

5 DIY Face Masks To Tick Every Need & Concern Of Your Skin



You'd be lying if you're saying that face masking isn't a part of your Sunday ritual. Of course, it's fun to put on a mask and chill for a while, only to get fresh and glowing skin within minutes. We all have a trusted array of face masks that we reach out to every now

and then but it's nice to employ our very humble kitchen ingredients and make a DIY face mask to give your skin a refreshing break. From pigmentation to dehydration, there's a bespoke blend for every concern. Here are some fun DIY masks for

your skin type and concern.

Nourishment for Dry Skin
Use the super-hydrating avocados that are loaded with fatty acids and vitamin A, D and E to infuse hydration to the skin.
Ingredients: 1 ripe avocado, 1 tablespoon yogurt, 1 tablespoon olive oil, 1 tablespoon honey
Combine mashed avocados with all the ingredients and apply liberally on the skin. When you wash it off after 15 to 20 minutes, your skin will feel super plump and soft.

Glow for Dull & Tired Skin
Papaya is great if you're looking to



transform your dull and lifeless skin and add glow and radiance.

Papaya contains enzymes that exfoliate the skin gently, while the vitamins in it soften and brighten the skin. Adding a dash of cocoa powder can accelerate the detoxifying process.
Ingredients: 1 bowl of mashed Papaya, 1 tablespoon cocoa powder, 4 - 5 tablespoons aloe vera gel
Combine all these ingredients and apply using a flat brush. Keep it for about 15 minutes. While washing it off, use circular motions to exfoliate.

Youthfulness for Ageing Skin
Mature skin just needs a boost of glow and what better than berries to brighten the skin? Antioxidant-rich berries are excellent glow boosters and enhance your complexion for a healthier look.
Ingredients: 1 cup of raspberries, 1 cup of strawberries, 1 green tea bag
Boil the green tea sachet for a while in some water. Cut the sachet and transfer the wet green tea into a bowl. Once it cools down, add chopped berries and begin to mash it together. It will be slightly thick and gritty, that's how it should be. Apply this on your face for 15 minutes and wash off with cold water.

Sebum Control for Oily Skin
Oily skin just wants one thing - sebum control. For this, trust fuller earth

powder (multani mitti) to help you out. It's natural and does the job of soaking up excess oil effectively, while purifying and detoxifying the skin for a clear and radiant look.
Ingredients: 3 tablespoons fuller earth powder, 1 tablespoon honey, 1 tablespoon aloe vera (or yogurt for combination skin types), 2 tablespoons rose water
Mix up all of this in a bowl and apply a thick layer on your skin. Let it sit for exactly 10 minutes (after drying) and wash it off with cold water. If you let it sit for longer, it can cause unwanted dryness.



The Science of Softness: Choosing Towels For Skin And Hair Wellness

Have you ever put much thought into buying towels? You probably think you have, but picking towels that look good or match your linens and bathroom décor isn't everything - there's also softness and functionality to think of!

When it comes to choosing towels for skin and hair health, considering factors such as material, absorbency, and durability is important. Read on for a breakdown of the science behind each aspect.

Material: The material of the towel greatly impacts its softness, absorbency, and how it feels against your skin. Common towel materials include cotton, bamboo, etc.

Cotton towels are popular for their softness and absorbency. Look for towels made from long-staple cotton, like Egyptian or Pima cotton, which are known for their luxurious feel and durability.

Bamboo towels are hypoallergenic, antimicrobial, and often softer than cot-



ton. They're also more eco-friendly, as bamboo is a sustainable resource that requires less water and fewer pesticides to grow.

Absorbency: The ability of a towel to absorb moisture is crucial for drying your skin and hair effectively. Look for towels with high absorbency, which can be influenced by the material, construction, and density of the fibres. Microfibre towels are popular, especially among girls and women with curly hair, aiding their curly hair routine and helping eliminate frizz.

Durability: Towels undergo frequent washing, so durability is essential to ensure they maintain their softness and absorbency over time. Look for towels with double-stitched hems and high-quality construction to ensure longevity.

Care And Maintenance: Proper care and maintenance are crucial for preserving the softness and absorbency of

your towels. Wash them in warm water with a mild detergent, avoid using fabric softeners as they can reduce absorbency, and tumble dry on a low heat setting or line dry to prevent damage to the fibres.



Why Gen Z Is Using Radical Positivity to Combat Economic Dread



The economy is rough. Housing is unaffordable. AI might nick your job. And yet, Gen Z is somehow choosing to manifest through it all. Welcome to the era of delusional optimism, where radical positivity has become a full-blown survival strategy. Here's what's actually driving it.

They Know The Stats And Choose Hope Anyway
As per the SSRS Economic Attitudes Tracker (2025), nearly 90% of Gen Z say they're worried about the economy, and over six in ten describe their personal finances as bad. They aren't oblivious and just blindly living. They know that panic won't help.

They've Already Survived A Lot
First in the bloodline to have gone through a pandemic, multiple recessions, a climate crisis, and impossible housing markets, all before turning thirty. At some point, for obvious reasons, chaos has stopped being scary. They are

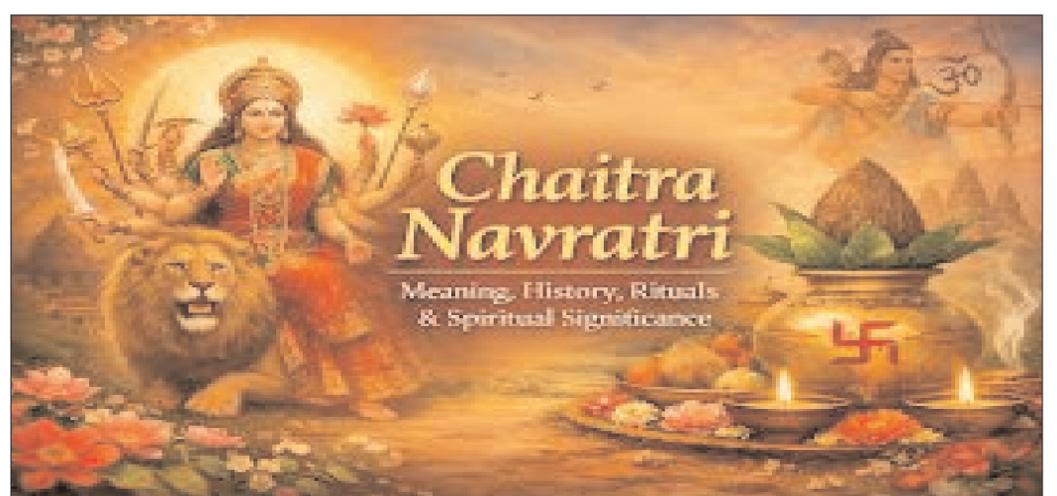
living their lives as if it's just another day.

Future Optimism Is Their Workplace Superpower
Despite being the most pessimistic generation about present conditions, Gen Z shows greater future optimism than older colleagues, even about things largely outside their control. They're here for a longer game.

TikTok Nostalgia Is A Coping Mechanism
Ruminating and reminiscing over "millennial optimism era" memes from the early 2010s helps Gen Z process a world that sold them a dream and underdelivered. Mocking the delusion is part of reclaiming it.

Delusional Optimism Is Free
With credit card delinquencies rising and over a million more young adults living at home than pre-pandemic trends predicted, choosing to believe things will improve is often the only freely available resource left.

Significance Of Chaitra Navratri And Sharad Navratri



Navratri has been a long-standing tradition for all of us with a great amount of religious value attached to it. We also know that Navratri undeniably is one the biggest Hindu festivals celebrated across the nation with great fervor and enthusiasm. However not many would know, that it is celebrated in different seasons, five times a year. They are Chaitra Navratri, Ashadha Navratri, the Sharada Navratri, and the Paush/Magha Navratri. Of these, the Sharada Navratri in the Varsha ritu (onset of autumn) and the Chaitra Navratri in the Vasanta ritu (season of spring) are very important.

Chaitra Navratri
Chaitra Navratri is also known as the Vasanta Navratri. It usually falls in the month of March or April and marks the first day of the Hindu calendar. It is a grand nine days festival celebrated with great enthusiasm in Northern India. This Navratri is celebrated during the shukla paksha of chaitra masa (hindu

calendar month), which is between March and April. Maharashtrians celebrate the first day of this Navratri as GuDi Padwa and in Kashmir, it is called as Navreh. This Navratri is exuberantly celebrated in Northern and Western India and makes the colorful spring season all the more fascinating and divine.

"Chaitra" means the beginning of a New Year. So the New Year begins with nine days of turning inwards; prayer, meditation, and chanting. Recognising the Divinity in the whole creation, and enlivening that aspect - "Gurudev Sri Sri Ravi Shankar"

Significance of Navratri Sharad Navratri
This is the most popular and significant Navratri, also called Maha Navratri. It is celebrated during ashwin masa (hindu calendar month) the beginning of winter in September or October. This Navratri is widely celebrated across India. Sharad Navratri is dedicated to

nine forms of Maa Shakti - Durga, Bhadrakali, Jagadamba, Annapurna, Sarvamangala, Bhairavi, Chandika, Lalita, Bhavani, and Mookambika.

Navratri also signifies slaying of demon Mahishasura by Goddess Durga and the tenth day is celebrated as Vijayadashami, also the day on which Sri Rama won the battle against Ravana and recovered Sita. In Southern parts of India, the festival includes worshipping of Goddess Lakshmi and Goddess Saraswati.

Special homas (fire ritual) are organised, abhishekas (pouring libations) are performed and pujas (worship with prayers and flower offerings to deity) are conducted during the period. People celebrate both these festivals through fasting, meditating and worshipping the nine forms of the goddess. While some people fast for all nine days, others observe the fast for the first and the last day to celebrate the onset and the end of the festival.

