Coconut Oil
go for it

Dry skin, a paper cut, maybe even a tummy ache? Try a drop of coconut oil. Offering a myriad of health benefits, coconut oil is affordable, readily available and completely natural.

Here are six reasons to give it a try:

1. Skin Care: Wanna look like you just came back from an hour of yoga? Coconut oil works wonders as a moisturizer for all skin types, especially dry skin and aging skin, leaving you refreshed and looking wide-awake. No headstand required! The fat in the oil helps reduce the appearance of wrinkles without any irritation. Coconut oil can also help with skin problems like psoriasis, dermatitis, eczema and other skin conditions. In fact, the oil is frequently used in expensive skin care products. (An easy, inexpensive recipe for a great honey and coconut oil moisturizer will be published next week).

2. Stress Relief: Long day at the office, kids won't stop screaming and your dog left a title "present" on your bedspread? Relieve mental fatigue by applying coconut oil to the head in a circular, massaging motion. The natural aroma of coconuts is extremely soothing thus helping to lower your stress level.

3. Digestion: The saturated fats in coconut oil have anti-bacterial properties that help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids, making you healthier all around. (Check out a delicious vegan, creamed spinach recipe next week).

4. Fitness: Coconut oil has been proven to stimulate your metabolism, improve thyroid function, and escalate energy levels, all of which help decrease your unwanted fat, while increasing muscle. Because of this, coconut oil has shot to popularity by being the world's only natural low-calorie fat.

5. Healing: When applied on scrapes and cuts, coconut oil forms a thin, chemical layer which protects the wound from outside dust, bacteria and virus. Coconut oil speeds up the healing process of bruises by repairing damaged tissues. Plus, it smells a heck-of-a-lot better than anything from the pharmacy.

6. Hair Care: Coconut oil is one of the most nutritious products you can put on your hair. Massage a bit of the oil onto your scalp and presto - no more dandruff. Since it provides the essential proteins required for nourishing damaged hair, it's used in a ton of over-the-counter hair products anyway. Well, why not skip all the unnecessary chemicals and go for the real thing - coconut oil?

(Check out the easy conditioning recipe we have for you next week).

Coconut Oil for Dry, Damaged Hair

Apply a lot of coconut oil on your hair, wrapped it in a towel, and go about your life for a few hours before washing the oil out thoroughly with shampoo. Follow the washing with a conditioner, like usual.

You couldn't be happier with how soft your hair would feel. Do this routine of treating your hair with coconut oil at least once a week.

Taste

Tandoor's amazing biriyani

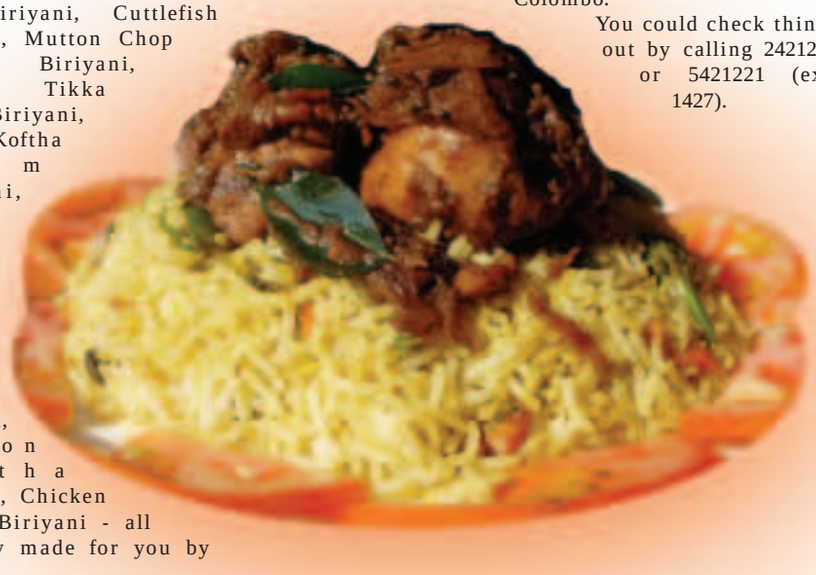
Who makes the best biriyani? Not an easy question to answer because it varies.

At times you could find some real good stuff at some of these Muslim outlets that dot the city and the suburbs.

What about star-class biriyani? I'm not in a position to comment as I haven't given it a try, but you can check it out for sure - at the Tandoor - said to be one of the most-sought-after restaurants in Colombo and it's at the Ceylon Continental Hotel.

This amazing biriyani feast is now on - till May 31st - and the range on offer is described as delicious and mouth-watering.

You could try out their Hyderabad Vegetable, Fish Dum Biriyani, Chicken Dum Biriyani, Mutton Dum Biriyani, Prawn Dum Biriyani, Seafood Biriyani, Egg Biriyani, Cuttlefish Biriyani, Mutton Chop Dum Biriyani, Chicken Tikka Dum Biriyani, Fish Koftha Dum Biriyani, Tandoor Dum Biriyani, Mutton Koftha Biriyani, Chicken Koftha Biriyani - all specially made for you by their skilled Indian Master Chefs.



These special briyani's are available to biriyani lovers at an affordable price of Rs. 260 upwards.

Sawan is also available - to be ordered for the entire family.

Remember, you could have your favourite biriyani at the Tandoor, between 12 noon and 11.30 p.m., daily - of course, till May 31st.

Ok, so why not have a right royal experience at the Tandoor, savouring some of the finest biriyani available in the city of Colombo.

You could check things out by calling 2421221 or 5421221 (ext: 1427).

Mail your articles and photographs to: avonxfactor@yahoo.com

Are beauty contests glamour and glitz only?

Miss Ghana 2008

The one-year reign of a beauty queen is generally very hectic. And most pride themselves on being trend-setters, and doing something of importance to their country and society. But, unfortunately, I don't see it happening here.

Winners of local beauty pageants go abroad for the big event, hardly make their presence felt over there, return home and then disappear from the public eye - having done or achieved nothing.

Shouldn't the winner of the local segment be asked to choose a favourtie charity to support during her reign and then work on projects for the benefit of the charity concerned?

These things do happen abroad, but it doesn't seem to be an essential item at this end.

Why? Do beauty pageants here centre around glamour only! It should not be.

Reigning queens should be role models for the young ones of their country. Young people should look up to a role model who is actually prepared to serve the country and who will help to raise funds, especially for the underprivileged in the society.

Most beauty queens abroad work on projects connected with children.

In Ghana, for instance, every winner is also asked to choose a favourite charity to support, in addition to a permanent street project at Ashiaman in Accra, a centre for street children and orphans which receives the ongoing support of each successive Miss Ghana.

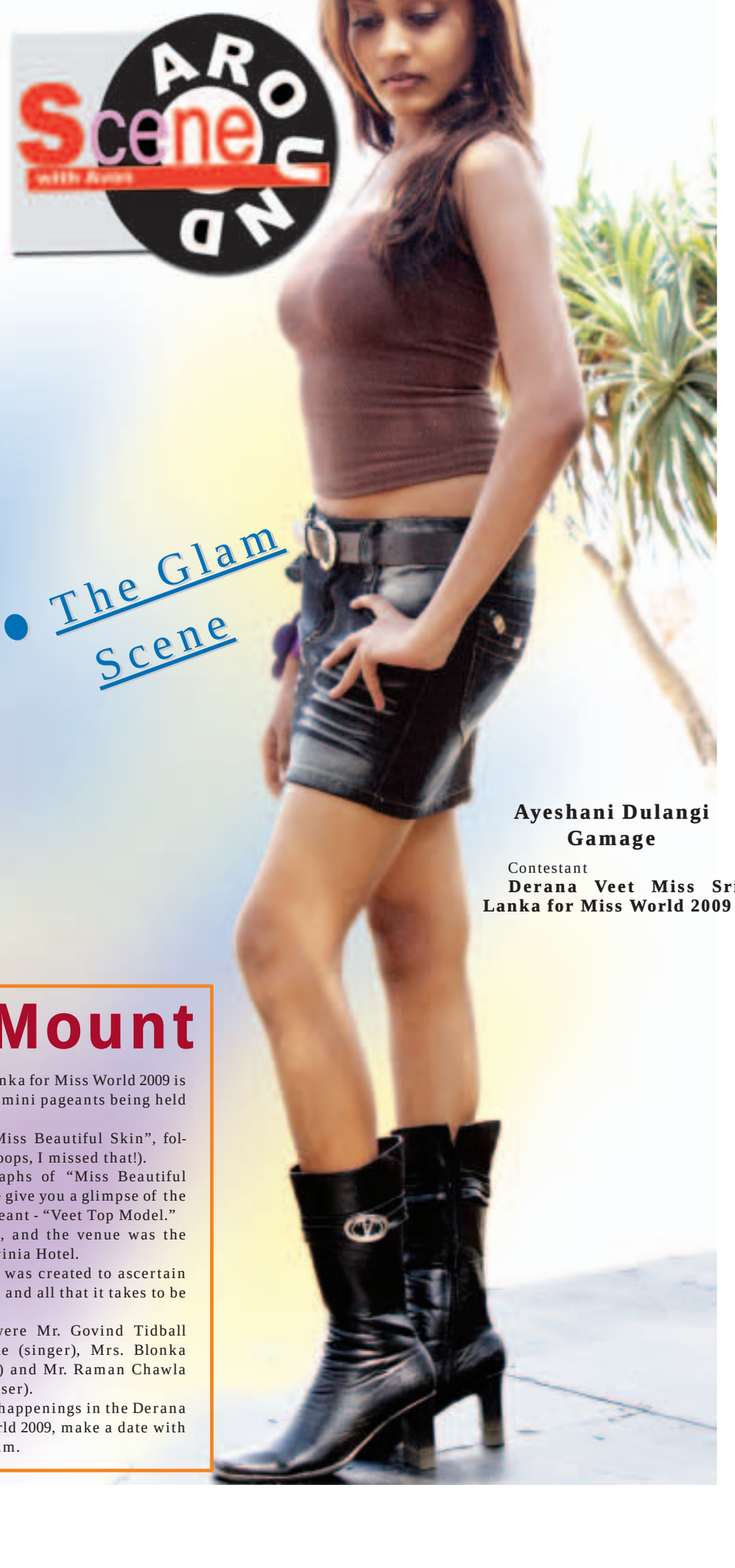
Previous winners' causes have included guinea worm awareness, whilst one winner adopted a village.

It's important that organisers of local beauty pageants keep this in mind and ensure that the winner, when she returns from her overseas assignment, focuses, her attention on projects beneficial to the country, instead of 'retiring' from the scene even before their reign is over.

Right now, it all seems to be glamour and glitz, with the winners just fading off, having done absolutely nothing for the country or the society.

Around the Scene with Avon

The Glam Scene



Ayeshani Dulangi Gamage

Contestant

Derana Veet Miss Sri Lanka for Miss World 2009

A beautiful scene at the Mount

The Derana Veet Miss Sri Lanka for Miss World 2009 is now in full swing, with the mini pageants being held on a regular basis.

The first on the card was "Miss Beautiful Skin", followed by "Miss Beautiful Legs" (oops, I missed that!).

We had details and photographs of "Miss Beautiful Skin" last week, and this week we give you a glimpse of the happenings at the third mini pageant - "Veet Top Model."

It was held early this month, and the venue was the beautiful beach of the Mount Lavinia Hotel.

This particular mini pageant was created to ascertain the attitude, figure, catwalk poise and all that it takes to be a top model.

The judges for this event were Mr. Govind Tidball (model), Ms. Natasha Ratnayake (singer), Mrs. Blonka Dewapura (Moutn Lavinia Hotel) and Mr. Raman Chawla (Finance Director, Reckitt Benckiser).

Well, if you want to catch the happenings in the Derana Veet Miss Sri Lanka for Miss World 2009, make a date with Derana TV, every Friday at 7.30 p.m.