

SP SAIF PUBLISHING

GRZIA

PAKISTAN

VOLUME 1, ISSUE 71
SEPTEMBER - OCTOBER 2021

TOP PICKS



FOR THE
LOVE OF FALL
**EARTHY
TONES**
& SO MUCH MORE

RED CARPET
LOOKS
#LSA2021

GLOBAL FASHION
**TRENDS
SPOTTED**

SIZZLING NEW BEAUTY LOOKS

BY CELEBRITY MAKE-UP ARTIST

KANIZ ALI

GRAZIA

Editor's Note



We have 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.

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!

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.

@zahraasaifullah
www.grazia.pk

Zahraa
ZAHRAA SAIFULLAH



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

FROM THE DEPUTY EDITOR'S DESK



On the cover of our issue 71 we have the Queen of Punjabi Urban music, Tasha Tah, rocking fantastic makeup looks by international celebrity makeup artist, Kaniz Ali. This issue also has an uber chic fashion feature along with an interview with London's famous aesthetic doctor, Dr Marwa Ali. Our issue also brings you some fantastic fashion editorials from around the globe to inspire your looks for this season.

Happy reading!

Nashmia Amir
NASHMIA AMIR BUTT



YOUNG
SINCE
1938

8 becomes infinity for a world without limits!
Forever young, as Grazia.

GRAZIA

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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

The season's trendiest pieces picked by us all for your closet



1

RAG & BONE
A midi dress and in that colour is just so perfect for the fall season.
PKR 83,486
www.ragandbone.com



2

BOTTEGA VENETA
These mules scream fashion and are sure to help your look speak for itself.
PKR 160,227
www.bottegaveneta.com



3

MANGO
Add this uber cool baguette to your wardrobe for a Parisian twist.
PKR 6,405
www.shop.mango.com



4

KHAITE
This 'Kim' top flares out to a pleated peplum, perfect for a day or night out.
PKR 215,884
www.khaite.com



6

SAINT LAURENT
This bucket bag is unique and catchy, perfect to play around with different outfits.
PKR 227,691
www.saintlaurent.com



7

PACO RABANNE
Surely this gold metal looped leather necklace packs a punch and sits well over all kinds of necklines.
PKR 109,629
www.pacorabanne.com



8

GUCCI
This metallic printed scarf can be tied around the neck or hair for some fun pop to your look.
PKR 32,888
www.gucci.com



9

AZ FACTORY
This green one shoulder top definitely deserves a space in the closet of anyone with a sense of style.
PKR 126,495
www.azfactory.com



10

LOEWE
You can never go wrong with a pair of easy breezy chic pants. They can be casual, they can be formal. All on you.
PKR 143,361
www.loewe.com

10 HOT STORIES

EVERYONE'S BEEN TALKING ABOUT...

Timothée Chalamet in Haider Ackermann



01

FASHION FILES: VENICE FILM FESTIVAL '21

The 78th Venice film festival — the weeklong film showcase not only serves as a platform for some of the most awaited movies of the year but also boasts a star packed red carpet.



Benedict Cumberbatch

Barbara Palvin in Armani Prive

Mariacarla Boscono in Jean Paul Gaultier



Adriana Lima in Etro

Zendaya in Balmain and Bulgari jewelry

Anya Taylor Joy in Dior

WITH MANY movie stars attending the prestigious festival along with models, socialites and the likes, the event definitely has all eyes on it when it comes to both the style and star quotient as the biggies of entertainment world make their way down the red carpet wearing some of the top names in the fashion world.

This year the red carpet line up featured the much talked about couple Jennifer Lopez and Ben Affleck or as affectionately known as 'Bennifer' by their fans around the world. The line-up also included Dune stars Zendaya and Timothee Chalamet, Adriana Lima, Barbara Palvin, Anya Taylor Joy and Benedict Cumberbatch — all of them bringing their A-game in red carpet fashion high fashion.



Dakota Johnson in Gucci



Ed Skrein in Edward Sexton

Jennifer Lopez in Georges Hobeika with Ben Affleck

02



She had played against at least 59 male chess players by 1968, the year in which the episode was set, according to the legal papers.

Netflix did not immediately reply to a request for comment but was cited in US media as saying it would "vigorously defend the case".

"We believe this claim has no merit," a spokesperson for US streaming giant was quoted as saying.

Harmon, who is played by Anya Taylor-Joy, is described by Netflix as someone "determined to conquer the traditional boundaries established in the male-dominated world of competitive chess."

The series won two Golden Globes this year and nabbed 18 nominations at the 73rd Primetime Emmy Awards. It is said to have inspired more women to take up chess.

Gaprindashvili's lawyers say the series, released in October 2020, caused her professional harm and want the line about her never facing men removed, calling it "grossly sexist and belittling."

The lawsuit accuses the series of continuing to cause Gaprindashvili, who competes in senior chess tournaments, "irreparable damage." ■

NETFLIX SUED OVER 'SEXIST AND BELITTLING' LINE IN 'THE QUEEN'S GAMBIT'

The world's first female chess grandmaster, Nona Gaprindashvili, has filed a \$5 million defamation lawsuit against Netflix over a line in The Queen's Gambit series which her lawyers say is false and sexist.

THE 80-YEAR old Soviet chess icon, a hero in her native South Caucasus Republic of Georgia, was described in the show's last episode as a female champion who had "never faced men."

The suit filed on Gaprindashvili's behalf in a U.S. federal court in Los Angeles said the reference to her was "degrading her accomplishments before an audience of many millions."

According to the legal papers reviewed, the five-times world champion was "the first woman in history to achieve the status of international chess grandmaster among men".



RAEES
director excited to watch Mahira Khan's 'Hum Kahan Kay Sachay Thay'



Director of Bollywood film Raees, which starred Mahira Khan and Shah Rukh Khan, took to Twitter to praise Mahira's performance in her newest television serial.

RAHUL DHOLAKIA shared that his mother loves Hum Kahan Kay Sachay Thay, and that he looks forward to watching the series as well. The director tweeted, "My mom strongly recommends Hum Kahan Kay Sachay Thay of the supremely talented Mahira Khan! Now I have to watch it - and I am so looking forward to it."

Mahira can be seen in the television series with Usman Mukhtar and Kubra Khan. The script for the show has been penned by Umera Ahmad and it has been directed by Adnan Sarwar. Produced under the banner of Nina Kashif and Mahira Khan's production company Soul Fry Films, the series also stars Mahira's Superstar co-actor Bilal Ashraf. ■



03

04

AAMINA SHEIKH

welcomes baby with husband Omar Farooqui

Congratulations are in order for former model and actor Aamina Sheikh, who has welcomed a baby boy with husband Omar Farooqui.



أَعِيذُكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ غَيِّبٍ لَامَّةٍ

Alhamdulillah.

TAKING TO Instagram, the Cake star shared the good news with her followers. "With prayers and joy, we welcome to the family our baby boy," she captioned her announcement post. The Sheikh had tied the knot with Farooqui in August 2020. The baby, named Issa, was born on September 3. The little one's name is similar to his elder sister's, Meissa, Sheikh's daughter from her first marriage to actor Mohib Mirza. In one of the series of posts she made, Sheikh wrote, "Our Meissa and Issa, 'I seek refuge for the two of you in the Perfect Words of Allah, from

every devil and every poisonous pest, and from every harmful eye.' The actor has posted a series of photos in the form of an Insta grid to her handle, so the reveal could be bigger and better. The grid sees Sheikh, her husband, and little Meisa kissing the newborn, making for an adorable family photo. Several including filmmaker Mehreen Jabbar, PR maven Frieha Altaf, actors Sarwat Gilani and Adeel Hussain congratulated the renewed mother. ■

with prayers & joy we welcome to the family our baby boy

Issa

born on 3rd September 2021 to aamina & omar farooqui



05

'GULLY BOY'

actor Siddhant Chaturvedi has Shamoon Ismail's latest song playing on repeat

Singer Shamoon Ismail has made his way into the playlist of "Gully Boy" actor Siddhant Chaturvedi.



THE ACTOR TOOK to his Instagram stories to share a screenshot of the tracklist of Shamoon's latest offering, 'Scars and Screws'. Siddhant can be seen playing the track 'Faasla' which features Hasan Raheem, sharing a gif that read, "On loop." The actor also tagged Shamoon, writing, "Shamoon Ismail Bhai," along with a heart emoji on fire over an image of a record. The singer dropped 'Scars and Screws' earlier this month, with the 12-track album featuring other artists including Hasan of 'Aisay Kaisay' fame and Talha Anjum. Shamoon has also collaborated with music producer Ravalio on the album.

Other international fans of the singer include US Congresswoman Ilhan Omar and Bollywood actor Rohit Saraf. The US Congresswoman recently unveiled her playlist of the Muslim artists she jams to from around the world, and it featured Shamoon along with fellow Pakistani musician Abdullah Siddiqui. Ilhan, 38, pledged

to promote Muslim artists around the world as she revealed her Spotify playlist on International Women's day consisting of many female artists. Rohit, who has appeared in various popular films such as 'The Sky Is Pink', "Ludo" and "Hichki", also shared a photo on his Instagram with a caption reading, "Can't stop listening to @shamoonismail's music." ■





06



MEESHA, MEERA, ANOUSHEY SHED LIGHT ON THE IMPORTANCE OF MENTAL HEALTH

October 10 is celebrated as World's Mental Health Day. While mental health has been a topic of discussion in the industry, many stars have opened up about their own struggles with it.

RECENTLY, Meesha Shafi, Anoushey Ashraf and Meera took to social media and spoke about the need to spread awareness about mental health. Sharing a picture, the Hot Mango Chutney Sauce singer wrote, "I'm feeling better. Mental health day came and went but ironically enough, it's kind of silly to designate a day to it. Mine certainly wasn't up for much. These matters can't be scheduled."

She went on to comment, "Was struggling with my mental health these past few weeks. Bouts of low lying anxiety, low energy, motivation. Of course, it's impossible for anyone to tell, especially onlookers online. Trolls keep on spewing nonsense, but they're the least of my concern. And after editing a lot of people out of my periphery, I now keep myself insulated and interact with a trusted few loved ones and those I resonate with as far as core values go. Speaking of insulation, the bigger realization it has brought is that our own mind is the biggest troll if we let it be."

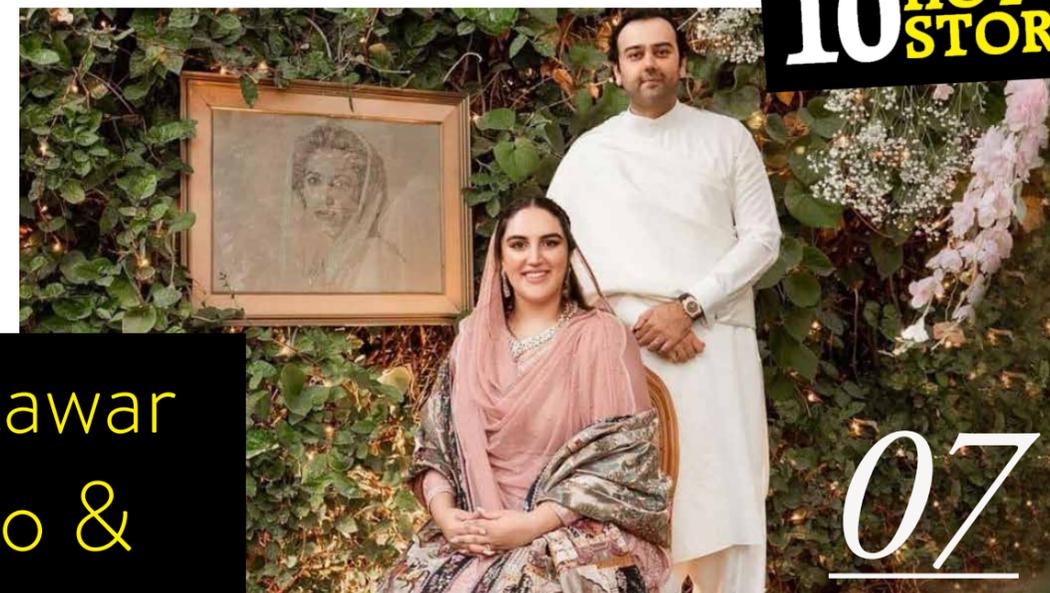
Meesha went on to say "So please... anyone struggling with mental health, talk to a trusted one if you can't get professional help. Be gentle with yourself, tender and patient. Sleep extra if you need to. Take a break from family if they trigger you. Give yourself time to just be. Sit in silence. Cry if it comes. Count your blessings and on the days when that doesn't come easy, pray for ease. Meditate. Cuddle with your children. Go for a walk. Have an ice cream in your pj's. Show yourself small acts of kindness. Don't judge yourself."

Anoushey, too, shared her two cents. "It's a topic extremely close to my heart. I was very casually asked 'you've got everything, look at people around you, why would you feel this way? Be grateful!' The answer is, this illness doesn't choose you because of your social status, placement in society or financial freedom. Anxiety doesn't discriminate. Neither does depression. It can come to anyone, at any time."

She continued, "I'm just so proud

to be around at a time when people are speaking up about it in Pakistan. People are getting more comfortable about sharing their experiences and asking for help. Our efforts of bringing light to this topic have not gone in vain. Some of the people who helped me stay afloat are humans you wouldn't even know of, but the difference they've made to my life are mention-worthy. I love each of you dearly. For those reading this caption, you DO NOT have to be famous, rich or influential to make a difference."

Meera spoke about how stars are deprived to speak about frailing mental health. The Baaji star took to Instagram and shared, "Mental health is something we all are deprived of in this country and the industry we are supposed to be stars of. So, the more awareness we raise, the better it is for all of us. Remember depression is just a slump, you have to get back up or nobody else will do it for you." ■



Bakhtawar Bhutto & husband welcome baby boy

07

Bakhtawar Bhutto-Zardari, the daughter of former president Asif Ali Zardari and late ex-prime minister Benazir Bhutto, and her husband Mahmood Chaudhry have been blessed with a baby boy.

"WE ARE happy to announce the birth of our baby boy," read a picture attached with the tweet of Bakhtawar.

The date October 10, 2021, was also mentioned in the picture, indicating the birthday

of their first child.

Reacting to the news, the baby's uncle and aunt Bilawal Bhutto-Zardari and Aseefa Bhutto-Zardari welcomed the news on their official Twitter handles. ■



Beethoven's last symphony finished by AI



FOR A LONG time, creativity was seen as something that could only emerge from the human brain. But there are increasing signs that this may no longer be the case.

Computers have already completed unfinished compositions by the composers Gustav Mahler and Franz Schubert.

Now, Ludwig van Beethoven's unfinished symphony has also been given the AI treatment.

When the composer died in 1827, he left his last symphony, which would have been his 10th, incomplete. Only a few handwritten sketches of this work have survived. Some are merely short, incomplete fragments.

To mark the 250th anniversary of his birth, the work, created with the help of AI, is to be premiered — somewhat belatedly because of the pandemic — as part of the Beethovenfest on October 9, 2021.

German telecommunications company Telekom, headquartered in Beethoven's birthplace, Bonn, put together a team of experts to complete the task.

A group of musicologists, composers and computer scientists attempted to analyse and learn Beethoven's style in such a way that they could complete his unfinished symphony.

A computer was fed sketches and musical notes by Beethoven, as well as scores by his contemporaries.

Music, it is assumed, is based on units, just like language, and the

learning process involves building knowledge. To "teach" the computer, symphonies, piano sonatas and string quartets by Beethoven were fed into the program, training the AI over and over again, so to speak.

Just like the brain's neural network, the computer is able to create new connections on its own. The musical results that matched best and were produced by artificial intelligence were fed back into the system and new notes were added.

Over time, the composition grew. "What artificial intelligence allows us to do is to offer the further course of a movement in 20 or even in 100 different versions. And that's endlessly fascinating, because if it's done algorithmically well, then every attempt is plausible," said Robert Levin, a classical pianist and musicologist at Harvard University.

For researchers, such collaborations are extremely exciting and provide insight into how machines might assist — or even mimic — humans in musical creation. "We wanted to better understand the state of the art in generating music. And we tried to test the limits. In the end, we used some modules of what's called natural language processing," said Ahmed Elgammal, director of

Algorithms dominate our everyday lives. Whether driving, working or doing activities, we rely on artificial intelligence, whether we realize it or not.



the Art and Artificial Intelligence Laboratory at Rutgers University in New York and developer of the "Beethoven AI."

But what are the benefits of such research projects for musicians?

"You can say the computer does it according to algorithms. Yes, but humans also do it based on experience or training. They're not necessarily that far apart," said Robert Levin.

To what extent the change from Beethoven's composition to the AI addition is noticeable can be experienced by the audience when the Beethoven Orchestra Bonn premieres the work under the direction of General Music Director Dirk Kaftan at the Beethovenfest. ■



Kumail Nanjiani pays homage to Pakistani roots at 'Eternals' premiere

SPEAKING OF why he chose to wear sherwani instead of a traditional suit, the star told the reporters, "I wanted to wear a Sherwani because 1. They look awesome and 2. My costume in the film always reminded me of Sherwanis. And I wanted to use a designer in Pakistan, not just a Pakistani designer in the US. So I called my mom, she gave me names of three amazing designers in Pakistan." He added, "I wanted the colors to be similar to my costume colors, and purple and gold are a beautiful combination. The paisley pattern is very traditional as well.

His stylist, Jeanne Yang then found Umar Sayeed via Instagram and sent him a message about making Nanjiani's sherwani. "They hand-beaded this beautiful paisley pattern in the front and they did this beautiful pattern on the back with gold thread. They made it to his exact measurements. We only had to do a few minor adjustments," Yang told the publication.

"It was wonderful for Kumail to have this gorgeous handmade piece for this

The actor donned a purple and gold embellished sherwani by celebrated Pakistani designer Umar Sayeed. Nanjiani walked the red carpet alongside his costars Angelina Jolie, Salma Hayek, Kit Harington, and Richard Madden.

special event, his first Marvel film," she continues, "It's really nice that he's able to wear something that is a traditional piece of wardrobe. I love that he has an appreciation for where he comes from." ■





10

JAGGER CALLS WATTS THE ROCK THAT HELD THE ROLLING STONES TOGETHER

The Rolling Stones get back on the road this weekend without drummer Charlie Watts, whom frontman Mick Jagger called the rock that held the band together.

THE "NO FILTER" tour, whose U.S. leg kicks off in St. Louis, Missouri, will be the first without Watts since 1963.

"He held the band together for so long, musically, because he was the rock the rest of it was built around," Jagger said in the interview released on Thursday.

"The thing he brought was this beautiful sense of swing and swerve that most bands wish they could have. We had some really nice conversations in the last couple of years about how all this happened with the band," Jagger added.

"It's a huge loss to us all. It's very, very hard. But we had wonderful

times, and Charlie made some wonderful music."

Drummer Steve Jordan will play with the Stones on the tour. He had been announced in August as a temporary replacement for Watts, who needed time to recuperate after unspecified surgery.

Richards, 77, said going ahead had been a hard decision.

"We hit a very difficult point, to take this thing out. But we're gonna do it," he said. "Charlie was prepared for us to go ahead. We were expecting him to pick it up somewhere. Steve was, thankfully, going to be the pickup. But things ain't turned out that way."

Getting back on stage without

Watts is "a very surreal feeling," Wood said, but he noted that rehearsals with Jordan had gone well. As for the band's future on the road after the 13-date U.S. tour ending in November, Richards agreed that the gigs would help the members find out "what's right and possible."

Jagger, 78, who had heart surgery in 2019, was also ambivalent when asked if this could be the Stones' last tour.

"I've been asked that question since I was 31," he said.

"I don't know. I mean, anything could happen. You know, if things are good next year and everyone's feeling good about touring, I'm sure we'll do shows. I'm just trying to concentrate on this tour now." ■



Tasha Tah

MAKING THE WORLD DANCE TO HER TUNES

*The urban Punjabi music queen graces our cover this issue!
We get up close and personal with this talented star!*

Creative Direction: **Kaniz Ali** Photography: **OMJ** Hair/MakeUp/Styling: **Kaniz Ali** assisted by **Allana Ayah**
Wardrobe/Outfits: **Amoraimani** Jewellery: **Nims Boutique** Location: **London**

Grazia: What inspired you into entering a career in music/singing?

Tasha: I am very fortunate to come from a musical family surrounded by singers, poets, and writers. It felt very natural to me to put pen to paper and write songs. A part of me would definitely say it is in the blood but of course, my parents have been the biggest influence in my life. My father was an actor and singer and my mother is a poet, writer, and journalist. I really got the best guidance from both sides and that support is what has bought me here.

Grazia: What was your background before that?

Tasha: Coming from a musical family,

it has always been music and entertainment. My father had a record label and was heavily affiliated with T-Series in India. There were always celebrities and stars in our house. The Tah household was one big party and there was never a dull moment. I would say I feel so fortunate and blessed to have had a childhood like mine. However, my parents were still big on education and insisted I got a degree, which I did in Finance.

Grazia: What is your dream wedding look?

Tasha: I love to keep my hair down, it is how I am most comfortable and I think I would be more of a contemporary bride rather than traditional. It is more my

vibe. With makeup, I will always go dewy peach on the foundation, heavier on the eyes and a pinky nude lip. It suits me the most.

Grazia: What is your favorite makeup product and why?

Tasha: I have such a wide variety of makeup and I do change it up once in a while. However, my must haves are: **Estée Lauder** – Advanced Night Repair (this gets my skin ready for heavy or light make up for the next day, works wonders on keeping my skin smooth and supple).

Too Faced – Born this way foundation. I am absolutely in love with their foundation, it is not too heavy or light but gives me just the right amount of





coverage for any occasion. It is flawless and creates the best canvas to apply the rest of my makeup.

MAC Cosmetics – Melba Blusher. This is the only blusher I will use in my life, off and on stage. It is a peach dewy color and always makes me look fresh. I wear it in all my music videos and even if I am on a beach. It is my absolute go-to beauty product.

Bobbi Brown – Smokey Eye Mascara. This mascara always gives me a bright open eye look.

Tom Ford Beauty – Brow Sculptor. It gets my brows looking on-point. It gives a natural and heavier brow compared to other brands.

BECCA Cosmetics – Under Eye brightening. For me how you look under the eyes gives away a lot and can be the difference between looking over-worked and tired or bright and breezy. No matter how I am feeling this undereye brightening is perfect to give me a wide-awake look like I have had 12 hours of sleep.

Clinique – Blended Face powder & Brush. It is just a simple loose powder that is good for all skin types and can be used casually on top of any foundation or just as it is. It covers my pores without clogging them.

Smashbox – The Cali Contour Palette. I can not leave the house without this, it gives the most natural contour lift to your face without being too harsh. I already have strong features so I need a contour palette to enhance what I have rather than to create it.

Grazia: What is the best advice you can give to any female artist starting off in the music industry?

Tasha: Make sure you do your business homework. I was so naïve when I started out and trusted everyone. When you are writing songs and music, they are your gems and must be protected. No one should claim your hard work and if something becomes a success you should be earning from it. Also, the obvious advice I would give is to never give up on your dreams, everyone's journey is different so do not let someone's idea of normal become yours.





Grazia: How long have you been singing? And how long have you been in the game of music professionally?

Tasha: I have been singing professionally for around 10 years now, where has the time gone? It has been amazing and the fact that my songs have remained current and I still get to do what I love is nothing but a blessing. I am truly thankful to the Almighty every day.

Grazia: Tell us some qualities you look for in your ideal man.

Tasha: I love a man I can respect and who has his own ambitions and career. That is attractive to me. I know I can be a little intimidating with my line of work but he needs to be able to hold his own ground. And of course, a gentleman, caring and funny. I love to laugh!

Grazia: What would be your ideal wedding?

Tasha: My dream wedding would be intimate, maybe on a yacht in Dubai with beautiful scenery. I would certainly have pastel shades, blush pinks, and white as the theme. Very clean, bright, and fresh. A wedding for me is a union more than anything but the after-party will obviously be a mad one, Tasha Tah style.

Grazia: Tell us your first memory of applying makeup.

Tasha: Lipliner! I was always copying my sister and she would do the 90's look with brown lip liner and a nude lipstick inside. I still like to rock that look once in a while.

Grazia: Kaniz was your go-to for makeup and styling for your cover story with us. What is it that you love most about Kaniz doing your makeup?

Tasha: Kaniz is simply a magician. She truly understands the basics. She knows that not the same style of makeup suits everyone and works with your skin, face shape, and bone structure. It is absolutely flawless! She is my go-to makeup artist who makes me look and feel like a million dollars! ■



DR MARWA ALI

WORLD-RENOWNED AESTHETIC, DR MARWA ALI, CATCHES UP WITH CELEBRITY MAKEUP ARTIST, KANIZ ALI, WHILST GETTING READY FOR HER EXCLUSIVE SHOOT WITH GRAZIA PAKISTAN

Creative Direction: **Kaniz Ali**

Photography: **James Rudland**

Styling/Wardrobe: **Givenchy**

Jewellery: **Givenchy**

MakeUp: **Kaniz Ali**

Shoes: **Givenchy**

Location: **London**



What's the best way to avoid big pores?

Treatments to combat large pores focus on addressing the cause:

A) Treatments to reduce pore congestion....

- Chemical peels to exfoliate dead skin cells e.g 20% salicylic acid blue radiance peel.
- Avoid heavy/greasy make up
- Exfoliating cleanser (to clean skin and gently exfoliate off dead skin cells), retinol/tretinoin (these vitamin a derivatives increase skin cellular turnover, shedding any layers of dead skin cells which may potentially clog the pores), salicylic acid face wash (clenziderm foaming cleanser) 2% salicylic acid (prescription only)
- Gentle daily peel works as above
- 2% salicylic acid toner (clenziderm pore therapy) (prescription only) – gentle daily peel works as above.

How best to control blackheads?

Treatments and skincare to reduce pore congestion:

- Chemical peels to exfoliate dead skin cells e.g 20% salicylic acid blue radiance peel.
- Avoid heavy/greasy make up.
- Exfoliating cleanser (to clean

skin and gently exfoliate off dead skin cells).

- Retinol/tretinoin (these vitamin a derivatives increase skin cellular turnover, shedding any layers of dead skin cells which may potentially clog the pores)
- Salicylic acid wash (clenziderm foaming cleanser) 2% salicylic acid (prescription only) – gentle daily peel works as above.
- 2% salicylic acid toner (clenziderm pore therapy) (prescription only) – gentle daily peel works as above.

How do you treat dark skin patches after acne spots?

The darkening or discolouration of the skin that occurs more often in patients of colour, after having spots is known as post inflammatory response in the skin such as getting a cut or a rash and may take time to disappear, which can be disfiguring.

Prescription skincare can be very effective in combating this issue.

- Options include the following:
- a) High strength vitamin c serum
 - b) A vitamin a derivative such as retinol 0.5 or 1.0 (available on prescription only) or tretinoin (available on prescription only).
 - c) Arbutinin containing products

d) Hydroquinone (prescription only) What strength retinol should you start on?

When starting a retinol for the first time, it's important to introduce it slowly with a lower concentration e.g 0.5 to "retinize" the skin and build up vitamin a levels gradually as your skin is vitamin a naïve. This helps limit or reduce the typical unwanted side

effects of skin redness, peeling and flaking as much as possible which can often cause patients to discontinue its use. If you persevere with retinol your skin will adapt and no longer react to it and you end up with clear, radiant and beautiful skin. People with oily skin tend to be able to tolerate higher concentrations of retinol compared to those with dry skin.

Book an appointment with Dr Marwa at The Wellness Clinic Harrod's, Level 4, Brompton Road, Knightsbridge, SW1 7XL

SHADES OF FALL

With summer nearly getting over it's time to experience fall and channel our inner fashionista in warm cozy hues.



MEHWISH HAYAT



LAURA LOMBARDI
Rafaella gold-plated bracelet
PKR 16,810
www.lauralombardi.com



CULT GAIA
Cameron twist-front cutout cotton-blend halterneck midi dress
PKR 63,878
www.cultgaia.com



VERONICA BEARD
Isabel checked cotton-blend top
PKR 63,037
www.veronicabeard.com



BURBERRY
Fringed wool-jacquard scarf
PKR 58,835
www.burberry.com



ALIGHIERI
Beacon gold-plated pearl earrings
PKR 47,908
www.netaporter.com



RAG & BONE
Leather wide-leg pants
PKR 73,964
www.ragandbone.com



KOURTNEY KARDASHIAN



ACNE STUDIOS
Asymmetric checked wool mini wrap skirt
PKR 90,774
www.acnestudios.com



JIMMY CHOO
Avenue 50 knotted leather mules
PKR 109,265
www.jimmychoo.com

ALL THINGS

BLUE

Level up your style quotient with the best of blues



MANGO
Wrap neckline dress
PKR 11,977
www.mango.com



BERSHKA
Solid-coloured scarf
PKR 3,405
www.bershka.com



JACQUEMUS
Lucciu cutout stretch-Lyocell top
PKR 39,361
www.jacquemus.com

ZARA
Pleated Wide Leg Pants
PKR 8,555
www.zara.com



MANOLO BLAHNIK
Hangisi 105 embellished satin pumps
PKR 170,281
www.manoloblahnik.com



BERSHKA
Strappy top
PKR 1,694
www.bershka.com



ETRO
Oversized printed cotton-blend poplin shirt
PKR 80,434
www.etro.com



SEE BY CHLOÉ
Mara embellished textured-leather shoulder bag
PKR 67,599
www.chloe.com



MANSUR GAVRIEL
Candy leather shoulder bag
PKR 84,712
www.net-a-porter.com



MANGO
Braided heel design sandals
PKR 9,581
www.mango.com

Lost in Night

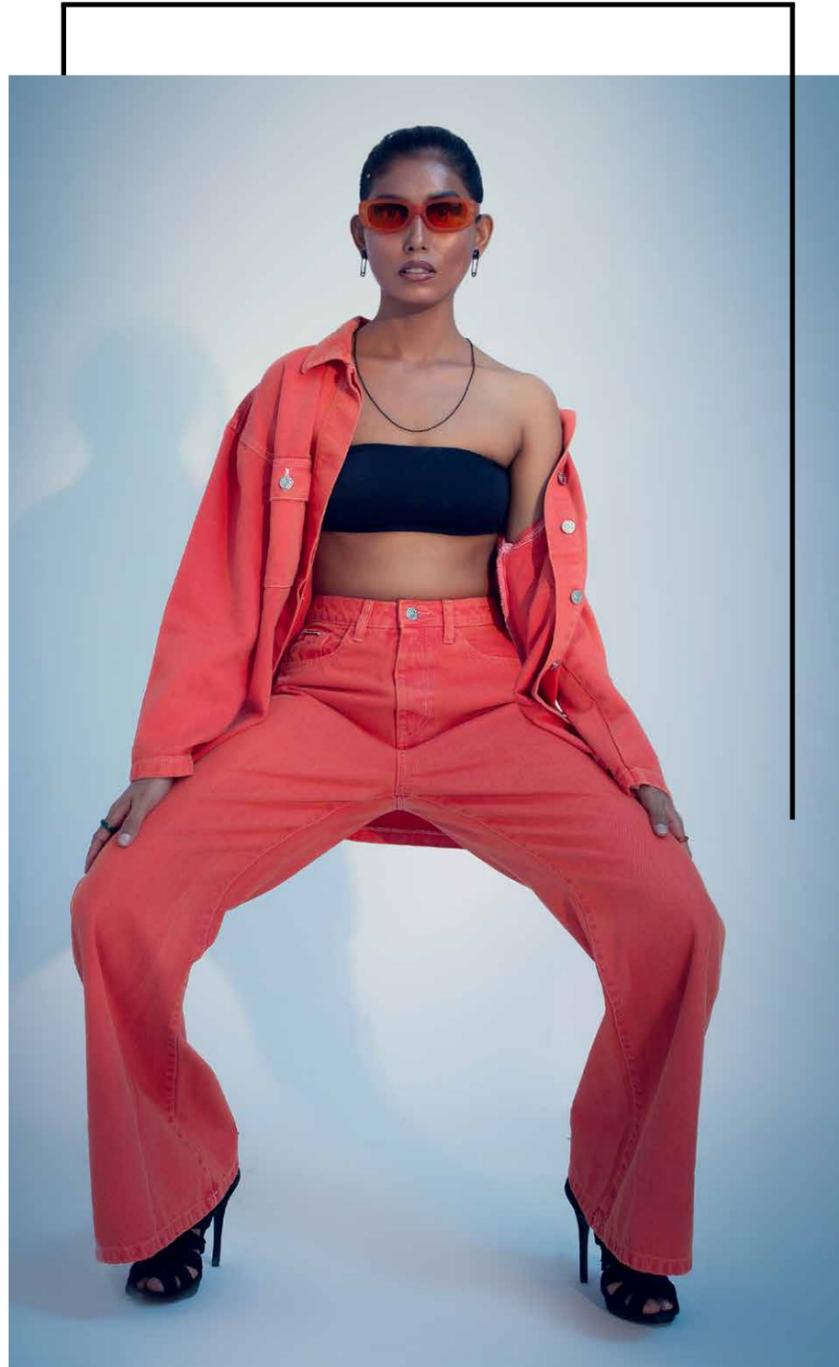
*Get reckless and bold as we turn up the
lights and style game*

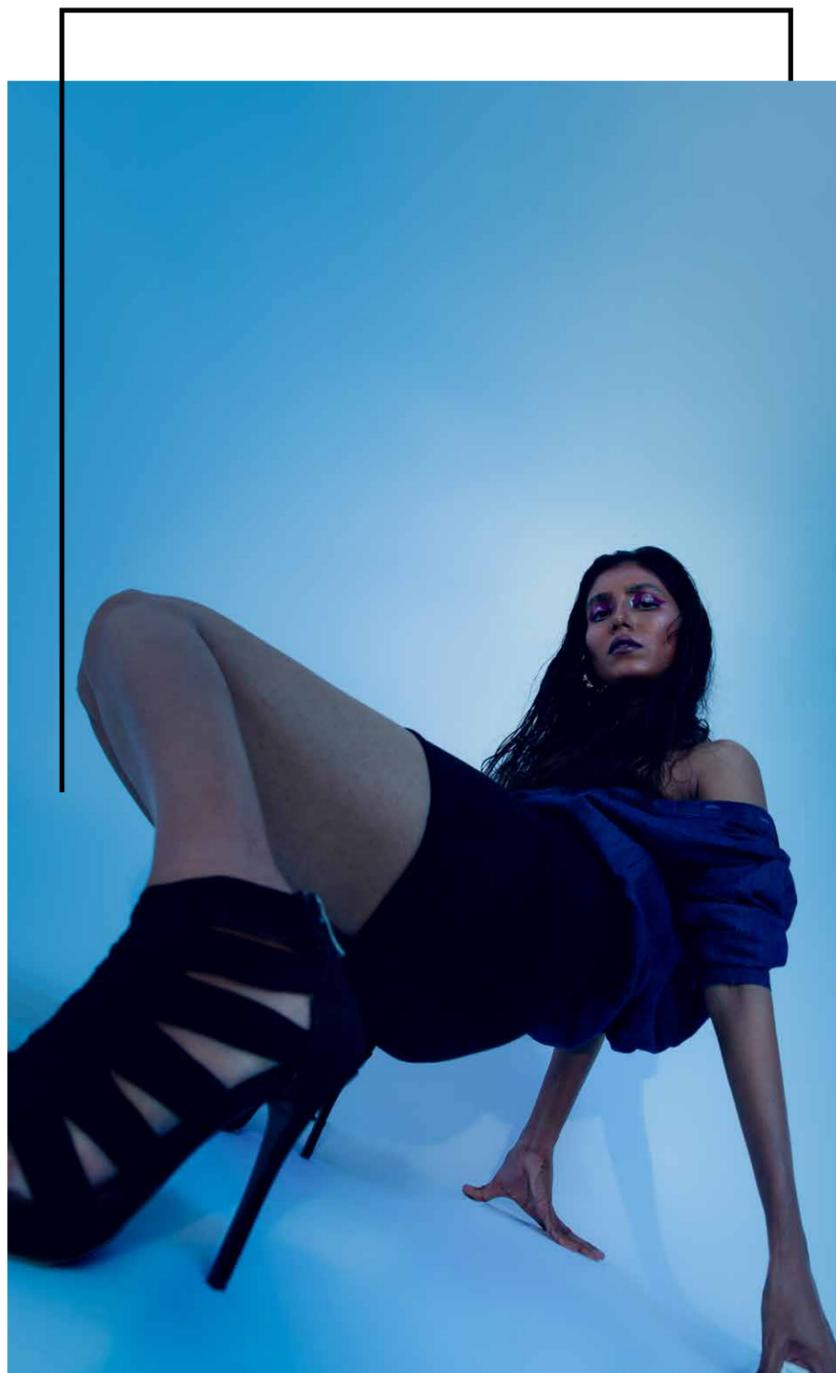


Model: Sania Ahmed
Photographer: M. Haris
Styling: Saad Sarosh
Hair and Makeup: Imran Aslam



JACKET: Hustle N Holla
BANDEU: Model's Own
TROUSERS: Hustle N Holla
SUNGLASSES: Noho
SHOES: Model's Own

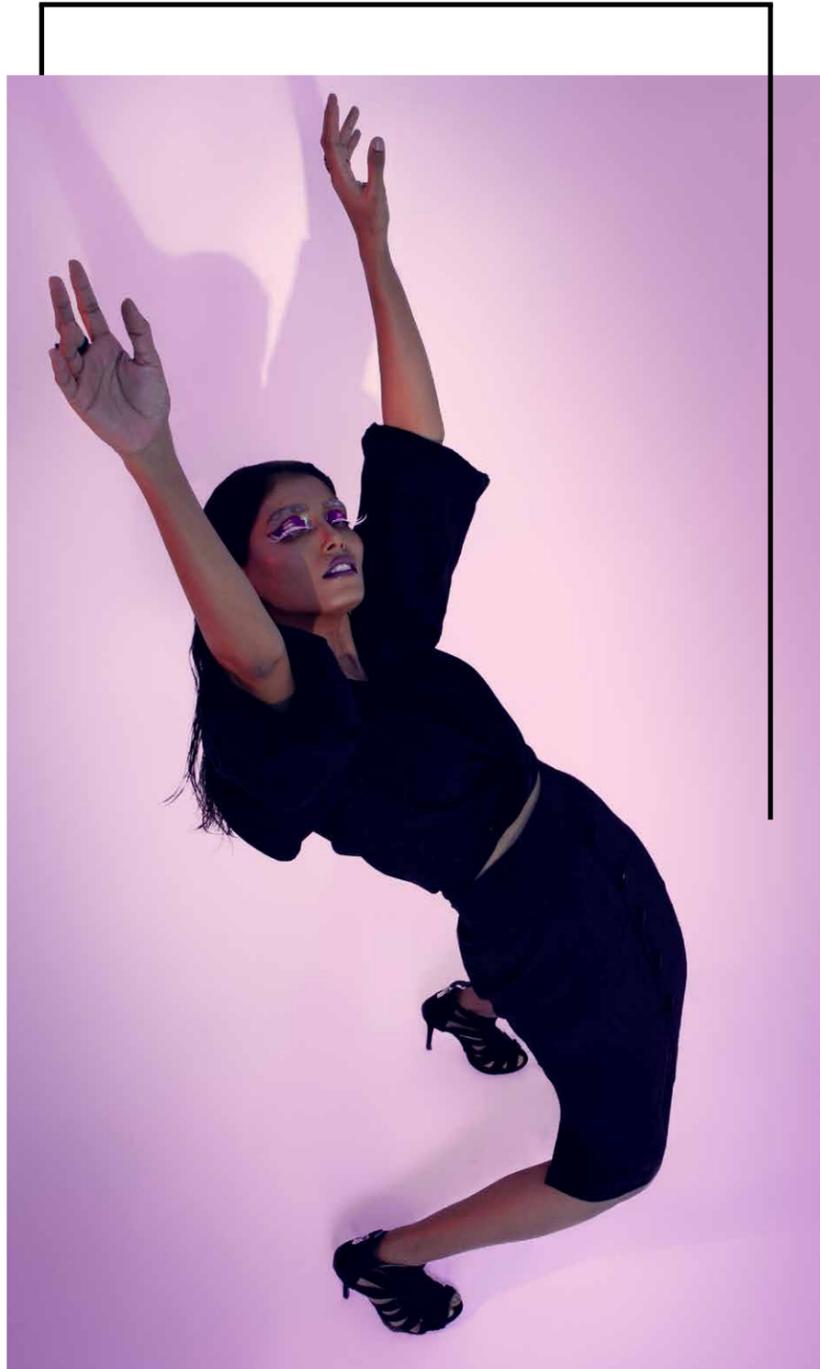




DRESS: Zara
JEWELLERY: Noho
SHOES: Model's Own



DRESS: Mirer
SHOES: Model's Own
ACCESSORIES: Stylist's Own



TOP 10 RED CARPET LOOKS FROM THE 20TH LUX STYLE AWARDS

Although held on a smaller scale, the red carpet of the country's premier awards ceremony didn't disappoint one bit

The Lux Style Awards celebrated its 20th anniversary with an event that might not be the big celebration one would

usually expect on the completion of such a milestone but given the pandemic-induced restrictions it was quite a well-executed event.



While the last awards took place in a closed ceremony, this year a group of select media was invited to be a part of the event that featured a glittering red carpet as the who's who from the world of fashion and drama appeared. Overall, the 20th LSA was more than just a celebration for Lux itself but it was also a sign of things finally getting back to normal and hopefully by the next year we'll see the awards back in all its glory.

THE RED CARPET RUNDOWN:

As for the fashion scene on the red carpet, it was a major relief from what we had seen at a previous awards show. The celebrities were very well dressed; well most of them, while the fashion fraternity of course stole the show yet again — but thankfully this time around there were enough good looks to make an article out of.



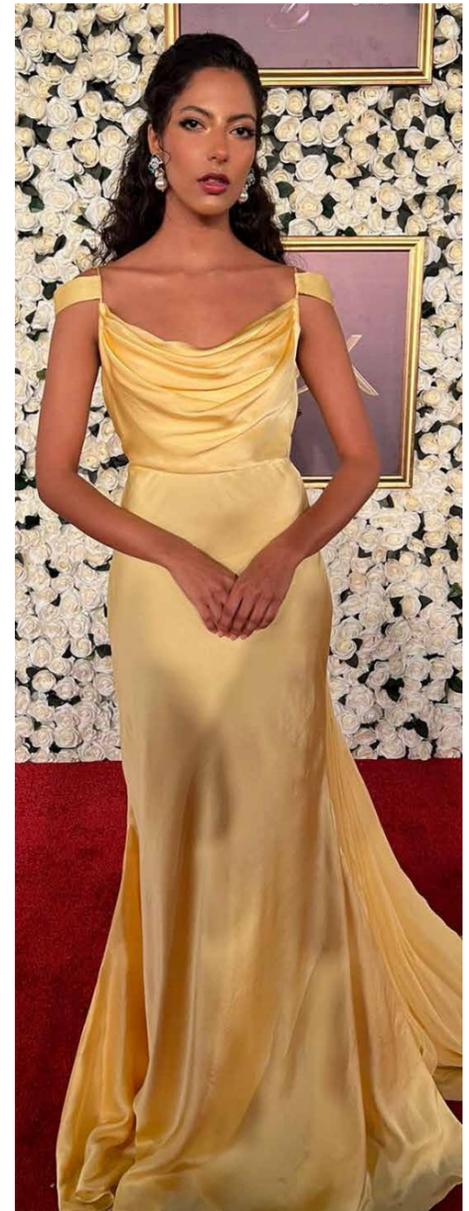
MAHA TAHIRANI

Model of the Year nominee Maha Tahirani in her golden Fahad Hussayn couture looked a vision on the red carpet. The gown's construction made her look like a mermaid and the long drape added the right amount of drama to the stunning outfit. I also liked the hair and makeup especially the loose messy bun and the long statement silver-gold earrings.



FOUZIA AMAN

Reminiscent of the 80s' disco scene and Parveen Babi's iconic shimmering black dress from the song 'Raat Baaki Baat Baaki' — supermodel Fouzia Aman kicked off the fashion red carpet with one of the best looks of the night. The glittering black jumpsuit by Maheen Karim fitted the ravishing diva like a glove and I particularly loved the little draping at the back as the runway queen strutted down the red carpet.



NIMRA JACOB

You don't expect anything less than brilliant when it comes to Kamiar Rokni and that's what Nimra's red carpet outfit was — sheer design brilliance. The yellow sunshine dress made for the perfect contrast on the red carpet and the silk drape added a very Greek touch — but for me the highlight was how the gown was tailored from the back with the most accurate fitting.



SACHAL AFZAL

Standing out in a sea of tuxes and suits, Sachal Afzal made quite a statement that night not just by winning the Model of The Year award but also with his very interesting red carpet outfit. Dressed in an YBQ creation, he made an ode to yesteryear Bollywood superstar Sultan Rahi with a contemporary and stylised touch. The long black kameez and dhoti paired with a shawl was every bit traditional Punjab in itself and props to Sachal for not only experimenting but also carrying the look so well. The look was complete with some quirky details such as the chunky gold earring and a cane.



TRINETTE LUCAS

The best emerging talent nominee Trinette was quite a red carpet star in her white silk Sania Maskatiya number. The contemporary saree with its halter-neck blouse was quite a vision under the shining lights and I must say I loved how the saree was so stylishly draped around the model and the way she carried it. The look was topped off with a pair of big blue earrings and an elegant red pout.



MUSHK KALEEM

The Model of the Year winner and let's just say Mushk truly was dressed like one for the night. The floor-sweeping, voluminous hot pink gown by Sana Safinaz could only be worn and carried to perfection by the vivacious lass. Mushk complimented her massive gown with understated accessories and a slick bun to keep the outfit itself the centre of attention which also I must mention featured the most beautiful design of ruffles – a true winning outfit by the ace brand and its muse.



AIMAL KHAN

The 'Pakistani Leonardo DiCaprio', Aimal Khan came dressed to audition for the next Bond movie in his dark navy blue Emraan Rajput tuxedo that was tailored to precision. I particularly loved the colour and Aimal himself of course never goes with his red carpet choice.



AYESHA OMAR

Oops, she did it again – and I am so glad. Ayesha Omar struck another red carpet win in her golden Labour Joisie gown. The sparkling gold number was the actor's last change of the night and it won't be wrong to say she saved the best for the last. The straight no fuss hair and the long drop earrings only accentuated her golden girl look for the night – yet another fashion win for this style icon.



MUNSHIF ALI KHAN

One of my favourite colours of the night, the Model of the Year nominee Munshif Ali Khan looked absolutely dapper in his teal Ismail Farid suit paired with a black shirt and tie with a hint of gold. The colour itself did wonders for the model as he did stand out amid the darker menswear on the red carpet and also complimented his skin tone and tall frame.



MANSHA PASHA

A stellar Sana Safinaz creation indeed! Mansha Pasha who has recently been getting more innovative with her style finally scored a big win with this black hybrid. The halter neckline of this all black silhouette was beautifully tailored as was the entire outfit itself. I also liked how Mansha let the outfit stay the focus and did not over accessorise while keeping her hair back in a slick bun.



BLACK DRESS: Jacquemus

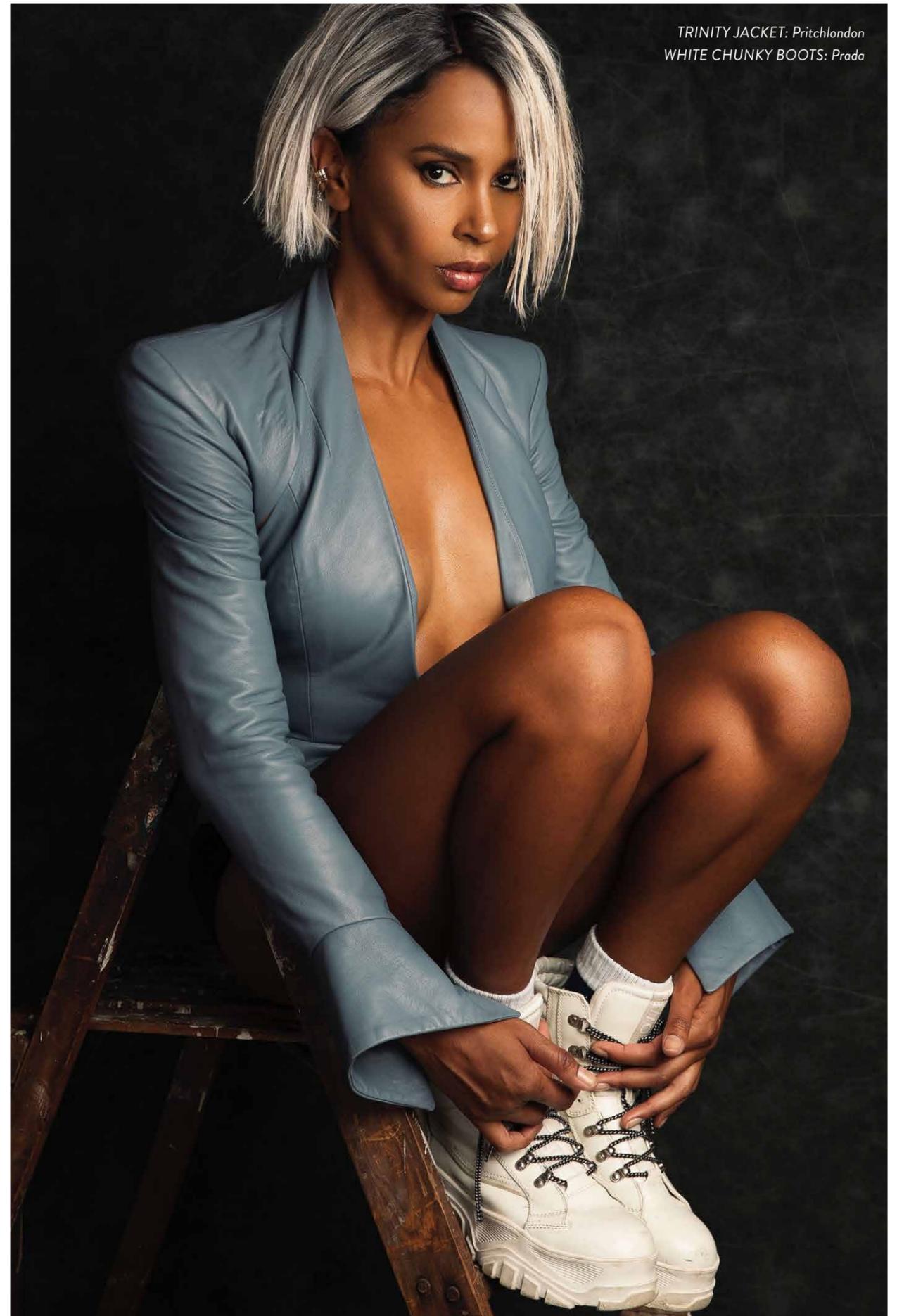
DARK NIGHT

Embrace the season of textures by adding just the right amount of leather, velvet and laces to your closet.

Photo: Arron Dunworth
Model: Margarita Lievano @Jadore Models @IMM Models
Hair and Makeup: Kerieann London
Styling: Aisha Paparella
Designer: Pritch London



OVERSIZED BLAZER: PritchLondon
CYCLING SHORTS: Positively Conscious
BOOTS: Pinko



TRINITY JACKET: PritchLondon
WHITE CHUNKY BOOTS: Prada

BLACK DRESS: Jacquemus





METALLIC EMBROIDERED DRESS: *Fleur Du Mal*
OVER-THE-KNEE SUEDE BOOTS: *Paris Texas*



SILK TRENCH COAT: *PritchLondon*
CORSET BELT: *PritchLondon*

THE BEST OF THE 2021

MET GALA

After a long delay owing to the Covid pandemic, the Met Gala made its glorious comeback on September 13, and the expectations surrounding the fashion world's Oscar night were clearly high.



Billie Eilish in Oscar de la Renta and Cartier jewelry



Gigi Hadid in Prada



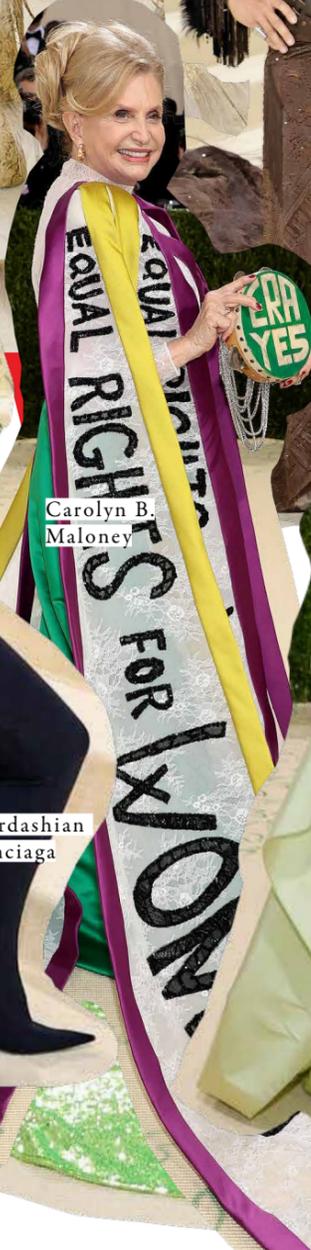
Kendall Jenner in Givenchy



Evan Mock in Thom Browne and Lorraine Schwartz jewelry



Kim Kardashian in Balenciaga



Carolyn B. Maloney



Gemma Chan in Prabal Gurung



Iman in Dolce & Gabbana x Harris Reed



Jennifer Lopez in Ralph Lauren



Megan Rapinoe in Sergio Hudson



Ciara in Dundas

Justin Bieber in La Maison Drew and Hailey Bieber in Saint Laurent



Eva Chen in Christopher John Rogers



Megan Fox in Dundas, Jimmy Choo shoes, and Lorraine Schwartz jewelry



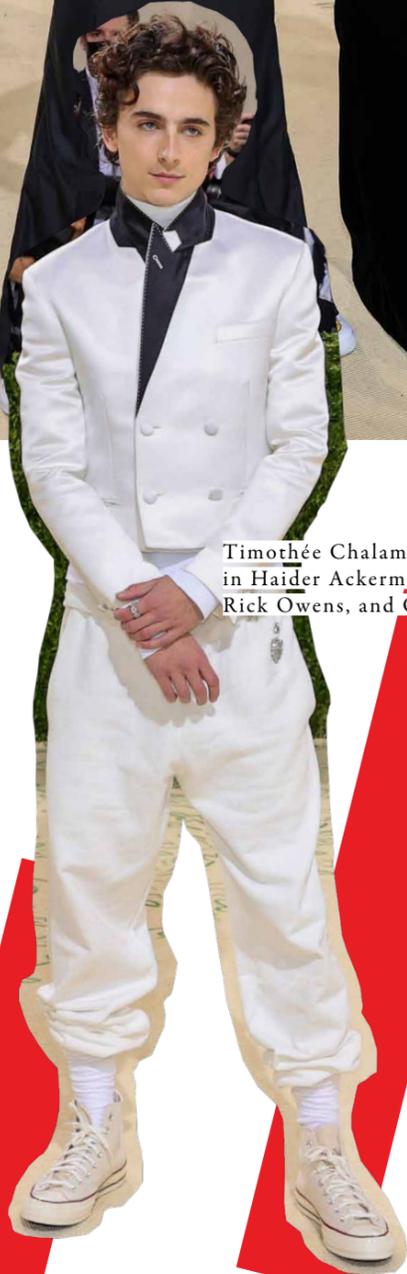
Rihanna in Balenciaga Couture, Maria Tash, Thelma West and BVLGARI jewelry



Meanwhile, it is also important to know that this momentous fashion biggie isn't just about serving looks but also acts as an extravagant fundraiser for The Metropolitan Museum of Art's Costume Institute.

The exclusive soirée also marks the opening of its annual spring exhibition. This year the theme was split into two parts with the first being titled "In America: A Lexicon of Fashion" and is a celebration of American design.

Timothée Chalamet in Haider Ackermann, Rick Owens, and Converse



After a long fashion-starved year, not just the fashion enthusiasts but every other person on social media was hungry for iconic, glamorous looks and even the more faux-pas — as we scrolled down our Insta feed eye-rolling, gasping and hawking as the who's who of the entertainment world made their appearance on the red carpet.

While on a usual red carpet we'd just notice the outfits and styling but since the Met Gala follows a particular theme each year, fashion lovers also anxiously made it a point to find out who followed the theme and who dared not.

Megan Thee Stallion in Coach



Lupita Nyong'o in Versace



Karlie Kloss in Carolina Herrera



Kaia Gerber in Oscar de la Renta



Lil Nas X in Versace



Yara Shahidi in Christian Dior and Cartier jewelry



Virtual Fashion: 5 CGI Models To Look Out For

WRITTEN BY PAKHI RAJESH KUMAR DIXIT

In 2020 and 2021 (so far), fashion reached its peak with the virtual reality (VR) intersection. Although VR and artificial intelligence (AI) had been in experimentation for a while now, the closure of big fashion houses due to COVID saw a dramatic change in their branding and marketing strategies.



Imma

Imma is a computer-generated fashion model hailing from Japan.

Created by a CG company called Modeling Café Inc, she packs in both Japanese and South Korean skin and aesthetics – giving her almost glasslike skin. It is very hard to detect if she is just a CGI model or a real person as her overall look is absolutely human-like. She dons pink hair and is proud of her Japanese heritage and culture. She has already been on the cover page of CG World Magazine. One can spot pictures of her strolling on Tokyo streets and shopping for clothes. She never attends fashion shows and loves to keep it casual; as virtually – human it could be! With

349k followers on Instagram, you can follow her @imma.gram

BRANDS were no more only catering to the few elite but were now more directed towards millennials and of course the 'Gen Z' - they being the future of consumer's face. To be more visually appealing and attention-catching, a lot of fashion houses such as Burberry and Gucci incorporated various interactive elements in their apps to introduce a systemic behavior change among potential customers whilst keeping the future in mind.

Burberry introduced an all-virtual clothing experience where customers were aided by a computer-generated image (CGI) shopping assistant. They were allowed to change the lighting of their virtual trial rooms as well as the soundtrack. With every trial session, customers then stacked virtual currency which, when enough, could lead them to even try on a free Burberry trench coat and share it on their socials and Gucci allowed its customers to design their own shows virtually.

Similarly, Anifa Mvuemba, the founder of fashion label Hanifa, for her first runway show at the New York Fashion Week last year, put up a 3D show with garments hugging invisible models against a black backdrop. In 2018, Balmain used 3 CGI models for its pre-fall collection, named the 'Balmain Army'. More and more designers and talent agencies are now signing CGI influencers, and we could expect to see them on many more runways in the future.

But for now, here are 5 CGI models you got to keep an eye for:



Lil Miquela

Lil Miquela or Miquela Sousa is a 19-year-old Brazilian American computer-generated model, artist, and influencer, created by an L.A.-based start-up, Brud. So far one of the most influential CGI influencers, she has worked with brands such as Calvin Klein and Barney's. She wears clothes from high-end brands such as Supreme and Chanel. She is friends with many influential artists, musicians, and fellow influencers – both virtual and humans, and she loves to hang out in New York City's restaurants. She currently resides in Los Angeles. When photographed, one can see her shadow behind and she often complains of allergies in her tweets. Being a social justice warrior, her fans call themselves 'Miquelites'. Standing at 3M followers on Instagram and a bio which says, "19-year-old Robot living in LA", you can follow her @lilmiquela



Aliza Rex

Aliza Rex was created by Neon Productions which is founded by Ken Lande. She is the first virtual model to identify as an alien. She has superpowers such as telepathy and shapeshifting which she occasionally does with her best friend Binxie (another CGI influencer). She is known for her neon light-based modeling aesthetic and love for long hair. She has been a private personality in the past but since 2019 has officially come out as an alien. Her most notable work is with Basic Magazine for their 'A NEW EARTH' editorial. She resides in Los Angeles. With 20.8k followers on Instagram and her bio reading 'Digital Terrestrial', you can follow her @alizarexx



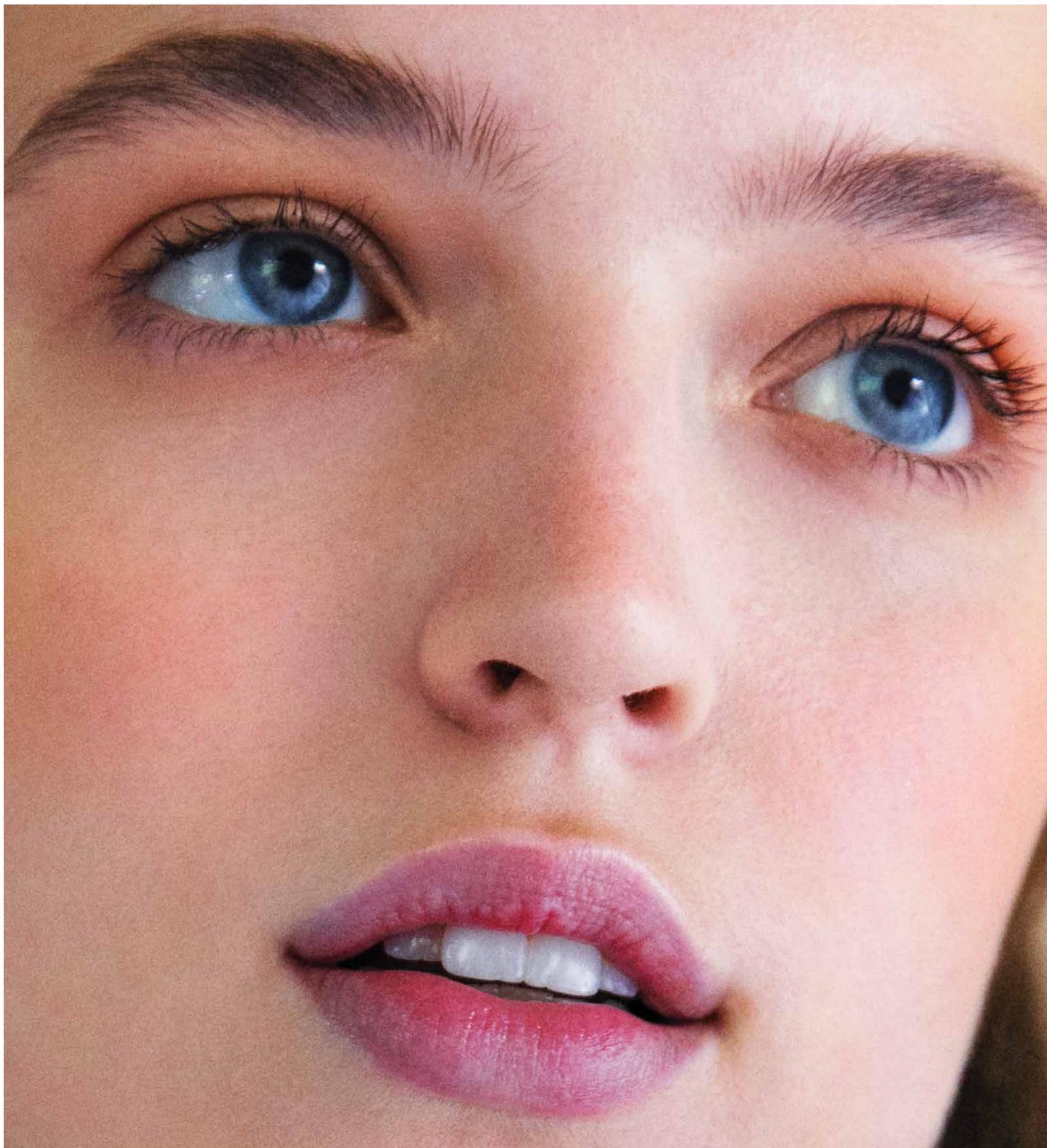
Shudu

Shudu is considered the world's first digital supermodel, created by London-based fashion photographer Cameron-James Wilson. Her appearance draws inspiration from the "Princess of South Africa" Barbie doll. She came into the spotlight after her collaboration with Rihanna's Fenty Beauty. Since then, she has worked with the likes of Balmain and has walked the red carpet at BAFTA Awards. Wilson has recently launched his agency called The Diigitals representing various other established as well as upcoming CGI models and influencers. Shudu is 218k followers strong on Instagram and you can follow her @shudu.gram



Noonoouri

Noonoouri, an international digital model was created by Munich-based designer Joerg Zuber. He along with his creative agency, Opium Effect, brought Noon to the market in 2017 all by themselves when Zuber could not bring even a single investor to trust his vision of the virtual fashion world. Since then, Noor has worked with high-profile brands such as Versace, KKW Beauty, Marc Jacobs, Dior, and is friends with supermodel Naomi Campbell. She is also the first virtual avatar to take admission into Istituto Marangoni – the prestigious Italian fashion school. She is a supporter of a vegan lifestyle, doesn't champion clothes with fur, and is an advocate for sustainable fashion. She is 378k followers strong on Instagram and you can follow her @noonoouri



LEAVES FALLING AUTUMN CALLING

Autumn is the best time of the year - that's right! Earthy tones can never go wrong. Work those warm tones this season as the color of the leaves change.

Photographer: Aubrey Chandler **Model:** Leah Terrell
Agency: Select Models **Styling:** Giselle Knee **Makeup & Hair:** Alisa Glow

Top by **Pinko**



Dress by **Max Mara**





Jacket by Max Mara,
Scarf by Peserico

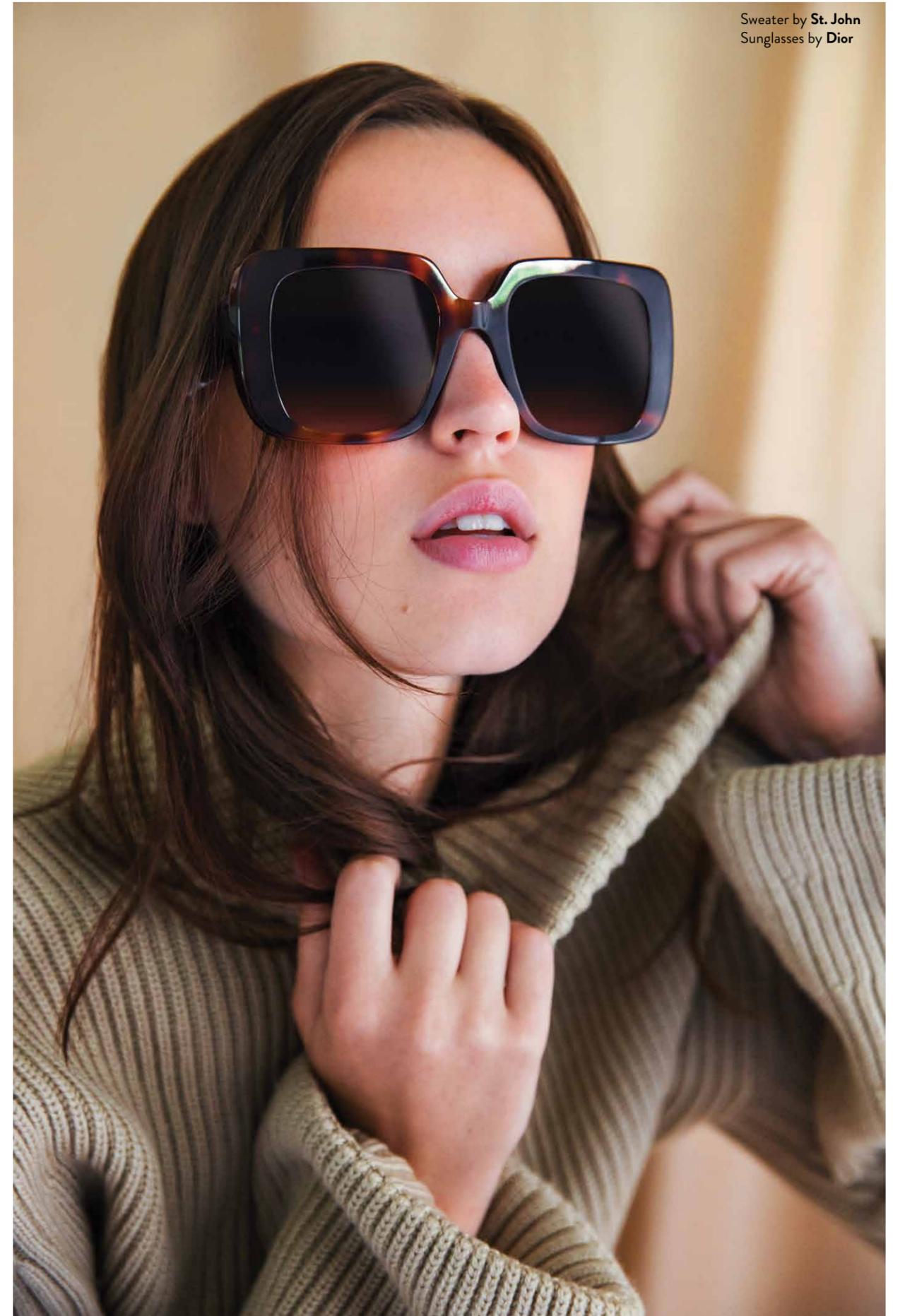


Jacket by Max Mara
Hat by Givenchy

Dress by **Pinko**
Scarf by **Christian Dior**



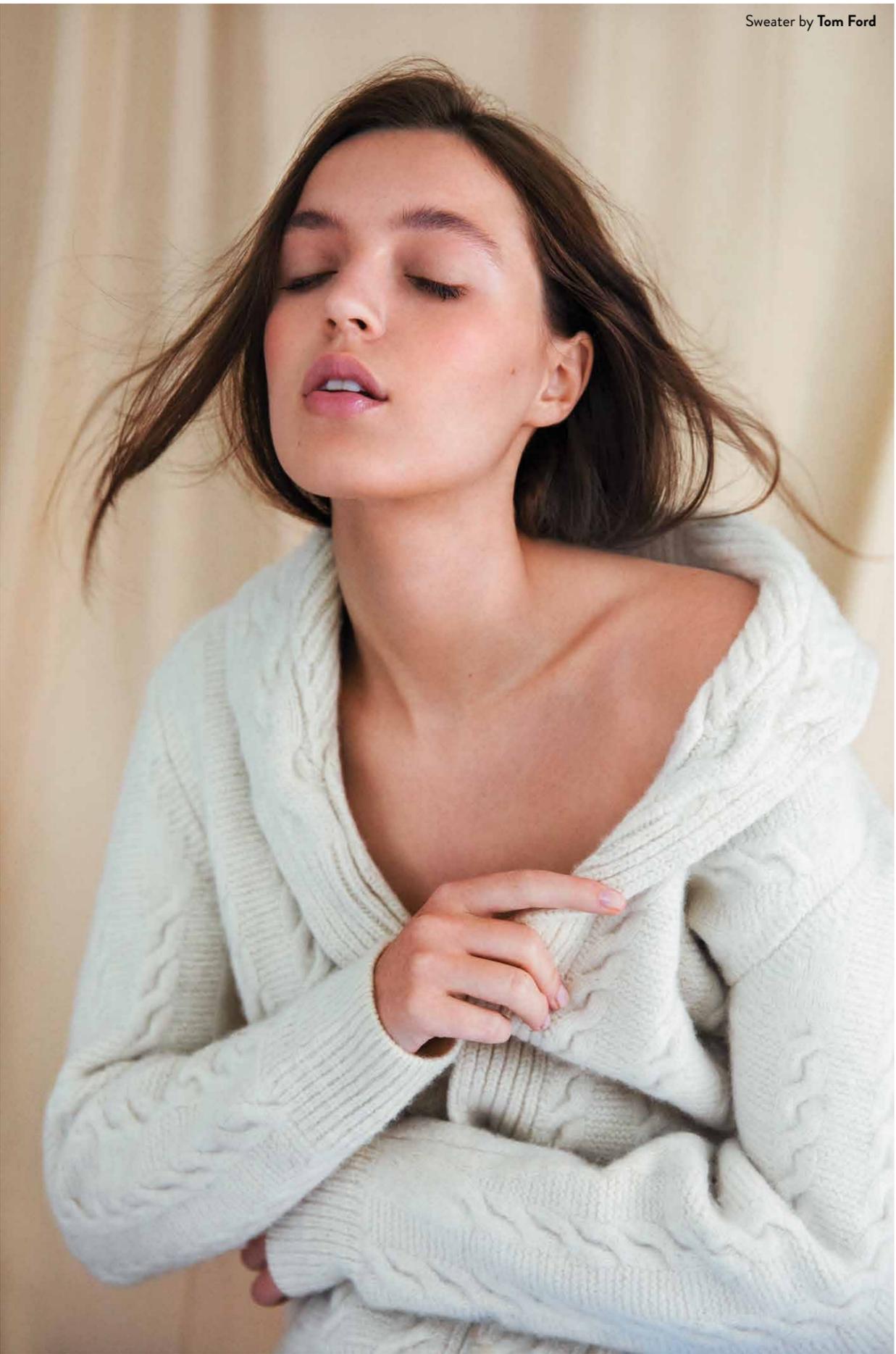
Sweater by **St. John**
Sunglasses by **Dior**



Sweater by Peserico



Sweater by Tom Ford



1

SKIN ENHANCER
LA MER's Soft Fluid Long Wear Foundation is formulated with SPF20 and innovative Color Capsule Technology. This buildable liquid promises to enhance your skin both inside and out.
PKR 20,172
www.lamer.com



2

FACE FLEX
Face Gym's invigorating 'Electro-lite' cleanser gently removes each and every trace of dirt and makeup to reveal a smoother, radiant-looking complexion. The gel texture means you can massage it in, encouraging lymphatic drainage.
PKR 7,397
www.facegym.com



3

LUXURY LIPS
Christian Louboutin's sheer Voile Lip Colour is the perfect creamy smooth and nourishing sensation your lips need as the red impactful colour accents lips natural radiance.
PKR 15,129
www.christianlouboutin.com



BEAUTY CHARTS

We handpick these five beauty essentials just for you

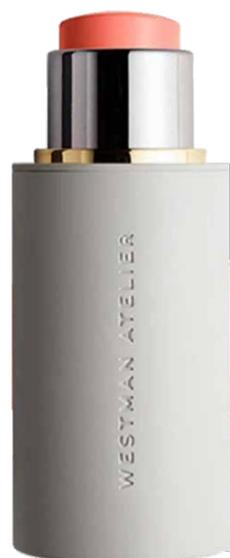
5

PRIMING GRIP
This Hydro Grip Primer by Milk Makeup comes with the benefit of hyaluronic acid that is perfect to create a smooth base on your skin before makeup application. Definitely worth a buy.
PKR 5,715
www.milkmakeup.com



4

LIPS AND LIDS
Westman Atelier's Baby Cheeks Blush stick is a three in one product that can be worn on your cheeks, lids and lips, making it the perfect product to travel with.
PKR 8,068
www.westmanatelier.com



Curl 'em Up

Level up your lash game each time you head out for a special evening with some of the best mascara choices



GIVENCHY BEAUTY
Base Mascara Perfecto
PKR 4,874
www.givenchy.com



CLÉ DE PEAU BEAUTÉ
Perfect Lash Mascara - Brown 2
PKR 9,245
www.net-a-porter.com



CHANTECAILLE
Faux Cils Mascara
PKR 8,236
www.chantecaille.com



MARC JACOBS
Velvet Noir Major Volume Mascara
PKR 4,538
www.marcjacobsbeauty.com

WESTMAN ATELIER
Eye Love You Mascara - Clean Black
PKR 9,749
www.westmanatelier.com



NARS
Audacious Mascara - Minerve
PKR 4,370
www.narscosmetics.com

Feel

The Conceal

A good concealer is an essential part of every girls makeup routine therefore we have gathered out the 10 most top rated high concealers for your makeup bag

NARS
Radiant Creamy Concealer
PKR 5,032
www.narscosmetics.com

HUDA BEAUTY
The Overachiever High Coverage Concealer
PKR 5,715
www.hudabeauty.com

CHARLOTTE TILBURY
Mini Miracle Eye Wand
PKR 5,032
www.charlottetilbury.com

TARTE
Shape Tape Concealer
PKR 5,000
www.tartecosmetics.com

TOM FORD BEAUTY
Emotionproof Concealer
PKR 9,226
www.tomfordbeauty.com

HOURGLASS
Vanish Airbrush Concealer
PKR 5,703
www.hourglass.com

ELF COSMETICS
16hr Camo Concealer
PKR 1000
www.elfcosmetics.com

FENTY BEAUTY
Pro Filt'r Instant Retouch Longwear Liquid Concealer
PKR 4,361
www.fentybeauty.com

LOREAL PARIS
Full Wear Concealer
PKR 2,185
www.lorealparis.com

DIOR
Forever Skin Correct Concealer
PKR 10,903
www.dior.com

LOREAL PARIS
INFALLIBLE FULL WEAR
MORE THAN CONCEALER
0.33 FL.OZ./10 ml



GET THE MARWA GLOW

CREATED BY CELEBRITY MAKEUP ARTIST, KANIZ ALI



CELEBRITY MAKE UP ARTIST - KANIZ ALI

DR MARWA ALI

1. Sunscreen Lotion is an oil free lotion which is suitable for all skin conditions, and offers excellent protection against skin damage.

www.obagiuk.com

2. Obagi Hydrate Facial Moisturiser is a light formulation that can be used day or night. Apply a small amount and massage onto skin before applying your make up.

www.obagiuk.com

3. Obagi Vitamin C Serum_ is one of my favourite products, it is designed for anyone that would like smoother, brighter, and more youthful looking skin.

I usually apply this product after the moisturiser has been applied for an extra boost of hydration and glow to the skin.

www.obagiuk.com

4. Tom Ford Eye Defining Pen in Black - My huge love for this eyeliner, it's so easy to use, the definition is intense and it glides on so easily.

www.tomford.co.uk

5. Tom Ford Lipstick in Pussy Cat - One of my favourite pinks by Tom Ford! This gorgeous formulation has the perfect balance of being matt / creamy and glides on beautifully on the lips.

www.tomford.co.uk

6. Tom Ford Blush in Brazon Rose - It's rich in colour colour so you only need to apply a small amount and blend, blend, blend.

www.tomford.co.uk

7. Tom Ford's Illuminating Concealer - It's super creamy just the way I like it! Medium coverage but buildable with fabulous coverage under the eyes. Marwa did not need too much! I only used a pea sized amount.

www.tomford.co.uk

8. Tom Ford's Illuminating Foundation - This was absolutely gorgeous when applied on Marwa's skin, I only used a small amount and buffed the foundation into the skin. This medium to full coverage foundation is amazing to create the natural flawless look very easily.

www.tomford.co.uk

5 Ways To Look After Coloured Hair To Avoid Damage

As much as coloured hair adds vibrancy to life, we often forget to take proper care, which is necessary, in order to avoid additional hair woes such as dryness and damage. It is equally important to maintain lustre of your coloured hair otherwise what is the point, right?

Here are 5 ways for you to take care of your coloured hair:

1. PROTEIN HAIR MASK

Not everyone has the luxury of time to apply hair masks regularly before shampooing. If you can take out one day per week to do so, it will do wonders for your hair. It is always better to prepare one at home than to buy off the shelves. You can make one easily by whisking 1 egg, 1 tablespoon of mayonnaise and 2 tablespoons of milk in a bowl until smooth and consistent. Apply the mixture to your hair from roots to tips. Leave it for 20 to 30 minutes and then rinse with shampoo. Apply this hair mask one hour before you step into shower as it surely repairs damaged hair. Avoid putting it on your scalp if you have an oily scalp.

2. COLD WATER

For colour treated hair, try to go with cold water or lukewarm water showers. Hot water will strip dye out because it opens hair cuticles whereas cold water helps seal the moisture in. To avoid all the colour from going down the drain, literally, use lukewarm water if you do not feel comfortable with cold, as it will allow the shampoo and conditioner to penetrate and do the



required tasks just enough and then rinse with cold water after conditioning to seal your hair's cuticle. This way you will not have to replace your relaxing warm baths while maintaining the colour as well.

3. SULPHATE FREE SHAMPOO

Most of our skin and hair products are laden with sodium laureth sulphate, which is a type of detergent used to bring foam to shampoos, conditioners, soaps, body washes etc. By using sulphates, not only do you strip your hair off the colour you have spent money on, but you also strip it off its natural colour, oils and moisture, which ultimately leads to untameable frizz, split ends and sometimes hair fall. It is always better to go through the components of products you use and opt for sulphate free ones.

4. VINEGAR RINSE

Vinegar prevents colour fading from your hair because it seals the hair cuticles and therefore colour does not run off with water. If you are unable

to shower with cold water, do a vinegar rinse. As warm water opens hair cuticles making dye to escape, adding vinegar to lukewarm water and then using it will seal the hair cuticles faster.

5. OIL MASSAGE

The benefits that come with regular oil massage cannot be ignored. Being in a desi household, we have always received much advice on why we should oil our hair before stepping into shower. Oil massage significantly improves blood circulation of your hair follicles, keeps hair roots strong, nourished and hydrated. Because of the improved blood circulation more oxygen reaches your hair, which is very helpful in combating hair fall or dry hair, without giving in to expensive treatments. You can use coconut or almond oil before your shampoo day. And if you suffer from hair fall even after using conditioner, you can opt to avoid it and instead use almond oil as its replacement.

5

ALTERNATIVE USES OF LIP BALMS YOU CAN PUT TO TEST

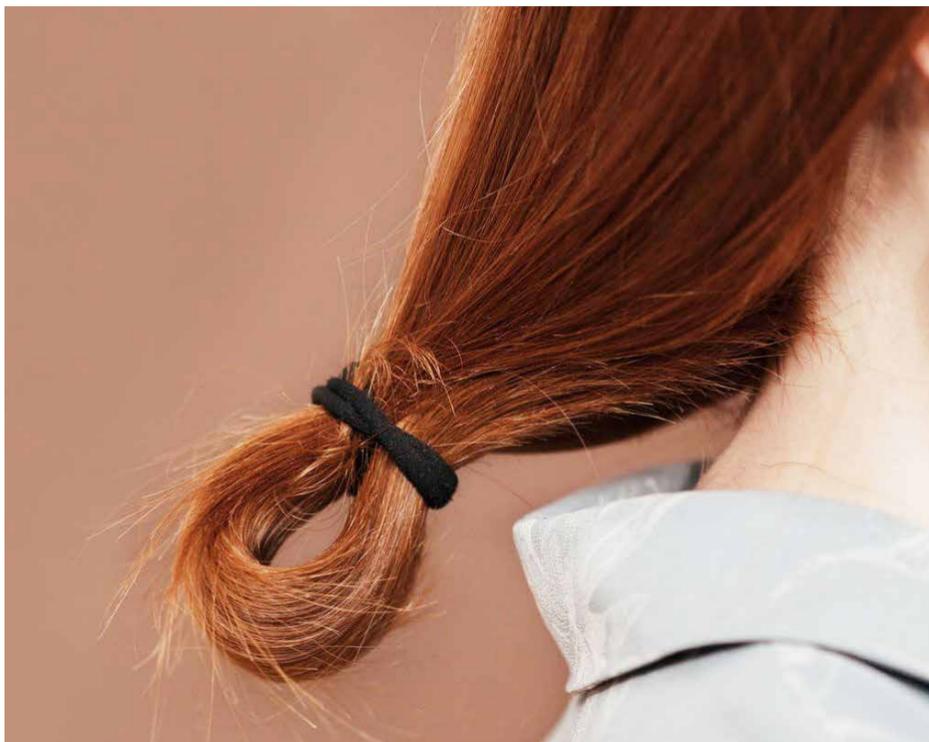
Undeniably, we all have a huge collection of lip balms and we obviously add more to it, exponentially. From ones that taste like fruits to organic heavy duty, we (kind of) have them all, ranging across a huge spectrum of varieties! And we mostly use them to heal and moisturize our lips, but they have more uses to them than just that.

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Here are 5 alternative ways you can put your lip balms to use, in addition to helping your chapped lips regain life.

HELP YOUR HAIR

Your hair is dry and frizzy, and by adding a dash of neglect, you have finally got those dreaded split ends. To prevent further damage, apply your lip balm to your palms and fingers and then run your fingers gently through those strands, particularly towards the tips. You can also use it to add extra texture.



CLEAN MASCARA SMUDGES

Throughout the day and during your daily hustle, you will often find a little bit of your mascara either smudged below your eyelashes or above. And trying to get rid of it by rubbing your skin hard is futile. So simply apply a little lip balm where it has smudged and dab it clear with a tissue or a cotton ball. It will not only erase your mascara neatly but also add back a little bit of moisture.



REMOVE STUCK RINGS

If you have tried everything – soaps to detergents, but are unable to get that damn ring off your finger, rub your lip balm on the parts above, below, and around the ring. It will then roll off easily.

MAKE YOUR PERFUME LAST LONGER

Now here is a perfume tip. Before you spritz it on your palm or nape, apply some lip balm first. Perfume lasts longer on moisturized and hydrated skin.



FOR YOUR HAPPY FEET

You have got new shoes and after wearing them for hours you realize you have blisters on your feet because of the constant rubbing against your skin. To relieve yourself from the discomfort, rub some lip balm over the blisters and around, and then before going to bed use a comfy soft pair of socks. The next day, you will wake up with happy - healed feet.



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