effort!

Kalighata launches 'Feathers and Fairies collection'



'Spring Summer '18 has been created keeping the working woman in mind who multitasking and constantly prioritizing between waxing schedules and work appointments.

The inner strength of a woman, inspired Kalighata designers Neha and Ritesh to create Feathers and Fairies where tasteful floral Zardosi work makes appearance as the statement embroidery. Translating the essence of Spring

Summer on to the Fabric, bring you an appeal of delicate Pastels and dazzling Shimmers. The women of today - Our Fairies that deserve every bit of attention and pampering. The team consists of 2000 Artisans from the villages of Bengal who toil day and night to weave our dreams onto fabric. Kalighata also propagates 'Affordable Luxury' making Fashion not just for the rich and the famous but for every woman's Wardrobe."

Easter Sunday Brunch at The Westin Rajarhat

We are nearing the time when festivities begin for Poila Boishakh in the city. But before you jump into wagon of New Year festivities, another celebration awaits you - Easter. The newest star property in town, the Westin Kolkata Rajarhat, has already begun the preparations for a memorable Easter celebration in the City of Joy!

The year of First for the property, they are buzzing with excitement, and putting their best foot forward to make it special. The hotel will be done up with Easter decorations and Easter eggs will be added to the charm. Unique activities have been arranged for guests and children, such as Easter Egg Hunt and Egg Decoration. Kids especially get to enjoy Easter, with a Cupcake Decoration activity, organized specially for them! Chocolate bunnies will be up for grabs on behalf of the property to take back home!

The all-day dining restaurant - Seasonal Tastes is offering an Easter Sunday Brunch with the choicest delicacies for you to savor. Watch out for 'Maple glazed pork chops, snow peas, apple calvados comfit', 'New Zealand lamb chops, and Hassle Back Potato', 'Hot Cross Buns', 'Easter Eggs and Bunnies', 'Banoffee cake', 'Pecan Nut tart', 'Bangers and Mash' and much more. An interactive Goan Food Counter will also be live, making it a must visit for all those who are fond of Goan cuisine.

The property will be offering 10% Discount for Group Reservation for 10 People & above and 10% for

Early Bird reservations (made before 26th March). Additionally sip on bottomless glasses of Sangrias priced at INR 499 AI per person available alongside the buffet, making sure it's the perfect Sunday!

Come and join us in the gastronomic festivities with The Westin Kolkata Rajarhat's very first Easter. The Westin Kolkata Rajarhat, Plot No. CBD/2,

Action Area - II, New Town, Kolkata, West Bengal 700156
For Reservations: 033 4037 1234
Date: Sunday, 1st April 2018
Timing: 12:30 - 3:00 pm
Prices: Sunday Brunch @ 1399 per person plus applicable taxes
Bottomless Sangria: Rs. 499 AI per person, alongside buffet charges

QUIZ Contest

CQ015

WHAT DOES FELID MEAN?

THAT ANIMAL IS FELID!

Yesterday's Answer: Bytom is in Upper Silesia, in Poland.

We will publish your name, correct answer in this space. SMS the answers alongwith your name, address, correct answers to the following mobile number: 8334826380

Foodpanda announces first ever virtual food fest

Foodpanda India, online food marketplace, is hosting their first virtual food festival - "What The Feast", which will go on till the Good Friday long weekend (April 1st-2018) nationally. The festival brings together a plethora of special menus, discounts and offers from top restaurants like Cafe Coffee Day, Paasos, Dunkin Donuts, KFC, Oven story, across the country.

"Indians share a remarkable passion for food and this connection with food gets intertwined with moments throughout the day. With our first national virtual food festival 'What the Feast', we are celebrating the special bond our consumers share with food and their favourite restaur-



ants. We see a 40-50% increase in our orders on weekends; owing to that, we have kept the timing for this festival to capture the upcoming Good Friday long

weekend. Through this festival, we hope to elevate ordering in as a dining choice among Indians to celebrate food moments that matter" said, Kunal Suri, COO,

Foodpanda India. Sagar Kochhar, Chief Marketing Officer, Paasos said, "It is an absolute delight to partner with Foodpanda for their virtual

food festival - What the feast. This partnership comes naturally to us as it helps us celebrate different food mission right from breakfast to tea & snack, dinners to single-serve meal offerings like unchbox. It is a step further in our commitment to be customer-centric & provide a wide range of delectable choices of cuisines." Foodpanda has also announced a host of social media, digital contests and activations to reveal some of the biggest offers from the food festival. Promoted across print, digital, social radio, OOH and offline activations, the festival will encourage consumers to share their WTF worthy moments and celebrate their food.