When you wake up in the morning, the voice is 'Good morning'

and after some time, if you send a voice note to a friend and when you listen it...

Shahrukh Khan sir uses, "Dipty Que and Dunhill" which is 75 ml that cost Rs.16000/-.

The keywords are cheap and sexy perfume

while taking you are adjusting your tie, cuffs or blazar

but there is a thin-line difference

that if you notice that thing by looking down, again and again, it shows you conscious

Deep Voice Science

When you wake up in the morning

the voice is 'Good morning'

and after some time, if you send a voice note to a friend and hear

now people think that your voice depends on your genetics.

This is true only to some extent. The larynx which is basically your voice box's external shape only depends on your genetics

. The vocal cords of a male are slightly larger as compared to a female

that also depends on what will be the frequency of your voice

An average male has 125 HZ, female's is 210 HZ. The child's voice is 300 HZ,

what does it mean? The lower the frequency, the more will be the base

The higher the frequency, the more treble

Only then you must have seen that male voices are heavier than female and Children

There are some techniques that can bring bass to the voice like taking a pause

Voice Improvement Techniques

speaking slowly,

if you speak fast, your voice will become a little thin

practicing vowels daily

it takes years to practice,

but even if that voice has become heavy by 10 to 15%,

but what to talk about, don't have the confidence, to speak in front of 4 people

how does it matter then?

the voice is thin but know how to handle it.

It looks right, it is the best according to the occasion

and if the voice is heavy, 'Hey, it looks right' but from here it looks like Darsheel Safari's sister.

Communication experts say that whether you have a hold here or not, but everyone likes to listen to you

Communication Hack

when you have a silver tongue when you compliment someone

But there should be value in your compliment

every time it comes daily crosses all the thin difference

There are three pillars of the silver tongue First is balance, which means not to overdo it,

otherwise, the compliment you give will have no value.

Second, relationship ''whom you are praising''

For example, if someone is a senior then it will be with respect,

if someone is your relative then it will be different, if you have a love affair then you will be praised in a flirtatious way

and the third pillar is freshness in your relationship with the person you are talking to

If it is new... then, a little formally

if it is old, or if it is a junior... then 'Umm you're looking great

2nd rule is feeling and seasoning of emotions

''if you are saying, we can do''

or 'If you want we will do it,

Stress and Emotions

First it gives pause

vocal cords get rest

now when we regain the energy

what do energy and emotions do? It can easily influence someone.

That's how I do

Communication Mistake

many people think that one-word answer means sigma

yes!

Then?

Saurabh

but in practical life if you want to increase your social circle,

if you want to talk to someone else, or if you want to increase your skills

then you need to know how to interact, one word doesn't work

it looks like an ignorant and under-confident

it looks like... ''don't ask me the next question'', that type of attitude

when body language is empty it looks completely underconfident and awkward

Body Language⬆️

putting hands in pocket looks like a posture meant

So If I tell you a small hack of small adjustments

small adjustment means if you correct some small things confidently

For example, girls curl their hair while talking

When you adjust small things while looking in front shows you are well-groomed while talking

If you adjust your tie, cuffs, or blazer

then small adjustments reflect confidence

but there is a thin-line difference

that if you do that thing again and again while noticing by looking down

If you pay attention and overdo it will show you conscious

The most important thing about eye contact is control on the eyes.

Eye Contact

If you are talking to someone

and someone is passing from behind and your eyes move very quickly, and you don't have control

it is a negative point

And second, for example, if someone is in front of you, she is wearing a dress and she is looking hot,

she has shown it to the whole world with her eyes, and she knows that people are staring at her

but if you have control, there is eye contact

and you are not making her conscious that's a positive point

when you give a presentation or speak in front of people if you are giving viva in class,

If there are more than a few people

people become more conscious after seeing the poker face

So a tip for public speakers those people who are nodding lightly and smiling

even if there is slightly more positivity,90% focus should be on them

so that your nerves are calm and you can talk comfortably

half the work is ruined by TV series and actors

Tough expression has been shown as sexy

but to some extent it is fine, but there has to be a balance

meaning when you walk and when you are sitting, it looks good

it doesn't mean you have taken Fevicol massage and walking like this

there should be flexibility in the body

that's when you seem a bit welcoming and people want to talk to you

Whenever we see these models and actors, how does their skin remain so healthy and glowing?

Model SkinCare

Obviously, that camera, that light, there is a little bit of make-up on

even if remove everything the skin remains healthy and glowing

That's why I asked one of my model friends, what is your skin routine?

He said, 'Basically I follow this' and I was convinced by this routine

because essentially what is required for glow on the face

remove all the disturbances from the face

marks, dirt, or when oil shines

Or any facial hair

He said, 'I will not lie, sometimes I use a razor & trimmer'

but mostly I use the safest method without chemicals. This is threading.

All the small facial hair will be removed

in the second step, you have to remove oil and dirt

You have to remove the pores and clean them completely from the inside

What is the best step for this? Steam i.e. taking steam for 8 to 10 minutes once a week

It removes all the dirt and grime

Also if you have a lot of blackheads then you have to scrub them with a homemade scrub consisting of coffee and honey

to close it use Multani Mitti for 10 minutes

in the whole week, you just need 10 minutes

The total cost would be 70 Rs and that's it

the small mistake we make which is very important for your face glow

Oil, dirt, pollution, and for sweat we use facewash

what does face wash do? It cleans you but it squeezes out your natural essential oils and sebum.

The cleaning is done but what is needed for your glow has gone

so a cleanser is better than a face wash. For that glow

A good cleanser must have two or three qualities

first, Salicylic acid

that fights your acne and blackheads

2nd, niacinamide which forms a strong barrier for the skin to protect your skin from dirt pollution.

and in my opinion, 2% niacinamide Cleanser which is from DermaCo is the best solution which is available in the market right now

because it retains your natural moisture and glow

gel-based solution for combination and oily sensitive skin

which has got Cica extract inside it and Salicylic acid which works better.

If you have sensitive dry skin or normal skin then your

creamy base formulation will work more like it has got Cica extract inside it

Sexy Perfume (Budget)

And ceramic complex

the different layers in your perfumes are called 'Notes'

if you pick them correctly, you are considered very sexy,

let me explain to you with a desi example, you smell so good, I think I have said this before, I think he smells really good

Shahrukh Khan sir uses deputy and Dunhill

whose just 75ML costs 16000 Rs

but do not be disappointed

because if you apply a little brain, the whole game is about 'notes'

I'll tell you the top notes which will be keywords for sexy and cheap perfume

the very first is sandalwood note which is also in your favorite Shahrukh Khan sir fragrance

and for centuries Raja Maharaja has been using Musk

women are 100 times more sensitive to Musk than man

Vanilla calms down your mind and brings you into a playful mood

Next, tobacco which is not the fragrance after cigarettes and beedi(thin cigarette)

Tobacco is basically a very dark sexy note

let me tell you a cheap makeshift without any paid

If ever you go to Zara you will find Tobacco on its counter shelf

which is usually very expensive,

the perfect fragrance for 1000 Rs and one of my favorite

in the same way, If I tell you the top sexiest fragrance brand to brand

hit 5,000 comments if you need a video on that as well

now, it is time for the sexiest note which is on the top

its smell

this is the real note

Because yes you have to earn that's the truth

there is a button on the phone which we call DND(do not disturb)

it means you are available for every call, trip, timepass

it shows 2 things

the one who is available all the time

neither friends, relatives, nor girl value them

2nd, the one who only lives in dreams all the time

watches motivational videos and reels

like house and car are being gifted to the parents and you like it and even write on it ''one day''

I am not saying you can't do that

I am saying that you never use DND in your life

so they don't work hard they just dream

one who is focused on a career applies DND sometimes

when you get that trade that's the sexiest thing

So guys these were the small things that make you sexy and appealing in real life

the buying link for the gentle cleanser range is given below

You can also buy that on Dermaco.com

Yes available on Amazon, Flipkart, and Nykaa as well

Use the code FORMAL2023 to get 20% off

If you liked the video don't forget to like, comment, and share the video

If you're not a subscriber then please do subscribe