

on bonding, as well as how participants rated their overall satisfaction with life, much higher through use of oxytocin. Oxytocin has been used therapeutically to help couples in strained marriages facilitate a closer sense of love and connection. It has also been used in some families to help their autistic children develop more of a sense of personal connection to their family and surroundings. One of the major disruptors of normal Oxytocin release is any type of stress that our body experiences; emotional, work related, physical, etc... So, improving one's ability to manage stress in whatever way possible, can literally impact every area of their life, relationships and work. Remember to be kind to one another and spend lots of time with the people you love, you will improve your health by doing that one thing!

Ways to increase your oxytocin levels:

- Get a massage, since it relaxes your muscles and the prolonged physical contact triggers the release of oxytocin.
- Show your friends and family that you love them by touching them affectionately. You can hug your parents, throw an arm around a friend or cuddle up with your partner.

Hormones are effective, but they do have their limitations. The effects of endorphins are only temporary. If you have had a fight with someone for example, exercising will make you feel better for a while, but until you sort out the fight your unhappiness will keep returning. Oxytocin is a great way to build a relationship, but common sense dictates that you can't love and trust everyone you meet or you will be the victim of several scams. Too much dopamine is unhealthy, since it can cause addictions.

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BELITA-VITEX – YOU WORTH IT!

Nowadays Belita-Vitex are acknowledged leaders of domestic cosmetics, including professional preparations for hairdressing and cosmetics salons, and also mouth cavity hygiene products and goods of household chemicals of every day demand.

I want to consider in detail the line of cosmetic products from Belita-Vitex, which attracted my attention.

Pharmacos - the multifunctional system of skin care pharmaceutical products.

Advanced achievements in cosmetic field combined with natural ingredients are aimed at fighting major skin problems. Products of the multiple effects help to control and prevent the appearance of pigmented spots, wrinkles and skin dryness, and provide skin comfort for 24 hours.

Let's learn more about the products of this cosmetic line on the example of my favorite products – Facial Sponge Effect Washing Foam and Facial Extramoisturizing Biomask

Facial Sponge Effect Washing Foam

Panthenol, which has a regenerative, softening and anti-inflammatory effect was found in the composition. Bisabolol, which is a plant extract, has anti-inflammatory, healing bactericidal, soothing and antiseptic properties, it removes skin irritation and brightens the skin; Allantoin acts as a moisturizing ingredient; there are also Lemongrass oil, which improves microcirculation, and a damask rose extract, which has a tonic effect and protects against the appearance of wrinkles.

Thus, Washing Foam delicately removes dirt, provides deep cleansing of all skin types. A product gently moisturizes the skin and gives it a feeling of freshness and comfort. As a result, the skin becomes soft and velvety.

Facial Extramoisturizing Biomask

We may find following ingredients in the composition:

Hydroxyethyl urea is the main moisturizer for the skin, it absorbs and retains moisture; Sodium hyaluronate - a synthetic analogue of hyaluronic acid, it prevents evaporation of moisture from the skin, promotes skin regeneration, smoothes fine wrinkles; Tocopherolacetate - Vitamin E, Glycerin is the most popular moisturizer, Carrot root extract provides nutrition, skin regeneration, color smoothing, Betaine is an amino acid, a moisturizer, it soothes the skin and relieves irritation.

Further in the composition there are parabens, which play the role of preservatives, such as phoenixethanol, which is also an antiseptic for the skin.

The composition, in general, is not bad too. There are a lot of moisturizers, there is a vitamin E, and there are those components that keep moisture in the skin. So, I guess that with the regular use of this mask, the positive effect will be achieved.

The active components of the facial biomask are intensively regenerating the skin and gently moisturizing it. Thanks to the use of biomasks, the relief is restored, and the skin acquires a healthy color.

I highly recommend taking a closer look at the products of this line for the following reasons:

- 1) Products have convenient packaging and attractive design.

- 2) Perfume is unobtrusive and pleasant.
- 3) Qualitative cleansing of the skin of the face is guaranteed.
- 4) The products do not dry the skin; the skin becomes tender, moisturized, velvety and matte.
- 5) It is an excellent value for money.

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LACOMPRADEVIVIENDA EN BELARÚS: EL ARRENDAMIENTO O EL CRÉDITO

El mercado de bienes raíces – la esfera de la circulación de bienes y servicios, que se basa en una redistribución de los terrenos, edificios y otros objetos de los inmuebles de medios económicos sobre la base competitiva de la oferta y la demanda. En el mercado de bienes se encuentra sólo una parte de tierras nacionales.

Existen algunos segmentos en el mercado de bienes raíces. Entre ellos son el mercado de la vivienda, el mercado de la tierra y el mercado de bienes raíces comerciales. En el mercado de la vivienda de ciudad y de campo se destacan el mercado primario y secundario.

En el mercado primario los bienes inmuebles como producto actúan por primera vez. Los principales vendedores de los inmuebles, en este caso, sobresalen el estado y las empresas de construcción — proveedores residencial y no residencial. En el mercado secundario los bienes raíces actúan como una mercancía, antiguo en el uso y propiedad de un propietario es una persona física o jurídica.

Los mercados primarios y secundarios están interrelacionados estrechamente. Por ejemplo, si por alguna razón (la recesión, la desfavorable situación ecológica, el conflicto internacional prolongado, etc.) en la región aumenta la oferta de inmuebles en el mercado secundario, automáticamente cae la demanda y los precios en el mercado primario.

En Belarús las principales formas de adquisición de la vivienda en el primario y en el mercado secundario son la compra-venta y el crédito para la compra de la vivienda.

Desde el 1 de septiembre de 2014 entró en vigor el decreto Presidencial nº 99, que le dio la oportunidad a las personas físicas a adquirir la vivienda en arrendamiento. El 6 de abril de 2017, ha sido diseñado decreto Presidencial nº 109, con la aceptación de que en la