

# MYSTIC AURA

*Magazine*

VOL 02 | ISSUE 21  
NOVEMBER 2021

Northeast  
FASHION TRENDS

ALOE VERA  
BEAUTY SECRETS

*Ladakh*  
Land of  
Magical Light

BEAUTY  
*The Perfect Smile*

*fashionista*  
BEAUTY & STYLE

# MYSTIC AURA The team



## **GITALI PATHAK DEKA** *Proprietor & Editor-in-chief*

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



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## **SANTANU BAISHYA** *Chief Managing Editor*

He is a model, model co-ordinator & an employee working in a private company. A man who is sincere, disciplined, believes in hardwork, honesty and being comfortable in his own skin. Loves to help others always.

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# EDITOR'S NOTE



All that has a beginning has an end too. As we have come to the end of the year ,all the Hindu religious festivals in India have also winded up well leaving a sense of happiness memories for all the people that were deprived of celebrating due to the pandemic. But still being careful as we all have been till date following up the Covid protocols we can live a life that we all expect to. Its god's grace and blessings that even in the midst of some minor problems and obstacles in people's life, they could find a little bit of happiness that gave strength to become more stronger and work for the better.

Now Mystic Aura team is set and geared up with the new project for the coming year's ' Mystic Aura calendar 2022 '. This month's issue depicts the Northeastern fashion and trends followed up by beauty and lifestyle. Hope all readers and viewers will take the pleasure and enjoy reading.

***Mystic Aura team wishes all the wonderful children "A very Happy Children's Day."***

**Regards,**

*Gitali Pathak Deka*

**Editor-in-chief.**

# On the COVER

MODEL

## Ayushree Das

Age 22 years is from a small city in Assam called Jorhat. She is an Arts graduate in Geography and now pursuing and expanding her knowledge in modelling. Started her journey as a model at the age of 18 by participating in a fashion workshop in 2017. Worked as a model for Nikon workshop and a Tea Brand in Jorhat.

Currently, living in Guwahati city, Assam with big dreams in her eyes. She believes that one day she will definitely be a successful model by God's grace and blessings of all.



**Makeup: Annie Dorjee**  
**Costume: Greenfinch**  
**Photography: Abhijit Boruah**

MYSTIC AURA

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# THE PERFECT Smile

If the expression of a person does not come from inside- if her eyes are not smiling- the whole scene looks hopelessly false. Girls aspiring to adopt modeling as their profession should learn to communicate. When they practice their walk and models turns, they begin by standing either in a circle or in two facing rows, so that when they come together at the center, they can't avoid smiling at their opposite number.

When a model is being photographed, she should learn to look the camera in the eyes. She has to be something of an actress. She has to work a confidence trick on herself. Before she convinces everyone. It goes without saying that you see more pictures of smiling models than the bashful variety. For models, the rule of communication is especially important. A model's smile has to express so many things about whatever she is exhibiting. Her smile must match the texture of the garments she wears. An old model trick is to fix on one face in the audience and play to it every time you are on the catwalk. It gives the model a much more lively and expressive look.

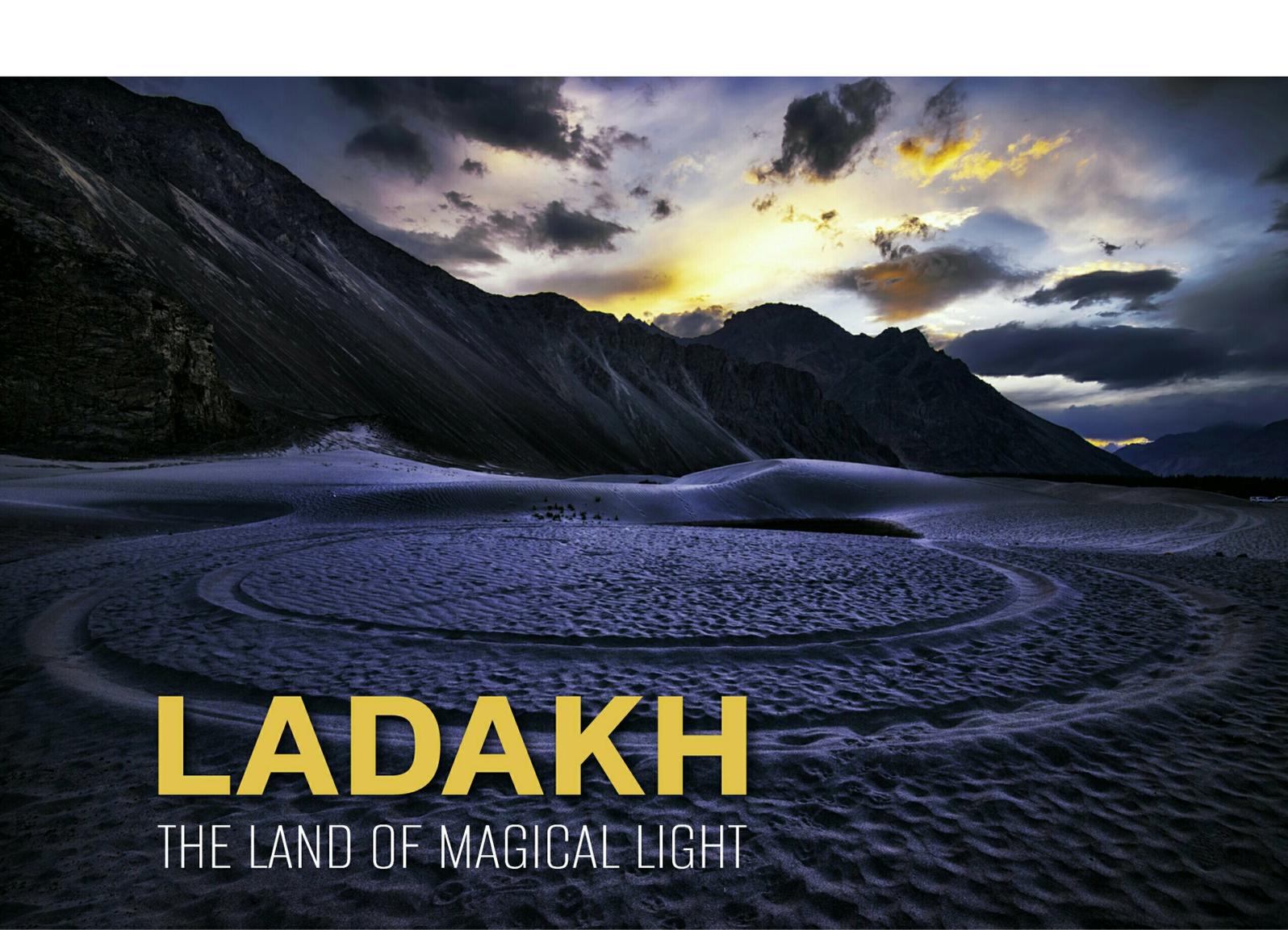


**By Prasantt Ghosh**

THE WRITER IS A FASHIONDESIGNER AND CHOREOGRAPHER AND CAN BE CONTACTED AT [dkreativepeople@gmail.com](mailto:dkreativepeople@gmail.com), [www.prasanttghosh.com](http://www.prasanttghosh.com)

If one knows that he/she is looking good, one instantly feels more confident. There is a lot one can do to prepare oneself to look good. Never wear a complicated dress. Make sure the outfits you wear is appropriate to the occasion is clean and well ironed. Keep your clothes clean. Loose-fitting clothes allow the air to circulate freely and helps the perspiration to evaporate. Be meticulous about changing one day only clothes like underwear, hosiery and blouses.





# LADAKH

## THE LAND OF MAGICAL LIGHT

**L**adakh is possibly one of the dream destinations for every landscape and travel photographer. To me, it is 'the land of magical light': I call it so because every 5 minutes, one can see the change in atmospheric light, and hardly any dull light can be experienced. I never experienced flat light in Ladakh. From the day I had started photography till now when I consider myself as a landscape and travel photographer, it was always my dream to visit Ladakh. I was extremely eager to cover Ladakh when I am still young because people who had visited spoke of problems in breathing, digestion, and severe headache, etc. A few had even said that they had to inhale oxygen a couple of times. I had been planning for Ladakh since three years. Everything was set for September, 2015 but I had to postpone on the eleventh hour due to my father's demise. I was determined to shoot at Ladakh in 2016 without fail, and accordingly, I had made a plan with three other friends. It was decided that we would cover Ladakh in 12 to 13 days, between August and September.

After a brief discussion we had decided to travel to and fro Leh so that we could save time. Finally, we fixed the date for the first week of August for the tour.

I started from Silchar on 3rd August, 2016, and reached Delhi on the same day, did some photography on 4th; other members joined in the evening, and we flew off to Leh by the morning flight. I tried to capture a few bird's eye views through the window of our flight-for this, of course, I had to book the window seat at GoAir Airline. We reached Leh around 11 o'clock in the morning, and as we had our hotel booked, so we took taxi and reached Yangphel Guest House within 15 minutes. One thing I must admit that after landing in Leh, I felt a change in my body, but, I tried to keep myself strong mentally. I kept telling myself that since I live in a place which is less than 100 feet above the sea level, and suddenly I was at around 11000 feet above sea level, there must have been a little imbalance in the physical affairs.

After reaching our guest house, the owner gave us a warm welcome, and requested us not to take any medicine as a precautionary measure. He advised us to take plenty of water, and take rest for the entire day. After an hour or so, as we started feeling a bit better, we went out to the market on foot for lunch. It was around 1 km from our guest house; on the way, we visited a few shops. After lunch, two of our team members returned to the rooms, while I and my friend (both of around 45 years of age) roamed around for more than 3/4 km. We bought a few items, and returned to our room in the evening. By this time, we were almost 80% acclimatized. In the evening we all sat together with the owner of the Guest House, and finalized our tour plan in an hour. We took dinner, and went to sleep.

Our tour started on 6th of August, 2016 with local visits; in the afternoon, we went to Spituk, and then came back, had our lunch and spent the entire evening in Leh Palace. We captured some shots, and covered the sunset at Shanti Stupa. On the 7th we started early in the morning for Lamayuru, and on the way, we first saw the Pathar Sehib, did some photography at the famous Sangam Point of Indus-Zaskar confluence. We could get good shots in the Basgo Monastery, Ney. Before reaching Lamayuru, we visited the Moonland to do some shoot there, and had our lunch. After lunch, we checked in to our pre-booked hotel at Lamayuru, which was adjacent to the Lamayuru Monastery. We took rest half an hour and then proceeded to the Lamayuru Monastery for photography.



To me, Lamayuru was one of the best places for photography; on its rear, you can compose your settings with the ruins of the monastery, Moonland which is near to the monastery and the magical play of evening light. We all had a wonderful evening there. Our next destination was Dah from Lamayuru but due to landslide we had to return halfway. We decided to return to Leh. On the way back to Leh we visited Alchi, Likir, magnetic hill and again the Sangam Point.

On the 9th as per our plan, we had to go to Nubra Valley, and then to Turtuk, and accordingly, we started and on the way we stopped in few places. Amongst them Khardungla Pass which is the highest motorable road in the world, must be mentioned. We enjoyed there for around 15 minutes, experienced breathlessness due to lack of oxygen, did some photography and resumed our journey. That day, we had our lunch just before reaching Dishkit.



After lunch we were in confusion whether we should check in to hotel first or photograph a few pictures in the white sand dunes of Hunder. After discussion, we decided to do some photography; accordingly, we went to sand dunes, and tried to manufacture a few frames with reflections, camels, dunes etc. On the next day, we went out early for Turtuk village which is around 90 km from Hunder; the river Shyok flows through this scenic village. The interesting story about the village is that, before 1971 this village was under the control of Pakistan, and India captured the village during war in 1971. Majority of the villagers are Muslims; we reached the village around 11 AM, and as we tried to shoot people they objected, and we had to stop here. Luckily I and Bikramjit got a chance to shoot children in a village school, and by the grace of god we got a few fantastic shots of the angels studying in the school. Later, we tried to capture shots with the help of the villagers but could not succeed, and came back to Hunder to visit the Diskit monastery. In the afternoon, we went to the sand dunes again for another try. This time, we started our shoot from the rear, and proceeded to the entry gate as we kept on capturing photos. Everyone got some good shots, and returned to hotel in a happier mood. Next day, after breakfast, we started again towards our base point, Leh, and on the way to Leh, we visited Alchi and Likir Monastery where we actually did some shopping more than photography. Here I must mention a funny incident. While entering to the Alchi Monastery, I and Pulak noticed an old wrinkled faced lady selling some ornaments. We decided to photograph her but she got angry, and started telling us if we didn't buy from her she would not allow us to shoot. But we just started ignoring her

and kept on clicking. Later, Pulak purchased a necklace from her but the lady got furious again because I was just clicking her photographs without purchasing anything.

We reached at Leh at around 2.30 PM, had our lunch and went to the Leh market, did some photography, and returned back to our hotel. On 12th morning we started our last part of our journey to Pangong Tso and Tso Moriri. On the way to Pangong, we enjoyed the scenic beauty on both sides of the road, stopped at the Changla Pass, and heartily enjoyed the snowfall for the first ever time in my life. Before reaching Pangong Tso, on the way we got the chance to shoot yaks and some horses. We also got Himalayan Marmot but due to rains, they retreated into their holes, and we had to proceed forward. When we reached Pangong, it was raining and before checking into the tent, we tried our luck in the rain, but nothing dramatic happened. Later, we decided to check in to the tent, and go for photo shoot.





By this time, the rain had stopped and the beautiful evening light began its play over the mountain and the Tso. We did our photography with utmost satisfaction till dark and had to return to our tent after a long tiresome walk as our driver was very tired and had gone to sleep. In the next morning we were to go to Hanle via Chuchul: to go through this route we had to take special permission. It was a wonderful journey alongside the Pangong Tso for about 20 to 40 km till that point where the Pangong went to China. On this route, we enjoyed the beautiful scenery on the side of the road (not road, it was like a game path created by the cars which go through); we got wild asses, horses, yaks, deer, etc. After a drive of two and a half hours, we reached Chuchul where we finished our light tiffin with maggi and omelette. We all were happy because we were to shoot the night at Hanle which is considered as the best for night photo shoots. But the most unfortunate thing happened with us when we reached the check post from where we had to advance to Hanle. As we showed our pass to the authority, they told us that Hanle was not written in the permission letter, which we also didn't notice earlier. Still we requested them but the objection came from the JK police, and we had to

re-adjust our plan. We then unanimously decided to go to Tso Moriri without further delay. We reached Tso Moriri late in the evening and were very tired for any further shoot. Above all, Tso Moriri is 15000 feet above the sea level, and we all were not feeling well; so we decided to take rest and not do anything. But as we all were very passionate photographers, how could we? First I and Pulak went out with our camera and start roaming here and there. Doing this, we suddenly saw a large herd of sheep coming down from the hill with their shepherd; we quickly took our position to shoot and started clicking. We got a few good shots. Thus a tiresome day ended; at night, we took our dinner early and went to sleep wearing jackets and warm cloths. Next morning, we woke up early and after breakfast went to a near village name Korzok and spent some time in the Gompa. In the evening, we did our last landscape shoot at Ladakh in Tso Moriri till the dark and on the way back, we lost the way to our tent and somehow reached to Korzok village. Later, we found a man with whom we had shot during the morning. He then helped us to reach our tent at around 8.30 AM. Next day, i.e. on 15th of August, 2016, from Tso Moriri we reached Leh via Tso Kar and Tanglangla.



By :

## DIBYENDU DAS

Landscape Photographer  
EFIAP & FFIP

National and International level photographer and winner of more than 125 awards. Works published in British Photography Magazine Digital Photographer. Presently brand ambassador for H&Y Filter, Hong Kong and Pindle Photography App, Korea. Earlier was a Brand Ambassador for Marumi Filters, Japan.

We had decided to stay at Leh during the last two days because landslides or any natural calamities might ruin our departure. So on 16th we visited Thiksey and Hemis Monastery and kept the evening for Tsemo Castle from where we decided to shoot our sunset. On the 17th we spent the whole day in the market without camera.

We shopped the whole day. The most amazing and thrilling thing happened to me was my last shot of the tour which I took from the flight. It was just few minutes after take off when I looked below through the window when I saw the “The Confluence” where the rivers Indus and Zaskar meet. Without wasting any second, I just clicked. It had been my dream to shoot that point from a bird’s eye angle—I had tried during our arrival to Ladakh but failed. Anyway, the second time I was lucky enough that I got a rare shot.

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**8** SISTERS  
THREADS

# ONE BEAUTIFUL BOND

*Home...! What is home? Home isn't just the concrete structure you live in. Home is made up of a million emotions, feelings and love. And, that is exactly what Greenfinch is to me.*

When someone names a particular state, instantly your mind would wonder through its food, traditional attire and a few landmark locations. But, when someone says Northeast India, it is impossible to imagine just one kind of almost 'anything' from food to ethnicity, to traditions and on to their gorgeous fabrics and attires.

So, when someone asks me 'Why Greenfinch?' this rich diversity of my beautiful Northeast is what always attracted me. It was like a constant love story of fascination for handloom and the richness it offers.

There is a story behind every design of every tribe. Through Greenfinch, I want to share these stories of our unsung heroes and take it to the mainstream India, so that people can identify them and take Northeast handloom to great heights.

There are more than 200 tribes in the entire Northeast and out of which 75 tribes belong to the weaving community. What's more fascinating is that each tribe has its own pattern, style and designs. It was almost tempting to finally kick start what was just a dream till now because of the richness that these tribes had to offer with so many options out there.



But, let's be honest, this is the GenX and to impress this generation and yet be versatile for the senior generation, was sure a challenge. So, in simple words it can be put that Greenfinch is a pure blend of ethnicity wrapped in fashion and sprinkled with handmade love – just perfect for every age.

Greenfinch brings to you a wide selection of fusion designer pieces from Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Sikkim, Nagaland and Tripura.



Apart from giving wings to our dreams, a major part of our dream and vision is to empower the weavers' community of Northeast India by providing them employment. We are currently working together with more than 40 women weavers from around NE.

Our prime focus remains on sustainable fashion and products that include 100% pure Eri Silk, Mulberry Silk, Handwoven Cotton fabrics woven in Backstrap looms.

What is unique about Greenfinch is that, our line of clothing and fabrics have been carefully picked and curated just for you. Apart from upgrading your wardrobe, we also offer a wide variety of home furnishing and accessories that not just enhances your taste but also brightens up your homes.

Now, when we talk about fashion, various elements rush in our minds like runways, hair & makeup, changing dresses and so on. But, when we talk about Greenfinch & Fashion, we would love to highlight about the flavour of sensitizing the modern woman about dressing responsibly.

Every product that you purchase from our store, helps in contributing to the livelihood of the women of the weaver's community in Northeast India. And, not to mention, it definitely keeps the vibrant colours and traditions of Northeast alive.

A unique brand deserves a unique name and hence, Greenfinch. Greenfinch is a European bird that symbolizes diversity and brighter days on the horizon. While we aim to showcase the beautiful diversity of our weaves and fabrics of all the North Eastern States, we also strive to bring forth brighter days awaiting for us on the horizon, especially for the weaving community of the Northeast.



Having talked about our beautiful ethnicity and culture, it would only be fair to give ample amount of credits to the weavers' community. Our goal isn't just to promote traditional fashion but also we want to set an economic and social impact in the Northeast, especially among the weaving community and provide them with fair wages and educate them, create more employment opportunities.

Let's come forward and live this dream of fashion and ethnicity in style!  
Follow us on

  [greenfinch.in](https://www.instagram.com/greenfinch.in)

Website: [www.greenfinch.net.in](http://www.greenfinch.net.in)

Email: [info@greenfinch.net.in](mailto:info@greenfinch.net.in)



By  
**NEEHA TALUKDAR**

Founder and Managing Partner of the brand Greenfinch-Abode of Northeast India Weaves -a premier online clothing line startup of Northeast Fusion Wear including indigenous fabrics of all the 8 states of NE India.



# FACE

OF THE MONTH



*Dazzling and Charming*  
**VIOLINA DEKA**

**Tell us in brief about yourself.**

I am Violina Deka from Mangaldai, Assam but currently staying in Guwahati. My theory is that if you look confident you can pull off anything. And I also believe that if you follow your passion, success follows you.

**Would like to know about your passion and your upcoming projects.**

Acting and modelling is my passion and when I do it I feel so alive. From my childhood onwards I wanted to be an actor and a model too. Regarding my new projects, I am currently busy in photoshoots and music videos.



**What is your opinion on the saying, 'Being beautiful in your own skin'?**

For me every skin tone is beautiful and all people are different in looks and are beautiful in their own way. It becomes worse when you start comparing. So just stop comparing yourself with others, feel confident in what you are. Being the best version of yourself is the best way to be who you are.

**What are your future plans?**

I want to go for an International platform where I can showcase my talent and make my country and Northeast proud.

**Your views on modelling and fashion.**

According to my view modeling and fashion is an art that showcases the beauty of creativity. It displays the current trend in costume, beauty, makeup and styling where the models play an important role.

**A few lines for Mystic Aura.**

Blessed to be a part of Mystic Aura Magazine  
Best wishes to the entire team.  
Thank you.



## The gleaming chamber

# Diwali

Diwali, the day of lights which embellishes the cultural testimony of each Indians..  
Diwali elucidate a time to celebrate the triumph of light over the darkness, knowledge over ignorance, and good over evil.

The term 'Diwali' is derived from the sanskrit words 'Dipa' which means light,lantern or candles and 'avali' means a row or series.

The dipas (lamps) are mentioned in the Skanda Purana as a symbolising parts of the sun, described as the cosmic giver of light and energy to all the life bellions of people around the world celebrates Diwali, a multi-day festival that marks the beginning of the Hindu New Year.. One of the most amazing part of mythology regarding diwali varies regionally within india..

The most far flung custom is the lighting of dipas on the night of the new moon to invite the mien of goddess of wealth Lakshmi. In Bengal the goddess Kali is workshipped in Diwali.

By **Silpa K.**  
RJ, writer  
From thrissur kerala



In North India, Diwali is celebrated as a royal victory of Rama -Sita, Lakshmana and Hanuman to Ayodhya after defeating the 10-headed king of the demons called Ravana. Thus connecting the festival called Dussehra.

Mysore ,the place in the south India popularly highlights the dussehra festival.

Some celebrate Diwali as a commemoration of the marriage of Lakshmi and Vishnu, while others as the birthday of goddess Lakshmi.

Other mythology mentioned that during the 'Dvapara Yuga', Krishna, an avatar of Vishnu, killed the demon and a king named Narakasura. Diwali was celebrated as a significance of triumph of good over evil after Krishna's victory over Narakasura. The day before Diwali is remembered as Naraka Chaturdasi, the day on which Narakasura was killed by the Krishna.

In south india the preparations of Diwali begin the day before. When the oven is cleared and smeared with lime, four or five kumkum dots are applied, and then it is filled with water for the next day's oil bath. The house is washed and decorated with kolam (rangoli) patterns with kavi (red oxide). In the pooja room, betel leaves, betel nuts, plaintain fruits, flowers, sandal paste, kumkum, gingelly oil, turmeric powder, scented powder are to be kept. Crackers and new dresses are placed in a plate after smearing a little kumkum or a sandal paste.

The doors and windows of houses are kept open in the hope that Lakshmi will find her way inside and bless the residents with wealth and success.



From the morning itself Diwali celebrations starts. The eldest family member applies sesame oil on the heads of all the family members. Then, it's off for a bath, beginning with the youngest in the family. They emerge with new clothes and a look of anticipation at the thought of bursting crackers, which symbolizes the killing of the demon king Narakasur.

In the Evening lamps are lighted, colourful crackers or fireworks are to be used. dipas are lit and placed in rows along the parapets of temples and houses and set adrift on rivers and streams. exchanging of gifts, wearing new clothes, feasting, and setting off fireworks especially in the form of card games, is encouraged as a way of ensuring good luck in the coming year and in remembrance of the games of dice played by Shiva and Parvati on Mount Kailasa or similar contests between Radha and Krishna. Ritually, in honour of Lakshmi, the female player always wins.



Some Hindus observe Yama Deepam on the second day of Diwali, instead of the first day. A diya that is filled with sesame oil is lit at back of their homes facing in the southern direction. This is believed to please Yama, the god of death, and to ward off untimely death.

On the third day, Lakshmi Puja, families seek blessings from Lakshmi to ensure their prosperity, light diyas, candles, and fireworks; and visit temples. It is the main day of the Diwali festival. The fourth day, known as Govenrhan Puja, Balipratipada, or Annakut, commemorating krishna's defeat over Indra, is also considered as the first day of Karthika the start up of the new year.



# ALOE VERA & BEAUTY

By Dietician Dipikaa A Bhatia

Now -a-days, people are aware about their healthy products launched in market. Many healthy products and even daily care product has aloe vera as ingredient.

This means the benefits of aloe vera started to be widely in use in every sector especially health industry. More and more study testimonial shows that drinking a cup of aloe vera juice a day makes you stay fit again from diseases and doctors.

## Drinking Aloe Vera Juice benefits

- Helps to Detox – Remove Toxin
- Helps To Lower Cholesterol Level
- Helps To Lower Blood Sugar Level
- Prevent Of Acid Reflux
- Increases/Boosting Body Metabolism
- Improves Bowel Function
- Improvez Skin Condition
- Neutralizes pH balance

For example, aloe vera is good for digestion and metabolism, among other things. Nutrients are absorbed more quickly into the bloodstream and aloe vera ensures a better balance of bacteria and yeasts, especially in the intestinal flora.

Your skin remains healthy and elastic. Also, aloe vera stimulates the production of collagen and elastin, substances that contribute to the recovery of the skin.

As if that were not enough, aloe vera increases resistance and it is also a source of minerals like sodium, calcium, iron, magnesium, manganese, copper, zinc, and chromium. Furthermore, the plant is rich in vitamins C and B (including the rare vitamin B12).



Furthermore, aloe vera has an anti-inflammatory effect. For example, you can use it for sores or mouth ulcers. Finally, aloe vera juice contains amino acids that ensure that the enzyme system functions.

### **Drinking aloe vera juice a cup daily**

#### **1) Help to Detox – Remove Toxin:**

Aloe vera is good for detoxifying effects, it helps to remove harmful toxins from the body.

Toxins harm the body and produce acidification in the body so drinking aloe vera juice is good for you and for your health. This can cause complaints like fatigue, headaches, a lifeless feeling, and dull skin.

The cleansing system is also supported by using aloe vera juice so that toxins by free radicals can be easily removed. Due to this physical complaints will be minimized.

#### **Aloe vera for detox**

Aloe Vera juice works great as natural detoxification. Because our way of life exposes us to stress, pollution, and junk food, we occasionally need to clean our systems. The juice is an ideal way to do this because it contains many trace elements, plus vitamins and minerals that enable the body to properly deal with daily stress and tension.

#### **2) Helps to Lower Cholesterol Level**

Today in this society cholesterol becomes one of the most common problems. In Spain (55%) that is more than half affected by the cholesterol problem.

Using aloe vera juice continually helps to produce good cholesterol. Gratitude to plant Sterols, Chromium, organic Germanium, vitamins, Acemannan, enzymes, amino acids, and among others. Naturally, these substances are found from the pure pulp of aloe vera. The balance of triglyceride level in our blood is also favored with the help of natural aloe vera juice, which should be kept below 150mg/dl. Excess of Triglycerides have a bad impact on our heart, that shows the body has no energy to burn fat. Aloe vera also allows to decrease excess exogenous cholesterol with the help of lignin, and it also helps to decrease the fat that is settled by the saponins and cinnamic acid.

### **Helps to Lower Blood Sugar Level**

When a patient fasting blood sugar level is higher or the same to 130mg/dl and in other words it also when it becomes greater than 200mg/dl or more one that shows diabetes. Aloe Vera is good for diabetics as it helps regulate blood sugar levels when taken regularly. In the study in question, diabetic patients is seeing improvement on glucose level after consuming aloe vera juice for sometimes.

It could revert impaired blood glucose within four weeks, but after eight weeks could alleviate their abnormal lipid profile.

### **Prevent Of Acid Reflux:**

Acid reflux, also called gastroesophageal reflux disease (GERD), is a condition in which stomach acid reenters the mouth through the esophagus. It is a very common ailment that a large number of people suffer from. Acid reflux is mainly caused by a malfunction of the lower esophageal sphincter. However, other hot causes are food acids, food, hiatal hernia, stomach ulcer, fungal infection (candidiasis), tobacco and alcohol other symptoms include hoarseness, heartburn, and chest pain. If the acid gets into the mouth, the person may also have difficulty likewise asthma swallowing.

Furthermore acid reflux is very related because stomach acid travels in airways, the person has difficulty in breathing. Can be treated with drugs and antacids. However, aloe vera Juice is one of the most effective natural remedies for treating this condition.



### **Reduces the symptoms of acid reflux:**

It is famous for its medicinal properties. Among the various uses of aloe vera juice, acid reflux remedy is one of the most important.

The ingredients of aloe vera act on the lower esophageal sphincter and strengthen it so that it works properly. Second, enzymes, vitamins, and sugars in the plant are also useful in creating a balance of the digestive system. If acid reflux is caused by Candida (yeast), aloe vera is also helpful to kill the yeast. It has anti-inflammatory properties, which are very effective in the treatment of heartburn and regurgitation caused by acid reflux.

### **Increase/Boosting Body Metabolism:**

When the metabolism is working optimally, you feel good about yourself. The burning of fat is stimulated, the small deposits of fat are reduced and we are simply radiant.

Metabolism is the absorption, transport, and chemical transformation of substances as well as the elimination of metabolic wastes (toxins) The use of aloe vera juice provides more strength. Energy comes back into balance due to stimulating the metabolism. calories burnt quickly is the indication of good metabolism. By taking aloe vera, weight is loss naturally without any problem so it shows it has a positive effect on weight loss. This is due to the balance of metabolism. The lipid content is reduced so that fat can be burned more easily.

### **Improve Bowel Function**

Difficult bowel movements mean that you have less than three bowel movements a week or that you can only get a bowel movement by pushing (very) hard or helping with your fingers.

Often the stool is also hard. Three out of ten women have one or more characteristics of difficult bowel movements. Several enzymes of aloe vera perform the best function for the breakdown of fat and sugars and the performance of digestion smoothly.

Aloe to improve bowel movement if you have a digestive system that is not working properly, then you are at risk because you are unable to absorb and digest all of the nutrients. For taking benefits from your diet you should need to keep your internal system good and healthy.

For the irritation in the abdomen and intestine, aloe vera juice is very helpful. The juice perform a good function for the improvement in bowel function and also irritating bowel syndrome and anti-inflammatory intestine.

### **Improve Skin Condition**

Aloe vera juice can provide Bright skin. It helps to make the skin more elastic and making your looks attractive again helps cell metabolism. The aloe vera juice helps for the flow of blood and shows the effects of moisturizing and comfort.

## **“Aloe vera is a good source of vitamins and antioxidants and also used for the protection of your skin.”**

The aloe vera juice is also helpful for making skin healthy and bright, not only ensures the beauty of the skin. It is very interesting that it help to ensures to make skin cools and calms and its gel is perfectly useful for the protection of skin from the sunburn. It provides relief instantly skin problems like swelling, eczema, acne, and wounds are easily healed by the elements of Aloe vera.

Skin problems are easily reduced by massaging the skin by using the gel of aloe vera. The compounds important in aloe vera have also repaired your skin and protect from UV damage, and help protect lines and wrinkle and neutralize the effects of ultraviolet (UV) radiation.

## **Neutralizes Your Body PH**

Aloe vera is famous among devotees of the alkaline diet, since aloe vera juice useful for alkalizing the body

Our body is easily affected by harmful bacteria attacks if our body has an acidic PH. By using aloe vera juice we can protect ourselves from the development of bacteria and diseases and we can easily alkalize the body.

For the irritation in the abdomen and intestine, aloe vera juice is very helpful. The juice perform a good function for the improvement in bowel function and also irritating bowel syndrome and anti-inflammatory intestine.



**Dietician Dipikaa A Bhatia**  
Nutritionists, Naturopathist,  
yoga expert and social activist





# RED LIGHT THERAPY

By Brian LaCour

## What is red light therapy?

Red light therapy (RLT) is a therapeutic technique that uses red low-level wavelengths of light to treat skin issues, such as wrinkles, scars, and persistent wounds, among other conditions.

In the early 1990s, RLT was used by scientists to help grow plants in space. The scientists found that the intense light from red light-emitting diodes (LEDs) helped promote growth and photosynthesis of plant cells.

Red light was then studied for its potential application in medicine, more specifically to find out if RLT could increase energy inside human cells. The researchers hoped that RLT could be an effective way to treat the muscle atrophy, slow wound healing, and bone density issues caused by weightlessness during space travel. You may know red light therapy as:

- **bio stimulation,**
- **photonic stimulation,**
- **low-power laser therapy (LPLT).**

## How does red light therapy work?

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell — it's where the cell's energy is created. The energy-carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

By increasing the function of the mitochondria using RLT, a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage.

RLT is different from laser or intense pulsed light (IPL) therapies because it doesn't cause damage to the skin surface. Laser and intense pulsed light therapies work by causing controlled damage to the outer layer of the skin, which then induces tissue repair. RLT bypasses this harsh step by directly stimulating regeneration of the skin. The light emitted by RLT penetrates roughly 5 millimeters below the skin's surface.

### Improving skin health

The potential for using RLT as a way to rejuvenate the skin has led to a large number of studies. Most people show interest in RLT as a possible way to improve skin health.

- **increasing collagen production in the skin, which gives the skin its elasticity**
- **increasing fibroblast production, which helps produce collagen and other tissue fibers**
- **increasing circulation between blood and tissue cells**
- **protecting cells from damage**
- **improving facial texture**
- **reducing fine lines**
- **reducing wrinkle severity**

### Wound healing

Red light may also be helpful in speeding up wound healing. A few ways that light therapy may help wound healing is by:

- **reducing inflammation in the cells**
- **stimulating new blood vessels to form, which doctors call angiogenesis**
- **increasing helpful fibroblasts in the skin**
- **increasing collagen production in the skin**

### Potential side effects

RLT is a completely natural process. It exposes the skin to levels of light that are not harmful - unlike UV light coming from the sun. Because of this, there is virtually no risk of side effects from undergoing RLT. However, a practitioner with little experience or someone who exposes themselves to too much of the treatment may cause skin



tissue and cell damage. Products for use at home may also lead to misuse, causing damage to the skin, burns, or damage to unprotected eyes.

### Summary

RLT is generally safe and may be a very effective treatment option for people seeking smaller changes in their skin or to keep the skin healthy and reduce inflammation. RLT is only one part of a complete skin care routine, and it should not be the only way a person takes care of their skin. It may take several treatments of RLT for a person to begin noticing the changes in their skin. For anyone uncertain if the practice is suitable for them, should talk to a doctor to discuss the potential benefits



### Brian LaCour

is a certified franchise consultant. He has more than 20 years of business leadership experience in driving fiscal results, strategic

planning, saving costs, increasing revenue, streamlining processes, and developing top performing teams. La Cour's passion for helping people led him to the role of president of the International Franchise Group. Call LaCour at (561) 502-7283 or email him at [blacour@internationalfranchisegroup.com](mailto:blacour@internationalfranchisegroup.com).



# Healthy Teeth

## THIS CHILDREN'S DAY

*Healthy teeth are important to your child's overall health. They help your child eat and talk. Strong oral care helps set good dental habits as your child grows.*

**Help make dental hygiene fun with these tips:**

1. Let children help choose their own toothbrush. They can pick one that has a favorite color or character.
2. Let children help choose toothpaste. They can pick their favorite flavor.

3. Read books or watch videos that talk about dental hygiene.
4. Use a timer to make sure kids brush their teeth for 2 minutes. Or play their favorite song to help keep track of time.
5. Reward children for good oral care.
6. Plan a fun activity following your child's dentist visit.

### **PATH TO IMPROVED DENTAL HEALTH**

#### **The role of fluoride**

Fluoride is important to your child's dental health. It is known to reduce cavities in baby (primary) teeth and adult (permanent) teeth. It also helps make teeth strong by hardening the tooth enamel. Most children get fluoride in drinking water.

But too much fluoride can cause tooth stains and be harmful to your child's health. Be sure your child does not swallow fluoride toothpaste or mouthwash. Follow all instructions for fluoride supplements.





## Brushing and flossing

Dental hygiene should begin when your child is a baby. Start using a soft child-size toothbrush around the age of 1 or 2. You should brush your child's teeth with water at least twice a day. You also can add a small dab of toothpaste that doesn't have fluoride in it. This type of toothpaste is safe for your child to swallow. Once your child is old enough to spit out the toothpaste, you can switch to one that has fluoride. Only use a small amount. Teach your child to spread it among their teeth, gums, and tongue.

Your child likely will need help brushing their teeth until they are 7 or 8 years old. You should switch out toothbrushes every 3 to 6 months or when the bristles look worn. Children should brush their teeth for 2 minutes. Flossing is another key part of your child's oral care routine. Teach your child to floss at least once a day. You can buy floss that comes on a handle to make it easier.

## Cavities

Cavities are holes that form in your teeth. These can occur when bacteria (germs) build up in your mouth. Sugar in food and drinks turn into acid, which can eat away at your teeth. People who have cavities can pass the cavity-causing bacteria to unborn babies, infants, and children.

## Diet

Kids who eat a lot of sugary foods and drinks also are at high risk for cavities. It is important to make healthy food choices. Avoid too much sugar. Do not let your child have a lot of soda, fruit juice, or sweetened drinks. Limit sweet snacks and drinks between meals. If your child does have sugar, make sure they brush their teeth afterward.

## Mouth safety

Safety is another big part of dental hygiene. If your child plays sports, they should wear a mouth guard. This is a soft, plastic retainer that covers the teeth and sometimes the lips. It helps protect your child's mouth from injuries. Talk to your dentist if you need a custom-fit mouth guard.

## From baby teeth to adult teeth

In general, baby teeth start to appear between 4 and 7 months old. The first teeth to come in are usually the 2 bottom front teeth. Most kids have all 20 baby teeth by about 3 years of age.

Children can lose their baby teeth as early as 6 years old and as late as 12 years old. During this process, your child has a mix of teeth as baby ones fall out and adult ones break through. Around this time, your dentist may talk to you and your child about possible teeth problems. Some kids need orthodontia treatment, such as braces. A full set of adult teeth is 32 teeth. This includes wisdom teeth, which most people do not get until their late teens or early adulthood.

## Things to consider

It's normal for babies to suck their thumbs, their fingers, or a pacifier. Most children give up this habit on their own by age 4. Prolonged use can cause problems with teeth alignment. Talk to your dentist if your child still has a sucking habit after age 4. They can watch for problems as your child's teeth develop. In most children, there is no reason to worry about a sucking habit until around age 6, when the permanent front teeth come in.

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## By Dr. Nikhita Nagar

Dental Surgeon  
Director : Dr. Nagar's  
Dental and Physiotherapy  
center, Ghaziabad





# The secret to **SIX PACK ABS**

Today everybody aspire to build a Six Pack abs and many people consider this as a status symbol. But it's easier said than done because it requires lots of planning, dedication and a disciplined life style to develop the desire Six Pack abs.

I have seen people doing thousands of crunches in the gym but still even after putting considerable effort they do not get to see their Six Pack abs.

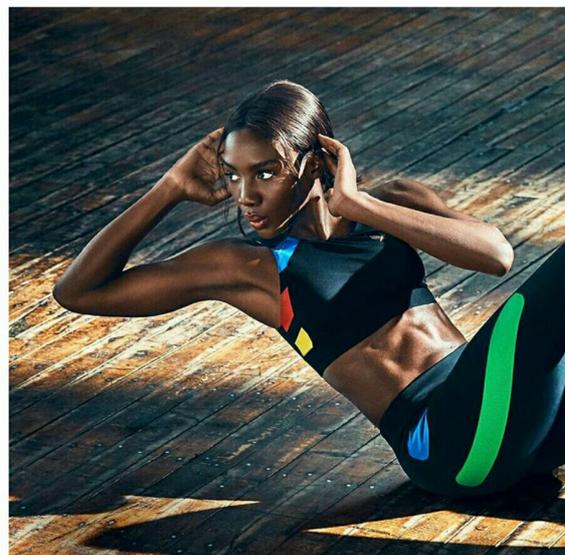
So the next question which automatically comes to our mind is that what is the secret to building Six Pack abs?

The answer to this question would be there is no secret to this but a disciplined and organised life style.

## **Are abs made in the gym or in the kitchen**

I have heard many people saying "Abs are built in the kitchen" but I would rather say "Abs are built in the gym but they are revealed in the kitchen".

To put it simply, one has to work hard in the gym to build Six Pack abs and one has to get into calorie deficit for the abs to get revealed, which means that one has to consume lesser calories and work harder in gym.





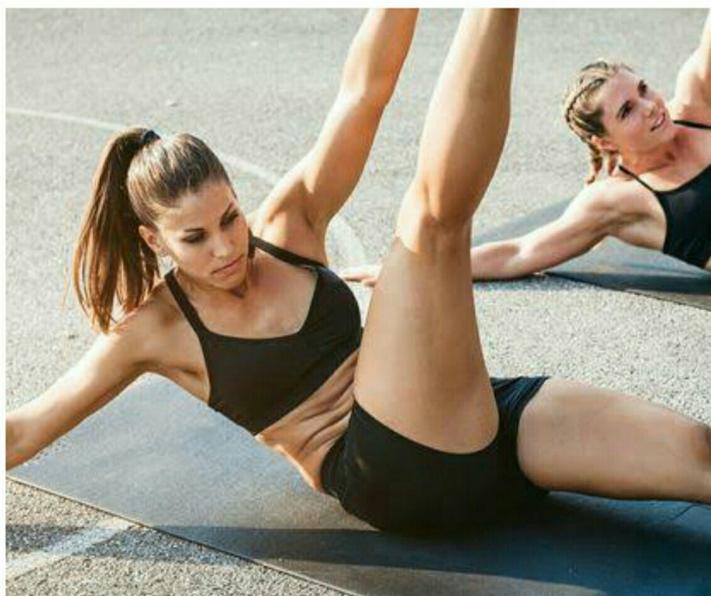
### Steps to build a Six Pack abs

- (1) Do more compound movement lifts like Squats, Deadlift, Bench Press, Overhead Press, Push ups and Pull ups.
- (2) Do abs specific workout two to three times a week after you finish your workout, your abs workout should finish within 20 minutes.
- (3) Know how much calories your body require to sustain your current life styles that is called TDEE i.e. total daily energy expenditure.
- (4) Calculate your BMR i.e. basic metabolic rate and then calculate how much calories you are consuming daily.
- (5) If you are consuming calories in excess of TDEE then start reducing it by 200 to 300 calories every two to three days till you reach your TDEE.
- (6) Maintain calories consumption at this level and you will see Positive results.
- (7) You may reduce calories further but it should never be below your BMR.
- (8) Carry out these steps and you will see your Six Pack abs.



**By**  
**Mr. Dharmesh**

Designation: Fitness & Diet  
Consultant .  
Place: SHILLONG  
Mr Meghalaya (champion)Mr  
MP (Silver) Mr Delhi (Bronze)





# FRAGRANCE LEFT BEHIND

The Earth is our Monastery.

Breathing life into our ancestors.

The colour of the Earth, the mountains, the landscape, the paths.

Reminds us of our ancestors

Who stepped in this Monastery before us.

Sprinkling soul into the mountains and landscapes

With their sweat and blood.

We carry their hardships in our

bodies like maps.

The golden orange rays of the Sun have been the witness to

their hardship all along.

Leaving us this beautiful Monastery

The Earth our Home.

By Monali Bhuyan

# Wild Leaf

I am a wild leaf of the deep dark woods  
I am no longer, tender young and green  
Long lost my virginity, to the sun and wind  
The wind has slashed me till I bleed  
The sun has kissed me, with its fiery lips  
O I am called, a whore and a slut  
I dance and flirt  
With the wind and sun  
I am unrestrained, abandoned, totally carefree  
I fly with the wind, and drift in the breeze  
I am wild and unbridled, rampant reckless  
Nothing can bind me, put me in chains  
I live my way, and sing my own songs  
I fly around the woods, kissing the pines and oaks  
Getting drenched in rains, wilted and wet  
Shivering and shuddering, dripping with golden droplets  
I bask in the sun, and get burnt to my core  
What is love's passion, if there is no pain or sore  
I am hit by tempests, storm and gale  
Fallen in swirling streams, and lost my way  
I am wild and untamed Nature's mistress  
I drift and sail, dance and sway.

By Vijaylaxmi Sarmah.



# THE GOLDEN WINGS

“The Golden Wings”, a rising fashion clothing brand is from a quaint little town called Diphu in Karbi Anglong, Assam. We can truly say it is a land truly blessed by nature where one can breathe in fresh air in its pristine clear surroundings with green hills and cascading waterfalls.

“The Golden Wings” was started when three friends with the same interest and calling came together. Maloti Kropi (Malo) as Creative Designer and her partner designers Ronju Millickpi and Sonali Teronpi. With their passion and zest for weaving, jewellery making, garment designing and rearing Eri, they have been waiting ever since to make their dreams come true. And their first break came in East India Fashion Show, where they showcased their talent, a fusion of Karbi Traditional Motifs and design by using Eco-friendly fabric (Eri) and turmeric (vegetable dye). The appreciation and the huge response from the people in the fashion show was enough to boost their energy and carry their dreams forward. And there has been no looking back ever since. They got to showcase their talent at North-east International Fashion Week, Season 3,4 and 5 and also at Vaunt International Fashion Week, New Delhi. They also got invited at Peace Jam, silpagram, Guwahati and at Domahi(Sonapur) Eri, Muga celebrations, Heeya Heritage and the list goes on and on.





The land have seen many upcoming and new faces in Fashion Designing, Textile Designing, Jewellery Designing, models and in the field of photography also many photographers are coming up with no platform to showcase their talent. Taking all these into account, “The Golden Wings” decided to host an event “Karbi Anglong fashion Week”, Season 1, the first of its kind to be ever hosted in Diphu, Taralangso, Longmirjeng Achatai on 9th and 10th of October 2021. This event had provided a golden opportunity and platform for the local youths and the upcoming designers and models to showcase their talent which would otherwise have been lying dormant with no opportunity to unleash their talent. This event was fortunate enough to have an amazing panel of guest who are achievers in their own rights and have been an inspiration to the upcoming designers and models, a celebrity guest from New Delhi, Amrit Raj Bora, a renown fashion designer in Bollywood, Celebrity designer for Malaika Arora, Sonal Chauhan, Esha Gupta, Gauhar Khan, Neha Dhupia, IlleanaD’Cruz,

Soha Ali Khan and many well known Indian socialites. He was the Head Designer for Shoppers Stop in India from 2009 to 2012, Official Designer for the finale gown Femina Miss India Earth 2012, Design for the gown of winner Femina Miss India World 2013, Designed for the finale gown of Miss World Heritage 2014, Represented and showcased own label and collections Couture Fashion Week in New York, 2014, Miss In Official Designer of Miss Diva of Assam. Prashant Ghosh from Guwahati, a senior most fashion designer and choreographer, Director of North-East International Fashion Week, Director of Malestrom-North East 1st Male Model Hunt started in Year 2000 and did more than 2000 shows all over India including Sri Lanka, Bhutan and Nepal. Pirbee Beypi, Dr Aleena Terangpi and many more.

Here are some of the list of designers who have participated in the Karbi Anglong Fashion Week- Hunmily Ingtipi, Ruclin Kropi, Sabina Teronpi, Serlin Rongpipi, Sima Ronghangpi, Sujata Ronghangpi, Sudipta Boro, Sunita Ronghangpi, Malo’s Fashion and Craft, Episika Pegu, Arifa Sultana, Champa Millickpi, Esther Enghipi and Mina Tokbipi (Minty).

All the designers have done their best and showcased their best design. A special feature of the show was presented by Mrs. Ruclin Kropi, who is also one of the seniormost Designers of Karbi Anglong, she is also a proprietor of Maleen showroom. She is also working as an Assistant Professor, at Rangsin College, Dongkamukan, West Karbi Anglong. She has done her designing course from MSME. Her designs consist of a fusion of traditional motifs fused with modern ethnicity. She is known for redefining and modernizing traditional craftsmanship. She is inspired and determined to revive traditional craftsmanship and promotes traditional handlooms weavers and workmanship from rural areas and reviving some of the forgotten crafts to a higher level. Her design is a blend of contemporary, traditional and modern aesthetics taking the upper hand.

# Aura TRENDS

*Model: Darshana hazarika  
Makeup: Jafrin farnaz  
Costume: Page3  
Photography: Abhijit boruah*

**F**ashion is a trend that creates style and the secret of great style is to feel good in what you wear according to time, place and the enviroment.



# Aura TRENDS

## **Cotton, Bamboo and Eri mix Peplum Tie-up Top from Assam**

This earthy peppy peplum top with tie-up straps paired with nameless grace. The fabric is a combination of Cotton, Bamboo and Eri, soft yet eloquent.

Styling Tip: Knock out everyone by pairing this top with a skirt or skinny jeans



Designer

**NEEHA TALUKDAR**



*Aura*  
**PHOTOGRAPHY**



Photographer

**YOGIRAJ CHOWDHURY**

Student of fcstudio.



*Aura*  
NEW FACE

MODEL

**Priyanka Hazarika**

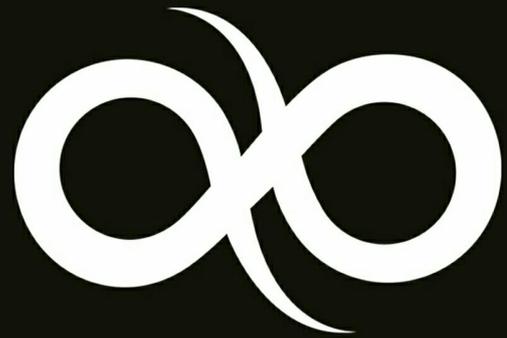


A woman with dark hair styled in an elaborate updo, wearing a shimmering gold sequined dress. She has dramatic makeup, including gold eye makeup and lipstick. She is wearing gold jewelry, including earrings, a necklace, and a ring. Her hands are positioned near her neck and chest.

# Aura GLAM FACE

*Being glamorous is about feeling yourself glam that makes you look glamorous and gives confidence and strength.*

Model: Preethi Amaresh.  
Photography: Sathya Vagale.  
Makeup Artist: Manjunath Narayanswamy.



**iNFINITY**  
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Infinity Studio is a high end photo retouching and post processing studio based in Guwahati, Assam. We specialize in beauty, fashion, macro skin, advertiing, editorial and product photo retouching

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MAKEOVERS BY ANNIE • MAKEUP ARTIST  
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 [Makeovers by Annie](https://www.facebook.com/MakeoversbyAnnie)

Model: Bidisha Shivam

Photography: Abhijit Boruah

*Light the lamp of wisdom,  
Dispel the darkness of ignorance.*



# Mystic AURA

[www.mysticauramag.com](http://www.mysticauramag.com)

Models: :Koustav Das, Soniya Tokbipi & Doli Rajkhowa  
Make-up: Sushan Subhankar Mandal  
Costume: Moonmee Boruah  
Photographer: Madhurjya Borah

**CALENDAR**  
**2021**  
**11**  
**NOVEMBER**

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

*With best compliments from*

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