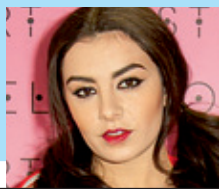


# LOOKING INTO LIFESTYLE



## Charli more into clothes than gym

Charli XCX is not fond of the gym. "I mean I like curves, and I don't really watch my weight too much. I went to the gym for the first time last night, and I was way more into what I was wearing than what I was actually doing."

**I think that anybody that smiles automatically looks better."**

DIANE LANE

## MY BYTE



# Make-up earns men's admiration, women's jealousy: study

**MEN THINK WOMEN** who wear make-up on are more "prestigious", while women think women with make-up on are more "dominant", reveals new research. The findings suggest that make-up changes perceptions of status depending on who is making the judgement - males or females.

The research is the first to report on how males and females perceive women who wear make-up differently. "While both sexes agree that women with make-up look more attractive when it comes to 'high status', it really depends on who is looking," said researcher Viktoria Mileva, post-doctoral research fellow at the University of Stirling in Scotland.

"Men think women with make-up on are more prestigious, while women think women with make-up are more dominant," Mileva noted.

Research suggests that

"high status" can be obtained through two main routes. "Alternatively, you can gain high status by prestige; by having positive merits and qualities that make others want to follow you," she added.

The findings were published in the journal *Perception*. The study also found that women held rather negative views of other women who wear make-up.

"We did some follow-up studies as to why women might feel that women with make-up are perceived as more dominant, and it looks like it might be related to jealousy and threat potential," Mileva said. "Women rating women with make-up said they would be more jealous of them, thought they were more promiscuous, and would be more attractive to men than their non-make-up wearing counterparts," she noted.

For example, at a job interview, knowing whether the hiring committee will consist of men or women might influ-



**Women rating women with make-up said they would be more jealous of them."**

**A researcher**

ence a female candidate's decision about wearing make-up. "Whether the interviewers will view her as attractive, dominant, and/or prestigious can affect her and the interviewers' actions and perhaps

the outcome of the interview itself. Thus, understanding the potential implications of cosmetics use are important not only for the wearer, but also for the perceiver," Mileva explained. *IANS*

## ALIGN YOUR LIFE

### Impact Of Windows

**W**hen I bought my current home, the first thing that attracted me to it was the size of the windows and how it lit up the space. As I walked into the under construction living room then, all I could see was the bright sparks of sunshine filling up the room and how it made me feel. Only then did I look at the compass to assess the directions. But the view and how the glorious the house looked stayed with me for days. It was no surprise that I bought the exact same house after seeing many houses.

Windows play a big role in defining the character of a home. When you enter, how much light will filter in will define how you feel about the place. Big windows that invite blue sky into a home are much in demand and are specifically installed by builders to sell a home.

But how important are windows in Feng Shui?

Feng Shui is all about proportions. Having a small home with oversized windows will invite too much water or moving energy into a home. This may lead to constant movement and the residents may feel constantly on the move. In such a home there will be less stability and the residents could be prone to minor health problems and disagreements.

On the other hand if your home is huge and the windows are too small, then the energy movement may be hampered leading to stagnation and depression.

Having said that, these are general rules and it is best to look at a home on case-to-case basis after calculating the Flying Stars of the house. Once you have all the numbers, it is then time to re-look at your home. Mountain Star or the quiet energy ideally needs to be in the bedroom. The windows or the main door enhance the Water Star or the moving energy.

So if you have large or oversized windows with great sunlight and a view, it can boost your career and prosperity only if the Water Star or moving energy is located in that area. The large windows will boost the energy movement leading to better circulation of energy and creating better opportunities for its residents.

On the other hand if the Mountain or quiet energy is located by the large oversized window, or open spaces, it can create havoc with its residents due to constant energy movement instead of keeping the area calm and quiet.

So before buy or renting a home look at the windows - are they oversized? What is the view? Does it invite a lot of sunlight? And if the initial feeling is good, then it would be worth looking at the Feng Shui of the home.

**Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall well-being. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

## Try sesame oil for clear and radiant skin

**APPLYING SESAME OIL** on face helps to prevent ultraviolet rays of the sun from damaging skin, says an expert. Sidharth Goel, Director, KNG AGRO Food, and Amardeep Sachdeva, Dietician, KNG AGRO Food, have shared a few skin advantages of using sesame oil:

• **Avoids and heals sunburns:** Frequent application of sesame oil on face helps preventing the ultraviolet rays of the sun from damaging the skin. It also helps to prevent skin cancer. Sesame oil can also treat sunburns and is a natural barrier protecting your skin from smoke and pollutants in the air.

• **Good for baby's skin:** Rashes on the baby's skin could be prevented and it can also prevent the dryness of the skin.

• **Treatment for cracked heels:** Rub sesame seed oil into your heels every



night before going to bed, then put on cotton socks that you do not mind getting stained. Within a couple of days you should notice softer feet.

• **Banishes skin blemishes:** Sesame seed oil has inflammatory, antibacterial and antifungal properties which are helpful in clearing up existing pimples and preventing the development of blackheads.

• **Improves circulation:** As compared to other oils, sesame oil is much thicker. This property allows it to seep down into

your pores when you massage it over the skin and is beneficial in two main ways: First, the oil's nutrients start to work from the inside out as well as on the surface of the skin. Secondly, sesame oil can improve your circulation.

• **Contains skin nutrients:** Sesame oil contains fatty acids, such as oleic, palmitic, stearic and linoleic acid, are effective moisturisers that keep skin soft. It also contains Vitamin A and C which are effective at reducing fine lines and wrinkles.

• **Reduces the appearance of scars:** The Vitamin E content makes it a good treatment for cuts and wounds.

• **Treats dry and flaky scalp:** The vitamins, nutrients and minerals in sesame seed oil, along with its anti-fungal properties, make an excellent treatment for a dry and flaky scalp. *IANS*