

JUST CHILL

You can beat the heat without racking up an enormous bill! **Rhea Dhanbhora** shows you how to keep cool at home without depending on your air conditioner

The scorching summer heat may mean sweaty sheets, tempers that rise with the temperature and AC bills that are slowly but surely emptying your bank account — but it doesn't have to be this way. A few tweaks to your home décor can keep your home cool enough to help you get through summer without losing your mind or money. Here's what you need to do:

A LITTLE MOISTURE

This trick really works in keeping your home cool. All you need to do is hang a damp sheet across an open window. That way, the hot breeze you keep complaining about will seem less brutal.

LIGHT UP

Lights generate a lot of heat. So, we suggest getting compact fluorescent lights. They save energy and keep you cooler during summer.

FREEZE THINGS

The ceiling fan, table fan and hand fan — nothing seems to work as well as the AC, right? Try placing a bowl of ice in front of your table fan. It's not going to turn your fan into an air conditioner, but it will help make you feel cooler.

SOFTEN UP

Thinking of changing your furnishings? It's time to go all white, with a sprinkle of pastels and soft colours, and maybe a few cool blues. Stay away from colours that are bold or deep as they will make you feel



>> Simple décor tips such as surrounding yourself with light colours can go a long way in keeping your house cool

hot because they absorb heat fast. Use white pillow covers, bedsheets, throws, sofa and cushion covers — you'll feel a lot cooler if you're surrounded by lighter colours.

CLOSE OFF

Summer is the worst time to open up your home through the day. Instead, keep it open during the cooler evenings and nights and close it off when the sun comes out. This way, the cooler air and not the hot sun will be trapped inside.

GET PLANTS

Plants keep your home cool, so strategically place some in different parts of your home to provide shade and to feel cooler. If you're going to follow this tip, then remember to keep your plants well-

maintained, you don't want summer insects beating the heat with you.

RICE RIGHT

Can't sleep because your bed is heating up? This trick is a surprising one, but it really works. Fill a cotton sock with rice and tie it securely. Freeze it for a couple of hours and then slide it between your bedsheets. Rice stays cold for longer, so you can fall asleep on a cooler bed.

BYE BYE ELECTRONICS

Technology could very well be the source of all our problems, couldn't it? Electronic appliances generate a lot of heat (we're talking about everything from your computer and TV to your washing machine and hair dryer) so switch them off to lower the temperature at home.

<< TOP 5: FUN ICE TRAYS

Looking to make your summer coolers and cocktails a little more fun? **Dev Goswami** brings you a few funky ice trays that will take your mind off the heat



ICE COLD ROMANCE

This ring-shaped ice tray is perfect for an engagement dinner. But, if you're thinking of using one of these for an actual proposal, make sure you follow it up with a real ring.

Price ₹369

Where

www.rediff.com



YOUR DIVER FRIENDS

These diver-shaped ice cubes can be dunked in a pitcher of juice and are great for a children's party.

Price ₹399

Where www.hitplay.in

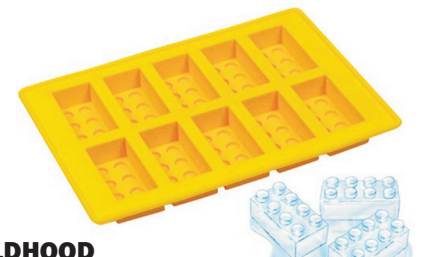


SOMETHING FISHY

Fill this ice tray with lemonade or a fruit punch to make colourful, fish-bone shaped ice cubes that'll look very funky in your drink.

Price ₹299

Where www.smartas.in



CHILDHOOD MEMORIES

Lego is one childhood game that no one forgets and this ice tray will make those memories seem cooler... literally.

Price ₹249

Where www.hitplay.in



A FUN GAME

Ice is quite slippery, so this set of car shaped ice blocks can end up being a fun racing game.

Price ₹399

Where www.hitplay.in