

# MYSTIC AURA

MAGAZINE

SKIN CARE

FACE LIFT AND  
SAGGY SKIN

FITNESS

TONE YOUR  
BODY IN JUST  
A MONTH

WOMEN

POWER  
DRESSING

AN EXCLUSIVE  
PAYAL  
CHADDA

FASHION DESIGNER

*Timeless Fashion*

CLASSIC DESIGNS THAT ALWAYS REMAIN BOTH ON TIME AND TREND



# MYSTIC AURA

MAGAZINE

Year  
**2022**

**J U L Y**

F	01	18
S	02	19
<b>S</b>	<b>03</b>	20
M	04	21
T	05	22
W	06	23
T	07	<b>24</b>
F	08	25
S	09	26
<b>S</b>	<b>10</b>	27
M	11	28
T	12	29
W	13	30
T	14	<b>31</b>
F	15	
S	16	
<b>S</b>	<b>17</b>	

*“Life is a beach  
that creates a  
sense of peace  
and calm...”*

Model

SAPTASIKHA NATH &

ISHA UPADHAYA

Make-up

SUSHANT MANDOL &

PUJA PATHAK

Photography

San jay





# 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.



## **MRIGAKSHI DUTTA BHARALI** *Copy Editor*

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.



## **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.

### **CONTACT**

#### **OFFICE ADDRESS**

Hatigaon, Brindaban path, Hse no-2 .  
opposite Bharat petroleum.  
pin -781038

**PHONE** +91 8638212231 / +918638684096

#### **FOLLOW US**

  Mystic Aura Magazine

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





# EDITOR'S NOTE

JULY 2022, ISSUE 29 / VOL 03

JULY month issue starts with the summer fashion and an exclusive with the most popular fashion designer. Great knowing her thoughts and have share it all with our readers and viewers who has a craze for fashion and style. We have also covered a few beauty tips from our beauty experts followed up by a few more interesting topics of the daily life style. Hope all will enjoy reading and like it.

**Feedback and suggestion always welcome. kindly drop in our official mail as given in the page.**

**REGARDS,**

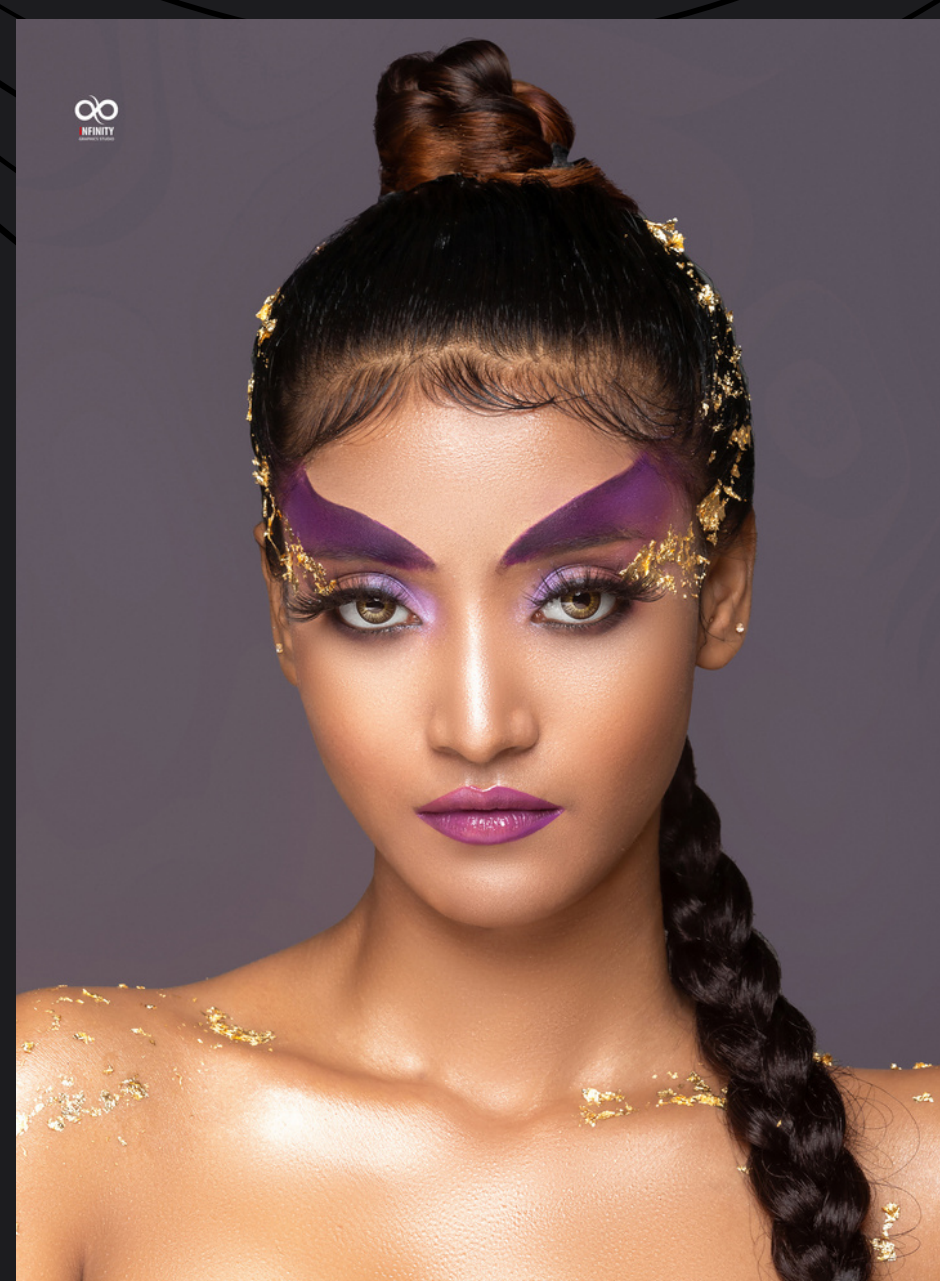
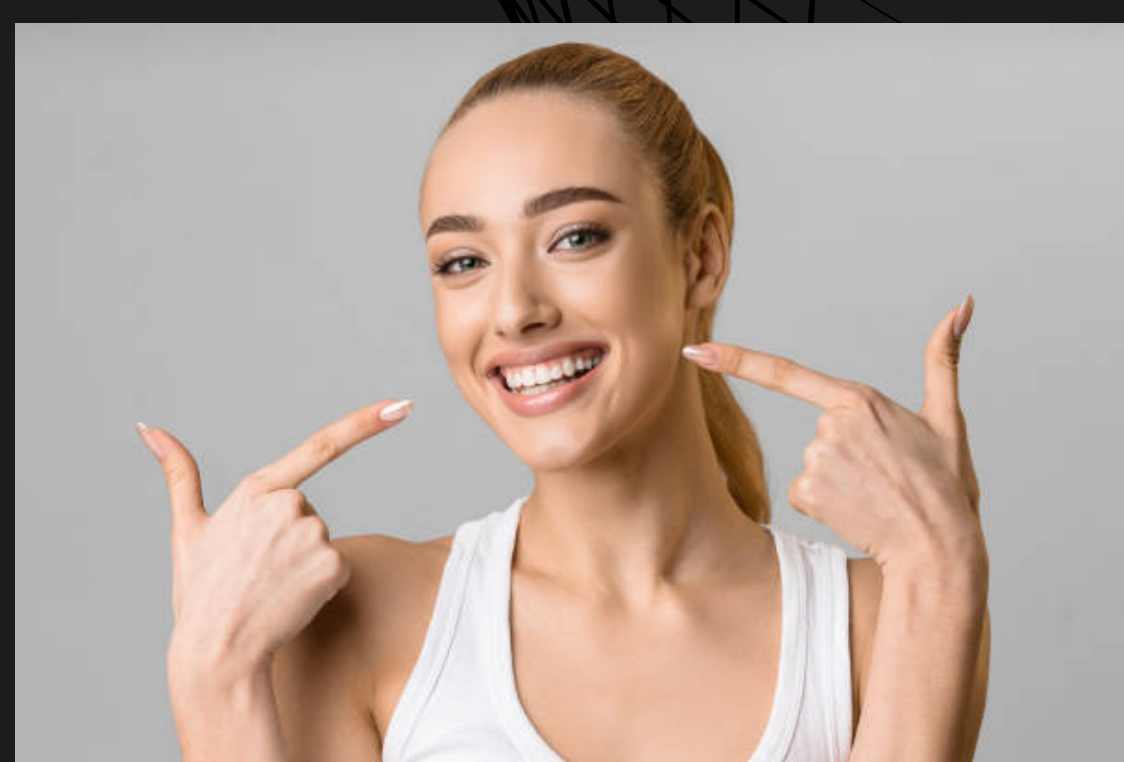
**Gitali pathak Deka**

CEO & EDITOR-IN-CHIEF

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



# CONTENTS



**06** ON THE COVER

**07** EXCLUSIVE INTERVIEW

PAYAL CHADA

**11** WOMEN POWER DRESSING

BY PRASANTT GHOSH

**15** LOOSE AND SAGGY SKIN

BY BRIAN LACOUR

**18** HOME REMEDIES FOR TAN SKIN

BY DIETICIAN DIPIKAA A BHATIA

**21** COFFEE AND BEAUTY

BY LIZA GOSWAMI

**23** PEARLY WHITE TEETH

BY DR. NIKHITA NAGAR

**26** AURA PAGES

**28** TONING YOUR BODY

IN ONE MONTH BY M.A. MURTOZA

**31** START PLANNING, STOP  
PROCRASTINATING

BY VANESSA JACQUELINE D'CRUZ

**35** WALLAGO FISH CURRY

BY NIBEDITA TALUKDAR

**37** SUMMER SHOWER

BY MONALI BHUYAN

**38** WHERE YOU DECLARED  
YOUR LOVE

BY VIJAYLAXMI SARMAH



# ON THE COVER

PHOTOGRAPHY : UNIQUE BORAH

MAKEUP : SANGITA KALITA

MODEL

## DEBJANI DAS BHATTACHARJEE

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe"

Determination and being passionate is what that defines her. She was born and brought up and married in Guwahati, an MSc in Botany, presently working as a Maths Educator in Sanskriti The Gurukul at Guwahati , ASSAM. An optimistic lady, love music, exploring places, dance and art. Education was always her first priority in life. But she always had a passion for posing and getting photographed. She participated in Mrs. India Calendar Hunt-2018 and won the TITLE and SUBTITLE of Mrs. photogenic. Next step was in an International platform Mrs Global International -2019 held in Sri Lanka and won the First RUNNER'S UP TITLE along with the subtitle of QUEEN OF INDIA. Stepping into fashion world was quite challenging for her though she found it very interesting and rewarding at the same time. Debjani believes that to become a model, you must adhere to your beauty regime and in that journey a lot of commitment is required to become an idol. Modelling is an art which is more than a pretty face. Always hopeful for what is coming up in future and miles to go ahead .



# AN EXCLUSIVE INTERVIEW



# Payal Chada

Most popular and static name in the Northeast fashion world.





**You are a most popular fashion designer, your versatile work in this field reveals the truth. Tell us in a brief more about yourself.**

Being a fashion designer I have been working for last 20 years with artisans of Assam to create new product value and brand equity of their skills and produce my brand "gallery 2000," that stands as testimony to my journey of creating and designing beautiful attire for both woman and mens wear.

**Would like to know about your passion and profession.**

Professionally fashion is as like I eat and sleep so fashion for me is all about whole fashion. It is not about wearing that you know something extraordinary or different, fashion is what you want to represent yourself, what represents your personality and what showcases you. I'm in that statement when we say somebody is fashionable then it means we are giving a statement. When we enter first and that which comes to our notice is the appearance of your look so for me being fashionable is like giving the statement about yourself.

**What's your favorite part about being a fashion designer?**

Favourite part being a designer is that when we design clothes and the clients appearance changes, some people who are not aware what suits them and then you know they get themselves dressed up and stylised in our style then that gives me happiness. Happy clients or the client who are connected with us for 20/25 years and then again when they come back to us that is a sort of achievement which I realised which we all get in job satisfaction in our career.

**Yesterday's dreams aren't today's reality. What would you say about it.**

Don't think so I think what I dreamt I'm doing that and probably there are more dreams which I had in yesterday and I'm working on it and I think if you dream of something and follow up your dreams and work hard for that you can achieve it.

**Challenges are a part in human life, would like to know about your struggle in being a successful fashion designer today.**

There are always stories that people want to be in your shoes and that is part of every profession. Whenever you are successful then everybody wants to be in your shoes so it's a part and package of being sucked and in every profession I mean whatever challenges keep on coming in our way and that is



what has happened to me when you know people but creativity cannot be replicated and my basic statement is that for me I don't believe in fast fast so initially I tried to keep updated regarding every list.

**You are a known name in the fashion industry of Northeast and has been a part of many beauty pageants and runway fashion shows in different parts of the country, what is that one thing you like most about the present fashion scenerio.**

Fashion scenario is what I like is the people who are more aware but unfortunately what they see in media they think that suits them so that is what I don't think that's a good part that is rather a bad part where so much of exposure of everything of whatever is available in the shelves. Whatever is designed is not for everyone ,so a designer has to cater to the special needs according to physicality I got into the personality of the person but the awareness and the acceptance over the years have changed people. They want to be fit in their shape and look beautiful and they want to carry stylish clothes. Initially when the girls or boys and the children were like 15,16 mother thought now they should take a back seat and the next generation should be fashionable and stylish but now that scenario is no more so the new is like 35,40 is the new 20,25 in this year.

**What projects you are currently working on ?**

Really I'm doing on lot of new things and the update of things are in pipeline but I want to do and provide exposure to the kids who could not who have studied fashion but who could not and don't have resources and who don't have financial background to open to brush up their skills so basically I would love to work with them. There is another thing which I'm coming up with and I still think there is a lot to be done about our local handlooms, local fabrics from North East Assam and North East board so in the upcoming years I'm looking for a team and tried getting a pool of people like the youngsters or whatever associates I can get, so that we can make group of designers and take the same fashion and northeast fashion to another level.



**Your achievements in National & International level?**

I have always believed and always thought that you should have your achievements as I still feel there is so much to be done at Assam level. I have not participated Nationally or Internationally in any pageant but may be in upcoming years with the team and a proper team I want to go ahead and then I will be there . The plan is not to come back just by doing a show rather the Assamese presence should be felt everywhere once we explore national and international market. Assam has given me name and so I want really to give back to the society from where I am made.









# WOMEN

## POWER DRESSING



BY PRASANTT GHOSH

The Writer is a Fashion Designer and Choreographer

*With more and more Indian women discarding churidars for well tailored skirts and Indian men in the trouser suit snare already, designers who work with western clothes are flourishing like never before. The market for western cloth has boomed over the past few years. "It could be due to the invasion of satellite TV, or just the awareness of corporate dressing today."*

**P**ower dressing is the buzzword of the day, and the upsurge is like never before. Nifty suits, naughty skirts, natty ensembles. The look, western, the aura, awesome " I believe that fashion is subjective to an individual. A woman should choose an outfit that suits her figure. Though, fashion has to be practical, comfortable and aesthetically pleasing, body type and bone structure are important factors to consider while choosing western clothes."





Which means that there are no clothes that could be completely universal. A woman who is short and fat should steer of bell bottoms, according to me and from fabrics that cling to her body.

Colours come next in my choice of wardrobe for men and women. Short people should keep away from dark colours but by and large complexion is the best gauge while choosing colours. Pastel colours would suit fair skinned people but Indian skin would do well with natural colours. I think the natural colours like khaki, camel, off white, white, sand do wonders for Indian skins, 'as also spice colours and subdued Bordeaux.

Adventurous colours should be reserved for the night, like turquoise, fuchsia, royal purple and emerald. The choice of fabric should also be as natural as you can get. I would choose hand woven cottons, linens, super fine wools and hand woven silks any day to the polyester blends and other mixes that have gained a lot of popularity of late.

Shoes and accessories are important for western outfits, but not to the extent imagined. "a simple pearl stud will go with almost anything and a black jacket will look good on many outfits. Flashy jewellery and goes often take away from an outfit.

Mixing and matching is something that can be easily done with western clothes to create an entirely different ensemble altogether. A day time outfit can be changed into a night time one with a simple change of accessories. If court shoes are worn, the look becomes formal instantly. An office wear suit can transform into a party ensemble just by adding a gay scarf or wearing a pair of pearl earrings." Where western clothes are concerned, in our country, I have observed that people often wear clothes that are too tight for them, colours are often chosen wrongly with simple outfits and also too much make up. Remember to dress according to shape, complexion and personality."





While creating a western wardrobe, I believe that individual pieces should be chosen that can be mixed and matched. A knitted blouse would prove very handy. Worn with a jacket and a scarf, it would suit almost any occasion. A black is a must. Trousers, skirts and a few basic blouses and you would have clothes for any kind of look. The tailoring however, should be immaculate and the fall, perfect. Ethnic clothes hang from the shoulders and fall the fit is not important, which is why they have become more popular. But western clothes are now in great demand as people have realized the importance of power dressing. I personally believe in the neat, clean and practical look and clothes that fall in straight lines in clothes that are both chic and comfortable. So, if churidars and salwar suits have driven you to weariness, turn western. You might be able to convey in body language what you would never dare to say in words.



**THE WRITER IS A ESTABLISHED FASHION DESIGNER  
AND FASHION CHOREOGRAPHER**





**iNFINITY**  
GRAPHICS STUDIO

## PHOTOGRAPHY & RETOUCH STUDIO

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

### CONTACT

**+91 6901 585 463**

**+91 8133 043 470**

### MAIL US AT

**[infinitystudioassam@gmail.com](mailto:infinitystudioassam@gmail.com)**

### FOLLOW US ON:

 **[/abhijit\\_infinitystudio](https://www.instagram.com/abhijit_infinitystudio)**

 **[/infinitystudioassam](https://www.facebook.com/infinitystudioassam)**



Model & Makeup:  
**Jafrin Farnaz**





# Skin care

## LOOSE & SAGGY SKIN



**BY : BRIAN LACOUR**  
**AUTHOR**  
FLORIDA, UNITED STATES

We will all reach a certain age when we will find ourselves looking in the mirror, gently pulling back the skin on our face and wishing it would stay there! A surgical lift, such as a facelift or eyelid surgery, will give you the best results. However, that option doesn't appeal to everyone. There are plenty of other skin-tightening options. These options offer little or no downtime and lower cost. Many can be used on just about any part of your body that needs a lift.

Skin-firming creams and lotions come with promising claims, but before you spend money on skin-firming cream, here's what you should know.





If you're looking for facelift-like results from a jar. Sorry, that not going to happen. Products containing a retinoid, such as retinol, can help your body make more collagen still the results are subtle at best. Creams and lotions cannot lift sagging skin simply because they cannot penetrate the skin deeply enough. However, a good moisturizer can plump up your skin, making fine lines and wrinkles less noticeable. The results are temporary. So be sure to apply the product daily for continuous benefits.

Non-invasive skin tightening procedures are called non-invasive because they leave your skin intact. You won't have a puncture wound, incision, or raw skin afterward. You may see some temporary redness and swelling. Here's what you can expect from a non-invasive skin-tightening procedure:

- **Results: Tend to appear gradually, so they seem natural**
- **Colorblind: Safe for people of all skin colors**
- **Downtime: Little or none**
- **Body-wide use: Just about anywhere on your body**
- **Cost: Varies, not covered by insurance**
- **Side effects: Usually some redness and swelling, but little risk of other side effects**
- **Pain: May have some discomfort during the procedure**
- **Time commitment: Usually takes 1 hour or less**



Ultrasound sends heat deep into the skin. The heat can cause your body to produce more collagen. With 1 treatment, most people see modest lifting and tightening within 2 - 6 months. You may get more benefits from having additional treatments.

During radiofrequency treatment, a device is placed against your skin, which heats the tissue beneath. Most people have 1 treatment and feel some tightening right away. It takes time for your body to make collagen, so you'll see the best results in about 6 months. Results may last up to 3 years with the right skin care. Laser treatment sends heat deep into the skin without wounding the top layer of your skin. These lasers are used to tighten skin all over the body and can be especially helpful for tightening loose skin on the belly and upper arms. You may need multiple treatments to get results, which gradually appear between 3 - 6 months after the last treatment.



Minimally invasive skin tightening procedures can give you more noticeable results, but they still cannot give you the results of a surgical procedure. Minimally invasive skin tightening, however, requires less downtime than surgery. It also carries less risk of side effects. You will be sedated during this type of procedure and will have a few days of downtime. If you have a minimally invasive skin tightening procedure, here's what you can expect.

With the radiofrequency procedure, a thin tube (or needles), is inserted into your skin to heat the tissue beneath. This allows the professional to provide heat exactly where it's needed to tighten loose skin.

This procedure is used to tighten the neck and upper arms. After the procedure, you'll need someone to drive you home and you may need to wear a compression garment for 4 - 5 days. You'll also need to care for the wound.

Laser resurfacing is the most effective procedure for tightening loose skin. Unlike the laser treatment described above, this procedure requires 5 - 7 days of downtime. Laser resurfacing gives you the fastest results. This procedure is usually better than any other skin-tightening procedure. It can diminish fine lines, wrinkles, and dark spots, such as age spots. The tradeoff is that it requires downtime and has a greater risk of possible side effects.







EASY HOME REMEDIES TO  
REMOVE TAN FROM

# SKIN IN SUMMER

**P**rolonged sun exposure during summer days can leave your skin with a tan. Irrespective of the season, the UV rays can damage your skin almost throughout the year but in summer's it more effective. There ways out to get rid of tan skin by home Remedies and you can get a ever glowing skin. Actually tan refers to the uneven coloring of your skin after sun exposure. Your skin contains melanin, a chemical responsible for pigmentation. A tan is your body's attempt to protect your skin from the harmful rays of the sun. On exposure to harsh sunlight, your body releases melanin just under the skin surface. This helps absorb UV radiation. Higher the exposure to UV rays, higher the pigmentation, and thus darker the tan.

It is always recommended to avoid unwanted and prolonged exposure to sunlight. The best way to prevent sunburns and suntan is by covering your face whenever possible. You could do this by using a scarf or a hat, applying sunscreen, and wearing long-sleeved dresses.

Now let's know in brief about the home remedies to get Rid of a tan skin.

#### **TOMATO:**

Tomatoes are rich in phytochemicals (including carotenoids) that can fight the damage induced by the harmful UV rays of the sun . These compounds can help lighten the tan and restore your natural skin tone and for that you need



1-2 tomatoes

1 teaspoon of lemon juice

Make a paste of the tomatoes in a mixer.

Mix this paste with a teaspoon of lemon juice.

Apply it gently on your face with particular focus on the tanned areas. Leave it on for 15-20 minutes before rinsing with cold water.

Do this 1-2 times a week.



## LEMON JUICE

Lemon is a rich source of vitamin C. The nutrient exhibits anti-pigmentary properties, thereby reducing the effects of excessive pigmentation. Hence, it may help restore the complexion of your skin by reducing the tan. You Will Need

1 lemon

Cotton pad.

Squeeze the lemon juice into a bowl.-

Apply it to the affected areas with the help of a clean cotton pad.

Leave it on for 15-20 minutes before rinsing off with water.

You can repeat this remedy 2 times a week.

(Please do a patch test before trying this remedy).

Also, remember to apply sunscreen before you step out as lemon juice can make your skin photosensitive.



## ALOE VERA

Aloe vera contains bio active compounds that help inhibit tyrosinase activity. This reduces excessive pigmentation and imparts a healthy glow to the skin. The cucumber in this remedy also has similar properties.



**You Will Need**

1 tablespoon of aloe vera gel

1 cucumber

1 tablespoon of honey

Blend the cucumber to get a thick paste.

Add aloe vera gel and honey to this paste and mix well.

Apply to the tanned areas and leave it on for 20 minutes.

Rinse your face thoroughly.

You can apply this paste to the tanned areas 2 times a week.

**PAPAYA**

Papaya extracts can function as good exfoliants and help remove dead skin cells from the skin surface. This can replenish your skin and restore your natural skin tone .

**You Will Need**

1 ripe papaya

1 lemon

Prepare a puree of the papaya fruit in a blender.

Add the juice of a lemon to this puree.

Apply this paste to the tanned parts and leave it on for 10 minutes.

Rinse off thoroughly.

You can repeat this remedy 2 times a week.

*'HONEY contains polyphenols that inhibit tyrosinase activity. This can help lighten the tan. BLACK TEA is known to exhibit anti-melanogenic properties that can help reverse the effects of excessive pigmentation. SAFFRON protects the skin from the harmful UV rays of the sun, thereby possibly reversing the effects of tan. COCONUT OIL contains phenolic acids that helps to protect the skin against tanning and sun damage. ORANGE peel contains hesperidin, which helps to reduce skin depigmentation.*

*Besides all the remedies mentioned above it's also necessary to stay hydrated which will make your skin replenished and can help reverse the effects of tanning.*

**BY****DIETICIAN DIPIKAA A BHATIA**

Director BBEHEALTHY

CEO: ADAN Healthcare

Founder : Aas ek prayaas NGO

Vice president WICCI Delhi

International chairperson Food and Nutrition MENTORx Delhi





# COFFEE AND BEAUTY



By : LIZA GOSWAMI.  
Delhi.

**C**offee which is taken by people in all parts of the country as because it can refresh one and remain active for the, day while in a professional work and has a very strong stimulating effect. We all know coffee contains Caffeine that helps in the flow of blood and helps to tighten the skin but it accelerates aging of the skin in human body.

Now- a days, we find that most beauticians use coffee as an exfoliant scrub and beauty pack for face. Good and popular beauty brands has launched many beauty products where we find coffee as the main ingredient added to it. Young boys and girls has been benefited much from the beauty products that has coffee in taking care of the skin giving 100%results.

Here, are a few beauty tips that can be made at home easily for treatment of the skin.

**Coffee and Olive oil:** Take 2tbsp of coffee and 1 tbsp of olive oil. Mix well and apply on face and leave it for 15-20 min. to dry. After that gently wet your palm and massage nicely for 2/3 min. It's a good scrub that soothes and hydrates and cleanses. the skin giving a very fresh look.

**Coffee and Aloe Vera gel:**

Take both the ingredients in equal proportions 2 tbsp each. Mix well and evenly all over the face and neck and leave it for 15-20 min. Then wash it off with clear water. It can be used at every alternate days to give a glowing skin.





#### coffee and milk:

Take 1 tbsp. of coffee and 2 tbsp raw milk and then mix both nicely. Apply the mixture on a cleansed face and neck and leave it for 10-15 min and then wash it off with water. Use this pack twice or thrice a week to have a smooth and even skin free of dark spots.

#### Coffee and turmeric:

Turmeric powder heals the skin diseases and helps in removing the sun tan, dark spots and dullness but when mixed well with coffee gives super result in skin care daily routine . It also helps in whitening the skin.To make this pack -

Take - 1 tbsp coffee .

1-tbsp turmeric powder and yogurt to tighten the skin.

Mix all the 3 ingredients and apply the pack on face and neck and leave it for 20 mins to dry. Wash off with cold water.This pack can be used 2/3 times a week to. tighten the skin which will also give glow to the skin with a fair complexion look.



**The tips which have been given above are all used by the beauticians and has found 100% result in applying.Friends you all can try once this beauty care and send us your feedback in Mysticaura magazine mail.**

**[mysticaura.fashion@gmail.com](mailto:mysticaura.fashion@gmail.com)**





# PEARLY WHITE SMILE

**Teeth whitening - safe or not?**



**By : Dr. Nikhita Nagar**

Dental surgeon | Behaviour  
Therapist | Sociopreneur  
President : Being Caring  
Organisation  
Director : Dr. Nagar's Dental  
and Physiotherapy centre,  
ghaziabad.

Who doesn't love a dazzling white smile? Over time our routine habits like drinking tea or coffee, aerated soft drinks, smoking, certain medications like tetracycline or simply aging can stain our teeth. Yellow teeth are something which is not liked by any person and it also reduces your confidence to talk in public or give a good smile to click pictures.

## **So You Want Pearly white Teeth?**

The solution is the Teeth whitening treatment i.e. a process to make your teeth look whiter in appearance. Teeth whitening is one of the most requested procedures by everyone to have a bold and confident smile. It is a quick, non-invasive, and affordable way to enhance your smile.



## Why Is Teeth Whitening Needed?

The outer layer of the tooth is called enamel. The color or shade of teeth is created by scattering of light from enamel and the underlying 2nd layer called dentin. Thinner enamel if present will show more dentine color which is yellowish compared to enamel. Also, tooth enamel has pores in it that can easily hold stains, so a rougher tooth surface will stain easily compared to a smooth one.

There can also occur intrinsic stains on a tooth i.e. from within the tooth. The main reason for this is excessive use of fluoride or fewer medications. Teeth whitening is done mainly to remove extrinsic stains.

## Bleaching vs Whitening. What is the difference?

The bleaching word is to be used only when teeth are whitened beyond their natural color.



This means a bleaching agent is needed to make the teeth look lighter i.e. typically use of hydrogen peroxide or carbamide peroxide is done. The term whitening on other hand is used to make a tooth free from any form of debris or dirt. So technically our toothpaste which we use on daily basis is a teeth whitening agent. The term teeth whitening sounds better than bleaching and hence it's more commonly used on a general basis.

Teeth whitening procedure can be done in two ways i.e. in-office technique where the dentist applies bleaching agents to make your teeth whiter or Home bleaching where you get ready kits available to use at home for lightening teeth shade. The in-office whitening technique is stronger and a quicker way compared to home bleaching kits, and hence preferred more.





Hydrogen peroxide is the main bleaching agent used and its percentage used by a dentist is around 35 to 40% whereas the home bleaching kit has only 7% of hydrogen peroxide.

### **Preparing To Whiten Your Teeth?**

Visiting a dentist is the best solution if you wish to make your teeth look whiter. Before starting the teeth whitening procedure your other dental treatments need to be finished as other dental problems can affect the success of teeth whitening treatment. For example, if you have cavities, it needs to be filled first as the bleaching agent can pass through the decayed areas and reach the inner layers of the tooth. Also if your gums have receded down and a teeth whitening agent is applied over them, you might get sensitivity. Also, whitening does not work on crowns, bridges, or veneers. So be careful!!

### **How is Teeth Whitening Done?**

The dentist will first clean your teeth and remove all debris. This will help in keeping teeth clean from bacteria, food, or other substance which might contribute to staining. Once this is done whitening procedure is started where firstly all soft/gum tissue is first protected with a lubricant. Then the whitening agent is applied over the teeth and a light is moved across the agent which helps in removing stains.

Overall the procedure takes an hour to complete. You might require 1 to 3 such appointments depending on what method is used, how severe the stains are and how white you want your teeth to be. To enhance the effect supplementary kits might be given which can be applied at home. For home, whitening dentists can make customized trays for you to place the bleaching agent in the tray and insert in the mouth, or nowadays many over-the-counter bleaching kits are available which can be used directly. If customized trays are used, their fit and adaptation to teeth are better giving a beneficial whitening effect. Home bleaching may take a week or more to get the desired result as the agent is weaker and requires prolonged time to see the results.

#### **Any Risk Associated With Teeth Whitening?**

Whitening as such does not cause any ill effects although a few patients might experience slight sensitivity or gum irritation. Women should not do teeth whitening if pregnant as still, its effects on the fetus are unknown.

### **Conclusion**

Whitening is not a permanent solution. The stains will come back. If you consume a lot of caffeine products, smoke, or use tobacco stains can easily come back. If all post-op protocols are followed, you will not need another round of teeth whitening for at least 6-12 months.



PHOTOGRAPHY

MODEL

**MALASHYA KASHYAP**

MAKEUP DIPA RAJBONGSHI

PHOTOGRAPHY RAJU NATH

AURA





MODEL DOLLY SHARMA  
MAKEUP BANASHREE BORUAH  
PHOTOGRAPHY ABHIJIT BORUAH

AURA *High*  
**FASHION**



# STONE BODY

IN ONE MONTH



By : M A Murtoza  
Fitness Trainer.  
Gurugram, Haryana.

In the modern world of today where everyone is engaged with lot of work, in such time maintaining good diet and reducing the body weight is challenging task. Losing weight basically helps in maintaining the body and helps to keep away from certain diseases, thereby developing healthy immune system. A toned body basically helps in maintaining the energy and flexibility for the body.

### PUSH UPS:

One of the great exercise for maintaining the body is push ups which basically is good exercise for arms, chest, front shoulders and triceps. The way push ups are done I have mentioned below:



1. Stretch your arms straight out, shoulders width apart and abs tight with holding your body in plank position.
2. Lower your body and keep your chest above the floor in such manner that it should be an inch or two above floor, elbows pulling back at 45 degree angle.
3. Push your toes away from the ground and lock your arms, and repeat

### **SQUATS:**

In order to reduce the fat of the lower body, there is exercise known as squats which is basically for the major muscle groups such as butt, hips and thighs.

1. In this exercise, you need to stand with your feet slightly in apart manner, straight back, shoulders down and toes in straight manner.
2. Secondly you need to keep your back straight, lower your body down and back just like the manner you sit in a chair and make sure your thighs are in parallel position. You also need to make sure that your knees do not pass over your toes and keep your abs tight in activated manner. Rise up back in slow manner and repeat several times.



### **THIGHS AND BOTTOM MUSCLES EXERCISE:**

There are different other thighs and bottom muscles exercises which are used to tone your thighs and bottom muscles.

1. In such kind of exercise you need to support yourself on your hands and knees.
2. After the support, try to stretch one leg keeping in straight and not bending it while raising and stretching the opposite arm at same time.
3. After that you need to do the same with the other arm and leg.

### **ABS:**

One of the other exercise is abs exercise which basically helps to maintain strong abs thereby further helping in preventing back pain and increasing your overall flexibility.

1. In this exercise you need to lie on your back and stretch your arms up, slowly and slowly raise your one leg and bend at the need and then touch it with your hands.
2. Then repeat it with the other leg and arm. In this exercise one major point you need to remember is that the left arm goes with left leg and right arm with right leg.





### WAIST:

Another exercise is basically used to maintain your waist, thereby helping you to increase overall mechanism of the body.

1. In the waist exercise, you need to set your legs wide and bend and the knees with the back posture maintained against the wall.
2. Next, you need to take a ball and slowly move your hands side to side, thereby touching the wall and keeping your hands upright.

### PLANKS:

Another exercise is planks which basically help in maintaining strength in the upper and lower body.

1. It can be done by getting into press up position.
2. Then, bend your elbows and rest the weight of your body on your forearms.
3. You should make sure the body forms straight line from shoulders to ankles.
4. Engage yourself by sucking your belly button to your spine and hold this position for particular time.

### The One Month Plan:

#### Week 1:

Do the following for six days:

1. 2 minutes plank
2. Minute abs
3. Minute push ups
4. Minute abs and thighs
5. Minute abs and buttocks
6. Minute waist

Have ten second break between all the exercises mentioned

#### Week 2:

For next 6 days follow the below routine.

#### Set 1:

1. 3 Minutes thighs and buttocks.
2. 3 minutes plank
3. 3 minutes abs

Have 15 second break between the following exercises.

#### Set 2:

1. 3 minutes abs and butt exercise
2. 3 minutes push ups
3. 3 minutes waist

Have 15 second break between exercises

#### Week 3:

Repeat Week 1 set exercises.

#### Week 4:

Repeat the week 2 sets.

In case if you are doing everything in good manner, you would be able to achieve amazing results in month end and try to develop a habit of doing in ten minutes daily and in case if you need to improve your body then you need to put up more efforts.





# START PLANNING, STOP PROCRASTINATING



BY : VANESSA JACQUELINE D'CRUZ  
International Representative,  
Aesthetics International council.

There are times whereby we arrive at our appointments late and we come out with an excuse for being late like for example, we had to put the kids to bed, we had guests in our house, we had to do some work before coming out.

Well, we can't escape the fact that we have many tasks to do everyday, in our work life and personal life, however, is making an excuse of being late a good one? What if it becomes habitual?

The common problem why we are late is because we never plan out our time properly. For example, we know we have a appointment later in the day but we procrastinate and start our work late. We busy ourselves in other tasks then putting the kids to bed first. We never plan our time properly and always procrastinate. It is human nature to procrastinate but it can really be something that we can do away it.



I am very particular about reaching my appointments on time. If I am late, it is usually about 5 minutes. My friends know about my punctuality. In fact this is one of my good characters. I plan my time properly. I plan for delays especially I know if I am going to be caught in a traffic jam. How many of you plan your travelling time taking into account that you maybe late if there is a traffic jam? In fact, we know what causes us to be late but we choose to ignore it, telling ourselves that we will just come out with an excuse.

I am not denying that it is tough to get everything done but we know that we are working with known variables. When we use "I didn't have enough time" excuses we are fooling ourselves, thus putting in a "trap tunnel" where we will keep on repeating the same mistake.

To get over this habit of procrastinating with your work and daily personal tasks, we need to admit our faults. We need to admit that we have the time and we must tell ourselves that we must start earlier so that we will stop procrastinating. Running late due to procrastinating can cause unnecessary stress in your life. So start planning and stop procrastinating.

You can use the Leap of Faith to discover your faults and later GEESE TO help others that are in the same situation as you and use GEESE to help others.

### Take the Leap of Faith :

L : Learning ( learn to exist in the world )

Tell yourself that you need to change. If not, your behaviour will affect your working & personal relationship with others. You need to stop processing and start playing .

E: Existence ( accept your existence, who you are )

Accept and recognise your weakness. Accept that you procrastinate and do not plan your schedules properly .

A : Alive ( Be Alive , feel Alive, feel positive)

Feed positivity into your life everyday. Give thanks to what you have when you wake up. Listen to music that makes you happy. Read something that makes you happy. View pictures that will make you feel happy. Once you feel positive, you will feel positive eradicating your habits.





**P : Present ( Accept what you have , be present )**

Learn to use what you have in your life to change your habits. You may have books that can help you to do away with the habit of procrastination. Read books on how to plan. Talk to your friends or family members to help you analyse your weakness and learn to correct it.

**O : Original ( Be original , be unique )**

Be original. Don't follow what others do. You may be surrounded by people who have similar behaviours like you like procrastinating and do not plan properly in life. Actually there are many who procrastinate & I am one of them. I am using the LEAP OF FAITH technique to eradicate this habit. Ask yourself whether these people are affecting your lifestyle? Are they giving you negative energy. If they are, it is time to move on and become a new you.

**F : Forward ( Be forward looking, don't look back )**

Look forward and don't look back as you become a new you. Learn from your past but do not dwell over it.

**F : Finding ( Keep finding & discovering yourself)**

Always keep finding ways to improve yourself. Your self-improvement journey never stops until you are six feet underground. We are always evolving. Life is never stagnant. We need to change constantly for the better.

**A : Answers ( Find What you believe in & do it )-**

Find the method that you believe in most that will change your life. There are many methods of self-improvement. There are many self-improvement books to read. If the LEAP OF FAITH does not help you to be better, it is alright. No worries.

**I : impossible ( Do the impossible, be daring )**

Be brave and daring to change your life. Sometimes you are so comfortable in being who you are that you do not want to leave your comfort zone to make changes in your life. Don't let your thoughts control you. Take the LEAP OF FAITH to make that change in your life today.

**T : Trust ( Trust yourself, trust your instincts )**

Trust yourself that you can do it. Trust is very important. We all have the ability to improve ourselves whether we want to do it or not. Actually, I would ask you to look at the letter T first before proceeding to the other alphabets. Without TRUST all else will not work.

**H : Heart ( Have heart, believe in yourself )**

Have the heart to take that LEAP OF FAITH. JUST DO IT!!!! DO it now!!! And do not procrastinate.







Guidance : Help the other person to recognise his or her weakness. Approach in a friendly and understanding manner. Guide the person how to use the LEAP OF FAITH to help improve he or herself.

Empathy : Have empathy with the person you are helping. We all have our joys and fears. Try to understand. Procrastinating can be an ingrained habit & it will take sometime to eradicate. Create a network to care for each and help each other

Energize : If we get the guidance and the empathy right, positive energy will flow between you and the person you are helping. This will lead to the next point.

Synergy : Great synergy will be created between you and the person you are helping and both of will work and understand in harmony.

Empower : When we work in harmony, we empower ourselves and others. Others may wonder how you form good working relationship between you and the other person that you are helping. They may wonder how you helped the person to change. They may want to learn from you. You may leave a legacy on how to help others to improve themselves.

**Take care everyone and let's make the world a more loving and inclusive place to live in .**

**"Stop procrastinating and value your time to reach your goal "**





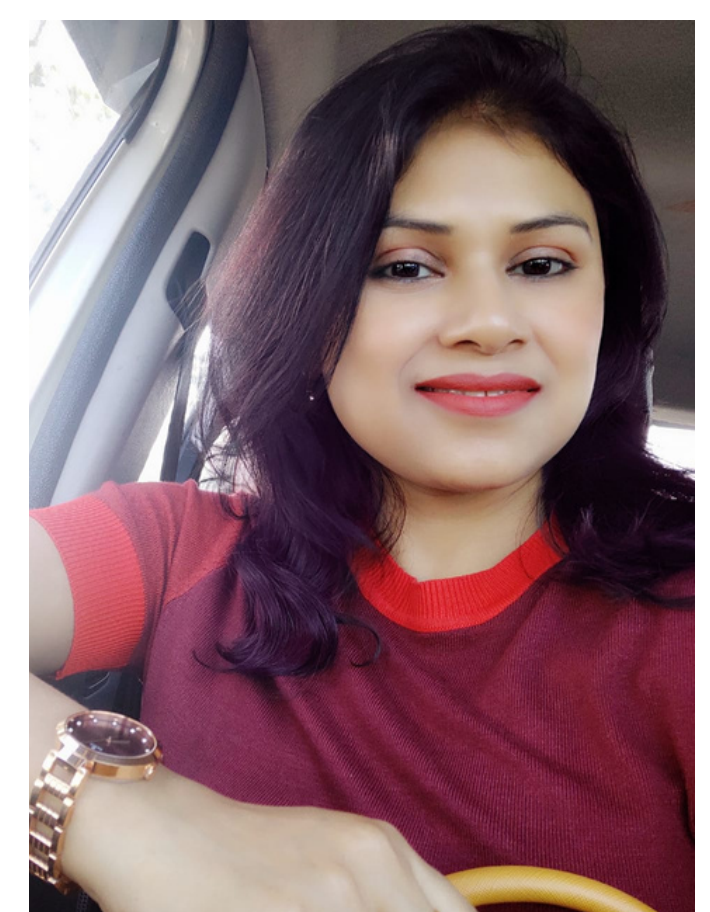
# Wallago fish curry

## Ingredients

8 pieces (about 100g)  
 Onion 2 big nicely chopped  
 2 tomato medium nicely chopped  
 1 tsp chopped garlic  
 1/2 tsp chopped ginger  
 1 tbsp red chilly powder  
 1 tsp cumin powder  
 1 tsp termaric powder  
 Salt to taste  
 Masturd oil for cooking  
 Some coriander leaves  
 2/3 green chillis

## Process

Mix all the spices with the fish pieces nicely.  
 Heat oil in a kadhai and pour the mixture in it.  
 Gently stir for a few minutes and cook in low flame. It's around to take 15 /20 mins to prepare the dish. Do not add water here as water comes out while cooking. You can add little water if required. It is basically slow cook dish.  
 Serve hot.



**By:**  
**Nibedita Talukdar**

Former pgt teacher  
 Miles bronson  
 residential school  
 Food blogger  
<https://youtube.com/channel/UCpR57gOlrTkRy74zqFsXTdw>



Fashionable Century Studio

# Institute - of - Photography

Beltola, GHY-28

**Admission Going On**

Photography & Editing Course


Learn Light

Learn to Photograph

Learn Editing

?..Why FcStudio < Visit our FB Page [f/FFCCSS](#) >

Visit: FcStudio.In

 : 8876490887 / 7777887555

**Hurry Up!**  
We have limited place

- \* Ac Class Rooms
- \* Highly Equiped Studio
- \* Classes in Assamese





# SUMMER SHOWER



First shower of the summer touched everywhere..

Washing away the winter dust..

The little insects danced in glee..

Birds singing a different song

welcoming the first summer rain..

Summer twilight with the rainy music

brings a calmness to the soul..

The stars disappear into the dark

canopy of clouds..

Curled up in my favorite corner

welcoming the rain, my soul danced in

it's own tune..

The tune of my heart cherishes each

rainy beat..

Each raindrops leads to the smell of

the Earth 's retreat..

MONALI BHUYAN.



# When You Declared Your Love

When you said you love me  
The sun sprinkled gold  
Flowers blossomed in my garden  
Whispering your name.

The sky sang melodies  
Waves rippled across the sea  
The breeze whistled from the trees  
Announcing our courtship.

The moon showered glitters  
On the wet scented turf  
Dew drops wrapped in silver  
Acknowledged our love.

The Earth and the Sky celebrated our affair

Chanted love hymns in such mellifluous note

Our love will grow till eternity and beyond

Love is once ,love is forever.

BY : VIJAYLAXMI SARMAH



ASSOCIATE PARTNER



# *Assam Book of Records*

(Break Superlatives To Be Ultrasuperlatives)



ASSOCIATE PARTNER





*Associate Partner*



**'प्रयास' कैंसर को हराने का**  
***Beat Cancer by Spreading Awareness***



*With best compliments from*

# MYSTIC AURA

**OFFICE ADDRESS**

H.N. 2, Brindaban Path, Guwahati-38, Assam

**PHONE**

+91 8638684096 | 8638212231

**MAIL**

mysticaura.fashion@gmail.com

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

FOLLOW US ON   Mystic Aura Magazine