

NOVEMBER 7-13, 2021

# SUNDAY POST

HERE . NOW



CLIMATE CHANGE CHALLENGE

# Mission Possible

P  
3,4

COVER STORY

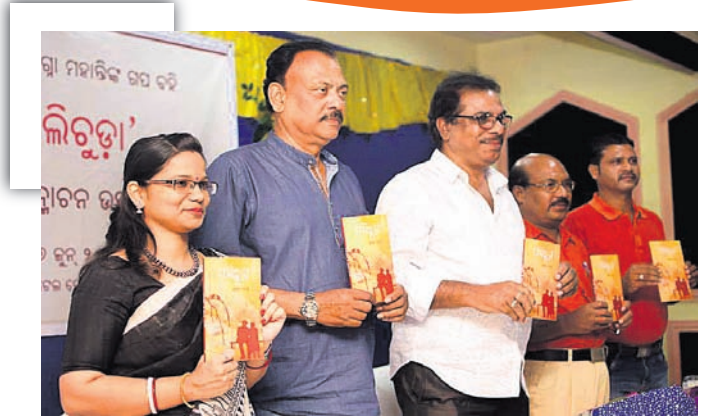


KNOWN FOR HER LITERARY WORKS LIKE ANNIE RA ROSEIGHARA, NALI CHUDA, PARIDHI AND BHALU GODA, ACCOMPLISHED STORY-TELLER AND COLUMNIST SULAGNA MOHANTY PRACTISES REIKI, AN ANCIENT JAPANESE THERAPY OF SPIRITUAL HEALING, ON SUNDAYS



Calming Nerves

I practice meditation every morning which helps me de-stress and start the day on a positive note. Getting up early also gives me an opportunity to breathe fresh air and witness the stunning sight of the rising sun.



Sulagna during launch of her book 'Nali Chuda'

Post-lunch Nap

I am an associate professor at Jain University. So, I don't get many opportunities to take a siesta on my work days. But on Sundays, I don't miss my post-lunch nap.

Ardent Gardener

I am extremely fond of the plants in my garden. I take care of them in the evening and this is when I get ideas for my next book more often than not.

Movie Buff

On Sundays, I love to watch at least one good and realistic movie with my husband as I find most of the commercial films filled with either fantasy or violence which I don't enjoy.

Reiki Practitioner

Reiki is an ancient yet simple healing technique which makes me feel relaxed, and lighter. It allows me to be in touch with my inner self and I also help those who seek my guidance.



With husband

Coffee Lover

I love to sip coffee while listening to the soulful songs of the 90s. For me, the beverage is not only a mood enhancer; its aroma lifts my spirit and gives a lot of energy.

Food Connoisseur

My husband and I are big time foodies. When it comes to Sundays, he takes charge of the kitchen and cooks my favourite chicken biryani and chicken kasa. I only play the role of an assistant to him.

RASHMI REKHA DAS, OP

WhatsApp This Week

Only on Sunday POST!

Send in your most interesting WhatsApp messages and memes received to: features.orissapost@gmail.com And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- Today a man knocked on my door and asked for a small donation toward the local swimming pool. I gave him a glass of water.
My biggest concern in life is actually how my online friends can be informed of my death.
Shopping is an art. I am an artist. Respect Please.
I love my Haters, they make me Famous.



ROOTED IN TRADITION

Dear Sir, Last week's cover story 'Not Just a Festival' was quite informative. Though I was born in Odisha, I was brought up in New Delhi. Therefore, I was ignorant about the Bada Badua ritual observed during the Diwali festival. After going through the piece, I came to know about our age-old traditions. I loved it as I have deep respect for my forefathers. I also followed the ritual to mark the festival of lights. My mother played the prompter's role and I recited the traditional verse 'Bada Badua Ho, Andhara Re Asa, Alua Re Jao, Mahaprasad Khai, Baisi Pahacha Re Gada Gadau Thao' while performing the ritual with jute stick. Though we celebrate Diwali every year, this time the celebration was unique. I felt as if the lines directly came from my heart praying for my ancestors' salvation.

AMLAN PATNAIK, NEW DELHI

LETTERS



A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to features.orissapost@gmail.com B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



# CLIMATE CHANGE CHALLENGE Mission Possible

While thousands of activists, cutting across national boundaries and cultures, are working relentlessly for a greener planet, back home, scores of nature enthusiasts have chipped in to accomplish this mission

RASHMI REKHA DAS, OP

Our beloved planet is changing before our eyes. Sea level is rising due to melting of glaciers thanks to adverse climatic change and oceans are becoming hotter. People across the globe are reeling under natural disasters like flood, drought, heat waves and forest fire. No wonder, at the ongoing climate change conference in UK, the world leaders are emphasising on limiting the global warming to 1.5 degrees Celsius.

But this goal is certainly not achievable without expanding the earth's green cover. While thousands of activists, cutting across national boundaries and cultures, are working relentlessly for a greener planet, back home, we have our warriors who have chipped in to accomplish this mission. This week, a few of them tell **Sunday POST** about their goals and motivations.

### 40,000 trees planted and counting

Like many others, age is not more than a number for Antaryami Sahu too. Even at the age of 75, he hasn't stopped planting trees and taking their care. He is a true worshipper of nature and an environmentalist in a true sense. For him nature is god and god is nature. Wherever he sees a barren patch, he takes out seeds from his bag and sows them on the soil. Be it Sunday or any work days, Sahu, who is fondly called *Gachha Sir* in his locality, makes planting trees as a part of his daily routine.

"Nature has bestowed her choicest blessings on all living beings. Therefore, we have a duty towards nature. Protect nature; protect everything created by god, for posterity,"

something to nature in return for her service to mankind," he tells everybody he comes across.

It all started when he was studying in Class-VI in 1962. He found there were no big trees in his village where one could rest for a while. It was then he planted a banyan tree. Now the gigantic tree has turned a resting place for both animals and pedestrians providing cool shades throughout the year. After that there was no looking back for him. He has so far transformed hectares of wasteland into a green canopy.

Sahu's day begins at 5am. After finishing his daily chores, he sets out on a mission on his cycle with a bagful of saplings, seeds and a spade. He always aim to plant as many trees as possible during a day. Be it torrential rain, peak of summer or chilling winter, they hardly affect his mission.

He has so far planted a staggering 40,000 trees and become an inspiration for villagers as well as for his students. "I have dedicated my life to the service of trees and animals," says the septuagenarian.

He says, the need to save forests is more now than before with more trees are being sacrificed thanks to mindless industrialisation. When the government clears forests for infra projects, it unfortunately shows no concern for the rehabilitation of the animals. It is high

time we conserved the biodiversity, adds the retired teacher.

"Every year events are held to mark World Environment Day. Though some of the decisions taken at such programmes are executed in urban areas, they hardly make any difference to the people living in rural pockets. When there is a rise in global temperature, maintaining ecosystem is very important. Therefore, I urge people to leave some flowers for the insects while they pluck flowers to present them to gods. There are many animals and insects who depend on trees of local variety, their seeds and flowers for their survival," he further says.

Due to the lackadaisical attitude of the government, Sahu mostly prefer to plant some indigenous trees only for the sake of such animals.



5 forests in 5 years

Concerned over global warming and its impact on climate, a group of committed youths of Brahmana Sailo in Cuttack district have been working 24X7 to expand green cover in their areas to mitigate the impact of adverse climatic change.

Talking about the club's formation, member Rajendra Mohapatra says, "Earlier we used to celebrate Ganesh Puja and Saraswati Puja with fanfare. But, we soon realised that youth are the true changemakers of the society and there is a need to do something unique than celebrating the Pujas. And we couldn't have taken a better initiative than creating rural forests in the neighborhood. One of our members donated Rs 2,000 for the cause and the mission took off. We bought 500 saplings and planted them along the roadside. Planting saplings was not a big task but taking their proper care wasn't easy. We formed a WhatsApp group of 45 members and entrusted responsibilities to preserve the plants. Thanks to our efforts, all the saplings have grown into big trees now. It was Kishore Kumar Routray who should be given credit for conceiving the idea of creating forest instead of celebrating religious festivals."

The members didn't stop after planting trees. They extended the project to a nearby Safei Padia, an unproductive patch of land at Balikhama. "It was a big challenge to grow vegetation on a piece of infertile land. But we didn't lose hope. The hard work paid off. After a few months, the saplings not only survived, they grew into a mini forest."

Soon after, the club members successfully created more forests - at the rear of Panchayat Girls' School, near village Thakurani temple, near Pokhari Huda and at a barren land at Kantapada — in the last five years after fencing the areas. They also continued with their road side plantation projects.

Significantly, the members are taking up one project after another without the support of any government or private agencies. They took it as a challenge in 2017 to do their bit to restore ecological equilibrium in their locality which was adversely affected by natural disasters.

"We feel that not too many people are aware of the benefits of plantation. Educating and mobilising the local communities and conducting community-afforestation drives will be our focus area", says club's president Bikash Ranjan Mohanty.

Secretary Abhijeet Patnaik says, "A very few youth are interested in creating forests and safeguarding nature. Our so-called intellectuals seem least interested in bringing a positive change and making the world a better place to live. I would like to thank the boys for the success of the projects."



A tree plantation drive by the members of Bhubaneswari Club is in full swing

Another member of the club Prafulla Mohanty says, "Social media played an important role in highlighting our works following which youth of nearby villages also took up the cause and started doing their bit. We are looking forward to create more such rural forests in the coming days."

Barren riverbank turns rural forest

Gyana Ranjan Panda from Cuttack started planting trees at a very young age. However, he got his motivation from Paradip-based Amaresh Naresh Samanta, an assistant engineer at Paradip Port



Gyana (above) and his team busy working for the cause

Trust. Samanta has been planting trees for over two decades and has nearly 20 rural forests to his credit. After joining a public sector unit in Nayagarh, Gyana geared up for the cause with the help of his associates like

"I was immensely motivated and inspired by Amresh Naresh Samanta, Nayagarh-based Gachha sir and Soumya Ranjan Biswal of Astaranga who is spearheading a campaign for the protection of Olive Ridleys. All three are my idols as they have been doing their bit to protect the environment for decades selflessly. After shifting to Nayagarh, I managed to befriend with some local guys and subsequently, we formed Friends' Help Group. Its members like Sujit Kumar Pradhan, Prakash Chandra Manna and Pradita Senapati played a crucial role in converting barren lands into dense forests. First, we started with a hygiene campaign at Budha Budhiani dam. Though people throng the site to unwind, they don't bother about the trash they left behind. We sensitised the picnickers about it. Besides, we have created a rural forest on the bank of the Kusumi river. It was a barren land earlier. The place is now enveloped by dense green cover due to our endeavour. It was possible because of team efforts."

Gyana and his team also raised a mango orchard at Badaput village. Unfortunately, it has lost its glory due to forest fire. But that didn't dent their spirit as they have transformed a barren playground into a mini forest after fencing the areas.

A PEEP INTO THE PAST

It is quite fascinating to learn that Indian emperor Ashoka, also known as Ashok The Great, the third monarch of the Mauryan dynasty who ruled during 3rd Century BCE, was quite conscious about conservation of forests and wildlife protection. He had enforced laws to safeguard forests and wildlife.

In the preserved edicts that talk about his constitution, it is stated that during his reign there were restrictions in place to burn chaff and hunt certain wild animals. It further says that Ashoka was the one who had introduced mangroves trees, added medicinal fauna to the local biodiversity and constructed ponds to help maintain the micro-climate. He also put ban on slaughtering of four-footed animals, states one of the edicts.





A representational image

# Sister

*Marriages are still being arranged in India, usually with the consent of the son or daughter. The elders “know” what is best. Many families still adhere to their ancient customs, despite the education, love and freedom they shower upon their children. Young adults often cannot voice their feelings or concerns, as “talking back” to elders is disrespectful. Some families have been able to resolve modern dilemmas and that is a positive step forward. An enormous task still lies ahead*

written asking her if she wanted my help. There was no response. The letter was probably intercepted.

Then she calls me one morning, says her marriage has been arranged. I am to bring the family for HER sake. So, I do. Here I am. Standing like a handcuffed spectator. The proceedings are about to commence. An Unknown Life Sentence for her. The chap seems all right, I suppose. Forced to marry, too. When will all this end? It was fine in the olden days. But not here, not now.

“Emotional blackmail. That’s what it is. And I must succumb to it. I have no choice. So much depends on me. But...I will surely die. I

can’t create a stir now. How can I shake the foundations of such a traditional family? There can be no running away. No eloping. But whom do I elope with? Silly thought. I am not ready to be burdened by the yoke of centuries. I find my feet are shackled by tradition and my words conditioned by fear and respect. My life has been mapped out for me. I must obey and hope for the best. I will surely die. I don’t know the man. What will I do? Then I decide. It is for the best. And I keep my secret close to my heart. I cannot drag Bhaiyya into it, he is in enough trouble, as it is, but I am sure it is the right thing to do. Yes. The only thing to do under the circumstances. Honourable, I flow with the tide. And here I am”.

The chants grow louder. It is time for her to leave. I am propelled forward to do my part. And as the final intonations rise again in crescendo, she clutches my hand. Hers is damp. I give her a reassuring squeeze, clutching back, but she is pulled away from me by the womenfolk. I stand sweating, or are these tears of despair? Tradition demands I am to go with her to her new home. I am going through the motions for her sake. Soon she is enveloped by another circle of womenfolk. I rise to bid farewell. She thrusts something into the palm of my hand, as I touch her cheek. I don’t look back; in case she turns to stone. I can’t bear to go back to the house now, so I head towards the seashore. Minutes, hours, later, I realise I am holding something. My fist is sweaty. I unclench my fingers. There is a bit of foil rolled up tight. I prise it open. It is some medicine wrapper. I can barely make out the letters...V A L I...oh God, oh God, I gasp, running to the roadside to get back to her new home. How could she? Where did she get it from? My suitcase? God.

Did she think this would be her triumph, that this act would be her final defiance? Her silent pleas for liberty and life have now been effectively silenced. She never had a voice. Now her voice cannot claim victory in its demise. What a stupid, unnecessary decision. How could she do this? Why did she? Wait, it was HER decision. Is that what she wanted to say? Hers. Not theirs or mine, but hers. It was HER choice. Her face through the veil. Sad.

Sad child.  
Sister of mine.  
Yoked.  
Spineless ME.

*(THE FICTION IS SET BETWEEN 1960-70. THE WRITER HAS BEEN A CONSULTANT, EDUCATOR AND EXAMINER IN ENGLISH LANGUAGE AND LITERATURE)*



JAYSHREE MISRA TRIPATHI

The kids and I stroll along the sea. They can sense my sudden fear and their hands tighten around mine. I give them a reassuring squeeze, as we shuffle towards the house. The rising swell of the waves echoes the panic in my heart, but I must not let them know.

Two days. It has been two days. Just two days.

We watch her through the diaphanous red of her veil. She looks sad, her eyes misty, I think, or is it the reflection of the gold sequins on the chunni that adorns her charming face? I am irritated by her calm, by the sea of chattering faces around her. She is bedecked in bridal finery.

A wedding is an excuse for all the women to doll up, display those fabulous gold ornaments, that are usually stowed away in a safe or bank locker.

Chattels, most of them. Spineless. Like her.

This peculiar chanting of the shlokas sends a shiver down my spine. It is in tune with my heartbeat as the crescendo rises. The sound seems to reverberate through the crowd milling around the mandap. How can she breathe? She is being pounded into paste but will not get up and run....

“How can I run? It would humiliate them. And it is too late now. They did not listen to me when I begged them not to arrange a wedding so soon. I am only 20. And I want to study, to work, to teach. But they said they had to do their duty. And that I could do anything I wanted after I was married. But I do want not to marry the man they have chosen. I want to love someone – they had laughed, amused at such a thought. I died a little then. There was no escape. I had to do MY duty as the only daughter. And that was that”.

How can you do this to your children, control their destinies? Is it a Natural Law? My conscience sits heavy upon my forehead. I am no hero. She must make the decision. I cannot do anything for her unless she asks me to. Why doesn’t she?

“This tightening of my chest feels so strange – the symptoms don’t match. Wish I was a real tragic heroine and all this,

my stage for tragic glory, like Juliet’s...but she died IN LOVE. My FATE hangs above me, hovering like some bad spirit, a wailing banshee, awakened from the nether regions by these learned pandits, my grandfather among them, content at having his only grand-daughter bound in holy matrimony, in keeping with the true and only tradition of the clan”.

Holy Matrimony, Holy Alliance.

Blessed 108 times with each Mantra

Unholy Matrimony.

“I do not know this man. Just met him twice, with everyone else. Now I will have to live with him. Share his bed...no, I am not ready. Keats. John Keats. Ahh, my heart aches and a drowsy numbness fills my senses...but I am not drunk. I have never even had a proper drink.

Or gone out dancing. Or on a real date. I am a total, gutless failure. All I ever do is try to please everyone. Please. Please, please me? Why don’t they please ME?”

It would be fascinating to watch her stand up, rip off her veil and scream at the crowd. But no, she would never do that. Kind, spineless, beautiful, sorrowful sister of mine.

I am in the doghouse for having married a phirangi, a few years ago. The kids brought about a stalemate. Nothing I say is ever taken seriously. Never has been. My full scholarship was, in the beginning, a source of pride. Then disdain. It hurt at first. But I am now truly content with my life. And that is that. I fell in love and got married.

“How could you?”, Ma had screamed. “Is this why we ‘sacrificed’ (the word is offensive) so much to send you abroad? You repay us by marrying her?” I silenced them in English, introducing my dearest wife. They had the courtesy to be polite, aloof, but polite. But my sister. She welcomed my wife with love.

And now my sister’s unknown love is snuffed out before it has a chance to even flicker. End of chapter, end of love. Bye, bye, Love. Bye, bye, Happiness. And so on. I had

# Sara was 'disturbed' by her parents

Actress Sara Ali Khan has opened up about her reaction after watching father Saif Ali Khan in *Omkara* and mother Amrita Singh in *Kalyug*.

Talking to a magazine, the actress shared that she was disturbed to think her parents were 'negative people' during her childhood. While she thought her father 'uses bad language' after watching *Omkara*, she was also convinced that her mother ran a 'porn site' based on her film *Kalyug*.

She quickly added that it wasn't fun for her to think like that at such a young age because both were nominated for best actor in a negative role in the same year for their films.

Sara shared a close bond with both her parents, even after Saif and Amrita parted ways. However, for the *Simmba* actress Amrita's personal opinion is of great importance to her. She once told, "I live with my mother and I'm very, very influenced by everything that she says, so her opinion matters the most to me."

On the work front, Sara will be next seen in Aanand L Rai's *Atrangi Re* with Akshay Kumar and Dhanush.

AGENCIES



# Ranveer tried to woo Deepika during *Lungi Dance* shoot

Actor and *The Big Picture* host Ranveer Singh revealed while dancing with contestant Divyansh on *Lungi Dance* that he was trying to impress Deepika Padukone while she was shooting for this track.

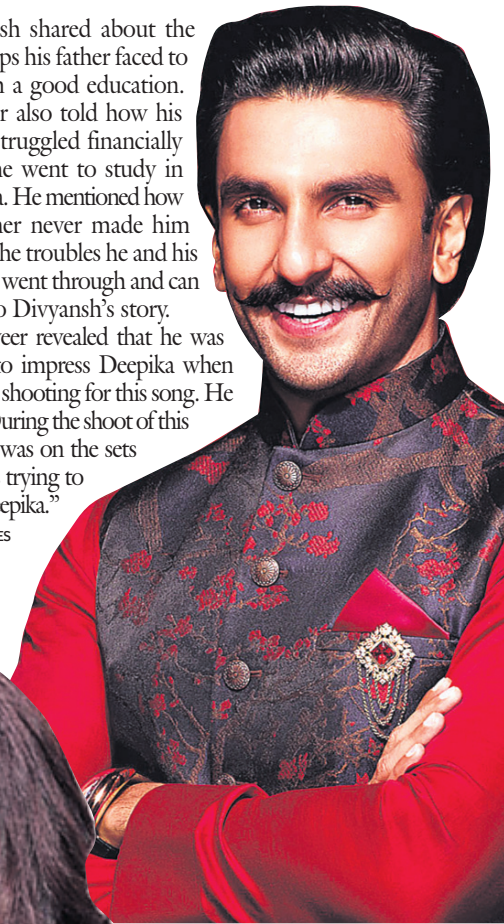
During the weekend episode, Divyansh will be answering the questions asked by the host Ranveer Singh and also they will be having conversation about their fathers. As Divyansh opens up to Ranveer about how his father has supported him in his struggles, the host also reveals how his father has deeply contributed to his success. Divyansh also told Ranveer that he is the first person from his village to become a Civil Engineer. He hails from Uttar Pradesh.

Both Ranveer and Divyansh in a conversation opened up about their life struggles.

Divyansh shared about the hardships his father faced to get him a good education. Ranveer also told how his father struggled financially when he went to study in America. He mentioned how his father never made him realise the troubles he and his mother went through and can relate to Divyansh's story.

Ranveer revealed that he was trying to impress Deepika when she was shooting for this song. He said: "During the shoot of this song, I was on the sets as I was trying to woo Deepika."

AGENCIES



# Kartik not to reveal his *Shehzada* look

Kartik Aaryan recently announced his next film *Shehzada*, which is an official Hindi remake of Allu Arjun starrer Telugu drama *Ala Vaikunthapurramuloo*. This action entertainer will be helmed by Rohit Dhawan and Kartik has already wrapped the film's first schedule at a Mumbai studio.

According to a news portal, Kartik will be seen in a completely different look and the same is being closely guarded for any leaks. The actor has been requested not to put any pictures on social media too.

Rohit Dhawan plans to shoot the movie in a start-to-finish schedule and

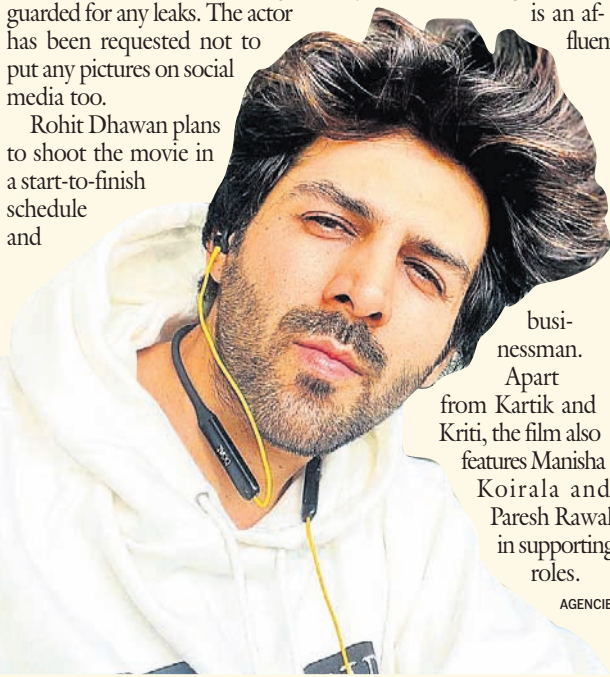
Kartik has reportedly blocked six months for this extensive shoot. After Mumbai, the team will head to Delhi for another schedule. Kartik will be seen romancing Kriti Sanon in this romantic outing.

*Ala Vaikunthapurramuloo* released in 2020 and narrated the story of a young man who learns that he was switched at birth and that his biological father

is an affluent

businessman. Apart from Kartik and Kriti, the film also features Manisha Koirala and Paresh Rawal in supporting roles.

AGENCIES



# Taapsee shares her 'meta moment' from Lord's

Taapsee Pannu is living every cricket fan's dream.

The shoot of her upcoming sports biopic *Shabaash Mithu*, took her to the Lord's Cricket Grounds in London. The team has set up their lights and will soon get the cameras rolling to shoot a crucial scene of the film.

Visibly in awe of the place and the cricket memorabilia on display, Taapsee treated fans to a virtual tour of the iconic corridor and even gave us a peek at the view from the famous Lord's balcony.

In her post, the star wrote, "Soaking it in... The meta moment... #LordsStadium #WorldCup2017 #WomenInBlue Nearing the end."

With this film coming to a close, Taapsee will wrap up yet another sports flick. She was most recently seen in the film *Rashmi Rocket*, playing the role of a sprinter.

AGENCIES





# Chocolate **for** Skin Care



**CHOCOLATE HELPS TO SOFTEN AND SMOOTHEN THE SKIN. IT ALSO BOOSTS THE SKIN'S CELL RENEWAL PROCESS DUE TO ITS ANTIOXIDANT PROPERTIES. IN THIS RESPECT, CHOCOLATE WAXING REDUCES INFLAMMATION AND THERE IS LESS REDNESS AND EVEN PAIN**

aroma of chocolate is most appealing and helps to induce relaxation. This helps the entire waxing process.

Here are a few chocolate masks which you can mix at home:

Mix together three teaspoons cocoa powder and 2 teaspoons oats with egg white and one teaspoon each honey and curd. Adjust the ingredients, so that it is a thick paste, which does not drip. If it is too thin, add more cocoa powder. To make it thinner, add more curd or milk. For dry skin, add egg yolk, instead of egg white. First cleanse the skin and then apply the mask, avoiding the lips and area around eyes. Wash it off after 20 to 30 minutes with plain water.

For an oily skin, mix cocoa powder or chocolate with Fuller's Earth or "multani mitti", egg white and rose water.



Apply on the face and wash it off when it is dry. In fact, fruit pulp can also be added to this pack. Ripe papaya would be ideal. It contains enzymes and helps to loosen dead cells and help their removal. It also helps to remove tan. Mashed banana can also be added to the pack, as it helps to tighten the skin.

You can also make a chocolate scrub at home. Mix cocoa powder with coffee powder, ground almond or walnut powder and curd. In fact, you can have a luxury treatment at home, using chocolate formulations. After cleansing, apply your home made scrub. Leave it on for a few minutes. Then, moisten with water and rub gently on the skin with small circular movements. Wash off with water. Exfoliation with scrubs helps to remove dead skin cells and brighten the skin.

A chocolate nourishing cream can be used to massage the face with a little cold water, using outward and slightly upward movements. Massage with creams suits normal to dry skin. Wipe off with moist cotton wool.

After the massage, give the skin cold compress with chilled rose water and cotton wool pads. Then apply your chocolate face pack, avoiding the lips and area around eyes. After 20 to 30 minutes, moisten with milk and then wash off with water.



SHAHNAZ HUSAIN

**W**ho doesn't love chocolates? Resisting chocolates is hard, no doubt! chocolate tastes good and it's easy to overeat it.

Well, it's not just the perfect treat to lift your mood, but a great ingredient for the skin too because your skin loves chocolates as much as your palate.

The good news is that chocolate facials suit almost every skin type. Pure dark chocolate and cacao are actually rich in antioxidants, which help support optimised functions in our skin.

Rich in vitamins A, B1, C, D and E, plus iron and calcium, It can boost your skin's moisture, protect from sun damage and diminish wrinkles. Dark chocolates are very nutritious and have a number of beauty benefits.

As tasty as chocolate is, of late this sweet treat is being revered for everything it can do for your skin .

Here's all you need to know about this luxurious facial and its benefits.

In the high-end spas and salons, chocolate facials are premium treatments. It also helps to nourish the skin and make it soft and smooth. Chocolate is also said to induce relaxation, which is an advantage in skin treatments.

Chocolate range used in home facials comprises a scrub, a cream and a mask. The scrub for exfoliation contains coffee beans along with cocoa powder. These products also contain plant ingredients and oils, like walnut, aloe vera, almond oil, grapefruit, rose and others. The facial softens the skin, calms the senses and imparts a glow. The anti-oxidant properties of chocolate also help to rejuvenate the skin and preserve its youthful properties.

To derive the benefits of chocolate skin care, chocolate face

packs can be made at home, using chocolate or cocoa powder along with some kitchen ingredients. Plain chocolate can be powdered and used in the pack.

Now chocolate waxing has caught on. It is done with a specially formulated wax, which contains cocoa beans or dark chocolate. Research has revealed that dark chocolate benefits the skin due to its cocoa content. It is said to be very high in antioxidants, which help to prevent oxidation damage by free radicals. It also boosts the skin's cell renewal process.

As far as using chocolate wax is concerned, it offers all the benefits of applying chocolate on the skin. For example, chocolate helps to soften and smoothen the skin. It also boosts the skin's cell renewal process due to its antioxidant properties. Cocoa beans are also anti-inflammatory. In this respect, chocolate waxing reduces inflammation and there is less redness and even pain. It is said that chocolate waxing causes less discomfort. The effects are also long-lasting. As we all know, chocolate has a delicious aroma and is said to actually induce relaxation, because it has mood altering properties. It calms the mind and provides a "feel-good" mental state. Therefore, it has aromatherapy benefits, because the delicious





STUDIO  
 HERE NOW  
**OrissaPOST**  
 SUNDAY POST!

V  
 a  
 a  
 n  
 y  
 a

PHOTO: CHANDAN