A SIMPLE RECIPE FOR SUCCESS FROM **BORIS ENTRUP IS: "A CONSISTENT** COMPLEXION, LIGHT BLUE EYELINER, SHARPLY DEFINED EYELASHES AND A PINK LIPSTICK." THEY WOULD BE THE SECRET INGREDIENTS FOR THE PERFECT MAKE-UP THIS YEAR





FRESH AND NATURAL

Make-up this year highlights healthy skin

TERESA TROPF

in make-up trends in 2016. "The best thing is Martin.

"The undone look that we know from

To get this look right it's essential for times. "A really hot topic at the moment Entrup. If you do like deeper colours eyelid is another way to create a splash.

coloured make-up to optimise the shape metallic colour

of a face. The very latest trend is called strobing, which uses highlighting for themselves a trend in make-upright the same effect, and is done with a good your natural skin colour.

Highlights are applied to the cheeks, to have make-up that is brow, the bridge of the nose and the practically invisible, as bow of the lips or the chin, according cosmetics trends are much softer, less well as clear, healthy skin. to make-up artist Ronald Bauer. This sharp and precise. A couple of years, Less is more," says make-up artist Iris way you will draw more attention to the ago a shimmering complexion was the flattering parts of your face.

There are a range of new colours that hair styling has now made its way over to are perfect for getting the "not-made-up make-up. Cool and restrained is the way make-up" look. "Tone-in-tone colours to go," advises another make-up artist, that are lightly applied, and hardly Boris Entrup, who advises Germany's noticeable, are great for this look," the eyes such as tiny pearls, rhinestones colours. One tip to follow is: if you plan version of the Next Top Model reality says Martin. Pastel tones fulfil this role or other ornamentation can add very

"If you use too much intensive skin to look transparent and fresh at all colouring you will not get the look," says is contouring and shaping," says Entrup. then try an extravagant colour such as This involves using dark and light purple or grey matched with a matte or applied to eyebrows. Unplucked They would be the secret ingredients for

Metallics such as gold and silver are special eyebrow gels and brushes. now, according to Martin. If you want in a 'boyish' fashion, which gives resh is the watchword highlighter that is slightly lighter than to go this way you need to think about the look a rather earthy touch," says contrasts. Matte lips combined with a Entrup. If you really want to attract a metallic eyeshade, for example.

> Compared to last year, this year's colouring your eyebrows. ultimate goal but his year matte and soft all its varieties is playing a major role.

"Applied small decorations around exciting details," says Entrup. White restrained look for your lips. eyeliner is also extremely attractive, while eyeliner applied to the lower from Boris Entrup is: "A consistent

"The eyebrows are combed upwards lot of attention, you might want to try

For lips, the key to success is keeping them low key and avoiding strong colours during the day. Red lipstick remains a classic, however, and never are back. Another element to the look is goes out of fashion. But pink, dark highlighting the eyes. Classic eyeliner in orange ones and ox-blood red are also trend colours this year.

> Topping them off are matte and berry to highlight your eyes, choose a more

A simple recipe for success complexion, light blue eyeliner, sharply This year will also see more attention defined eyelashes and a pink lipstick."

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When tomorrow becomes yesterday

et's start with a question:

After getting an entry permit at the Hatta border crossing on he Oman-UAE border, how many times do you have to cross the Oman-UAE border again before reaching Dubai?

- Once
- b) Twice
- One of the above
- None of the above

(The answer is at the end of this article.)

In the world today there are some complicated international borders, often forming entities called enclaves and exclaves. While an enclave is a territory entirely surrounded by another country, an exclave is a portion of a country geographically separated from its mainland.

To give an example, Madha (or Wadi Madha) in the Musandam Governorate is an Omani territory surrounded by the UAE, so it is called an exclave of Oman. But there is a village called Nahwa inside Madha, which belongs to and so is an exclave of the UAE, as it is surrounded by the Omani enclave. This is one example of an 'enclave of an enclave', also called 'second-order enclave'.

An even more complicated situation existed where an Indian enclave, Dahala Khagrabari, was situated within Bangladesh, which was within India, which was within Bangladesh, which was within India. You may call this either a 'third-order enclave' or an 'enclave of an enclave of an enclave. Until August 2015, this was only third-order enclave existing in the world. After a treaty was signed by the governments concerned, the borders were redrawn to a nice clean line, giving relief not only to those people living there, but also to geography teachers around the world.

Another peculiar international border is the Dutch-Belgian border that runs, most inconveniently, through living rooms, cafés and yards in a town called Baarle. It is called as Baarle-Nassau for the bits belonging to the Netherlands, and Barrle-Hertog for the bits belonging to Belgium. This town contains so many exclaves and enclaves that the people here can go to sleep in one country and wake up in another, or have a cup of coffee with someone from another country simply by sitting across the table from them.

The complications go further at Diomede Islands in the Bering Strait with another strange phenomenon takes place. The Diomede Islands consist of Big Diomede, that belongs to Russia, and Little Diomede, that belongs to the USA. The international border and the International Date Line separate the islands, which are just 2 km apart. This means that people can wake up on a Sunday with a cup of coffee on one side of the boundary, and on the other side it is already Monday.

Because of this, Big Diomede is sometimes called Tomorrow Island, and the Little Diomede, Yesterday Isle. The dialogues like this could be normal here: "Hey buddy, I'll come to Yesterday from Tomorrow and see you today. Just don't leave!"

Unlike any other borders, the security guards along the International Date Line here might need to be particularly vigilant watching not only for miscreants, but strangely enough, for milk vans, as there were black market milk dealers using this anomaly to sell expired milk across the

Bir Tawil is a 2,060 square km piece of desert located along the border between Egypt and Sudan that belongs to no-one. It is obvious, though, that any unclaimed land, however barren and craggy it is, will eventually attract someone to claim it.

Ten thousand kilometres away, Emily — the six-year-old daughter of Jeremiah Heaton — dreamed to be a real princess. After finding out about Bir Tawil, Heaton decided to make her dream come true as a birthday present, and visited Bir Tawil, planting a home-made blue flag in it on July 16, 2014 — Emily's birthday. He named the land the 'Kingdom of North Sudan'. He has supposedly written to the ambassadors of the neighbouring countries and to the United Nations to obtain legal recognition of ownership, but still seems to be waiting unsuccessfully for

By the way, the answer to the question: If you take road E44 connecting Hatta with Dubai, it passes through Omani territory again, therefore one has to cross the border two more times.

Why female heart reacts more sensitively to stress

decreasing during the past twenty are responsible for the increased mortality rate. years, the fatal risk particularly in young women has increased significantly, finds a study.

household and domestic care of relatives cause the

Every year, 47 per cent of the women and 38 of men. per cent of the men die from heart disorders, the findings revealed.

Smoking, increased blood fats, low HDL distribution are tendentially subject to adverse established.

Thile the number of men dying from cholesterol, high blood pressure, diabetes, stomach changes, which also increases the risk, the researchers a heart attack has been constantly fat and lack of exercise are known risk factors that explained.

menstrual cycles, early menopause, and pregnancy factors and the vascular changes in the heart also The study showed that stress in the daily routine complications such as gestational diabetes or differ morphologically," said Alexandra Kautzkyhas particularly adverse effects on the feminine preeclampsia and the pill or hormone replacement. Willer, professor at Medical University of Vienna in hearts. The multiple stress factors due to job, therapies also worsen the heart condition in women. Austria.

Also, diabetes is often an underlying condition stress symptoms, which may manifest organically in for women with heart diseases, which significantly more difficult. increases the risk of a heart attack than in the case

"In case of cardiovascular disorders, women have In addition, gender-specific risks such as irregular a different age distribution, other clusters of risk

The diagnosis and therapy for women are often

Examinations such as ECG or ergometry are less conclusive; even the heart attack blood markers in Further, following menopause, blood pressure women could be improved with new, specific limit generally increases and blood fats and body fat values and new gender-specific biomarkers could be

HEALTHY EATING

YOGHURT MAY HELP WOMEN FIGHT HIGH BLOOD PRESSURE

ive or more servings of student at Boston University in US. yoghurt a week are likely blood pressure, finds a study.

servings of yoghurt per week, forms of dairy", Buendia noted. compared to those consuming one study showed.

healthy diet seems to reduce the 25-55 years of age, and the Health 31 per cent lower risk of developing long-term risk of high blood Professionals Follow-up Study on high blood pressure compared with pressure in women.

"Our study shows that daily high blood pressure, which is a key risk factor for the development of healthy overall diet. heart diseases and strokes," said lead author Justin Buendia, doctoral score to reflect how closely their diet Scientific Sessions in Arizona.

pressure "although the effects of pressure. Women who ate five or more yoghurt seemed stronger than other

serving per month, had a 20 per cent of yoghurt on high blood pressure than the DASH diet. reduction in the risk of having high in middle-aged adults, researchers blood pressure, the results of the analysed data of participants in two Nurses' Health Study cohorts (NHS Adding yoghurt to an otherwise and NHS II), on women between five or more times per week had a men between 40-75 years of age.

intake of dairy products, particularly whether the effects of consuming lowest DASH scores, the researchers yoghurt, lowers the risk of developing larger amounts of yoghurt were claimed. different among subjects with a

To do this, subjects were given a Epidemiology/Lifestyle

matched that of a DASH (Dietary Moreover, several servings of Approaches to Stop Hypertension) to help women in reducing milk and cheese each day can also diet, intake of fruits, vegetables, the risk of having high have beneficial effects on blood nuts and beans to lower blood

The benefit of five or more servings of yoghurt on the risk of To examine the long-term effects high blood pressure was stronger

In the pooled analysis, men and women who had a higher DASH score and who consumed yoghurt those who had the lowest yoghurt The authors also evaluated intakes (one time per week) and the

The study was presented at the American Heart Association's



'OUR STUDY SHOWS THAT DAILY INTAKE OF DAIRY PRODUCTS, **PARTICULARLY** YOGHURT, LOWERS THE RISK OF DEVELOPING HIGH BLOOD PRESSURE, WHICH IS A KEY RISK FACTOR FOR THE **DEVELOPMENT OF HEART DISEASES AND** STROKES'