

BALANCED LIFE MAGAZINE

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in touch

OOPSIE!

If you are always washing your face, you may be over-washing it. Using only lukewarm water and a mild cleanser is best. Avoid hot water, which can strip your skin of its natural oils.



COFFEE In a spray bottle, combine 1 cup white vinegar and 1 cup water. Spritz the stain, then blot with a damp cloth. Next, dab with instant bleach (1 drop per inch in 1 cup water). Rinse with a clean, damp cloth, followed by a dry cloth.



GREASE Sprinkle vacuum powder on to the spot with a brush. Wipe off with a dry cloth.



RED WINE Soak a cloth in the spirit as possible with paper towel. Sprinkle over just enough bicarbonate of soda to cover the stain. Wipe out a drench in white vinegar, wipe the stain and leave the material to dry.

SPICE AS NICE

Curry lovers will no doubt know all about Bukhara, one of the finest Indian restaurants in South Africa. It has been 21 years since Indian-born physicist Dr Sabi Sabharwal opened the doors, and in celebration of this, they have launched an exciting tapas tasting menu for two, giving diners the opportunity to tuck into new and unusual dishes on offer. Firm favourites on the menu (succulent tandoori, signature curries and butter naan) haven't gone anywhere, making this one place you have to try this winter. bukhara.com



WHO RUNS THE WORLD?

Dr. R. March, we celebrate International Women's Day, but inspired by the words of women in the world's most influential careers.

ANGELINA JOLIE

"Make bold choices and make mistakes. It's all those things that add up to the person you become."



OPRAH WINFREY

"Where there is no struggle, there is no strength."



MAYA ANGELOU

"I know for sure that love saves me and that it is here to save us all!"



MALALA YOUSAFZAI

"We realise the importance of our voices only when we are silenced."



COCO CHANEL

"A girl should be two things: classy and fabulous."

