



Tie and shine

The classic ponytail is a style for all seasons

HAVING A BAD HAIR day or running out of time? Tying up your locks in a ponytail is the best answer as it is one hairstyle that can be handled with ease.

Thanks to its versatility, it can be worn to work or even for a party.

Najeeb Ur Rehman, PPS Manager, Schwarzkopf Professional India, says ponytails can be easily worn with casuals, formals, stylish and sporty attire, and they can easily transform a woman's look from day to evening.

To get that look, Rehman advises to go for a side parting, and twist all the way to the back, and tie at the side.

"For a more casual look, the ponytails are usually worn low at the nape, with loose hair left at the front. The business or formal looks are created with hair tied high at the crown,

with a sleek and gelled finish," Rehman said.

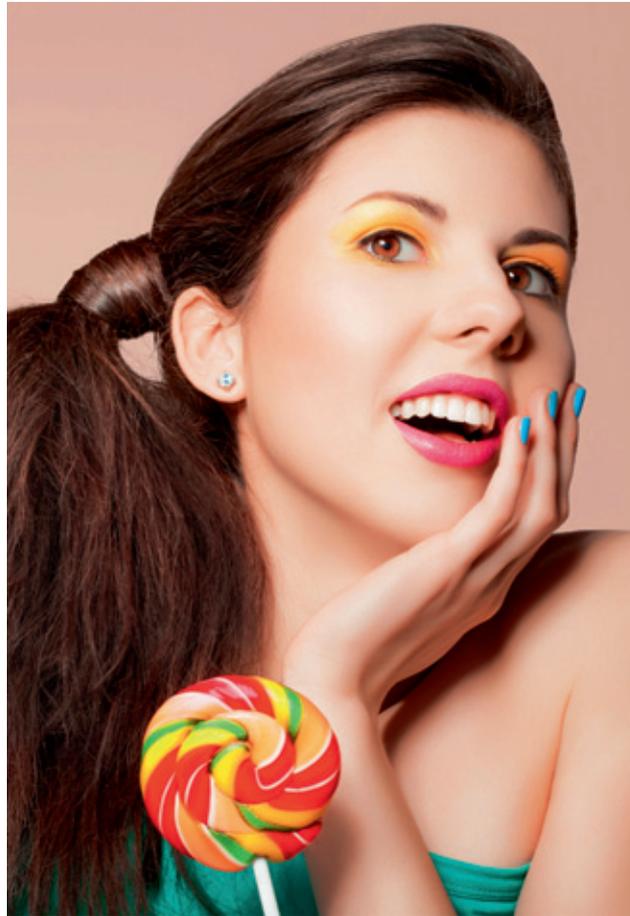
It is a hairstyle that can be done quickly and easily, but those with a round face tend to shy away from it as it makes the roundness more prominent. But he has a solution for that.

"People with round faces can opt for tying the ponytails high up around the crown, as this helps to cut out the roundness of the cheeks. One can also frisk out some hair along the hairline to soften the sides and create an elongated look," he said.

To add drama, he suggests to include braids or twists or a high bouffant. You can even use accessories like hair bands, strings, side pins, head bands and anything with bling.

Rehman is all in favour of using hairstyling products to create a desired look.

"Styling products vary from smoothening creams to vol-



ume mousse to gels and hair sprays. So every look needs a special product crafted for it. For example a sleek, wet look ponytail look, will need a lot of shine serum to give it the shiny look, plus gel to hold back those short hair locks from falling all over the place," he explained.

A casual low ponytail, on the other hand, will need a much lighter product.

"Products to just soften the hair while tied up are

required," he said.

Ponytails created for a fuller look will need a volume mousse or cream to add body and fullness to the hair.

But he advises it is best to be cautious while using these products.

"Remember that all products need to be used within a limit, as any excess amount of product can overburden or weigh down your hair, making it flat and limp or sticky and hard," he said. *IANS*

A STUDY HAS suggested having two to four cups of coffee every day can reduce the risk of suicide among men and women by 50 per cent.

The finding was reached after researchers from the Harvard School of Public Health reviewed data from three previous US studies.

They found that the risk of suicide amongst adults, drinking several cups of caffeinated coffee on a daily basis, was about half compared to those who drank decaffeinated coffee, very little coffee or no coffee at all, *Daily Mail* reported.

The study, of 200,000 men and women, examined data which outlined their caffeine consumption both coffee and non-coffee sources - including tea, caffeinated soft drinks, and chocolate.

Unlike previous investi-



Coffee can reduce suicide risk: study

gations, said lead researcher Michel Lucas, "we were able to assess association of con-

sumption of caffeinated and non-caffeinated beverages." "... and we identify caffeine

as the most likely candidate of any putative protective effect of coffee," the research fellow in the Department of Nutrition at Harvard School of Public Health added.

Caffeine works by stimulating the central nervous system but may act as a mild antidepressant by increasing production of certain "feel good" neurotransmitters in the brain, including serotonin, dopamine, and noradrenaline.

The researchers reported this could explain why earlier epidemiological studies have found a lower risk of depression among coffee drinkers in the past.

The authors, in spite of the findings, have not recommended that depressed adults self-medicate by increasing their caffeine consumption as an increase could result in unpleasant side effects. *IANS*

ALIGN YOUR LIFE

A Good Night's Sleep

MOST PEOPLE WOULD like to believe that Feng Shui has nothing to do with a good night's sleep. How can this ancient Chinese science of energy management impact sleep in any way? However that is far from the truth, as Feng Shui has a huge impact on how well you sleep. Hard to believe? Let me explain.

The quality of your sleep has a lot to do with the placement of your bed and arrangement of the bedroom. If these two aspects are designed based on principles of Feng Shui, you are likely to sleep well. However if there is imbalance in the bedroom design, then sleep is likely to elude you.

To start with, if your bedroom is located at the entrance of your home or near a busy street, then you are likely to develop sleep related problems. It is ideal to have your bedroom located in a remote section of the house, so that it is away from the hustle and bustle. By having your bedroom in a quiet corner of the house, you are likely to experience peace and harmony.

Decorate your bedroom in calm and soothing colours such as blue, green and white. These colours are cooling and will help in eliminating stress. Clear the clutter from the bedroom to allow the energy to flow. Remember - less is more! Go through the content of your wardrobes, cabinets, and bookshelves. Anything that has not been used in the last year needs to be discarded. By creating space in your bedroom you will allow energy to flow freely. Avoid placing shoes or storing large items under your bed, as it will create stagnant energy leading to headaches.

If possible place the bed in one of your favourable directions, which can be derived from your date of birth and Kua number. Your favourable direction will help in tapping good energy in your bedroom. Secondly, do not place your bed opposite the bedroom door or a toilet or windows. By doing so you can avoid being in the direct line of harsh energy. To enjoy uninterrupted sound sleep, avoid displaying any objects that create harsh energy. Therefore mirrors should be hung away from the bed as they reflect energy.

Items like television and music system enhance active energy and should not be displayed in the bedroom. Select a sturdy and solid bed frame with a strong headboard for support. If you dislike having headboards then, place the bed against the wall. It is of vital importance to feel secure while sleeping.

Last but not the least, surround your bedroom with family photographs and gifts from your loved ones. By doing so you will wake up every morning surrounded by the things you love.

Your sleep can be improved by simply following the suggestions above. So why wait? Let Feng Shui weave its magic and help you enjoy a good night's sleep.

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com



Photos: Getty