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LIFESTYLE

Ponytail time

Glam up ponytail the Natalie Portman way

D ID YOU LIKE actress Natalie Portman's stylish hairstyle that she sported at the premiere of *Thor: The Dark World*? Here are the tips to copy a similar style and pull it off in a classy way.

The actress was styled by celebrity hairstylist and Pantene Pro-V Global ambassador Danilo and he gives easy tips for getting a similar hairstyle.

"Natalie needed a simple, but contemporary and elegant hairstyle to really set off the dress. This is a no tricks look - sleek and effortless glamour," femalefirst.co.uk quoted Danilo as saying.



HERE ARE THE TIPS TO FOLLOW:

> A healthy base is vital for this look. So ensuring your hair is in good condition is essential with a good haircare regime.

> **On the day, start with freshly washed hair or dampen hair with the nourishing spray, misting through the hair in four sections - back, top and sides.**

> For added nourishment, apply some deep moisture souffle.

> **If you tend to have frizz or split ends, apply an additional serum to the ends to prevent frizz and give hair that sleek finish.**

> To add texture to the pony, also apply a volumiser. This will act as a setting lotion to reinforce the bountiful shape.

> **Blow dry the hair smooth, using a mixed bristle paddle brush.**

> Then go over the hair with straighteners for a really smooth finish.

> **Brush hair into desired position - Natalie's is positioned mid-way to still allow some height.**

> Then secure with a hooked elastic or hair-tie.

> **Splitting hair into four/five sections, use hairspray and wrap around large tongs and**

pins to cool.

> Once cool, un-pin the hair and taking a very small section, wrap this around the base of the pony to cover the hair tie, pin in place and spray with hairspray to secure whilst adding shine.

> **Then brush out the remaining pony tail. Finish and set the hair with a final spritz of hairspray.** IANS



Nap happy

Tips for a good rest

BEING FRESH EVERY day is something which is almost impossible to attain. Contrary to popular belief, being well rested has nothing to do with only sleeping more, there are many other ways to achieve this.

Huffingtonpost.com suggests these constructive ways of waking up fresh daily:

- Don't sleep in: The most important thing about establishing a healthy sleep pattern is to wake up on time.

- Don't use electronics right before sleeping: Many people use their phones or laptops

right before they sleep. These gadgets emit light that signals the brain that it is time to wake up.

- Nap strategically: A mid-day snooze often helps in optimising alertness, productivity and creativity.

- Engage in physical activity: Physical activity is very important, people who do this often sleep better.

- Think about sleep before sleeping: It is very important to prepare yourself for sleeping an hour or so before bed.

- Eat and drink the right stuff at the right time. IANS

ALIGN YOUR LIFE

Tai Chi For All

Many years ago when I lived in Hong Kong, I was first introduced to the science of Tai Chi. Every morning in the garden below my home, there would be a group of people practising gentle movements in slow motion. I was fascinated by how synchronised they were and sometimes it looked as if they were dancing on air. During my travels in Asia, I come across people often practising Tai Chi in gardens or on the beach. Over the years, the science has spread across the world and now people from all walks of life can be seen practicing Tai Chi regularly.

Tai Chi is a form of slow exercises made up of various movements. These movements represent specific philosophical principles and are derived from martial arts and the natural movement of animals. In short, Tai Chi is a practice of following certain sequence of slow movements that can be perceived as yoga in motion with a moving form of meditation. The roots of Tai Chi can be traced to Taoism in 6th century BC. However, over the years it has become an integral part of people's lives in Asia and is now gaining popularity in the West.

The aim of Tai Chi is to balance two extremes, the yin and yang. It works to balance the flow of energy through the body, which can help improve blood circulation, body heat retention, breath movement through the body and functioning of the lymph system. Along with these benefits Tai Chi is known to reduce blood pressure and help ease asthma.

Like yoga, Tai Chi is a practice that can help you to balance chakras and achieve spiritual growth. The key is to focus inward while doing the movements steadily. In this wave of new age therapies you can choose from many forms of exercises and meditations. However Tai Chi and Yoga are the only two forms of exercises that integrate meditation in all movements and postures. Most people tend to focus on the health benefits of Tai Chi, however with practise and dedication you can finally learn to empty your mind and enjoy some 'me' time to recharge your batteries.

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