



That glow within

beauty

ZARIN SALEH HUSSAIN

To be a mother is the greatest gift of God to womanhood. Once the pregnancy is confirmed, plan out your remaining seven to eight months in an organised manner to reduce your worries and double your pleasure.

Being pregnant can be a delightful experience. With the right precautions and a good regime, pregnancy can become an enjoyable period for you.

Here are some tips for expectant mothers –
 ♦ The first step should be eating healthy, and giving up any harmful habits. Maintain a diet chart. Eat several small and balanced meals, and never skip them.

♦ Avoid sleeping immediately after consuming food, as it interferes with digestion, and also tends to accelerate weight gain.
 ♦ Begin some form of exercise.

♦ Walking is the best and practising yoga is a good thing, too.

Essential nutrients during pregnancy:

- ♦ Folic Acid
- ♦ Calcium
- ♦ Vitamin C
- ♦ Fibre
- ♦ Protein
- ♦ Water

To be a beautiful mother-to-be, you should –

♦ Get good sleep, so there is no build up of dark circles under your eyes. If you are prone to them, use a good nourishing eye contour cream that is right for your skin type and age. Rub your hands together vigorously until they become warm. Then cup them over your closed eyes for five seconds, and breathe deeply.

♦ As far as possible, use natural ingredients in your facials and scrubs.

Follow the regime of exfoliation, cleansing and moisturising with the right ingredients, and always use a sunscreen when you step out of the house. Use a good sunscreen, especially with SPF formula.

♦ Apply moisturiser onto your entire skin, concentrating on the drier areas.

♦ The delicate skin on your lips and around the eyes need special attention. Use a lip balm and eye cream day and night.

♦ To keep your face looking supple and fresh, use ice cubes after exposure to sun and heat.

♦ Use a mild face wash.

♦ Use gel based cleansers and astringents. For toning, use herbal products like rose water.

♦ Don't compromise on good quality cosmetics.

♦ Go for a manicure and pedicure every three weeks. Mix a spoon of almond oil and glycerine, and apply it on your feet and hands before going to bed.

♦ Bleaching should be avoided.

♦ It is safe to shave, pluck or wax extra hair. Avoid chemical based treatments of any type.

♦ 10-15 minutes of meditation and relaxation before bed will rejuvenate you. Meditation techniques offer a way to let go of tension and stress.

♦ Stay relaxed. Go to bed early.

Hair gets dry and rough and may fall due to stress. Hence, it needs extra care. Make sure your scalp is clean and oil-free.

♦ Take a hot oil massage once a fortnight, and gently massage your scalp.

♦ Shampoo your hair with a mild shampoo twice a week.

♦ Do allow your hair to dry naturally whenever possible.

♦ If you shed more than 80-100 hair strands daily, it's time to avoid the use of harsh shampoos, as well as chemical treatments and heat treatments like blow-drying.

♦ Try to sleep on satin pillow cases. This helps in minimising friction between the hair strands and the material of the pillowcase to a large extent, and the chances of getting split-ends are also vastly reduced. Moreover, your mane is free from knots and tangles.

♦ Ensure that your skin is squeaky clean at a times.

Your wardrobe:

Stop wearing synthetic undergarments. Choose cotton. Wear light and cooler fabrics, as your body temperature tends to be slightly higher. Select loose, but shapely designs and cuts. Don't wear tight belts, socks or stockings with elastic bands, as they hamper blood circulation.

When it comes to footwear, comfort should be top priority for expectant mothers. Avoid high heeled shoes. Choose low heeled shoes or flat shoes. For swollen feet, the best solution is really to put your feet up! It also helps to soak them in warm water.

Until your baby is born, you can ensure that you give your skin a good cleansing and toning regimen. Hormonal changes in a woman's body due to pregnancy and childbirth can alter skin and even hair.

Remember that after the baby comes, your work will increase, and you will not be able to have as much time for personal grooming. So, this is the right time to start off. Be happy and feel beautiful. Enjoy the best time of your life!

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It cannot be a worse time to write about love. The countdown to Valentine's Day is ticking like a bomb in the attache case of a Cold War double agent, and I wait uneasily for the bedlam to be let loose. When you are in the throes of a nasty flu, love is expected to be the last thing on your mind. But wait, aren't love and the flu similar? Both make you breathless, your eyes water, render you unable to sleep at night, and they haven't found a cure for both. Like flu, love hits you when you least expect it and brings that tell tale flush to your cheeks. But when you can get over the flu with some over the counter pills, a cold compress, hot water bottle and bowls of chicken soup, you can't ever get over love. The wheels of love leave their rutted tracks on your heart for a lifetime, changing not only you, but how you perceive life. Perhaps the flu is easier to overcome because there is no second person involved. The most scary reflection of all lovers is that their fate, their happiness depends on the object of their adoration. They have gladly, willingly, handed over the keys, as it were, to that other person. If all goes well, this surrender will be honoured for all it is worth. And if not, it will perhaps end in the headlines of tabloids, a tragic statistic reminding us about the fickleness of the human heart.

Many years ago, in this city where the pace of life was gentle and the people more wide-eyed and innocent of the ways of the world, a tragic love story unfolded. A beautiful young woman ceased to love her beau. Nobody knew the reason why, but she told him not to meet her again. He pleaded, ranted and raved. He bared his very soul. His pale, haunted countenance troubled his friends. But the young woman was unmoved. That chapter of her life was over. Then, one day, on her way to college, he was waiting for her at the foot of a bridge, wrapped in a shawl. When she drew near, he took a last look at that beloved face he had seen so often in his dreams, those eyes that had lighted up at his approach, and then plunged a glinting dagger again and again into her body, till she was on the ground, bloodied and writhing in agony. The murder created shockwaves across the city, and when the young man sat impassively in his cell, indifferent to his fate, crowds of curious people thronged to the jail just to see him, to understand from his stony countenance the sea of emotions that had washed over him, the darkness that had eclipsed two lives. They say the whole world loves a lover. In the same way, the whole world loves a failed lover too, for his wasted life comforts those who have not found love in their lives, and makes them feel snug about not having ventured into that uncertain path.

Is love, then, overrated today? Is it just a hyped up Archies and Hallmark generated emotion that stops you from living reality and working for solid achievements like degrees, career, wealth, self-esteem? In an American soap I was watching recently, a character throws up her hands and asks, "I don't feel the need to have a boyfriend, to be kissed, treated to chocolate, soft toys. Am I wired wrong, or what?" That is the point I'm driving at. From a mad, wild flight of fancy that makes one rebel against society and exclude all but the object of one's desire, a lot of young people fall in love these days because it is the done thing. It reinforces their need to belong as much as piercing your navel or getting a tattoo. You may top maths in your class, but if you haven't got am candy, you are zilch. You must wear the same brands, have the same colas, the same chips, the same kind of

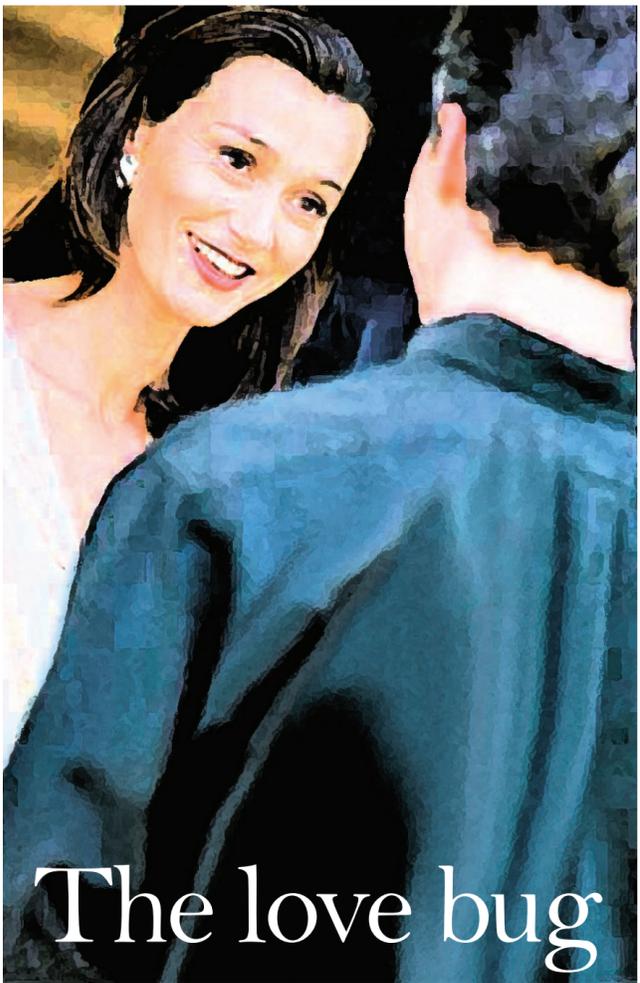
relationships. A partner is not a person, but your accessory, proof that you conform to popular expectations. Love occupies a rich internal world, a world of feeling and imagination. Its sweetest moments are when the two steal away from a prying world to create a heaven on earth, or at least an approximation of one. But when it is just a means to align yourself with your peers, just a dry statement of your single or commit-

ment status on Facebook, it is only a pale imitation of the real thing. You are fulfilling no other need than the need to belong, to conform, to say you are one with the herd, and seek safety in numbers. Love has nothing to do with safety, with conforming. It forges its own path, lays down its own rules. It takes all or nothing. It awakens what is noblest and finest in you, and makes you feel the impossible is easy to achieve. One of my favourite poets Pablo Neruda

cornered and embattled lovers even more committed to each other than they would otherwise have been. It is quite comical to watch the transformation of a hyperventilating patriarch into a benign presence in the happily ever after nuptials. But such melodrama are things of the past, as antiquated as Ambassador cars and gramophone records. Today's parents, mainly those in the middle class segment, are so anxious to be cool about their progeny having

3rd eye

Indrani Raimedhi



The love bug

romantic partners that they pull out all the stops in welcoming this entity. A back-slapping dad will congratulate his son and talk frankly of his own salad days, a mother, more like an older sister, will give tips to the daughter on what to say on dates. Oh no, parents, far from being villains of the piece, are eager accomplices, stocking up fuel in the family car, increasing pocket allowances, extending curfew hours, so that Cupid can have its way. But, just as you cannot hear a stream sing without stones, you cannot hear love without impediments. When love becomes too easy, too comfortable, too unchallenged, it becomes dull, plebeian. It is just a convenience, a deal brokered for mutual profit. It knows nothing of the madness, the frenzy, the despair of true passion. It knows not the pain of parting, the aching uncertainty of a clouded future. And when love becomes easy, it loses its poetry, its music, its colours. Its bonds slacken and finally, snap. That is why, young people break up so easily these days. The fault perhaps lies not in themselves. They are handsome or beautiful, sensitive, funny and intelligent beings. It's just that being together is not dangerous, it's not a challenge. And when they are not threatened by a common antagonist, it somehow never seems intense enough.

The way lovers will empty their wallets and purses this Valentine's Day, you would think they have clean forgotten about the recession. But the point is, they are making an investment too. Not an investment in terms of stocks and shares, but an investment on the relationship. When a boy or a girl eyes a cuddly teddy, a box of Godiva chocolates, sterling silver cufflinks or the Hide-sign bag, he or she is making a statement of his assessment of the relationship. He or she is hoping the gift will make up for the little flaws, the little rough patches in the relationship.

But is love just about receiving that perfect gift wrapped in satiny ribbons and tissue? Is love about agonising near the card rack about which card sums up best what you feel? Is it going to the toniest joint and dancing cheek to cheek as they play silly, sentimental tunes and heart shaped balloons float around? Love is, just is, perfect in itself, shunning all extraneous elements. You sometimes miss the cue entirely when all your energies are directed towards creating the atmosphere for love, the mood for it. And in that distraction and running around creating that mood, you miss the heart of love, its silent, self-contained power.

When I write these lines, I am reminded of the anecdote about writer Henry Miller's wife – Hoki Miller. Hoki was a Japanese, and was studying for her MA in Los Angeles. In order to make ends meet, she used to play piano in a restaurant and sing French songs (in Japanese). Miller had supper there and loved the songs. They went out a few times, and then he asked her to marry him.

Many years later, the writer Paulo Coelho met her in a Tokyo bar. She told him of her wonderful days with Miller. Miller was long dead and the heirs from his other marriages inherited everything, including the rights to the books, but this didn't matter because the experience she had of being with him was priceless for her. Then, with tears in her eyes, Hoki played the piano and sang a song Miller loved – *Autumn Leaves (Feuilles Mortes)*.

"Love was enough", she said at last. Yes, love is enough. Love is.

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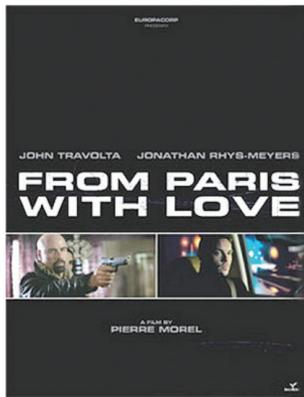
From Paris With Love

Cast: John Travolta, Jonathan Rhys Meyers.

Director: Pierre Morel.

A personal aide to the US Ambassador in France, James Reese (Jonathan Rhys Meyers) has an enviable life in Paris and a beautiful French girlfriend, but his real passion is his side job as a low-level operative for the CIA. All James wants is to become a bonafide agent and see some real action. So, when he's offered his first senior-level assignment, he can't believe his good luck - until he meets his new partner, special agent Charlie Wax (John Travolta).

A trigger-happy, wisecracking, loose cannon who's been sent to Paris to stop a terrorist attack, Wax leads James on a white-knuckle shooting spree through the Parisian underworld that has James praying for his desk job. But when James discovers he's a target of the same crime ring they're trying to bust, he realises there's no turning back...and that Wax himself might be his only hope for making it through the next forty-eight hours alive.



Dear John

Cast: Channing Tatum, Amanda Seyfried, Richard Jenkins.

Director: Lasse Hallstrom.

Director Lasse Hallstrom and screenwriter Jamie Lindon collaborate to adapt author

Nicolas Sparks' novel about a young soldier who falls for an idealistic college girl. Savannah Curtis (Amanda Seyfried) was on spring break when she first met John Tyree (Channing Tatum) while he was home on temporary leave. For the smitten soldier, it was practically love at first sight. Though the love letters that Savannah

sent John were one of the only things that kept him going over the course of the next seven years, when each deployment seemed more treacherous than the last, those loving and heartfelt correspondences would ultimately yield consequences that neither the brave soldier, nor his one true love could have ever foreseen.



MOVIE WATCH
 Vikram Barkataki

TOP 10 Hollywood

- Dear John
- Avatar
- From Paris With Love
- Edge of Darkness
- Tooth Fairy
- When in Rome
- The Book of Eli
- Crazy Heart
- Legion
- Sherlock Holmes

The BETTER HALF by GLASBERGEN

"The always greatest insight during the holidays. I used to gain between Christmas and New Year. Now I gain between New Year and Christmas!"

"Salt-free chips, fat-free dip, alcohol-free champagne – the perfect recipe for a Happy-free New Year!"

"The way I see it, it's better to succeed at a bad habit than fail at a good one!"

"I'm not staying up to see the new year come in. I'm staying up to make sure the old year leaves!"

"I made a list of my New Year's resolutions. Now I know why you gave me that paper shredder for Christmas!"

FORECAST

FEBRUARY 15 – 24, 2010



ARIES (MAR 21-APR 19)

The street signs you see on Monday and Tuesday all seem to be upside-down and, as much as you'd like to get a lot done, you can't even tell where you are. Don't be frustrated, just focus on other people. By midweek, things will return to normal, and a sense of order – as well as of possibility – will be restored. On Sunday, what's beautiful to you is someone else's smile.



TAURUS (APR 20-MAY 20)

Dreaming of the future consumes you on Monday and Tuesday. You might want to talk this stuff over with a friend. On Wednesday and Thursday, pacing is a primary theme – are you going too fast or not fast enough? – but Friday finds you content and longing for meaningful interaction. Shopping figures into your weekend.



GEMINI (MAY 21-JUN 21)

On the one hand, you're frustrated about your career and dreaming of making a change. On the other hand, everything is too blurry on Monday and Tuesday to do anything about it. Communicate your feelings another day, when you'll be able to articulate them better. Thursday is a great day too, but Friday and Saturday require the utmost focus on your part. A flirtatious exchange on Sunday makes you feel you're floating on air.



CANCER (JUN22-JUL22)

Go ahead and let the unknown surprise and delight you on Monday and Tuesday. Sometimes, the best way to figure out who you are is to put yourself in new situations and see how you respond. No wonder, philosophy is on your mind. Wednesday and Thursday are cerebral days as well, although they're also fairly emotional days. Friday and Saturday are charmed – and you'll have the chance to charm others, probably in a dinner-party situation – and Sunday you're as busy as a bee.



LEO (JUL 23-AUG 22)

Sometimes, pictures of products on the internet can be deceiving. Do some more research – before typing in your credit card number. Tuesday brings you more evidence that no amount of new gadgetry can solve certain problems, and Wednesday and Thursday are so full of learning that you feel like you're in school again. On Friday and Saturday, your search for answers about your career comes up empty, but Sunday afternoon with friends puts everything in perspective.



VIRGO (AUG23-SEPT22)

Reorganising your life on Monday and Tuesday brings you solace, but it also draws your attention to how much more disorganised other people are than you. Don't feel like you have to straighten up someone else's desk – let them be messy. Is it really that important? On Wednesday and Thursday, you only want to devote energy to things that really matter. This weekend, what matters to you is compatibility. You and a friend have a date. Expect a deep conversation.



LIBRA (SEPT23-OCT22)

Duality is a big theme on Monday and Tuesday, and flexibility is key. Wednesday and Thursday are also decidedly relationship-oriented. Friday is packed with beauty and wonders – and anxieties about a certain partnership that seems to be running afloat (life is like this, the good comes with the bad) – but Saturday is as harmonious as a duet, and Sunday is sprightly.



SCORPIO (OCT23-NOV21)

You and your friends are birds of a feather on Monday and Tuesday, and you're the front tip of the formation. When a conflict arises on Wednesday and Thursday, make a conscious effort to support someone else's plan. On Friday and Saturday, more compromise is required, but on Sunday, you'll get to fly solo. Just stay out of trouble.



SAGITTARIUS (NOV22-DEC21)

You're having trouble getting the engine started on Monday. Tuesday will be like this, too. Don't sweat it. Wednesday and Thursday, the opposite will be true. Friday and Saturday, make sure the lines of communication are wide open. Then, on Sunday, shut off the phone. You deserve a break.



CAPRICORN (DEC22-JAN19)

The more creative you are the first half of the week, the better. The second half of the week, your total lack of creative outlets stalls you. Your family needs you. Your boss needs you. Who doesn't need you? Friday and Saturday, an opportunity to whip out a box of crayons presents itself, and you nearly explode with happiness. Then, on Sunday, your creativity takes an intellectual turn.



AQUARIUS (JAN20-FEB18)

Your credit card is maxed and you can only find about fifteen cents between the couch cushions. So, it's time to be thrifty on Monday and Tuesday – no big deal. By Wednesday, you'll have developed such a taste for living frugally, that you won't mind. Thursday is full of advanced ideas and puzzles – and Friday and Saturday are marked by huge leaps forward in your understanding of your family. Sunday is stuffed with love.



PISCES (FEB19-MARCH20)

You are happiest when you're helping someone else out – when it's your shoulder that's absorbing huge salty drops. Not that you like your friends to be sad, it's just that when they are sad, you like to be the one who can make them happier. Wednesday and Thursday are filled with riddles and puzzles – many of them of your own devising – and Friday is about the softer side of life. On Sunday, enjoy some poetry, or music, or heck, even TV. Let yourself be entertained.