



# NATURAL FRAGRANCE 101

## Make your own perfume

To create the right balance, have one of each fragrance notes: base, top, middle. Blend essential oils together using a glass bowl. Mix them with 2-3 tablespoons of carrier oil in order to get a fragrance of your choice. Jojoba is one of the best carrier oils in order to create your own perfume. After you have added the right ingredients, transfer to a glass bottle and shake it up. This is your signature.

### RECIPE 1

- Two drops of patchouli (base note)
- Four drops of lavender (middle note)
- Four drops of orange (top note)

### RECIPE 2

- Four drops of geranium (middle note)
- One drop of ylang ylang (middle note)
- Three drops of orange (top note)

### RECIPE 3

- One drop of rosemary (base note)
- Three drops of geranium (middle note)

(Recipes by Dr Blossom Kochhar)



There's something between the no-fragrance and synthetic-chemical fragrances: natural scents derived from plants

### MOUSHMI KISHORE

Unscented and fragrance-free are new movements against artificial fragrances that seem to be all-pervasive: They're in our soaps, our floor-cleaners, even our dish-washing liquids. As we're relooking at our world and discover how many chemicals we have produced in labs, most of which are harmful, we're dispensing with them from areas we can. Exit synthetic smells; enter all-natural ones.

The problem, says Dr Nina Madnani, a dermatologist and Senior Consultant with Hinduja Hospital, Mumbai, is that the health impact of synthetics can be anything from an allergy to a reduction in pulmonary function.

### Toxic trouble

Fragrance-free is perhaps the ultimate fragrance. People need more fresh air in their lives, not air fresheners. "Finally, there's awareness," says Dr Jaishree Sharad, Dermatologist and CEO, Skinifiniti Aesthetic

Skin and Laser Clinic, Mumbai. "Fragrances, particularly the synthetic ones, can be harmful to the skin." She's right. People today want to live a life that's toxic-free, to avoid chemical sensitivity. "Fragrances top the list of products causing allergic contact dermatitis," says Dr Madnani. There's also urticaria, where the body breaks into hives.

"Fragrances can cause allergies, hives, headaches, itchy eyes, sneezing, wheezing, watery eyes, migraine and pigmentation or even exacerbate existing eczemas, rashes and pigmentation," says Dr Sharad.

### YOU KNOW IT'S SYNTHETIC WHEN...

Synthetic perfumes last longer because they have preservatives in them. Natural perfume does not last on skin as long as the synthetic variety.

Mixing two synthetic perfumes can smell very unpleasant, whereas organic perfumes made from essential oils can be worn separately or layered to create different scents depending on your mood.

The problem with perfumes is you don't know what's in them. The complex mixtures of the hundreds of synthetic chemicals they contain are not listed, but hidden under the term 'fragrance'. Fragrances are made up of different chemicals. Numerous chemicals include geraniol, eugenol, citronellol, phthalates, styrene and methyl eugenol.

### Skin sense

Dr Ekta Nigam, Senior Consultant -

Dermatology and Cosmetology, Paras Hospitals, Gurugram sees perfumes as toxic, since they are essentially industrial products, but when a fragrance is extracted from botanicals, such as flowers, herbs, roots, leaves, and applied minimally, they will give you the protection the plant gets.

Also, essential oils are never used as is. They are added to a base or carrier oil that is not usually known to cause irritation, such as a vegetable oil. "If they are blended well they are not toxic. It is of utmost importance that essential oils are

blended, as very concentrated oils too can be harmful for the skin," says Blossom Kochhar, founder and chairperson, Blossom Kochhar Group of Companies and the pioneer of aromatherapy in India.

Using natural essential oils rather than synthetics to create a fragrance may bring emotional and physical healing. Organic perfumes do not contain pesticides or toxins which can cause skin sensitivity and environmental damage, if used wisely. So deriving perfumes with essential oil is not just easy and convenient, but also therapeutic.

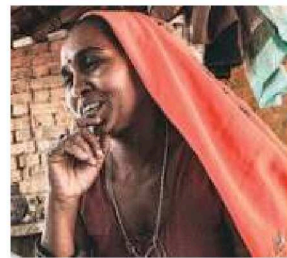


### TOUCH OF ROYALTY

Ittars were popular with the Mughal nobles and Jasmine ittar was the favourite perfume of the Nizams.



## Memories in a rug



### SUNALINI MATHEW

When Jaipur Rugs, the company that makes luxury floor coverings, asked Sajana Devi from Aspura village in Rajasthan, to make a carpet with her own design, they were surprised with what they saw: a simple design, balanced composition, and a pastel palette, says Kavita Chaudhary, who leads the design team.

When they asked what was on the rug, Sajana told them that she'd been inspired by the gardens in the hospital she'd been treated in, to cure her stomach cancer. The flowers and flowerpots are all from there, while the two elements which can't really be made out in the centre are what she took out of her test X-rays. She consulted with her daughter, who told her it was a good idea, and she went ahead to make it.

Called Sona-Bagicha, the rug was one of the first in what is called the Manchaha collection by Jaipur Rugs, where the company asked the carpet-makers to come up with their own designs. The rug was bought by a person from Scandinavia.

Sajana, now 40, a mother of three, two sons and a daughter, all adults now, says she is well now, after an operation and treatment, in 2015.

## Conceiving your first child - A fertility guide for young couples.

The chances of conception for a couple in a single month of planning during the fertile period of her cycle is around 15% & around 70 - 80% of the couple conceive within the first year of planning. But the rest who fail to conceive during the first year of trying require assistance to conceive.

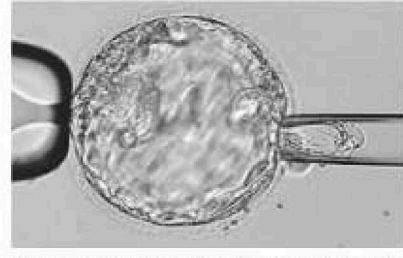
Today globally infertility is increasing and the reasons for which is multifactorial - genetic, lifestyle and environment. So just like you research a lot before you plan your education, career, select a partner or buy a house, you also need to understand and be aware of your own fertility status and your partners. This knowledge will help you conceive easier whenever you plan.

### Five steps for enhancing fertility:

1. The fertile period for the female starts about 4 days prior to ovulation and ends on the day of ovulation. So a girl with a regular cycle of 28 days is fertile between cycle day 10 to 16. This is not applicable if cycles are irregular.
2. Eat a healthy high protein nutritious diet at least 6 months before planning pregnancy avoiding fast food, artificial colours, preservatives, taste makers, canned foods, caffeinated drinks, alcohol and smoking.
3. Be physically active by inculcating an exercise regimen such as yoga, work outs, swimming or games like badminton and have adequate sunlight exposure.
4. Have a harmonious relation with your partner and plan short holidays during the fertile period to be away from work related stress factors
5. Try to avoid night shifts as they do affect the hormone release patterns
6. Any problems related to sexual dysfunction faced by the male or female partner like erectile dysfunction, premature ejaculation, decreased libido or vaginismus and painful intercourse needs to be addressed early on in your marital life and don't postpone them till you plan a family.

### When to consult a fertility specialist :

1. If a couple having regular intercourse fails to conceive within 12 months of trying during fertile period.
2. If Female partner age is above 30yrs then consult within 6 months of trying.



### Preconceptional evaluation is required if:

1. Genetic problems within the family
2. Menstrual cycle irregularities, painful periods, painful intercourse.
3. Females with Past history of Tuberculosis, pelvic surgeries, endometriosis, ectopic pregnancy or abortions
4. Male with history of childhood genital surgeries, Tuberculosis, Mumps,
5. Female on chronic medications for Thyroid, Hypertension, Diabetes, Epilepsy, Psychiatric illness etc.

### What to expect at first fertility consultation:

1. Complete history taking of both partners
2. Female - Ultrasound of uterus and ovaries and few hormonal blood tests
3. Male - basic semen analysis
4. Brief knowledge imparting regarding menstrual cycle and fertile period
5. Counselling about adjuvants to improve pregnancy chances naturally.
6. Evaluation of reports and further detailed fertility planning.

For any queries call us at:  
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# Garvi Gurjari

## National Buyer Seller Meet - 2019

25-26-27 February, 2019

Hitex Exhibition Center, Hyderabad

### Objectives

- To promote handloom and handicraft products of Gujarat
- To facilitate direct contact between buyers and artisans
- To create awareness amongst buyers and dealers about the products

### Key Attractions

- Over 100 National Buyers
- More than 50 Exhibitors (Artisans)
- Pre-registered B2B Meetings
- Seminar
- Fashion Show

### Exhibition-cum-sale of Handloom and Handicraft items

■ Bandhani	■ Patola Saree	■ Mud Mirror Work
■ Tangaliya Work	■ Kalamkari	■ Handmade Jewellery
■ Sujani	■ Wooden Craft	■ Jari Work
■ Patch Work	■ Leather Work	■ Woolen Shawl
■ Embroidery	■ Bead Work	■ Pithora Painting
■ Ajrakh Print	■ Bamboo Art	■ Warli Painting
■ Block Print	■ Metal Craft	■ Rogan Art
■ Batik Print	■ Stone Carving	■ Minakari
■ Mashroo Art	■ Copper Bell	

"All are cordially invited to visit the handloom and handicraft stalls at Garvi Gurjari-2019"

### Free Entry for Visitors

25th February, 2019 3.00 pm to 6.00 pm

26th February, 2019 10.00 am to 6.00 pm

27th February, 2019 10.00 am to 5.00 pm

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