

GRAZIA

PAKISTAN

VOLUME 1, ISSUE 66
MARCH - APRIL 2021



END OF AN ERA



Top Picks



Shayoon MENDELUK

THE POWERFUL & MOST SOUGHT AFTER FEMALE HEALER

MEET THE #GG21

- Ahad • Roshanay • Madiha • Aimal • Munsif • Hira • Nimra
- Emmad • Hasnain • Saboor • Nabila • Maha • Aima • Asim
- Tabesh • Alishay • Anoushey • Zahrah • Asim
- Orange Tree Foundation • Zara

GRAZIA

Editor's Note



On the cover of our issue 66 we have the most powerful female healer - Shayoon Mendeluk. With an attention-grabbing cover shoot, we got to know more about Shayoon's life and all the work she has been doing over the years.

This issue takes you through all the trends spotted around the globe and our GG21 list. Grazia

aims to be your one stop for everything fashion, beauty and lifestyle related. We hope you enjoy reading this issue as much as we enjoyed putting it together for you.

Happy reading!

@zahraasaifullah
www.grazia.pk

Zahra

ZAHRAA SAIFULLAH



Page 20



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Page 40



FEEL FIRED
UP ABOUT
SOMETHING
YOU'VE READ
IN GRAZIA?
LET US KNOW...

FROM THE DEPUTY EDITOR'S DESK



Grazia Pakistan has a team of fashion visionaries who work passionately and tirelessly to bring you the best of all trends. We aim to strive higher and work harder to bring you the best of fashion and beauty from around the globe, issue after issue. With this issue we launch our famous Grazia Glorious list of the year 2021 - you must review it to see who all made it on the list! Our goal with this list is to include those who have made a mark in the society with their work and appreciate their talent and hard work.

We hope that you are staying safe and practicing social distancing. We must remain patient and responsible, the solution is close but till then, please stay safe!

Nashmia Amir

NASHMIA AMIR BUTT



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GRAZIA

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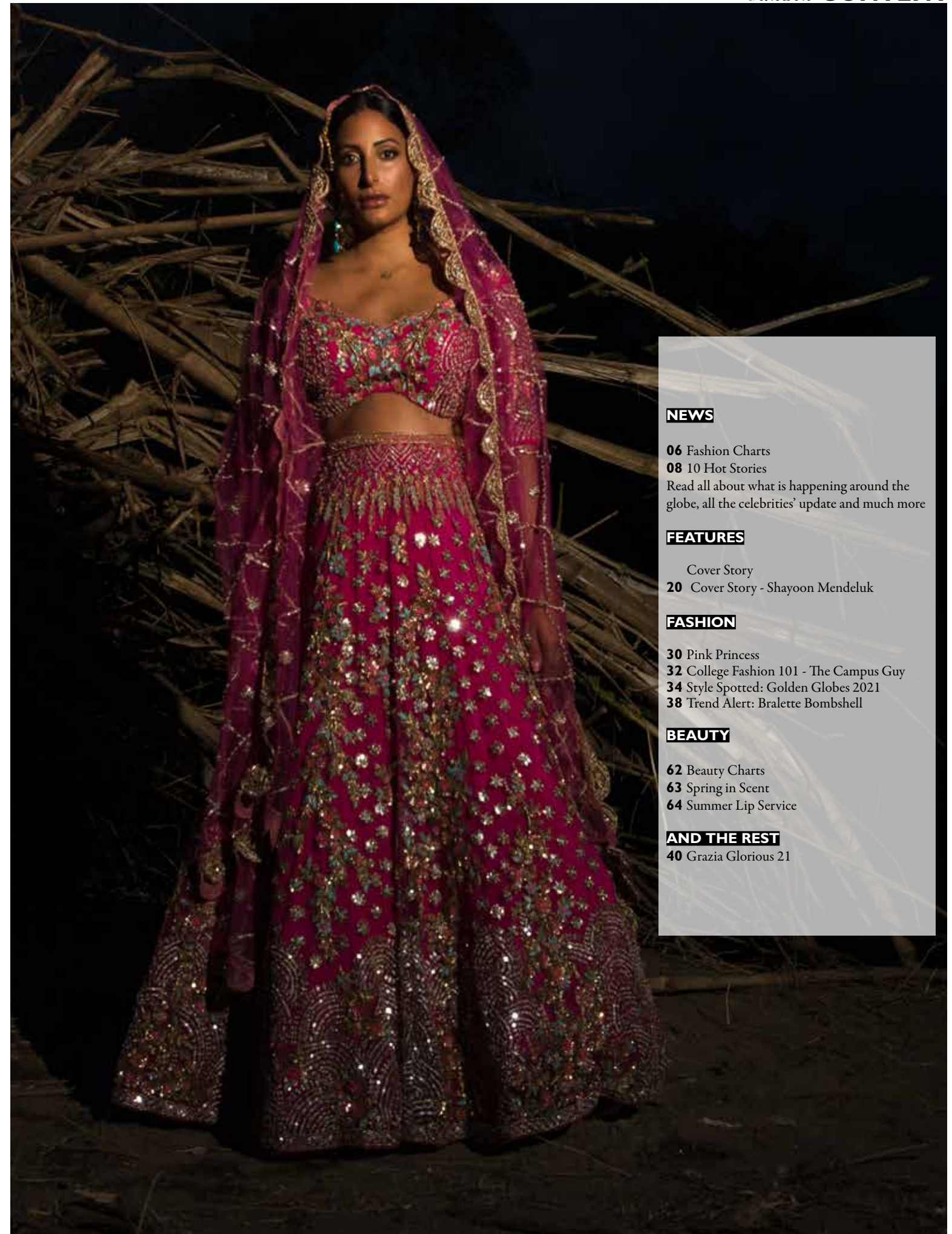
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Saif Publishing is a leading Pakistani publishing house, specializing in creating and circulating few of the major international lifestyle and fashion magazines. Saif Publishing launched HELLO! Pakistan in March 2012, setting the bar on local reporting on celebrity, lifestyle and fashion. HELLO! Pakistan is an aspirational lifestyle magazine, which has featured prominent personalities and celebrities over the period of five years since its inception. The newest addition to Saif Publishing's portfolio is with Grazia Pakistan, which is the first international fashion magazine in Pakistan and will break traditional publication norms for fashion and news in Pakistan, and venture into lucrative partnerships with international platforms. With HELLO! Pakistan catering to the high-end aspirational lifestyle target market, Grazia Pakistan is set to take over the inspirational fashion and news market, creating a style platform for the young, confident Pakistani women.

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FASHION CHARTS

Bringing to you our top favourite picks of the season



1

ZARA

Get your hands on these limited edition pants and upgrade your fashion game.
PKR 20,124
www.zara.com



6



3

VERSACE

Grab your pair of Versace's signature safety pin leather sandals and strut like a supermodel
PKR 152,100
www.versace.com

4

TORY BURCH

For the East from the West — this modern tunic based off our local kurtas is a Summer must-have
PKR 40,248
www.toryburch.com



5

REDVALENTINO

This tie-neck poplin blouse is your best option for a Sunday hi-tea with friends
PKR 85,800
www.redvalentino.com

6

SAINT LAURENT

Complete your everyday all denim look with this stylish seashell dagger pendant necklace.
PKR 46,020
www.ysl.com



7

GIVENCHY

Cute and super handy, Givenchy's Baby Antigona bag is your go-to summer companion
PKR 92,040
www.givenchy.com



VINCE

Keep your style effortlessly chic with this Silk-satin blouse for a special date night
PKR 46,020
www.vince.com

8

HELMUT LANG

Tuck it in your black jeans and head out looking a 10 on 10
PKR 25,740
www.helmutlang.com



9

10

ALEXANDER MCQUEEN

Hot summer days are just around the corner and these pleated cotton-drill shorts are just the wardrobe staple you need
PKR 92,040
www.alexandermcqueen.com



7

10 HOT STORIES

EVERYONE'S BEEN TALKING ABOUT...

01



Taylor Swift in Oscar De La Renta



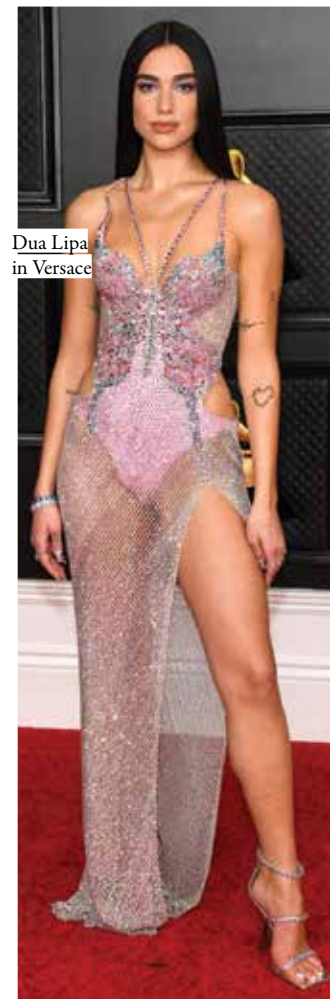
BTS in Louis Vuitton

FASHION FILES: 2021 GRAMMY AWARDS

With almost every other event getting cancelled last year owing to the Covid-19 pandemic there weren't any red carpets as well.



Harry Styles in Gucci



Dua Lipa in Versace

WITH ALMOST every other event getting cancelled last year owing to the Covid-19 pandemic there weren't any red carpets as well. While some of the awards that held virtual ceremonies shared their fine moments in fashion however it just wasn't the same without the glitz and glamour of a traditional red carpet.

Thankfully, the 2021 Grammy Awards marked the much needed return of award season fashion as the ravishing red carpet was rolled out for the best in music to walk on wearing

the biggest brands in the world. From Harry Styles to Dua Lipa to Lizzo; the music industry's best showed all decked out for the first major red carpet of the year. While the event was of course scaled down given the SOP guidelines it was still a much needed gesture as it painted hope for things to return to how they were before sooner or later.

From the all the celebrity looks spotted at the Grammys, listed here are our top favourites: ■



Chloe Bailey in Louis Vuitton

Hallie Bailey in Louis Vuitton

H.E.R. in Dundas

Lizzo in Balmain

Meghan Thee Stallion in Dolce & Gabanna

NIKE SAID in the lawsuit that the company, MSCHF Product Studio Inc, infringed on and diluted its trademark with the black-and-red, devil-themed shoes, which went on sale online on Monday. Lil Nas X is not named as a defendant in the suit.

The shoes are customised Nike Air Max 97 sneakers that contain red ink and "one drop of human blood" in the sole, according to a website describing the 666 pairs of limited edition shoes. The back of one shoe says "MSCHF" and the other says "Lil Nas X."

Several media outlets reported that the shoes sold out in less than one minute at a cost of \$1,018 per pair. Lil Nas X said on Twitter he would choose the recipient of the 666th pair from social media users who circulated one of his tweets.

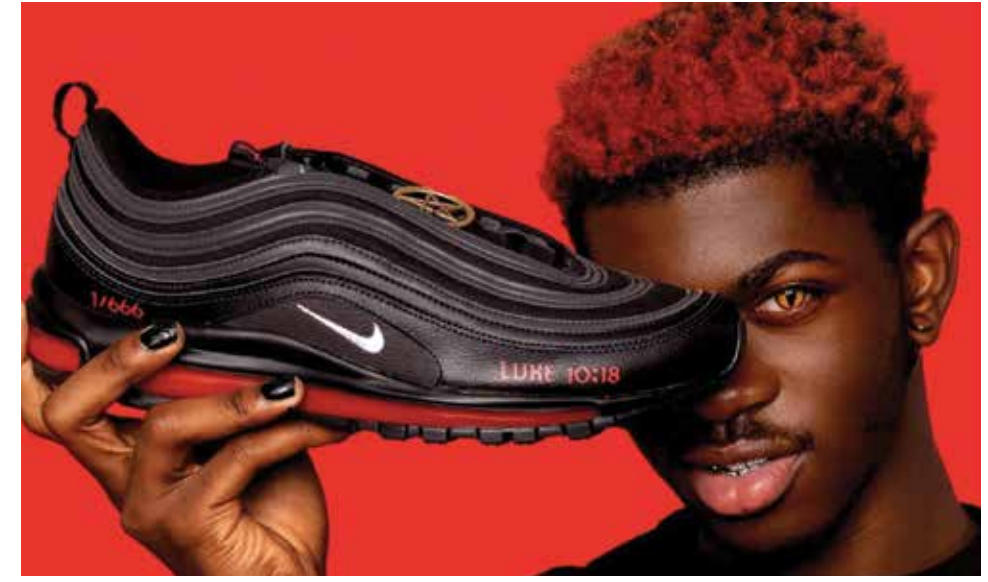
Nike, in its lawsuit filed in federal court in New York, said the shoes were produced "without Nike's approval and authorization," and the company was "in no way connected with this project."

"There is already evidence of significant confusion and dilution occurring in the marketplace, including calls to boycott Nike in response to the launch of MSCHF's

NIKE SUES COMPANY THAT MADE 'SATAN SHOES' WITH LIL NAS X

Athletic shoe maker Nike Inc recently sued a New York-based company that produced "Satan Shoes" purported to contain a drop of human blood as part of a collaboration with Old Town Road rapper Lil Nas X.

02



Satan Shoes based on the mistaken belief that Nike has authorized or approved this product," the lawsuit said.

Nike asked the court to immediately stop MSCHF from fulfilling orders for the shoes and requested a jury trial to seek damages.

Representatives for Lil Nas X and MSCHF did not immediately respond to requests for comment.

The Grammy-winning rapper, 21, released a video for new song Montero (Call Me By Your Name) in which he dances with a character wearing devil horns. ■

Saba Qamar calls off marriage after recently announcing that she was tying the knot

Saba Qamar recently broke the internet after announcing she is getting married, has now called off her marriage.

03



Hii Everyone 🥰
I have a very important announcement to make, due to a lot of personal reasons I have decided to call it off with Azeem Khan, "WE ARE NOT GETTING MARRIED NOW" hope you guys will support my decision just like you all have been supporting me always, and I guess it's never too late to realise the bitter realities!
I also wanted to clear ONE IMPORTANT thing that is: "I have never Met Azeem Khan in my life we were only connected over the phone"
It's a very hard time on me right now but as we all know "THIS TOO SHALL PASS" Insha Allah :)
Much love to you all! ❤️
-Saba Qamar

sabaqamarzaman • Follow
sabaqamarzaman • Hii Everyone 🥰
I have a very important announcement to make, due to a lot of personal reasons I have decided to call it off with Azeem Khan, "WE ARE NOT GETTING MARRIED NOW" hope you guys will support my decision just like you all have been supporting me always, and I guess it's never too late to realise the bitter realities!
I also wanted to clear ONE IMPORTANT thing that is: "I have never Met Azeem Khan in my life we were only connected over the phone"
It's a very hard time on me right now

QAMAR, WHO had revealed she would be tying the knot with Azeem Khan – a blogger and entrepreneur – was showered with love and praise from fans. But all that died out when some alleged Khan had had a history of problematic behaviour, particularly with women.

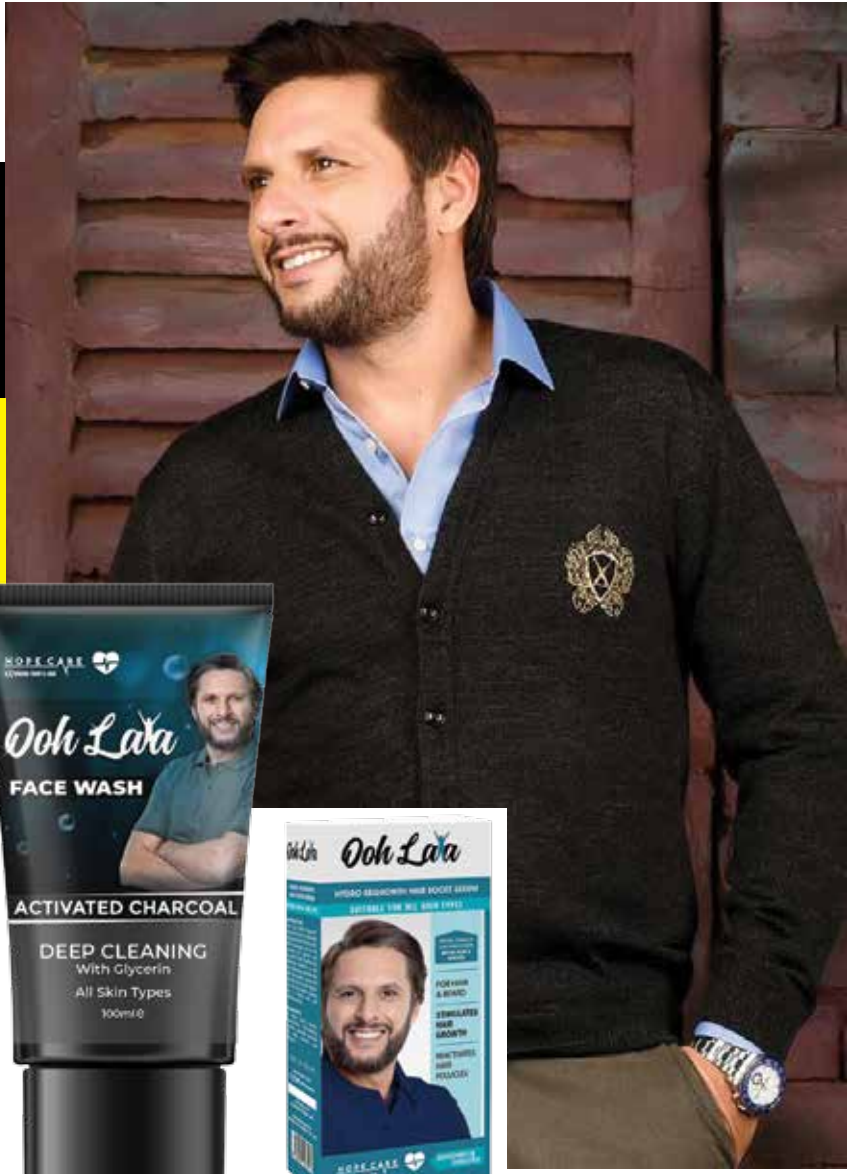
Following this, Khan shared a video to provide what appeared to be a clarification on social media.

But it seems Qamar did not want to go forward with the marriage. ■

04

Shahid Afridi has launched a skincare line

The sportsman recently unveiled his brand titled Hope Care, with his skincare collection for both men and women named 'Ooh Lala'.

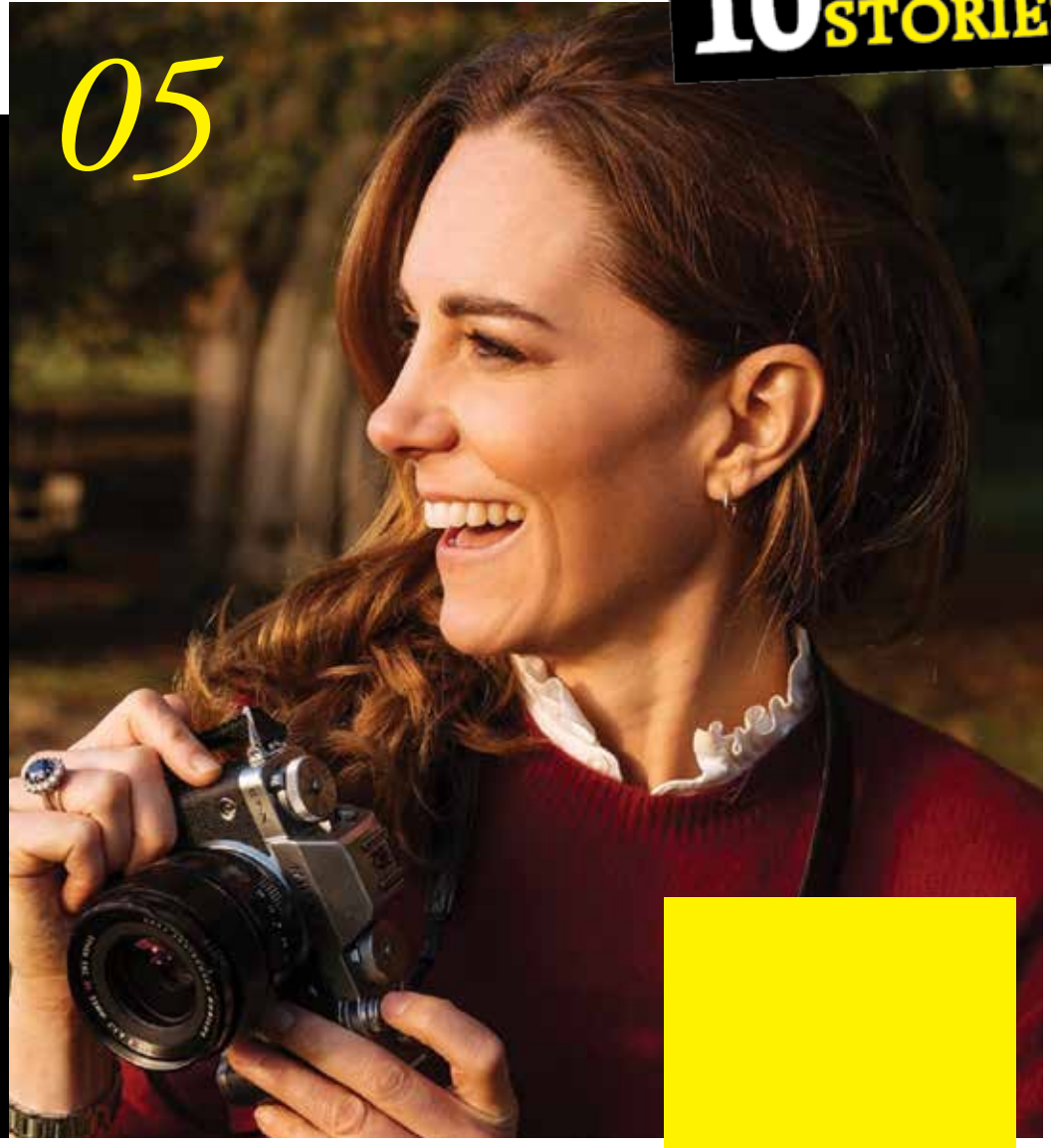


"OOH LALA OFFERS premium quality personal care products for both men and women so they feel confident and shine like a star," he tweeted, alongside a promotional video. In the clip, the former Pakistan cricket team captain can be seen

endorsing his products by applying them on himself. Counting his blessings, Afridi added, "I have always believed that whatever I am today is because of my parent's prayers and the love of my fans. My fans bring a meaning to my life." He

continued, "On this Pakistan Day, I am bringing 'Ooh Lala' from the world of @Hopecare10." Lala has also launched his own clothing line, titled 'Hope Not Out'. A few of the items from the rack include everyday essentials such as denim, basic tees, sweatshirts and polo shirts. The brand's motto is to deliver premium quality clothing items in Pakistan while "giving back to the community" and "utilising the public platform" to help people grow. ■

<https://oohlala.com.pk/product/fw-activatedcharcoal/>



05

KATE, WHO is married to Prince William, the Queen's grandson and second in line to the throne, began the project with the National Portrait Gallery last year, inviting people to submit photos taken during Britain's first coronavirus lockdown.

A panel of judges including Kate chose 100 portraits from over 31,000 entries, which were shown in digital and community exhibitions before the book was announced.

"Through 'Hold Still', I wanted to use the power of photography to create a lasting record of what we were all experiencing – to capture individuals' stories and document significant moments for families and communities as we lived through the pandemic," Kate wrote in the introduction to the book.

The book, called Hold Still: A Portrait of Our Nation in 2020, will be available from May 7, exactly a year after the project began. Net proceeds will be split between the National Portrait Gallery and the British mental health charity Mind. ■



The Duchess of Cambridge launches book of portraits to remember pandemic

Kate Middleton launched a book of photographic portraits taken during Britain's Covid-19 lockdowns that she said would provide a lasting record of the pandemic.

Flower Power: 5 Lovely Flowers To Use For The Beautiful You!

Flowers are the universe's gift bestowed upon us with all the colours and sizes and delicious scents. They have been used for centuries in beautification, skin healing and perfumery. Aromatherapy has always been used for medicinal purposes. But keeping the aroma factor aside, flowers have natural remedies to several skin ailments too. They look beautiful on you and make your skin beautiful as well.

SO HERE ARE 5 lovely flowers to enhance the beauty that already lies within you!

MARIGOLD

Marigold, super easy to find, is a treat to your eyes. Other than this, its oil has anti-inflammatory properties. Turn this flower into a paste (marigold, honey and water) and it can be used to reduce blemishes. This paste is also effective in clearing skin of whiteheads or excessive oil. You can also add the oil in bath water, and it will automatically cut down on rashes and skin chap. Use marigold oil as a face mist or weekly skin care session's prime face mask. It can also help in reducing bee bites and other random bumps.

06



CARNATION

If you are under constant stress and nothing seems to work for you, take some white vinegar (approximately 100ml) and add 10-20 carnation petals, let this mixture sit for a day and then add it to your bath water. Your aching muscles will be relaxed, your blood circulation will increase, you will feel energized and so will your skin.

JASMINE

Jasmine smells so good. This yummy smelling flower makes a great bath time treat. Mix it with some white vinegar and almond oil to have a relaxing bath. You can also steep these flowers with distilled water and then after straining, store the after product in fridge or any other cool place for a day. Your jasmine mist is ready. Spray it on your skin twice every day and you will see the wonders it does to your skin pores and scars!

CHAMOMILE

Chamomile Tea is the most common tea used to calm down the nerves, but Chamomile flowers alone are also used in beauty products, Because of

its natural calming ability, it is incredibly effective for people who suffer from eye puffiness or tired looking skin almost daily. Make a strong fusion like mixture of these beautiful flowers and use it as an eye decompress. You can also apply it on your skin, massage and then wash with cold water to get tight skin.

ROSE

Rose is that classic flower which has been in use for decades now in skin care regimes and various beauty products. Rose extract or oil (pure and not the adulterated one) is used in various ways on almost all types of skin, but mostly for natural moisturizing and soothing. It is particularly useful for moisturizing dry skin. Those who suffer from regular acne/pimple outbreaks and afterwards must bear the tyranny of those scars, rose oils proves to be an effective antiseptic and with its astringent and anti-inflammatory properties, reduce the redness and bumps. It is a wound healer. Rose oil or extract can be used as a moisturizer and skin toner for calm and even looking skin. ■

5 Haseena Moin Dramas That Revolutionised Pakistani Television

Undoubtedly one of the most prolific scriptwriters in Pakistani entertainment industry, Haseena Moin has left behind an everlasting treasure of brilliant dramas that will be cherished for decades

MAKING HER debut in the early 70s with the drama Shehzori followed by Kiran Kahani, Uncle Urfi and in 1976 Parchaiyyan that was also the very first drama aired in colour on Pakistani television, Haseena had also written the dialogues for Bollywood movie Henna starring Zeba Bakhtiar and Rishi Kapoor, which was later India's official submission to the Oscars for Best Foreign Language. Contrary to the damsels in distress we see today, Haseena's female leads were strong and independent women who knew how to make their own in the male dominated society while also balancing their personal lives. With such a stellar career to her name, it is hard to list down our favourites but here are the five Haseena Moin projects that revolutionised Pakistani dramas.

DHOOP KINARE

Giving the audience the symbolic character of Dr Zoya played by Marina Khan and the 80s' heartthrob Dr Ahmer played by Rahat Kazmi, Dhoop Kinare remains to be one of the most famous Pakistani dramas in history. Praised particularly for its screenplay and writing, it won't be wrong to say



07

that Haseena made both Marina and Rahat the most sought-after actors of the time. The drama's popularity can also be judged from the fact that it was remade in India almost three decades later as 'Kuch Toh Log Kahenge' starring actors Mohnish Behl and Kritika Kamra.

ANKAHI

A drama that's almost synonymous to Haseena Moin — Ankahi gave us a look at what an ambitious and driven young woman looks like even if it was more than three decades ago. Sana Murad played by Shehnaz Sheikh remains a character that every girl can relate to no matter what time and date they are watching the drama series. Also starring actors Javed Sheikh and Shakeel in the lead roles, Ankahi is famous for its witty and candid dialogues and tight screenplay along with the brilliant performances.

BANDISH

Starring renowned actress Khalida Riyasat in her first major TV drama, Bandish is one of the more popular Haseena Moin dramas with a powerful cast to its name. The drama revolves around the lives of Shahzad played by

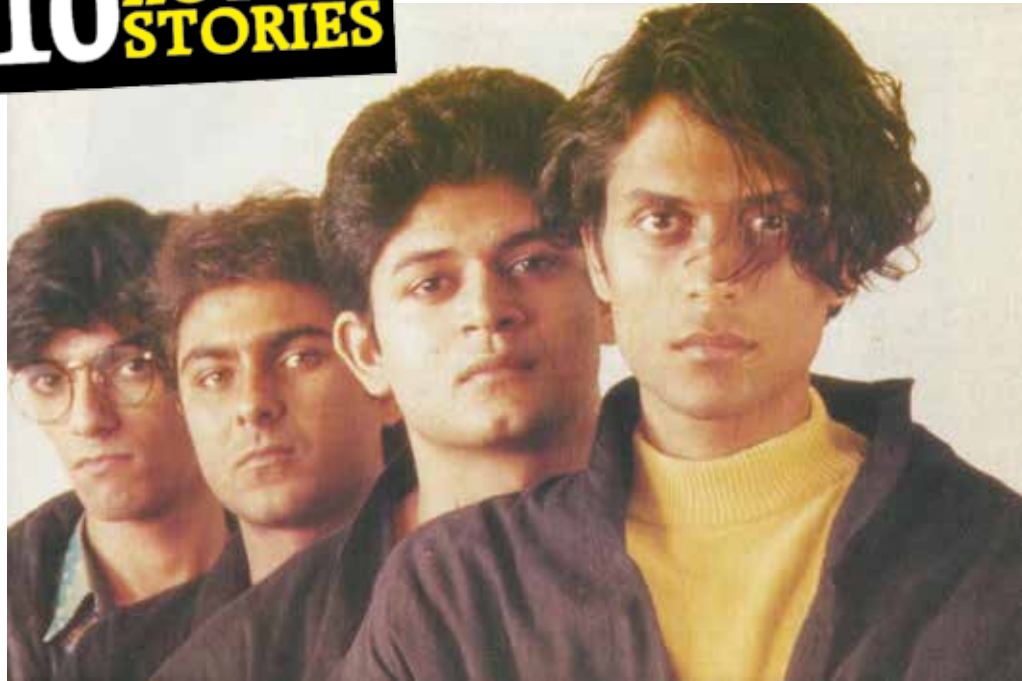
Talat Hussain who is a lawyer and the happy-go-lucky girl Tania played by Riyasat.

TANHAIYAAN

A cult classic, Tanhaiyaan starring the biggest ensemble cast of the year featured actors such as Shehnaz Sheikh, Marina Khan, Asif Raza Mir, Behroze Sabzwari, Durdana Butt, Azra Sherwani and Badar Khalil. The drama revolved around two sisters who lose their parents and go to live with their aunt. One of their efforts to buy back their parents' house leads them to realise what makes a house a home. The drama remains unforgettable owing to its remarkable characters such as Zara, Sanya, Zain, Aani and Qabacha.

PARCHAIYAAN

Starring Sahira and Rahat Kazmi, Parchaiyaan was the story of Najia and the men in her life — her cousin Adeel played by Rahat and Masood played by Shakeel. Given her enchanting beauty and personality, the men fall head over heels in love with her however fate has something else in store for Najia and that's what makes the drama a strong gripping tale. ■



08



Strings call it quits

Our favourite rock band recently announced that they would be parting ways.

ACCORDING to a post on their official Instagram, the rock band decided to “graciously conclude” their partnership after 33 years. The band thanked their fans for their support over the years. “It’s so rare to have the chance to be able to do things like this and we are infinitely grateful to all of our fans for making it possible. We hope you found

it worthwhile as well.” The members of Strings were Bilal Maqsood, Faisal Kapadia, Rafiq Wazir and Kareem Bashir Bhoy, who founded the band while they were in college back in 1989.

The band took an eight-year hiatus after two successful albums ‘Strings I’ (1990) and ‘Strings II’ (1992), making an explosive comeback with their third album ‘Duur’.

They later made music for Bollywood as well, recording “Yeh Hai Meri Kahani” for the movie Zinda (2006) and “Aakhri Alvida” for “Shootout at Lokhandwala” (2007).

Strings is well known for composing Pakistan’s official cricket World Cup song in 2003, “Hai Koi Hum Jaisa”

Strings started off as a four-member ‘boy band’ back in 1989. The original band members included Bilal Maqsood, Faisal Kapadia, Rafiq Wazir Ali and Kareem Bashir Bhoy. It is believed that they decided to come together as a band at their college party.

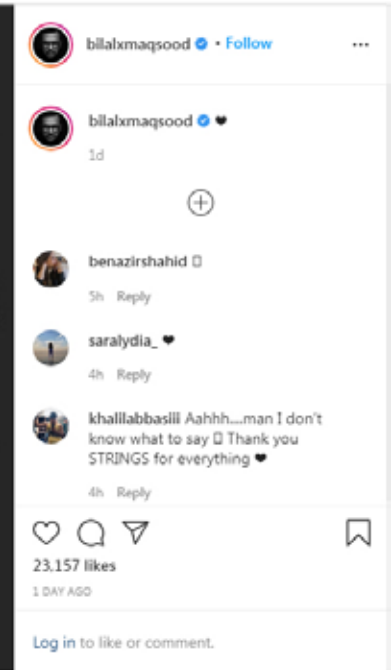
They released their debut album, “Strings”, a year later in 1990. Twelve out of the 14 songs of the album were written by Pakistani scriptwriter and satirist Anwar Maqsood, and all songs were composed by his son and band member Bilal Maqsood. Strings, however, disbanded shortly after, in the year 1992. They returned again in 1999, with just two of the original members, Bilal Maqsood and Faisal Kapadia. ■

Hey guys. This post is a bit different from the usual. We have decided that today, 25/03/2021, is the day we graciously get to conclude STRINGS.

The past 33 years have been incredible for both of us. It’s so rare to have the chance to be able to do things like this and we are infinitely grateful to all of our fans for making it possible. We hope you found it worthwhile as well :)

While the band technically may not be together anymore, both of us share an inseparable bond that will connect us no matter where life takes us.

Thank you so much for everything.



09



'BRIDGERTON' star Regé-Jean Page will not appear in season 2

BRITISH-ZIMBABWEAN actor Page was a breakout star for the first season, but his character's storylines largely conclude in the opening volume of Julia Quinn's original books, which each follow a different sibling of the Bridgerton family. "Dearest Readers, while all eyes turn to Lord Anthony Bridgerton's quest to find a Viscountess, we bid adieu to Rege-Jean Page, who so triumphantly played the Duke of Hastings," said a

Rege-Jean Page will not return for the second season of Bridgerton, Netflix said earlier this month.

letter on the show's Twitter account. "We'll miss Simon's presence onscreen, but he will always be a part of the Bridgerton family." In January, Netflix announced that Bridgerton had become the streaming platform's most popular new series, watched by over 82 million

households. It cast several Black actors in high-society roles — including Page — despite the fact slavery was only abolished in 1833 in England and racism was rife.

The first season followed Daphne Bridgerton (Phoebe Dynevor) as she made her debut in Regency London, seeking a husband, while the second will focus on her brother Lord Anthony Bridgerton (Jonathan Bailey.) ■





MUSLIM WORLD LAUDS RIZ AHMED'S OSCAR NOD

Many along local celebs congratulated Pakistani-British actor for being first Muslim actor to bag Best Actor category

10

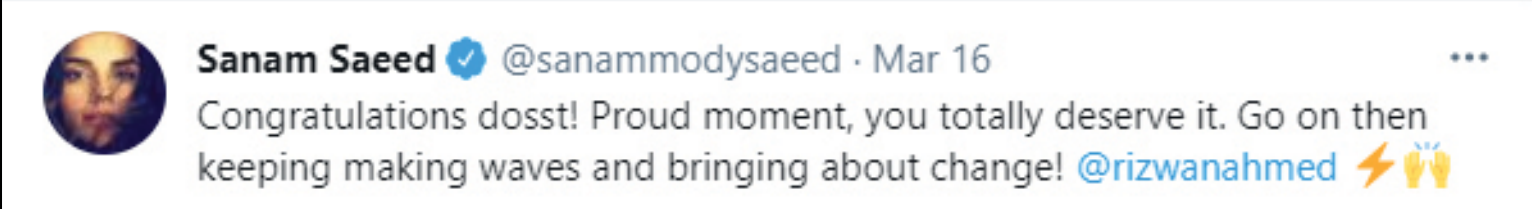
RIZ AHMED, who plays the role of a drummer with hearing impairment in *Sound of Metal*, made history recently by becoming the first Muslim to ever be nominated in the leading actor category at the Academy Awards. Although Mahershala Ali was the first Muslim actor to win an Academy Award, he nabbed Grammys in the Best Supporting Actor category for his performance in 2017's *Moonlight* and 2019's *Green Book*. With these, he



became the first Muslim actor to win an Oscar and the first black actor to win two Academy Awards. But before Riz, no Muslim actor had managed to receive an Oscar nod in a leading category, such as the Best Actor, and no actor of Pakistani descent had made it to the Oscars. So, many Pakistani stars have been celebrating his momentous feat and

congratulating him. This year's Oscars also marked the first time two Asian actors were nominated in the Best Actor category as nine of the 20 acting nods went to non-white performers. These included Riz and South Korea's Yuh-Jung Yoon of *Minari*. Speaking to the Los Angeles Times about being the first Muslim actor to

have bagged a nomination for a leading role, Ahmed shared, "To be honest, I just feel like however people can find themselves at this moment, however, they can find a connection to this moment, is beautiful to me. Some people may connect to the fact that it's the first Muslim, some people might say British-Pakistani, some people might say the first person from Wembley in London." He went on to add, "What matters to me is that these moments of celebration, these moments of collective recognition, are actually moments whereas many people as possible can recognise themselves in it. And so that's all that really matters to me. And I'm really pleased if this is an opportunity for more people than ever before to connect to a moment like this." ■



SHAYOON MENDELUK

THE POWERFUL & MOST SOUGHT AFTER FEMALE HEALER

Our stunning cover star is one of the most talented individuals we have come across. We got the chance to get to know about her wonderful healing work that she and her husband have been doing - healing hundreds and thousands of individuals across the globe.

GRAZIA: Shayoon, tell us how Bali happened? You live in one of the most exotic and serene places on this planet. How is that life? Why Bali?

I am an island girl. Bali was never an option to live as I moved from LA to Ibiza in 2015 and had been living in Ibiza, Spain until February 2020. That is when me, my husband Alexander, and our son Ayaah came to Bali for a vacation from our home in Ibiza, Spain. It was Ayaah's 2nd birthday and we needed a break and we had never been to Bali. We had no intention of staying here more than two weeks. In the first week we were here we experienced the most traumatizing event of our lives, a robbery and attempted kidnapping of our son from our hotel room. By the grace of God, I woke up to the sound of a man moving Ayaahs crib. After a long traumatizing night the bottom line is - today I have my son.

Unfortunately not a lot of parents get that opportunity. Then during our healing process, which was our week 2 in Bali, the global pandemic took place and we got locked down in Bali. No US citizens were allowed back to Europe, meaning we couldn't get home. So we stayed here and have not left since last year! It took time for me to heal from the trauma of the attempted kidnapping, but I did the best thing one could do and turned my pain into purpose!

GRAZIA: Can you tell us how you became a partner at the Child Rescue Coalition?

I had first hand experience and a small glimpse into child sex trafficking with what almost happened to my son and I was determined to never ever let that take place again. I was also determined to educate the world about child sex trafficking and child sexual abuse. I researched and researched for months until I found the most amazing non profit called The Child rescue coalition.

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ALEXANDER'S OUTFIT AMIR ADNAN
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SHAYOON'S OUTFITS @SAJDABYSUMAN
PHOTO EDITING SYED UMAIR



Child Rescue Coalition is a nonprofit organization that rescues children from sexual abuse by building technology for law enforcement, free of charge, to track, arrest and prosecute child predators. We collaborate with a global force of child exploitation investigators, police officers, digital forensic experts, child welfare agencies and donors to rescue children and apprehend abusers in real time. Our Child Protection System Technology (CPS) provides the most comprehensive view of where child predators around the world are downloading and sharing explicit content online. We work around the clock to collect and index 30 to 50 million reports of online users trading child sexual abuse material every day. This information allows us to expose hidden networks of abusers and report their activity. Additionally, we provide our data to local law enforcement agencies free of charge to help them protect children by tracking, arresting and prosecuting child predators worldwide — often without having to put children through the trauma of testifying in court.

You can get involved and support here: <https://childrescuecoalition.org/>

GRAZIA: Describe a day in the life of Shayoon Mendeluk

Every morning I wake up to Ayaah speaking into his monitor asking me to come get him so he can crawl into bed with us. He has never been a late riser so I have been a part of the 5 am club for a long time haha. I am very strict with my morning ritual. It is what I teach and I believe it can change the course of your life if implemented. Everyday. No screens for an hour after you wake up and no screens one hour before you go to sleep. I make a tea to kickstart the metabolism and then I go straight into prayer and meditation. I believe that one must check in with oneself before checking in with the world. After my mind is right and balanced, I train with my trainer at home approximately four times a week. Then I plan my day. I have a sheet that is actually part of The Lightforce Center ritual which is called the daily flow report. I prioritize and set goals for my day that way I have a clear plan so I can execute at my highest potential. I make all the meals at home for my family, every day and





eat out maybe twice a month. We are homeschooling Ayaah so we take turns with that holistic and mindful curriculum and then I have healing clients throughout the day and I end my day with a swim in the pool or dip in the sea or walk on the beach. Here is my gift to everyone reading this. If you want the morning ritual and meditations: <https://thedisruptiveinc.kartra.com/page/giN67>

GRAZIA: We have always seen you take pride in all that comes with motherhood. Over the years you have managed to take away the taboo around breastfeeding. We think its wonderful what you stand for. Can you tell us a little bit more about this? What made you speak up about this? Was there something that you had noticed about the society we live in? Our culture allows for our voices to be suppressed. Suppression leads to a whole host of things like anxiety, depression etc. I wanted to be an example for all women who have been through cultural suppression, depression and trauma. I wanted to start a movement to change the way we are expected to be. To show that we should not be ashamed of our bodies, but rather we must be celebrated. We are women, the most powerful beings and portals that exist. So I documented my breastfeeding and motherhood journey, and it went viral multiple times. My goal is to inspire and educate always.

GRAZIA: Shayoon tell us about the show that you are currently filming. What is the documentary about? When will we be seeing it? Do we have a title that can be disclosed? The documentary is based on the healing work that my husband and I do. Our students have reported healing from: cancer, tumors dissolving, diabetes, anxiety, depression, IBS, arthritis, and the list goes on. According to our success rate, we believe you can heal anything

within a 4-7 week period. We have been approached to document and show the healing modalities behind it and prove that our cases are backed by science and show the world our results. The goal is to show people how easy it is to heal.

GRAZIA: Can you tell us more about how you were introduced to the life of healing? Tell us what the name of your program is. Tell us more about it. What the concept is behind it and how exactly did you discover this path? I have always been an empath and very intune to the world. I was in a terrible accident years ago where the western medical world told me I basically wasn't going to be able to have children, I was to take injections in my spine and be addicted to pain killers my entire life . I was a walking zombie, always living in pain and just accepted that that was my reality. My husband changed that reality in a matter of minutes one fine day, when he introduced me to Emotion Freedom Technique. I learned the concept of forgiving my body and freeing myself of the emotional attachment to the pain and suffering and I was healed in a matter of minutes. I was so obsessed with this concept and the fact that one could heal so many peoples lives by adapting this concept, so I decided to devote my life to it.

I trained in multiple healing modalities for years and now we have come up with one that saves people lives every single day. THE LIGHTFORCE CENTER™ is a center of light for the world. A place for people from all walks of life to heal, transform, and harness the power of their purpose and Truth, for creating conscious solutions for the new earth paradigm. Through powerful healing modalities (LightForce Healing™), education, transformational experiences, products and services, delivered both online and in-person, individuals are able to heal themselves of all things, gain clarity and direction in their life's



purpose, and gain community support and council to take inspired action in their personal, creative and conscious business endeavors. We have a four and seven week program. The four week program is the healing and the seven week is healing and purpose work. We believe healing is not a life long journey and you should be able to heal within a short period of time and then focus on why you are really here on earth. Some questions we make our clients think about are: What is your vision mission and purpose? Why were you put here? We teach the purpose work after the healing has taken place so the individual knows what to do on the other side of their pain. Since the pandemic we took our in-person work online to zoom and have had a 100% success rate with all of our hundreds of students and clients, which range from A-list Hollywood and Bollywood celebrities, to the elderly, children, couples - you name it. You can heal literally anything by surrendering and

trusting the process... On Zoom! It is that easy. We are currently also building the Lightforce Center Pyramid which is the healing center here in Indonesia. You were not designed to be sick, you were not designed to suffer. As soon as you clear your emotional trauma and negative programming, your mind,

body and spirit automatically and instantaneously re-corrects its-self. We have witnessed students heal themselves of tumors, cancers, sexual and physical trauma, auto immune diseases, chronic pain and much more. Nothing is off the table. Peace, harmony & balance is yours if you want it and are ready. ■





The beautiful lenghas worn by our cover star are by Sajda. It is a solution-oriented brand creating the next generation of ethnic wear. They are setting new standards by providing solutions for everybody regardless of their ethnicity. From personally constructed designs that enhance your curves to blouses that stretch to twice their size, their goal is to consistently innovate on the past and advance the South Asian industry for the future.

Suman Singh, the woman whose vision this brand is, comes from a fashion background and made it her mission to make sure any individual seeking ethnic wear will be comfortable enough to trust a brand that their vision will be brought to light with quality craftsmanship and an experience they will always remember.

Suman was tired of hearing stories from her family and friends that they ordered their dresses from India but it did not turn out the way they expected. Her daughter joined forces with her to bring a younger generation's perspective into the company. Together the mother-daughter duo with their extensive network of wedding professionals – use their versatility to make sure they capture the newest trends within the fashion industry while catering to any individual.

For this shoot, they picked a few pieces that are distinct showcasing sensuality and modernism, yet maintaining its traditional roots. They wanted to make a statement, by adding contrasting elements of romance and grace with elements of boldness and passion. ■



PINK



BURBERRY B Motif Square Frame Sunglasses
PKR 46,549 www.burberry.com

PRINCESS

JACQUEMUS
Sauge woven wide-leg pants
PKR 121,637 www.jacquemus.com



ZARA Satin Effect Mini Skirt
PKR 6,050 www.zara.com



BURBERRY Mini Two-tone Canvas and Leather Pocket Bag
PKR 184,628 www.burberry.com

Play it nice or wild with these trendy pink pieces for your spring-summer wardrobe

BALENCIAGA
Oversized printed cotton-jersey T-shirt
PKR 85,332 www.balenciaga.com



GANNI
Pussy-bow plissé-satin mini dress
PKR 33,357 www.ganni.com

BALENCIAGA
Scrunch Knife ruched neon leather pumps
PKR 123,334 www.balenciaga.com



LOVESHACKFANCY
Florrie tie-dyed cotton-blend track jacket
PKR 61,284 www.loveshackfancy.com



VALENTINO Rockstud Flat Rubber Sandal
PKR 76,799 www.valentino.com



ZARA Solid Color Straight Cut Shorts
PKR 6,050 www.zara.com



COLLEGE FASHION 101 THE CAMPUS GUY

Your campus fashion pack to have your style game on point when you head back to school

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Vandal Hendrix Shirt
PKR 30,874 www.dustofgods.com



BROOKLYN BECKHAM



VANS
UA OG Old Skool
LX Leather-Trimmed
Canvas and Suede
Sneakers
PKR 11,676
www.vans.com



PAUL SMITH
Woven Leather and Silver and Gold-Tone Wrap Bracelet
PKR 23,272 www.paulsmith.com



RAG & BONE
Camo Corbin Cargo li
PKR 23,478 www.rag-bone.com



MANGO
Relaxed denim trousers
PKR 10,705 www.mango.com



MANGO
Printed flowy shirt
PKR 9,153 www.mango.com



CELINE
Celine Loose Cotton T-Shirt with Studs
PKR 91,538 www.celine.com



RAG & BONE
Haydon Tie Dye
Cotton Linen Tee
PKR 23,272
www.rag-bone.com



ISABEL MARANT
Feather Silver-Tone and Cord Bracelet
PKR 20,169 www.isabelmarant.com



RICK OWENS
Phleg Leather Sneakers
PKR 161,376 www.rickowens.com



STYLE SPOTTED: GOLDEN GLOBES 2021

Although in the current pandemic-struck world, the Golden Globes may have opted for a smaller and virtual event but that did not keep the biggest names in film and TV to turn up the glam quotient even if it meant wearing the most famous brands in the world just to attend a Zoom Golden Globe ceremony.

ANYA TAYLOR JOY

It was a win-win night for Anya as she not only won the Best Actress award for the Netflix hit 'The Queen's Gambit' but also wowed in her bottle green Dior gown and Tiffany diamonds.



ELLE FANNING

Best Actress nominee Elle Fanning channelled her inner Elsa in this custom-made Gucci gown. The long ice-blue dress made for a very regal look.



AMANDA SEYFRIED

Nominated for the Best Supporting Actress, Amanda paid homage to vintage Hollywood in this coral Oscar de La Renta and the most perfect 1940-inspired hair waves.



JAMIE LEE CURTIS

Jamie took to the red carpet in a golden yellow Alex Perry number which the Freaky Friday mom carried with her usual spunk.



RIZ AHMED

Riz Ahmed kept up the WFH mood as the Best actor nominee paired his striped Celine suit with a black turtleneck and white chunky sneakers for a formal but relaxed look.



LILY COLLINS

After setting several fashion trends as Emily in Paris, Lily opted for a floral one-shoulder Saint Laurent gown paired with Cartier jewels.



CYNTHIA ERIVO

The singer-actress stood out and made a major fashion statement in her neon green Valentino gown paired with blingy silver high platform heels.



VIOLA DAVIS

Best actress nominee Viola Davis showed that not only is she an acting powerhouse but also knows how to make a fashion statement with her vibrant Lavié by CK gown.



EMMA CORRIN

Winning the Best Actress-Drama award for playing the late Princess Diana, Emma made homage to 60s' supermodel Twiggy in her monochrome Miu Miu dress with Pierrot Clown inspired makeup.

TAHARRAHIM
Another best actor nominee, Tahar decked up in an ink blue Louis Vuitton suit paired with a black turtleneck and some really dapper boots.





MUSHK KALEEM



JAVERIYA HANIF



GIGI HADID

TREND ALERT: BRALETTE BOMBSHELL

It's about time... Your lingerie gets the limelight as the celebrity approved trend of wearing bralette as an outfit is taking over the fashion scene. From Kim K to our local top models — from being paired with dapper suits to biker shorts or even with matching co-ords, bralettes are the tried and tested tanks and tees as they add a unique mix of sexy yet chic.



REDVALENTINO
Patchwork
denim bralette
PKR 61,500
www.redvalentino.com



ABEER RIZVI



MONA TOUGAARD



JACQUEMUS
Novio twist-front
satin bralette
PKR 68,952
www.jacquemus.com



ALEX PERRY
Ash satin-crepe bralette
PKR 64,000
www.alexperry.com



KAIA GERBER



KIM KARDASHIAN



ALBERTA
FERRETTI SS20



CHLOE SS20



ALTUZARRA
Leen cropped
knitted top
PKR 61,500
www.altuzarra.com



ROWEN ROSE
Button-embellished
two-tone wool-crepe bralette
PKR 22,000
www.net-a-porter.com



GRAZIA GLORIOUS 2021



AHAD RAZA MIR

He is a Canadian-Pakistani actor and singer who has made waves over the last few years in our industry. When he gets a chance, he manages to work in a few plays in Canada as well. A very versatile and dedicated actor - Mir has worked in films as well as TV.

He is popular known for his roles in Pakistani television series and films. Mir has established a career in Pakistan and has earned praise for portraying unconventional roles. Humble and extremely talented - Mir has proven to show how hard work pays off.



ROSHANAY AFRIDI

With her pouty lips and chiselled face Roshanay has been Pakistani fashion's golden girl the moment she landed here from the US. Bagging campaigns for top brands like Sana Safinaz, Maria B, Outfitters, Sapphire, Zainab Chottani and Fahad Hussayn, Roshanay has been at the top of her game recently.

Even being forced to stay away from the fashion scene during the lockdown couldn't stop this stunner from bagging that supermodel title this year after working with every possible fashion house and opening and closing shows for several designers at this year's Bridal Couture Week. Along with campaigns, runway and editorials, Roshanay was also seen in the largely successful music video 'Soneya' for singer Asim Azhar — a major feat considering we don't see many models essaying the lead in commercial projects today.





MADIHA IMAM

A Pakistani former VJ turned actor - Madiha joined the Pakistani Drama Industry by making her acting debut in Hum TV's drama 'Ishq Mein Tere', in the year 2013. She made her film debut in Bollywood with the movie Dear Maya in 2017.

Last year, Madiha Imam created waves by acting in a web series by Mehreen Jabbar, Jhooti Love Story (EJLS). The series was a lighthearted comedy with some sweet young romance.

Madiha has a fresh new face and has proven herself to be a very talented actor.

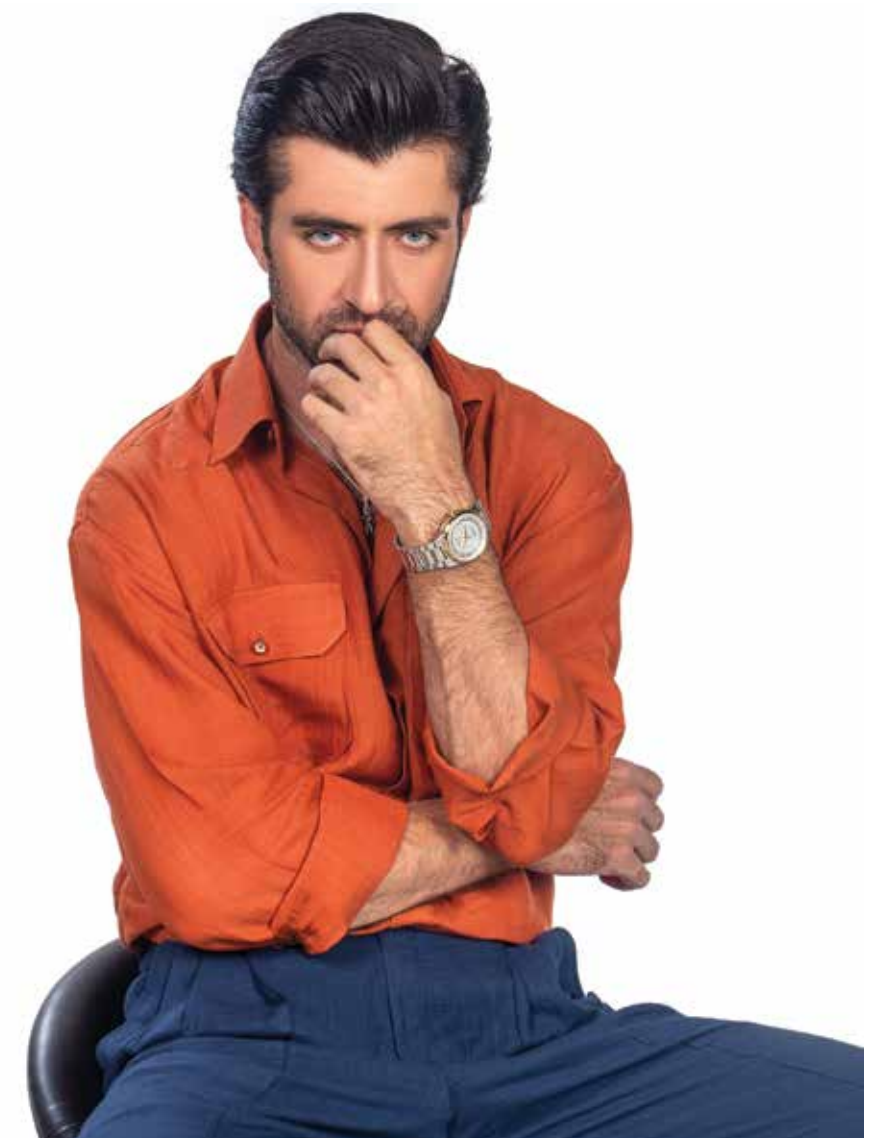


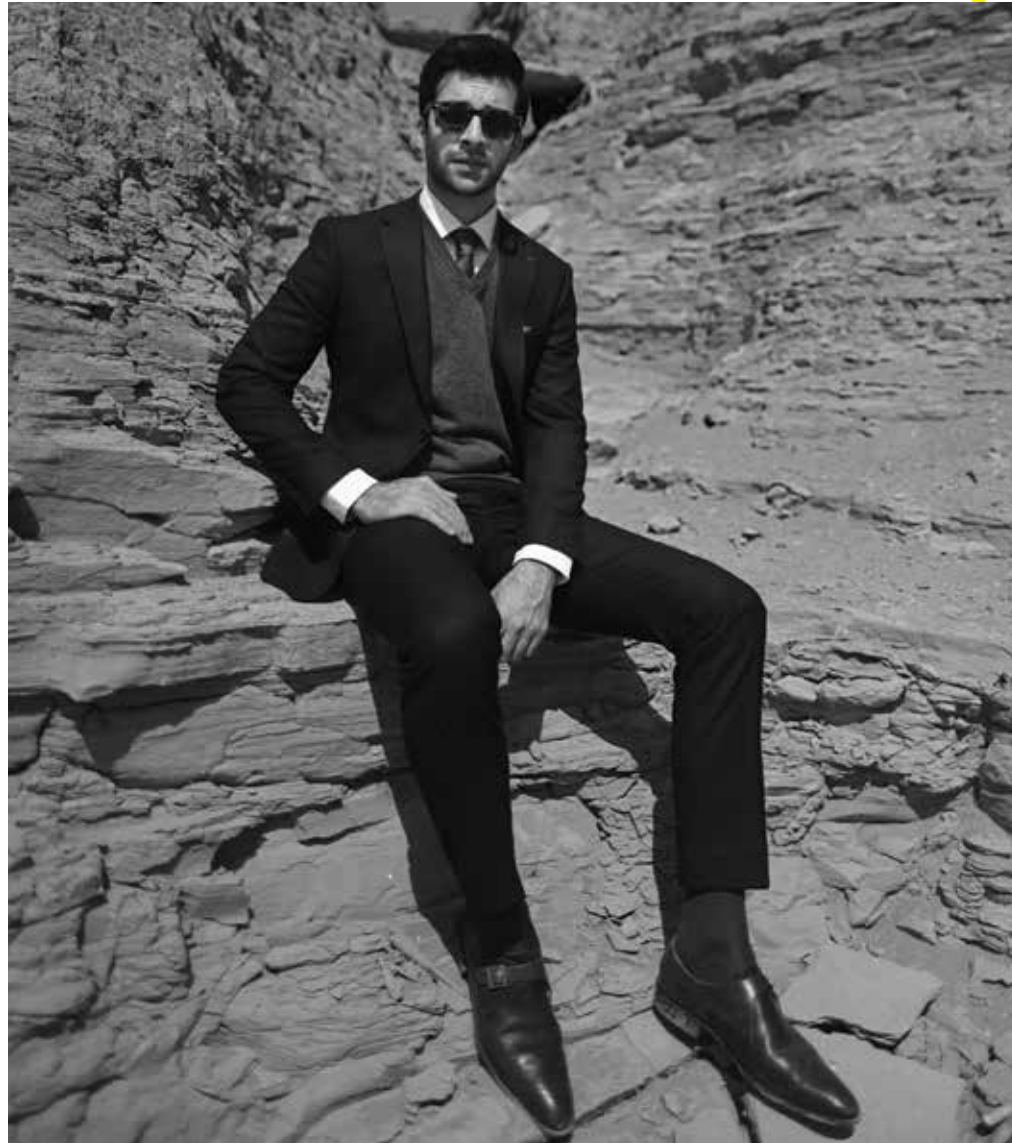
Photography: Tahir Chaudhry

AIMAL KHAN

Fashion's blue eyed boy — literally — with his piercing coloured eyes Aimal has been ruling the modelling industry in recent times becoming a household name as a leading supermodel in the country. With two consecutive Hum Style Awards wins for the Best Male Model, Aimal has been the favourite of several fashion houses ranging from the biggest couturiers to several streetwear names.

Interestingly, Aimal with five LSA 'Model of the Year' nods also holds the record for the most consecutive nominations without ever winning. Unlike most of his contemporaries Aimal has been rather open to experiment with his looks and has sported everything from a thick full beard to going full blonde to even a perm — and has carried each of his looks effortlessly courtesy the fact he looks like a Greek God.





MUNSIF ALI KHAN

Bouncing back off a shocking nominations snub from last year, Munsif has remained undeterred and been proving his mettle. He is also one of the few Pakistani male models or even celebrities who have a strong and fashionable side personal style and it also won't be wrong to say Munsif is right amongst the most stylish men in the country today.

This very good looking chap can be seen gracing fashion campaigns of various top notch designers such as Ismail Farid, Nomi Ansari, Shehla Chatoor, MNR, and fashion brand Cambridge. Munsif's much evident diversity as a model can be seen from the ease that he carries eastern and western wear — making him one of the most sought after male models today.



HIRA MANI

Actor, singer, model - is there anything she can not do? Hira, in recent years, has made waves and proven herself to be extremely talented. Her song "Sawaari" has had everyone dancing to the tune!



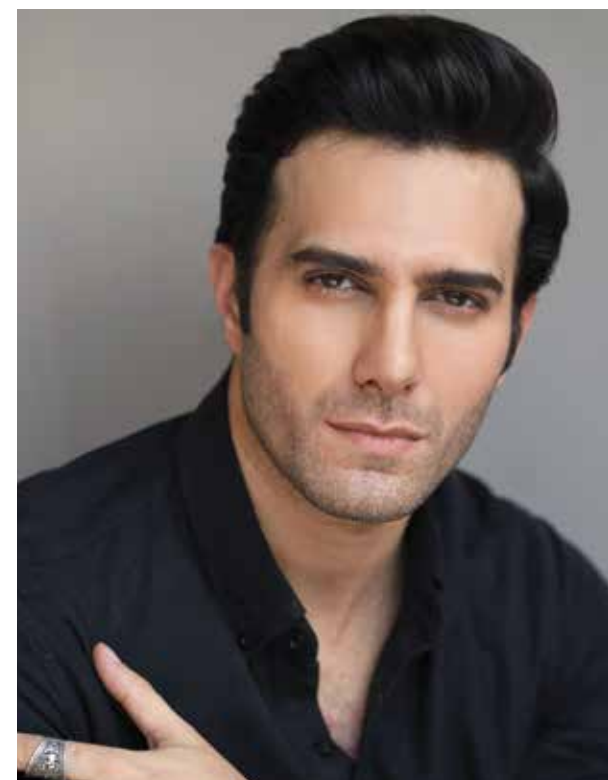


Photo Courtesy: Fayyaz Ahmed / Hello Pakistan

NIMRA JACOB

From the ramp to billboards this dusky beauty has become quite the rage on the local fashion scene in a rather short span of time. Over the past one year Nimra has been seen starring in one campaign after another for some of the biggest fashion houses in the country including the likes of Elan, Shehla Chatoor, Sania Maskatiya, Gul Ahmed, Outfitters, and Zara Shahjehan among many others.

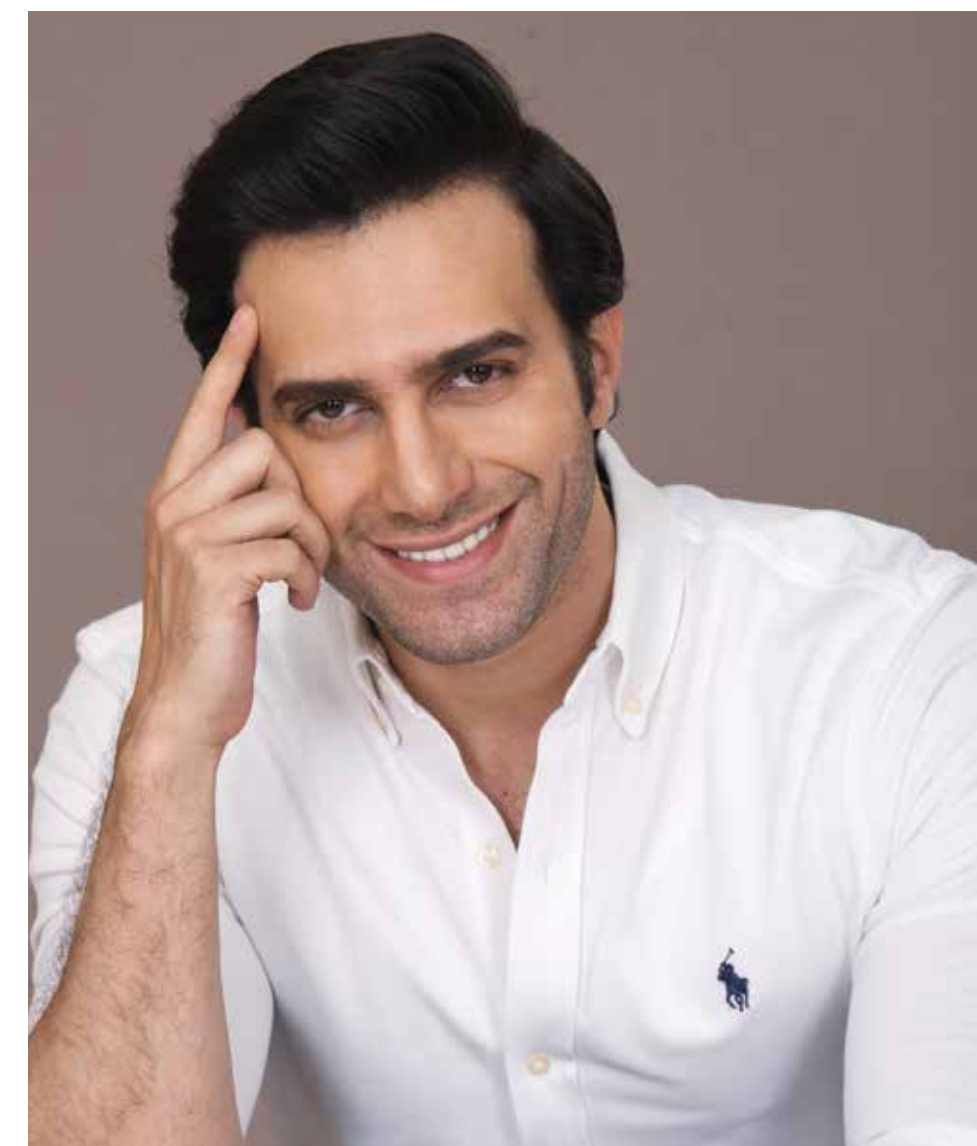
Not only is she the favourite of almost every major brand but Nimra has also built an interesting editorial portfolio for herself with several quirky and innovate photoshoots to her credit. With her signature luscious curls, Nimra also boasts a very fashionable personal style and is certainly one face to look forward on the modelling front.



EMMAD IRFANI

To refer to him as a very handsome Pakistani model and actor, would surely be an understatement. Emmad has done lead roles in many TV serials such as Geo TV, ARY Digital and Hum TV serials as well as worked with renowned national and international brands.

He is definitely someone we want to see more of in the coming new years.





HASNAIN LEHRI

Being named the Best Male Model for the fourth time at the 2020 Lux Style Awards — the most in the category, Hasnain stands tall as the most decorated and successful male models in the history of Pakistani fashion. Although there has been a big influx of male models recently, Hasnain still remains the blue eyed boy for the biggest brands in the country which are not just limited to fashion.

While Hasnain has been seen looking his usual dapper self, posing for leading menswear brands like Republic, Ismail Farid, Gul Ahmed he was also appointed as the face for the newly launched drink Amstel Pakistan and more recently appeared as the face for automobile giant Hyundai's latest car launch. With the strongest portfolios in the industry it won't be a surprise if Hasnain keeps bagging awards this year.



SABOOR ALY

From the quirky girl next door to a badass queen Saboor has proven herself as a versatile actor and a name to watch out for on our screens.

Not only has she been portraying a wide range of characters on the small screen but she's also developed quite a stylish persona off-screen. Playing the negative characters of Gul and Fariya in the plays Gul-o-Gulzar and Fitrat respectively, Saboor has given some of her career's finest performances in the recent years.





MAHA TAHIRANI

From being an emerging name to a top model today, Maha has been making her mark in the modelling industry with her sultry looks and striking features. This dark-skinned stunner has featured in several remarkable campaigns for top industry names like Shehla Chatoor, Sana Safinaz, Fahad Hussayn, Zainab Chottani and Elan among many others.

Maha was also recently nominated as the best emerging talent in fashion at 2020 Lux Style Awards and has since been on and upwards on the fashion scene. Along with her outstanding portfolio that also includes some challenging and impactful editorials, Maha's unapologetically sexy personal style and fun Insta stories chronicling her routine make her profile something always fun to go through for both style inspo and a quick mood fix.

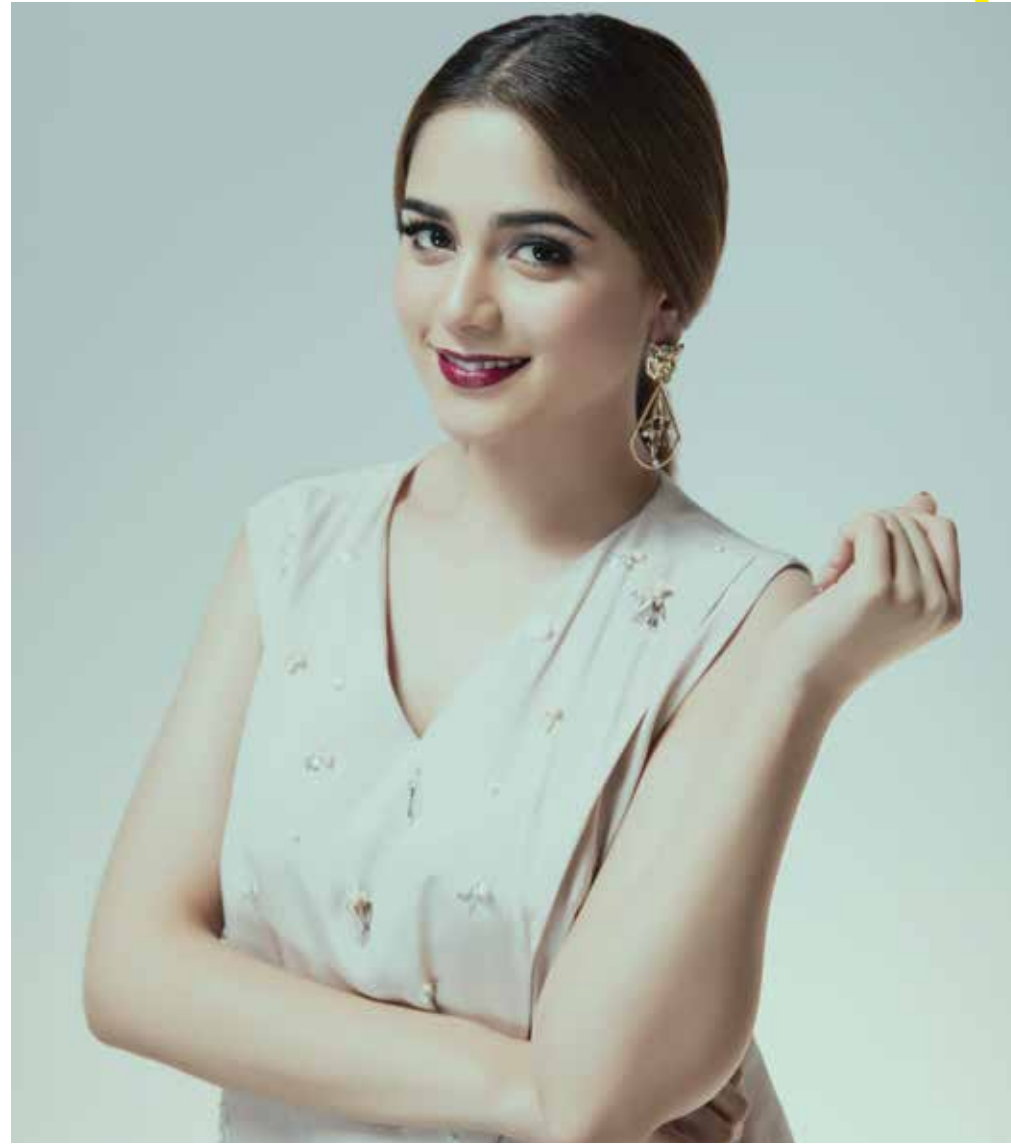


NABILA

An industry pioneer and the country's biggest beauty maven — it's nearly impossible to talk about the Pakistani fashion industry and not immediately think of Nabila. The N-brand today boasts of three high-scale salons in Karachi, Lahore and Islamabad, a makeup brand 'Zero Makeup', and a men's grooming chain called N-gents along with the newly-launched Factory.

Even though it's been nearly three decades since Nabila first launched her salon, her business vision and innovative approach remains as fresh and relevant as ever to the current times. This fact can be seen from how she was one of the first to devise a proper strategy and mechanism for the reopening of salons during the pandemic — laying out a much needed holistic plan for the entire beauty industry to follow. Nabila is not only known for her strong business acumen but is also a living style icon famous for her eccentric eyewear collection.





AIMA BAIG

Young and talented - Aima Baig has a voice that stands apart from the rest of the crowd. She has a list of songs under her name, and we are always looking forward to her new tunes.



ASIM AZHAR

Starting his career by singing covers of famous international songs like Whistle by Flo Rida, Asim quickly became a teen sensation and has since then not looked back.

Asim today stands as one of the biggest singers in Pakistan but his fan base exceeds borders — particularly in the recent few years the 24-year-old singer has delivered some of his biggest musical successes with songs like Sonheya, Tum Tum and Yaad gaining millions of views across social media and music streaming platforms. Asim has also sung the hugely successful PSL anthem 'Tayar Hain' alongside legends like Ali Azmat, Arif Lohar and Haroon and was also named the Most Stylish Performer at the 2020 Hum Style Awards.





ALISHAY ADNAN

A leading fashion stylist, Alishay is certainly a trendsetter in Pakistani fashion. Not only is she known for her remarkable styling jobs but she's also popular for her own personal style especially her styling videos and posts that serve major inspo for many young women on how to dress for the season or any occasion.

On the fashion front, Alishay has styled many campaigns for leading names like Al Karam, Ethnic and Farah Talib Aziz while she has served as stylist to many A-list stars such as Saba Qamar, Mahira Khan, Ayesha Omar, Syra Yousuf, Sadaf Kanwal, Sanam Saeed, Ayeza Khan and Iqra Aziz. Along with being a stylist, Alishay is also an entrepreneur and owns a jewellery brand 'Filigree' — famous for handcrafted modern pieces.



TABESH KHOJA

The very popular 'Khoji' Tabesh has established himself as one of the most influential figures in the fashion industry and has been the nurturing force behind some of today's leading models such as Mushk Kaleem, Maha Tahirani and Sachal Afzal. He is widely regarded as a leading fashion stylist in the country and has styled several massively successful fashion campaigns for the biggest brands.

Along with his commercial work, Khoji also boasts a distinctive and extraordinary editorial portfolio where he transforms his models or muses into the most challenging of looks. When he's not styling the who's who of the entertainment world, Khoji can be seen playing 'Mr Congeniality' at any party with his pleasant and quirky personality.





ANOUSHEY ASHRAF

A Pakistani VJ and actress with a heart of gold. As a VJ, she appeared on MTV Pakistan and that is where everyone fell in love with her and her voice.

Anoushey is the voice of the voiceless. Aside from being super talented as a host, we have seen her take a stand for animal abuse and work closely with animal shelters for as long as we can remember. She is a true animal lover and humanitarian. Down-to-earth and extremely talented at what she does.

It is people like her who revive our faith in humanity.



ZAHRAH SEHR VAYANI

Barrister Zahrah Sehr Vayani is a litigator with broad experience in civil, family, property, banking, media, commercial, arbitration, criminal and constitutional matters. Licensed as an Advocate of the High Court of Sindh, Ms. Vayani has been practicing law in Karachi for over nine years. Having pursued her LLB Honours at the University of Manchester, She got called to the Bar of England and Wales in 2008, whilst working in London, Ms. Vayani successfully passed the New York Bar exam and became an Attorney at Law, New York.

She is currently chamber sharing/ working with Mr. Khalid Jawed Khan and also has her own independent practice since 2017 March.

She played an active role when the pandemic hit the world unexpectedly and daily wagers were left with zero income and no food. Her Ration Packs initiative (@bzsv2020) ended up helping thousands and thousands of people of Karachi.





ASIM ABBASI

He never fails to impress us. Asim Abbasi, a British-Pakistani director, recently grabbed our attention with a really interesting web series - Churails. The web series garnered favourable reviews with critics praising the show for a fresh feminist take on intersectional patriarchy. Sadly, though, the web series was shut down in Pakistan.



ZARA ABID

Leaving a long eternal legacy behind in her short career, Zara's untimely demise has left an unfillable void in the fashion industry. The dark-skinned supermodel paved the way for many girls of darker skin to enter the fashion industry and moved brands mainly lawn and bridal fashion houses to hire dusky models for jobs that were usually reserved for the fairer skin.

A supermodel like no other, she was not afraid to take risks and delivered some of the best shots seen in recent years, Zara passed away in a plane crash in May 2020 just a few months after winning the Best Female Model and was later posthumously named LSA Model of the Year the same year — she earned both these awards through her relentless hard work and passion.

ORANGE TREE FOUNDATION

One of the biggest issues our country faces is inequality of education. Children from low and middle income families receive substandard education while children from affluent families receive high quality education at elite schools which charge high fees. This inequality creates a gulf between students and places them at a disadvantage when entering professional life.

A group of dedicated change makers (college students, entrepreneurs and professionals), having received their education at elite schools and witnessing the education inequality firsthand, came together to tackle this problem. Taking inspiration from alternative education delivery models, they started a unique program where students from underprivileged backgrounds would be prepared to gain admission to top private schools and the fees would be borne by a group of committed donors, who would support the student's entire education from nursery to college/university.

Omer Mateen Allahwala is one of OTF's Co-Founders, and serves as the Chief Executive Officer of OTF. He has also worked with the Children's Cancer Foundation for nearly ten years. He is one of the team members of The Indus Hospital fundraising and volunteer group.



Spring in Scent

Turn every head on the street as you step out wearing these refreshing and aromatic fragrances

BEAUTY CHARTS

A complete spa package for our dear men

1

A GOOD WASH

Infused with caffeine and vitamin E, Kiehl's Facial Fuel Energising face wash delivers a clean, fresh, revitalized feeling to the skin. It is ideal for men of all skin types and helps cleanse and remove debris, dirt, and oil.

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www.kiehls.com



2

GLOW AND EXFOLIATE

Goopglow's Microderm Instant Glow Exfoliator contains an air-whipped, marshmallow-like formula is densely packed with four powerful glow-inducing microexfoliating minerals plus glycolic acid to help sweep away dry, dead skin cells and refine the appearance of pores for softer, smoother, and more radiant skin.

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3

DAPPER DEFENCE

Protect your skin from dryness and rescue it from getting sunburnt with the awesome day rescue defence lotion by the lab series for men. This non-greasy formula virtually disappears into skin while the HYDRA-ENDURE Technology™ helps endure extreme weather conditions.

PKR 5,462
www.sephora.com



5

THE 'MASKED' FINALE

F-Balm™ Electrolyte Waterfacial Mask is a cooling, quenching overnight mask that visibly plumps and restores with an electrolyte cocktail while helping to support the skin's acid mantle.

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4

SCRUB IT AWAY

Jack Black Face Buff Energising Scrub is everything your face needs after a long day. This deep-cleaning pre-shave cleanser and scrub in one contains eco-friendly scrubbing particles to gently exfoliate for an easier, closer shave all the while it removes oil, dirt, and dead skin cells.

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www.jackblack.com



VERSACE

Dylan Turquoise Pour Femme
PKR 9,675
www.versace.com



COACH

Coach Dreams Eau de Parfum
PKR 12,796
www.coach.com



TOM FORD

Rose Prick
PKR 31,990
www.tomfordbeauty.com



VALENTINO

Donna Born In Roma
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HUDA BEAUTY

Kayali Citrus
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www.hudabeauty.com



MARC JACOBS

Daisy Eau So Fresh Spring
Eau de Toilette
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ROSHANAY AFRIDI



Summer lip service

Check out our favourite 10 lip colours to channel all your inner moods



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TARTE
Maracuja Juicy Lip
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PAT MCGRATH LABS
BlitzTrance™ Lipstick - StarGlaze
PKR 6,125
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DIOR
Dior Lip Glow
PKR 5,305
www.dior.com

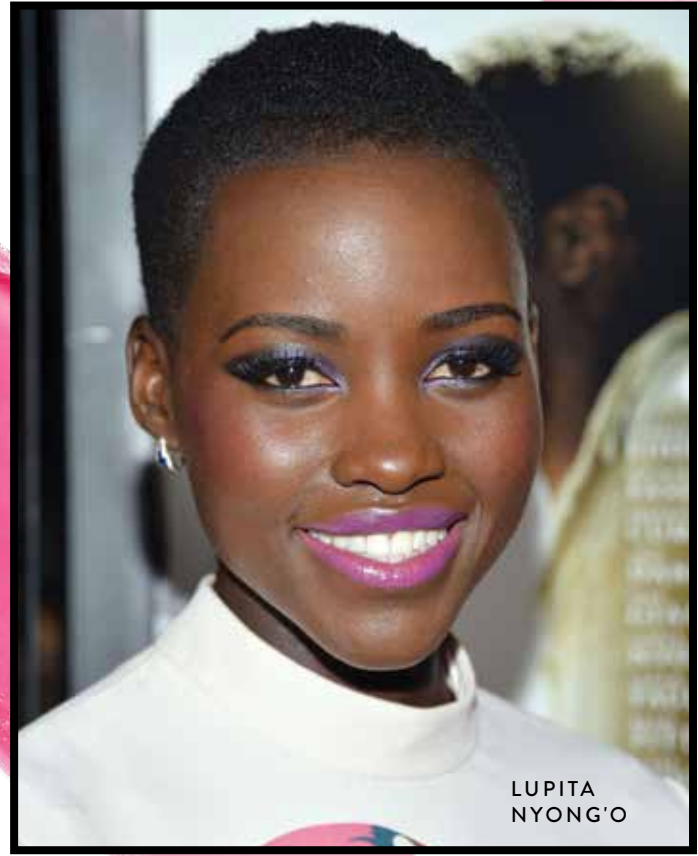
GLOW RECIPE
Glow Lip Pop Lip Balm
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www.glowrecipe.com



GIVENCHY
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YVES SAINT LAURENT
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www.saintlaurent.com



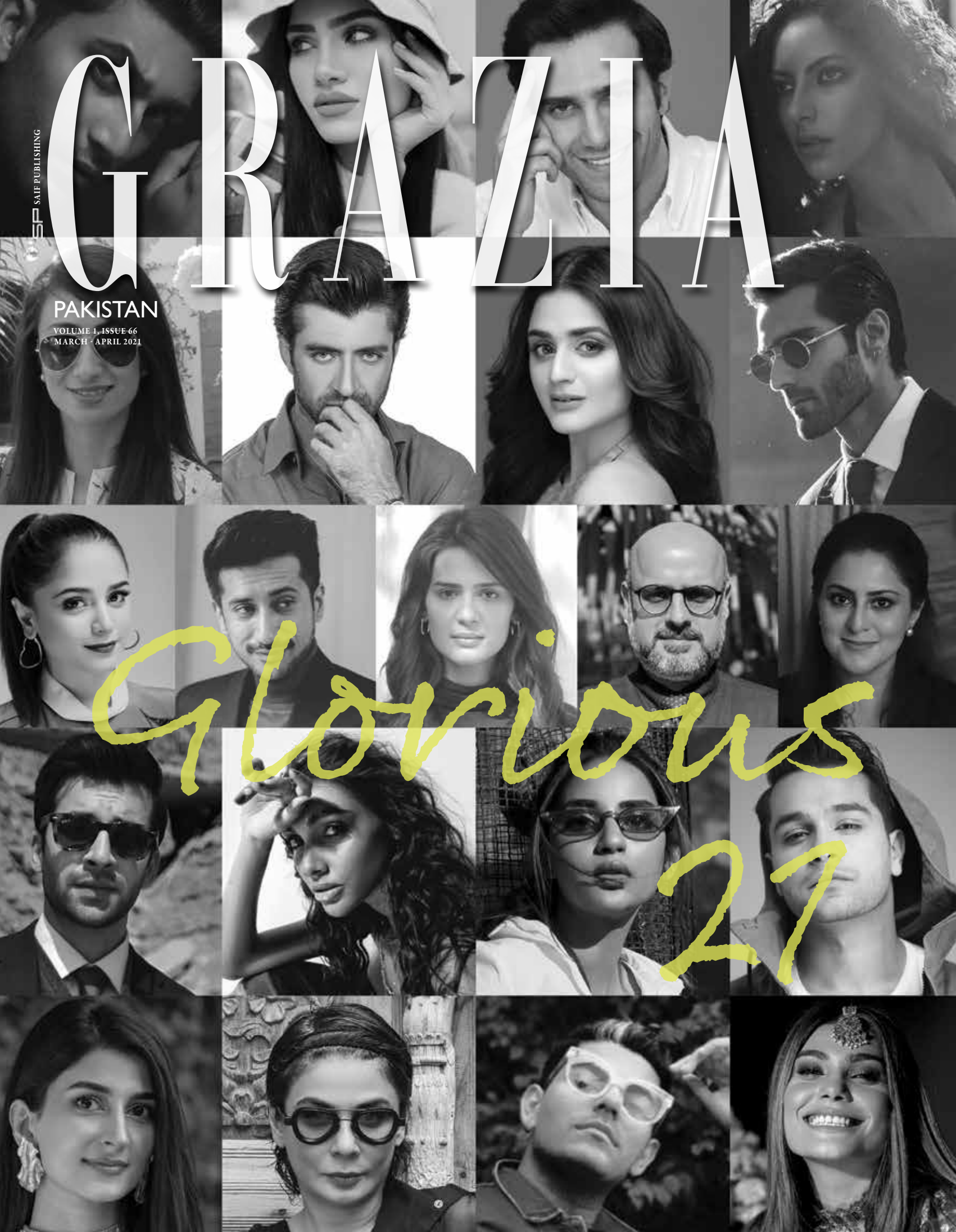
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Glorious
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