

FEMINA

2020 VOL I ₹100

A Times of India publication

# BRIDES



ONANKITA: HAND EMBELLISHED WITH SEQUIN WORK, LEHENGA (PRICE ON REQUEST), ABHINAV MISHRA  
ON DHWANI: IVORY GOLD STRIPPED CHANDRI LEHENGA, ₹125,000, POOJA SHROFF  
ON MONISHA: OFF-WHITE DOR AND SEQUIN, LEHENGA, ₹120,000, ASITHA NARANG  
EXQUISITE GOLD JEWELLERY INSPIRED BY ONISSA'S ART & CULTURE, FROM RELIANCE JEWELS' UTKALA  
COLLECTION, BANGLES AND RING FROM RELIANCE JEWELS' GOLD COLLECTION  
PHOTOGRAPHY: VINAY JAWER, ART DIRECTOR: BENDI VISHAY HAIR: KIN CHANG THU MAKE-UP: ANU MARIYA JOSE

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***FIERCE  
FASHION***

The pros to  
hit up for  
fresh summer  
ensembles

***MIND OVER  
MATTER***

STAY IN SHAPE  
THIS YEAR

***Trending  
Now***

2020 THEMES  
YOU NEED TO  
GET BEHIND



MW14200501

***COVER GIRL  
NEHA  
DHUPIA***

TALKS  
ABOUT LIFE  
AFTER  
MARRIAGE

# SUMMER SUPREME

The 411 on wedding planning



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# VIRAASAT BRIDES

FATHERS & DAUGHTERS

ido-graph

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# What is your take on the place of doctors in our society?

Suffering, illness and ailments are an unavoidable part of our existence. This is why humans are always in search of methods, healing agents, or medications throughout our history.

Right from the days of Sushruta, one cannot imagine a society without a doctor. It is a service for humans and animals too.



Dr Padmaia Divakar

## What motivated you to choose this profession?

As we discussed above, the sufferings, the pain, the ailment, particularly in rural areas where I spent a considerable amount of my life. Also, the thought of helping the society in whatever way possible persuaded me to pursue the medical profession.

## Tell us more about yourself?

I started with MBBS degree and then went to secure a postgraduate degree in Gynec & Obstetrics, and thereon to an emerging wing in the same branch, the ART (IVF etc.). To see the woes of infertile couples, mitigate by my efforts to the maximum extent possible and my institute Dr Padmaja Fertility (IVF & Surrogacy) Centre, Hyderabad is working tirelessly in this direction.

## Do you think the infertility rate has increased?

Yes, off lately, because of work stress, late marriage, pollution, contamination, adulteration, and hormonal imbalance are the reason for fertility issues in men and women. This is why people are forced to choose ART procedures like IUI, IVF, ICSI, Surrogacy etc. People should know the right lifestyle, good health mentally and physically, good sleeping habits, personal hygiene etc. can help them combat infertility.

## What do you advise in such scenarios?

Like we discussed before, people should follow good eating habits, balanced diet to avoid obesity, one should have good work regimens to avoid a sedentary lifestyle, good sleeping habits. Keeping oneself happy always are also something that matters a lot in the long run. Even after all this, there could be some physiological, genetic or deformities which may compel a couple to choose ART services.

## What is your opinion on Infertility?

Infertility is not considered an 'illness' as one can continue to live without giving birth to a child or fathering a child. And for that matter, no insurance company has recognized this as a health problem or covered it under any policy. However, as we discussed earlier, a balanced diet, avoiding obesity,

sedentary lifestyle, workout, sleeping habits, keeping oneself stress-free could save couples from infertility issues.

## Can you elaborate more on the progress of ART so far?

Right from the time when scientists Edward & Patrick formulated the IVF methodology, the Assisted Reproductive Techniques have seen a lot of improvement. Whether it is the instruments, equipment, gamete donations, or advanced procedures like ICSI, IMSI, Laser Hatching, and the research is still on. Improvements in systems like freezing techniques, Cell Cultures, DNA research, triparental babies, and so on are exciting fields emerging in ART Medical Science.

## Are there surgical procedures in ART?

There are a few surgical procedures in ART-IVF except some Laparoscopic studies on diagnostic or correctional purposes and simple post-operative care similar to any surgical procedures. However, the prenatal or antenatal care as the pregnancies achieved are precious.

## Who is the motivation behind your journey?

It would be my husband, a lawyer by profession, a social worker by passion, and a politician for purpose. He is the one who encouraged my interest in this field to make my institution a 'gigantic one.' And helping a hundred plus couples across India and beyond, where we could give birth to 12500 babies in last one decade through IUI, IVF, ICSI, Surrogacy @ our Dr Padmaja Fertility (IVF & Surrogacy) Centre, @NGRI Metro Stn, Habsiguda, Hyderabad with a Surrogate Care Home @ Bhuvanagiri in Suburbs if Hyderabad.

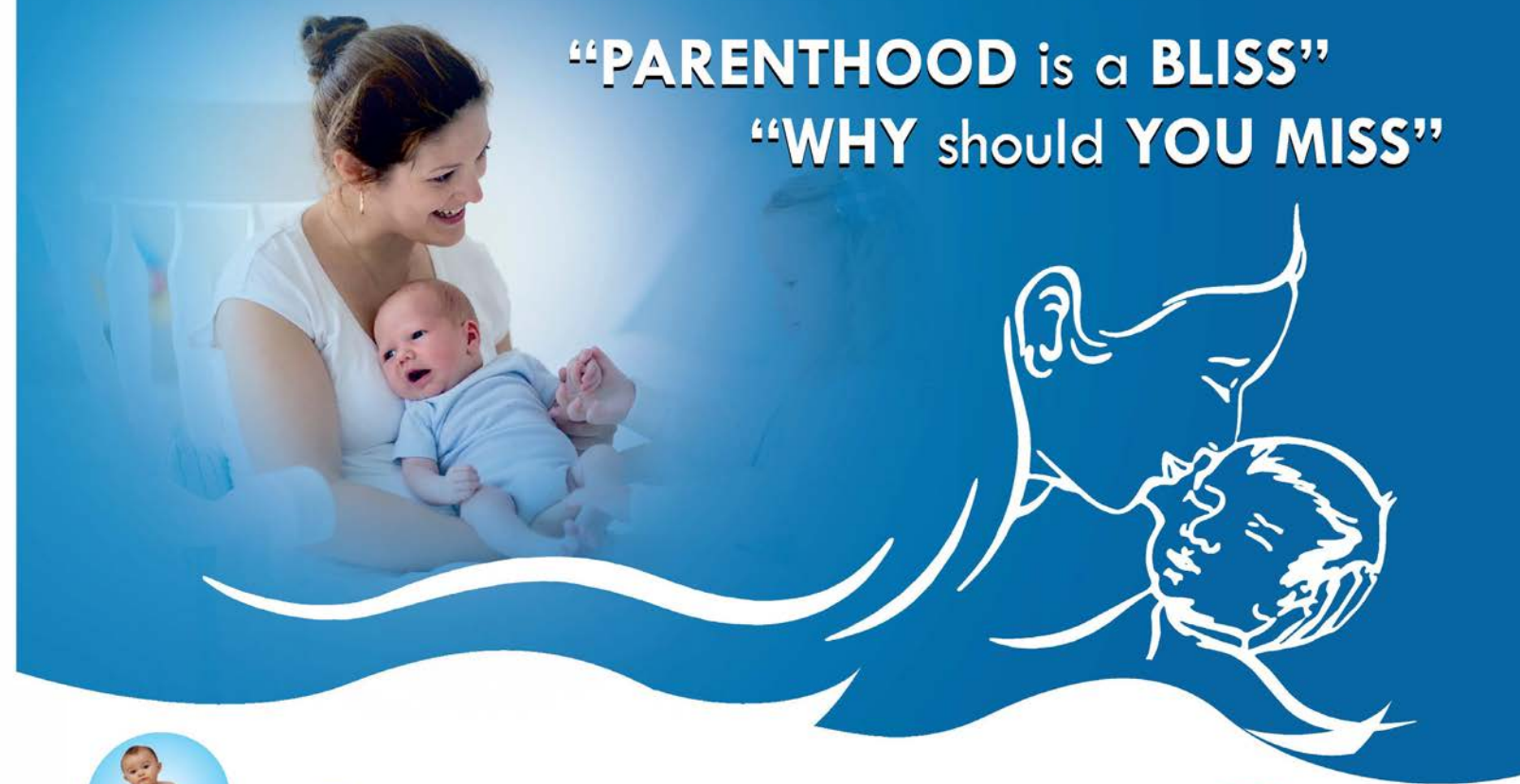


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**Dr. Jamuna Pai**  
Celebrity Cosmetic Physician, Author & Educator  
Pioneer of Cosmetology in India  
Chairperson and Founder - Skin Lab

*Dr. Jamuna Pai- The first to venture in the field of Aesthetics in India, Dr Pai is a doctor not just to the celebrities but one and all, and undoubtedly is the most sought after consultant Aesthetic and cosmetic Physician and an anti ageing expert in India. Her clinics under the name of SkinLab are successfully in their 26th year. Referred to as 'The Pioneer of Cosmetology in India', she has many firsts to her name, including introducing Botox in India in the year 2000 & various laser treatments including the Coolsculpting 'Advantage series'. Dr. Pai pioneered procedures and treatments suited to Indian skin. She now has 9 centers across Mumbai, Delhi, Bangalore, Raipur, Pune, Baroda and Chennai, as well as a training academy for doctors and aestheticians. Also opening soon in Hyderabad and Ahmedabad in April 2020. She is the skincare expert for the Miss India pageant since 25 years and is also a familiar face on popular Television shows. Her expertise in this field has led her to be the International trainer and faculty at many scientific conferences across the world. In 2015, she was awarded as the Best Skincare Expert by two of the country's leading fashion magazines – Vogue and ELLE and is a recipient of many other awards in the field of beauty and wellness. In the same year 2015, she authored her 1st book titled "No one has to know" on anti-ageing & a less is more technique which went on to become the best-seller.*

#### How is your experience with Emsculpt?

Me and my team of doctors are extremely happy with the introduction of Emsculpt at SkinLab. Having worked with non-surgical body contouring treatments for the past 5 years, Emsculpt complements and completes the range of body aesthetics required for a complete transformation.



#### How incorporation of Emsculpt has made a difference and value addition in your practice ?

Continuing the tradition of launching the latest innovations in face and body aesthetics, SkinLab introduced Emsculpt in 2019. We now can offer a complete solution to our clientele who are looking for fat reduction, body toning and increasing muscle mass without the need for surgery or needles.

#### Can you elaborate on the patient experience with

#### Emsculpt ?

The clients have experienced a comfortable treatment where they can lay back, relax whilst the paddle is attached on the treatment site. The specialized handheld device gently rests upon the area being treated and stimulates those muscles. The best part what the clients feel is that they not need set aside downtime after their treatment, since there are no incision made, no needles used, no redness or inflammation after the treatment. They can return to work and continue their normal activities once the treatment is done.

#### What is the technology behind Emsculpt ?

Emsculpt is the world's first device that builds muscle and destroys fat at the same time. It uses HIFEM® (High Intensity Focused Electro Magnetic) technology to provide the equivalent of 20,000 supramaximal contractions to your abs, buttocks, arms & legs.

#### Any other additions you want to make

EMSCULPT is specifically designed to help people who are looking for a non-invasive, non-surgical approach to sculpt their abdomen or buttocks or tone their calf muscles, biceps or triceps.. However, this treatment should not be confused as a weight loss solution. Ideal candidates are people of all ages who are struggling to tone their muscles and to bring then to the surface despite following a balanced diet and exercising regularly.

## EMSCULPT® THE REVOLUTIONARY NEW TECHNOLOGY TO BUILD MUSCLE AND BURN FAT

BTL Aesthetics are excited to announce the launch of EMSCULPT® in India. This revolutionary new technology eliminates fat cells and strengthens and defines muscles. Used by Victoria Secret models, celebrities and elite athletes, EMSCULPT® is like doing 20,000 sit-ups or squats in 30 mins. US Ambassador Drew Barrymore even credits EMSCULPT® as 'a total game changer' when losing weight. This ground-breaking treatment is creating a buzz in the media and has the Aesthetics Industry talking.

EMSCULPT® is the first and only non-invasive treatment to go beyond the elimination of fat cells to strengthen and define muscles, with no surgery and no downtime. Approved and cleared for sale in India, the USA and Europe for the strengthening and toning of abdominal muscles, along with the buttocks and most recently arms and legs (supported by a regimented fitness routine). The technology utilizes patented HIFEM® magnetic field energy and induces approximately 20,000 supramaximal muscle contractions, which cannot be achieved voluntarily, to help target hard-to-tone areas.

Tested in fifteen independent and clinical studies utilizing established methods of evaluation, including MRI, CT, and Ultrasound, BTL EMSCULPT® delivered consistent results:

- 19% reduction in subcutaneous abdominal fat
- 16% increase in muscle mass
- 44mm reduction in thickness of the subcutaneous abdominal fat layer
- Average waist measurement sees a reduction of 4.4cm
- The first and only HIFEM® technology to build muscle & burn fat
- Multiple applicators for the treatment (abdomen and buttock and coming soon, applicators for the arms and calves)
- 95% patient satisfaction\* with 300,000+ treatments annually in the world
- 19 years of trusted BTL's involvement in magnetic therapy
- Emsculpt safety cleared for sale on the US and European market - Product Emsculpt is entered in ARTG, ARTG number 316563.

EMSCULPT® is the only procedure to help both women and men build muscle and burn fat and the world's first non-invasive buttock lifting procedure. It works by supramaximal contractions; the muscle tissue is forced to adapt to such extreme condition. It responds with a deep remodelling of its inner the structure that results in muscle building, tightening, toning and burning fat.

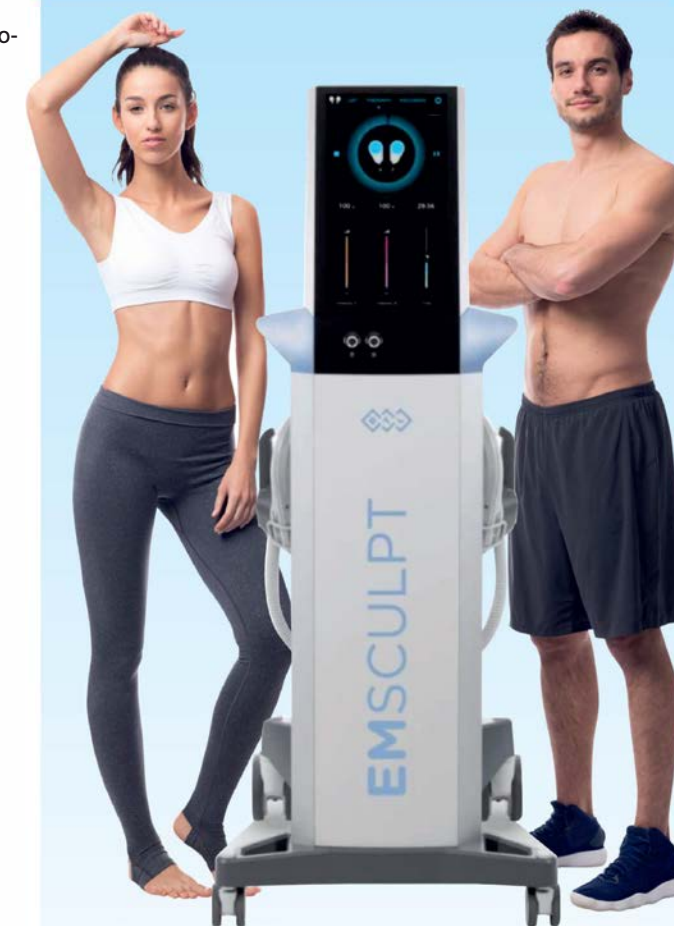
EMSCULPT® helps patients achieve slimmer and more athletic body contours, by reducing abdominal fat and simultaneously building the muscle foundations underneath the fat. When applied to buttocks EMSCULPT® gives the patients a more lifted, athletic shape.

EMSCULPT® does not use a heating/cooling principle, so there are no risks of burns, scarring or swelling. The recommended treatment plan is four 30-minute treatment sessions over two weeks. Best results will be seen after 3-months with continued improvement over six months. EMSCULPT® strengthens gluteal or abdominal muscles and burns fat, all while you relax, laying down.

EMSCULPT® has also won multiple awards from MyFaceMyBody Awards, RealSelf, New Beauty and more.

#### About BTL

Founded in 1993, BTL has grown to become one of the world's major manufacturers of medical and aesthetic equipment. With over 1,500 employees located in more than 53 countries, BTL has revolutionized the way to offer the most advanced non-invasive solutions for body shaping, skin tightening & other medical aesthetic treatments, including women's intimate health and wellness. BTL's brands include EMSCULPT®, EMSELLA®, BTL Vanquish® ME, BTL Exilis® ULTRA, and BTL X Wave®.



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# SUMMER SHIELD

YOUR ONE-STOP SOLUTION TO NATURAL BEAUTY, **MOHA:** BRINGS YOU THE BEST IN AYURVEDA TO COMBAT ANY KIND OF SKIN DAMAGE THIS SUMMER.

The scorching summer sun can leave your skin thirsty and dull. Harsh chemicals from makeup can also strip your skin of its natural glow, and leave it in serious need of rescue, so what a woman needs is a product that's rooted in the age-old Indian science of Ayurveda. With 70 years of experience, Vedistry – part of Charak Pharma, brings you moha:, its Ayurvedic brand that offers a range of products for the skin, hair, and body. Enriched with natural ingredients such as neem, nutmeg, rose, aloe vera and almond, among others, it's the most nourishing way to keep your skin healthy and glowing. Here are some must-have summer essentials to pamper your skin naturally!

For a glowing face, void of impurities, moha: Herbal Face Wash contains active ingredients like aloe, cucumber, rose and neem, which effectively cleans skin impurities and maintains its natural moisture.

An ideal sunscreen, **moha: Herbal Sunscreen with SPF 50** gives you the best skin protection. As summer is here, sunscreen should be the most important product in your skincare kit. Just seven minutes of sun exposure can damage your skin adversely, so while you are stepping outdoors for work or for some



**Supriya Limaye,**  
*MEDIA PROFESSIONAL*

I am someone who loves to experiment with my hair. But due to heat and colouring, my hair started looking dull and lifeless. But ever since I started using moha: Herbal Hair Serum, I feel like my hair has gotten a life of its own. It looks healthy and doesn't give me a tough time when I am trying a new hairdo.

shopping, use **moha: Herbal Sunscreen with SPF 50**, which ensures perfect sun protection and is best suited for Indian skin. It is also boosted with natural skincare ingredients like sunflower, aloe vera, rice bran oil, wheat grain oil etc. which protects you from sunburn, tanning and sagging skin, leaving it healthy and radiant.

A combination of two powerful oils and Water Lily, moha: Herbal Hair Serum



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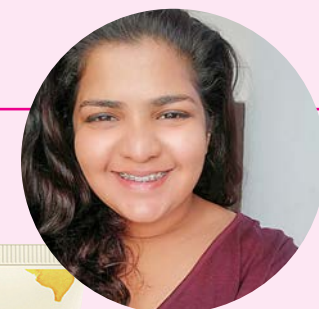


**KIARA ASRANI,**  
*BANKER, MUMBAI*

I used to suffer a lot from brittle nails. What was annoying me the most was having my nails shaped, only to have them break while typing. But since I started using moha: Nail Care Cream, my nails always look like I just got a manicure!

**RUWENA GOMES,**  
*HR, LOGISTICS*

I have always had soft skin, but my feet and heels have always been a problem. I noticed my skin was dry and cracked, so I did some research and found that a great quality foot care cream has tremendous skin benefits when applied regularly. Luckily, I found the moha: Foot Care Cream and I just have one thing to say; go and get this, you won't find a better product anywhere else!



**DEEPA DAVE,**  
*MEDIA PROFESSIONAL*

Usually in the market, there are so many face washes that claim to have neem in them. But I was looking for one that also had rose, because I would usually wash my face and then apply rose water. moha: Herbal Face Wash was perfect for me as it helped me shorten my face care routine. And now, my skin glows and it looks healthy! I am really happy with this face wash!



is perfect to make your hair look silky and healthy. While the flaxseed oil in the serum strengthens the hair, the hibiscus oil nourishes it and improves collagen. The Water Lily softens your hair with its conditioning effect, leaving your tresses with a salon-like finish.

**moha: Nail Care Cream** is ideal for the overall health of your hand and nails. When applied regularly, it softens cuticles, moisturises, nourishes and protects nails against dirt and chemicals, as well as yellowing from continuous use of nail polish. The use of flaxseed oil and almond oil are bonus points that leaves your hands soft and pampered.

While indulging in self-care, the feet are usually the most neglected part of the body. Using moha: Foot Care Cream will ensure your feet aren't neglected because it's enriched with the benefits of papaya, aloe vera and peppermint. It heals cracked heels too, leaving feet soft and nourished with just three nights' use. This luscious, creamy formula also relaxes tired feet and protect it from any infections.

moha: products are available at [www.moha.co.in](http://www.moha.co.in); [www.charak.com](http://www.charak.com); Amazon, NYKAA and other leading outlets.







## EDITOR'S LETTER

**N**ot many people have got off on the right foot with 2020 – the latest and most alarming issue being pandemic, COVID-19. This issue of Femina Brides had already been written by the time the outbreak had gone global, and the one question that now remained was: Can love be sealed in such a time? While it's indeed better to be safe than sorry, your 2020 wedding needn't be scrapped altogether—just postponed. The best way is to think of it as a hiccup you have to overcome, before you can spend your lives together in complete bliss.

And to tide you over till that time arrives (which we hope, is very soon), this edition will keep you company. Our April issue highlights the trending wedding themes this year—with sustainability and careful spending being the ultimate #weddinggoals. The Big Story shows you how to bring it all together, while the fashion pages show you how to take your wedding look a step further with a gamut of beautiful designers. Given that this is a Summer issue, the beauty pages could not be complete without all the light, fresh, breathable products a woman can get her hands on—for a flawless look, less is definitely more. There's lots to be said about having healthy skin too, and being as mentally and physically fit as you can be at the time of your wedding. It's important to stay as happy as possible, as a general rule.

This trying time has also shown mankind that solidarity, support and resilience can exist and thrive—we're all living through it together, no matter which part of the globe we call home. And that's also what love is really about—supporting those around you and getting through life together, through the good times and the bad...

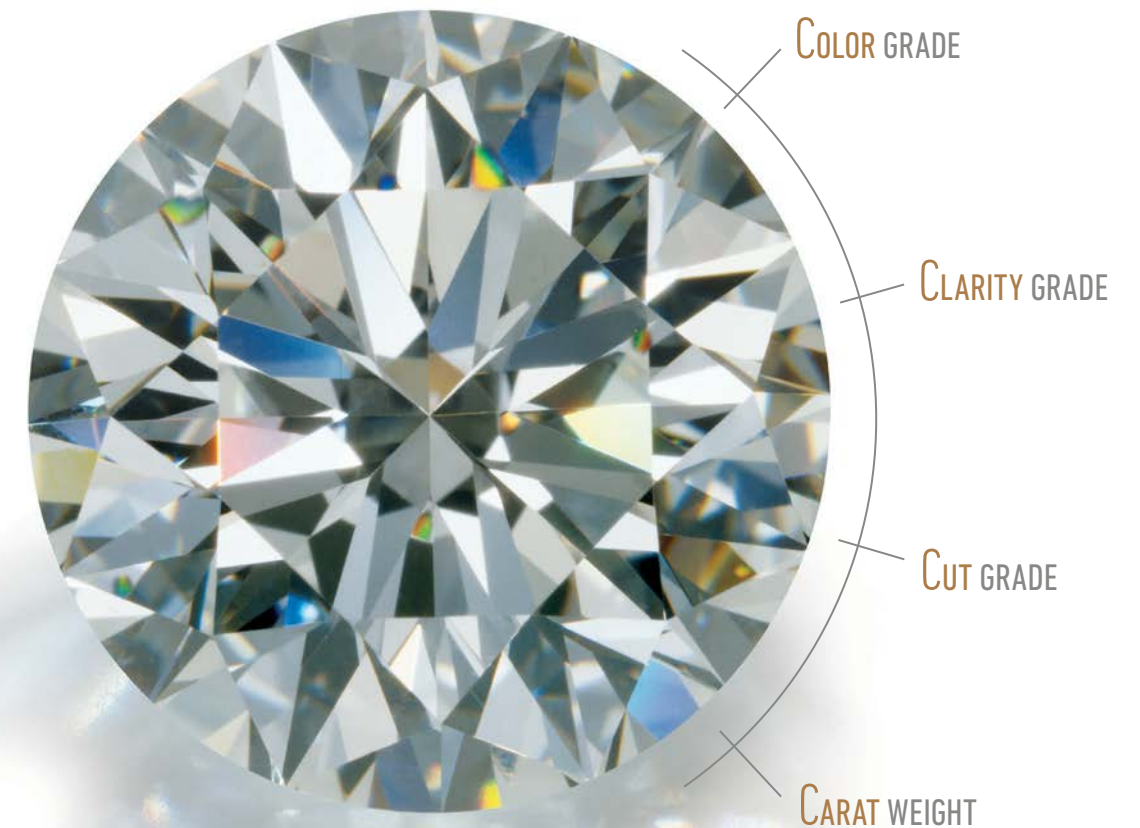
**Tanya Chaitanya**

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## THE BIG STORY

**30 Summer Supreme**  
Plan your pre-wedding shoots, get that beauty inspo for your spring-summer wedding, plan an elegant affair for less, create your own wedding website, e-invites, and wedding favours

## BEAUTY

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G Venket Ram / Calendar 2020  
Shruti Haasan

## A NOD TO HISTORY

Prince Jewellery has, since its inception in the 1980s, carved a niche when it comes design and product offerings, and is always looking for new avenues to showcase its design and craftsmanship. Known for its antique jewellery collection, the brand is widely credited with reviving the interest in jewellery of a bygone era, namely Chettinadu, Malabar and Travancore. A recent project saw the brand help put together a calendar that involved actors and famous dancers; Prince Jewellery recreated the baubles seen in paintings by world renowned artist, Raja Ravi Varma. Some of the famous by paintings being replicated were *Maharastrian Women After Temple Visit*, featuring actress Khusboo; *There Comes Papa* by dancer actress Shobana; *Rani Of Karuppan* by Shruti Haasan; and *Damayanti Listening To The Songs Of Nala*, featuring Ramya Krishnan. The recreation of this jewellery was a testament to the brilliant skill of Prince Jewellery and was a perfect way to pay tribute to Raja Ravi Varma for a social cause.



## PROUD HOMAGE

Rare Heritage's **TARIFA** collection is inspired by soul of art itself. For its fifth anniversary, Rare Heritage has unveiled this unique ode to art which is a celebration of art's ability to create a story. The collection uses nuances of colour, like a painter's palette, to create bold and audacious pieces with gold, diamonds, sapphires, emeralds, rubies and tanzanites. The collection is an homage to art in every aspect. Vintage glamour is celebrated in gold and emeralds that calls to mind the grandeur of the Victorian era, made famous by romantics and impressionists. Art Deco makes a statement with pieces that are geometrically pleasing to the eye and revisits the modernist movement of the 20s and 30s. Pop Art is brought to life by the use of colour on colour, and is emphasized with an ombre effect to allow for the appreciation of tones.

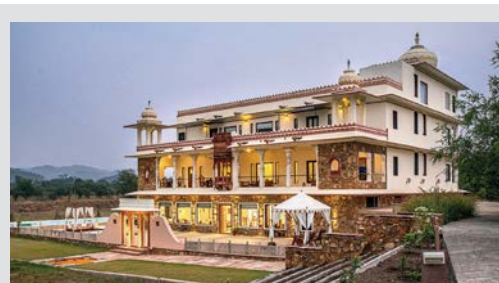
## BATCH OF BLING

This wedding season, look out for Om Jeweller's all-new collection in classic gold, highlighted with enamel. This enigmatic collection is curated with intricate craftsmanship and design that oozes grandeur and class. The amalgamation of fine enamel work, uncut diamonds and yellow gold, resonates with the tradition befitting an Indian bride. The collection is a set of elaborate chokers, stylish necklaces and jhumkas.



## INVITATION EXTRAORDINAIRE

Invitation design house Izhaar has been offering bespoke and customised luxury designs to its discerning clients, the latest being the wedding of IAS officer Vishal Singh to I.R London returned, Yamini late last year. Izhaar, with thorough research on the current trends, appropriate designs, up-to-date material for packaging etc, blended the Nazaakat from Balliya, UP for the invites. The end result was artistically and culturally rich wedding invites that included gifts and regional sweets to up the ante even more. Izhaar crafted 60,000 cards and personally sent them out within a time span of 10 days. Each creation by Ruchita Bansal at Izhaar is a handcrafted work of art, designed by her and brought to life by a team of artisans at her workshop in New Delhi.



## REGAL RESORT

KesarBagh is a heritage resort situated between the states of Marwar and Mewar, and redefines the vacation getaway market with a truly magical property, where you get to experience a throwback to the laid back and indulgent lifestyle of a bygone era. This stunning 150 acre land, with its fruit trees and forest, serves as the perfect escape from the hustle of modern cities. With 15 air-conditioned luxury suites overlooking the stunning forest covered Aravalli Hills and the surrounding countryside, the property is ideal to host every sort of getaway imaginable.

## SUN SHIELD FTW

Summer is here and sunscreen should be the most important product in your bag. Just seven minutes of sun exposure can damage your skin adversely, so while you are prepping for your wedding and stepping outdoors, use moha: Herbal Sunscreen with SPF 50, which gives you the ultimate protection. Best suitable for the Indian climate, this sunscreen is also booted with natural skincare ingredients like sunflower, aloe vera, rice bran oil and wheatgerm oil, for maximum gains. ☀



# Fertility Assessment step by step

Very often we get to see women walking alone into the clinic of a Fertility specialist to get herself checked as she is unable to conceive after many years of marriage. Since both male and female partner are responsible for procreation, it is critical that both of them should be assessed simultaneously. In 40% cases of infertility, it is the female factor, and for another 40% it is the male factor and 15% cases are due to combination of both male & female factors and for the remaining 5% the cause is unexplainable.

### When to get a Fertility Assessment?

Fertility assessment is the first step when considering having a baby. This is also necessary, if you are considering trying to get pregnant and have been trying for more than 12 months if you are less than 35 years, and less than 6 months if you are over 35 years, since with AGE reproductive capacity goes down especially for women.

It is also recommended for anyone who has already had a miscarriage, diagnosis of a fertility issue, such PCOS, or has been advised by their doctor to do further investigations. A routine infertility evaluation is valuable in determining the cause of infertility, and provides key information when designing your personalized treatment plan.

### What is included in Fertility Assessment?

It is crucial to assess the husband before the wife is taken up for any investigations as there have been instances where the wife has undergone an array of tests with no conclusive diagnosis and failure to conceive as the assessment of the husband was not undertaken.

- Male fertility assessment
- Semen Analysis
- Female fertility assessment
- Anti Mullerian Hormone (AMH) Test
- Body Mass Index Assessment
- Ultrasound on Day 2 of period
- Hysterosalpingogram or HSG
- Hysteroscopy/Laproscopy
- Review with Fertility Specialist

**Semen Analysis** - A semen analysis is the single most important piece of information needed to assess male fertility. It measures the quantity and quality of a man's semen and sperm - assessing characteristics such as sperm count, motility (movement) and shape. Smoking, alcohol, certain chemicals like steroids and muscle building supplements can affect the health of sperm. Semen analysis should be done in an infertility clinic with an andrology laboratory as the results are more conclusive while deciding the future course of action.

According to WHO, male factor infertility is an alteration in one or more of the following parameters in one of the two samples collected 4 weeks apart:

- Sperm count - 15 million/ ml of semen
- Motility - 40% sperms should be motile
- Morphology (shape) - 4% normal forms

Semen freezing is a procedure to cryopreserve sperm cells. Sperm cryopreservation is recommended to preserve fertility in men staying away from their family or undergoing cancer therapy.



If semen analysis report is normal, then the female partner is taken up for assessment accordingly.

Anti Mullerian Hormone (AMH) levels are assessed by a simple blood test that can be done on any day of the cycle and helps to know the capacity of a woman to produce eggs at any given point of time. The lesser the no of eggs in the ovary, lower will be the AMH level. Each woman is born with fixed number of eggs which decrease with age. At birth, there are approximately 1 million eggs; and by the time of puberty, only about 300,000 remain. Of these, only 300 to 400 will be ovulated during a woman's reproductive lifetime.

Woman with diminished ovarian reserves are at a risk of fertility problems and an increased risk of miscarriages. This test provides a snapshot of the woman's fertility, therefore is instrumental in planning fertility treatment.

| AMH Levels          | Interpretation       |
|---------------------|----------------------|
| Less than 1.0 ng/ml | Low ovarian reserves |
| 1.0 -3.0 ng/ml      | Normal               |
| More than 3.0ng/ml  | PCOS                 |

If AMH levels are found to be on the lower side, it is recommended that the treatment should be initiated early.

**Body Mass Index Assessment** - Being overweight or underweight impacts fertility in both men and women thereby reducing the chances of pregnancy. Maintaining BMI between 18.5 to 24.9 is ideal for conception and increases the chance of a healthy pregnancy and baby.

**Ultrasound on Day 2 of period:** Fertility specialists often use a combination of fertility tests to best assess a woman's ovarian reserve, including a transvaginal ultrasound to count the number of antral follicles. Ovarian reserve testing by Scan is recommended on day 2 of the cycle. An ultrasound also helps rule out any anatomical abnormality like bicornuate uterus and pathologies like fibroids, endometriosis, adenomyosis etc as these may act as a hindrance to conception.

**Hysterosalpingogram or HSG:** In young patients (less than 30 years) with good ovarian reserve and with normal semen analysis report of husband, HSG is advised to see whether the tubes are open. It is an X-ray test done by the fertility specialist by injecting a harmless dye into the womb, which should flow into the fallopian tubes. The dye is visible on an X-ray showing whether the tubes are open or blocked. And if the tubes are blocked or any filling defect seen on X-Ray, the next step would be laparoscopy along with hysteroscopy.

**A laparoscopy/hysteroscopy** is the gold standard to assess the uterine cavity, tubo-ovarian relationship and patency of the fallopian tubes.

**Review with a Fertility Specialist:** Once all the investigations are done, your fertility specialist will explain the fertility potential. It is vital that you understand the cause of infertility and the line of treatment to be followed. In case, all your reports are normal, the fertility specialist might recommend further investigations.

A fertility assessment gives us a clear picture of the reproductive ability of the couple along with reassuring them that medical technology can help them become parents if there are any factors causing infertility.

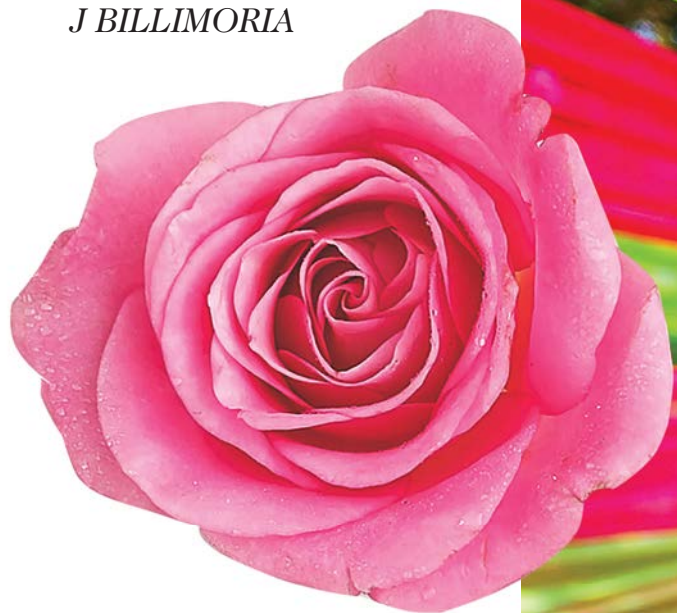


To know more about 'Fertility Assessment', please feel free to contact BabySoon Fertility & IVF Clinic by visiting our website [www.babysoon.co.in](http://www.babysoon.co.in) or calling us on 9856665666 / 9910007896



# SUMMER SUPREME

ALL THE DETAILS ON  
CLEVER WEDDING  
PLANNING WITH A TOUCH  
OF DIY. BY JEENA  
J BILLIMORIA



P

lanning a wedding is generally touted to be an exhausting and expensive affair—but it needn't be! If you plan strategically, you can benefit from having a cost-effective but uber impressive wedding that's tasteful and memorable. So read on as we let you in on where to start, what to do and how to go about planning your summer 2020 wedding like a pro—whether it's on a budget, creating eco-friendly e-invites and a wedding website, your pre-wedding shoot, ideas for wedding favours—or the freshest makeup to step out with on your big day.



## OH, SHOOT!

Handy notes on how to stage your pre-wedding photo shoot.

Amid the wedding planning, there will come a time when you'll want to plan your very own pre-wedding photo shoot with all the bells and whistles. Your very own self-devised, directed and styled production that'll aim to compete with your favourite fashion magazine while simultaneously showing those within 50 feet of you how lucky you are to have found your soulmate. Then you'll remember that you'll also have to convince your soulmate to get on board as supporting actor on said production, and give an Oscar-worthy performance so that your low-key agenda of amassing as many likes on social media as you can possibly can, is





THE BIG STORY

met with riotous success. And that’s exactly how it’ll go down. There should be no shame in this game—go forth with your dream pre-wedding shoot—it’s all part of the getting your very own ball-and-chain- experience. Here’s how to go about it seamlessly...

LOCATION, LOCATION, LOCATION

The city is literally your oyster when it comes to photo shoots and if you’re greedy for more, other nearby cities are also in play. You and bae first have to decide what vibe you want—something romantic, cheesy but cute, OTT, simple—and then begin to throw up venue options. Try and steer away from the done-to-death, tourist trap spots and go for a location that’s quiet and where you can lovingly gaze at one another in four different outfits and seven different poses, without the full weight of the public gaze. You can also have your shoot at home, where you two are most comfortable. If you’re keen to do something more dramatic, the forts and palaces of Rajasthan are no-brainer backdrops, and if you’re looking for an easy-breezy scene, the beaches of Goa or the Andaman & Nicobar islands are your best bets.

GOING PRO

This part would be the most important in your little pet project because it’ll determine how fantastic (or not so fantastic) the end results are. You’ll want to find someone who’s good with a specific kind of photography, so study their work on social media and figure out what they’ll be able to do well and whether it works for you. There are several routes you can take—candid, vintage, artistic etc—and once you have an idea, meet with a potential photographer so you’re all on the same page. Meeting beforehand will also break the ice and give your photographer a chance to gauge your chemistry and eventually capture some killer snaps of you two.



THE RIGHT TIME

Look for the best time of day to have your shoot, depending on the theme—if you’re going for a lot of bright, outdoor light for example, mid-morning and afternoon (avoiding high noon) is the best time. Keep in mind that some days may be more cloudy than others, which means skylight could be low and diffused, and therefore yield dull and flat pictures. You can make the most of it with beautiful black and white shots if that’s the case. For a fiery glow, you can opt to pose just before sunset—it’s all up to you. Your photographer will be able to give you the best advice, so trust what they say!

THE STYLE FILE

You can go with just one outfit, or three—the point is to stick to a definite theme. Your outfits should match the backdrop of the shoot. Don’t rock up to the beach in a ball gown and heels. Also be sartorially coordinated with your fiancé so there’s not a harsh contrast between you two. Communicate and figure out what he’d like to wear too. For hair and makeup, you could do it yourself if you’re confident in your skills, or get a professional to help you out. Look for beauty inspo—it’s everywhere!

STRIKE A POSE

It may be hard to feel “romantic” in public at first, especially with a camera pointed at your faces, but encourage yourself and your fiancé to really get into it. Tread carefully though; there’s a fine line between going overboard with poses and doing enough to keep it classy and natural. You two are in love and that will shine through every time you look at each other, so there’s no need to be extra. Do what feels right in the moment, take direction from the photographer and just have fun with it—these are precious moments you’ll always look back on. ▢

There’s a fine line between GOING OVERBOARD WITH POSES and doing enough to keep it classy and natural.



PHOTOS: ANUPAM MAURYA (KNOTSVAMP)





# PAPER CUTS

Go paperless with your wedding invites—the environment will thank you.

Sending out digital wedding invitations is the most environmentally friendly thing you can do today. It's also a simple, fuss-free method—and works out way more economical than its hardcopy counterparts. Within minutes and with just a few clicks, you can design, customise and send out all your wedding details to guests via email, Facebook or WhatsApp. More and more couples are opting for e-invites—here's why you should too!

## IT'S COST EFFECTIVE

Depending on the paper, intricate work on each invite and style, costs can run into several thousands. But you can create the same thing in a digital format for a fraction of the cost and still impress your guests. Save this money and put it towards your dream honeymoon instead!

## IT'S HASSLE-FREE

Think of all the time you'll save trekking to appointments revolving around your physical invitations, having to write each guest's name on them, sealing them properly, delivering them and then having to wait for individual RSVPs. Save yourself the trouble and focus on other aspects of your wedding that need more TLC.

## EASY RSVP

Not only will you save your guests from



### E-INVITE DOS & DON'TS

#### DO

Proofread the text thoroughly to avoid spelling errors and so you don't miss out including relevant details. It's hugely embarrassing to have even a single error on an invite.

#### DO

Send personalised messages that accompany the e-invites so that it doesn't appear to be a clumsy, impersonal forward that could've been sent to anybody.

#### DON'T

Make it cluttered—mention the basics without it looking like you've tried to cram a short story in a small space.

#### DON'T

Forget to follow up with guests if they haven't RSVP'd.

### WHERE TO GET IT DONE

Itchha Talreja Designs  
Indianweddingcard.com

Paperlesspost.com  
The Wedding Studio by Ohsoboho

## E-invites are a BEAUTIFUL WAY TO GIVE BACK TO THE EARTH in a small but effective way.

having to send back written replies, you'll also skip the part where you collect all the RSVPs, count them—and then recount them. With e-invites, the person can respond immediately or be directed to your wedding website and give an instant yes or no.

### BACK-UP PLAN

You'll have to consider guests you just can't send e-invites to; elders of the family, for example, who don't use WhatsApp or email. In this case, you can opt for hand-written cards using the template of the digital rendering. Personalise it with a few lines on how much their presence at your wedding would mean to you, and you're golden.

### ECO-FRIENDLY

You won't be leaving any sort of environmental wreckage and won't have to bear the guilt of knowing several trees no longer stand and thrive because they were used to make your invitation cards. It's also a beautiful way to give back to the earth in a small but effective way. 🌱

PHOTOS: COURTESY ITCCHA TALREJA DESIGNS

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# THE SENSIBLE AISLE

*Tips on organising a small, tasteful wedding that won't bruise your bank account.*

One will find more and more couples en route to tying the knot without actually invoking an over-the-top circus with an almost vulgar budget to match. A world where better sense prevails, at last. The point of marriage is to fuse two souls together in the presence of God and those closest to you—not to make a public show of wealth, and if you belong to the former camp, where something chic and low-key works best, read on...

## HAVE THE CEREMONY AT HOME

You can definitely save a tidy packet if you have your wedding ceremony at home (or your folk's home). It'll be a cosy affair and there really is no place like home. If there's a garden at the back, even better—you can have a picturesque little shindig and play around with the space. Set up a big tent to eliminate harsh sunlight and have the reception there.

## HIRE THE UP & COMING PROFESSIONALS

Another clever way to be cost effective is to look for talent still on their way to the top. The 'best' hairstylists, makeup artists and photographers give you great results, but combined costs run into lakhs that you may not want to spend. However, if you choose people who are good at what they do and are still undiscovered, you won't have to drop as hefty a fee and you'll still look gorgeous at your functions.



## Order individual MINI WEDDING CAKES FOR YOUR GUESTS to dig into after the meal.



## REPURPOSE THE FLOWERS

Flowers may not have a massive shelf life, but they have a lifespan enough to be used twice at least. If you're having a morning function, use the same flowers for the evening do—just tweak the design a bit. It's a sin to waste such beauty otherwise, and you end up paying double to have more floral arrangements!

## DON'T SPLURGE ON DESIGNER WEAR

This country's a gold mine when it comes to talent and craftsmanship. If you're not keen to spend amounts matching a small car on your bridal looks, scour the Internet—or ask friends—who the hot new designers on the block are. You'll get a sea of fabulous options and beautiful outfits that won't break the bank but will look like you did—so really, it's a win.

## HAVE A SMALLER WEDDING CAKE

The trend so far has been to have a three-to-four tiered wedding cake that is wheeled out in the middle of the reception for the newlyweds to cut. While these cakes are absolutely stunning, you don't really need such an extravagance, especially if it's a small crowd (there may be too much leftover cake that'll go to waste in the end). Instead, get a smaller one, or order individual mini wedding cakes for your guests to dig into after the meal. 🍷

FEMINA  
BE UNSTOPPABLE



Isn't it time we did away with the 'perfect body' myth? Let's talk.  
[@femina.in/fitness](https://www.femina.in/fitness)



# THE LITTLE THINGS

Take a look at all the wedding favours your guests would totally love.

‘I don’t like receiving gifts,’ said no one ever. Adding a personal touch to your wedding will go a long way and one of the biggest crowd-pleasers are wedding favours. They can be anything you like (your wedding, your rules!) and these little tokens serve as thanks to your guests for making your day so memorable, and also leaves them with a memento that they can remember fondly. Wedding favours are budget-reliant, and depending on the figure you choose, can go ahead with what works best. Here are some satisfying options and where to source them.

## SCENTED CANDLES AND SACHETS

A scented candle is always a good idea because most people love them. You have solid flexibility with these options because they go from simple to lavish. If you’re having a summer wedding, choose scents that match the season—mango, jasmine, mandarin or lime. If candles are too expensive an option, source scented sachets instead!  
**Where to buy:** Candles: Bath & Body Works; Veeda Candle; Jo Malone; Niana

## EDIBLE GOODIES

A parting gift of something sweet is a safe and fail-proof option and you can go one of several ways—customised bride and groom cookies, cake pops, cupcakes and the like – or more traditionally, dry fruits and chocolates.



You don’t have to distribute half a kilo worth either; just a few pieces will suffice.  
**Where to buy:** Harsha Kilachand; Sugar Treatz; Amazology India; Nutty Gritties

## FLORAL WREATHS

For a summer wedding especially, floral wreaths are all the rage. Pass them around at the wedding sundowner or the brunch you’re hosting to help your guests get in the mood to party. They’ll add a feminine touch to the event and also look great on the gram.  
**Where to buy:** Flower Lab; Flower Anonymous

Opt for wedding favours that are  
**THOUGHTFUL AND CUTE;**  
YOUR GUESTS  
should be able to  
enjoy them.

## PHOTO FRAMES

Have some fun at the wedding while also being thoughtful about the wedding favours. Take instant photographs with each of your guests throughout the event and have someone place each one of them in small photo frames that can then be placed on a table at the exit. Your guests can look for theirs while they’re on their way out and have a special memory to take home with them.  
**Where to buy:** Ikea; FabIndia; Home Artisan

## KNICK KNACKS

Quirky little clocks, trinket jars, coasters, shot glasses, mugs, bar and desk accessories—you can let your imagination run wild and choose anything you want to spoil your guests with. You can even go a step further and personalise them; knick knacks always come in handy at some point.  
**Where to buy:** Waabi-Saabi; Modern Quests; LÄTT LIV; Wishbox

## STATIONERY

This can range from diaries and planners to bookmarks and notepads. Choose items that are fun and colourful and add little notes of thanks to each little goodie bag for extras.  
**Where to buy:** 7mm; The Papier Project; Artsy Design Co., Paperfields

## GIFT HAMPERS

If your vibe is solid hampers to spoil your guests with—there’s tons you can do. What you’re doing is getting a basket and filling it with treats of different kinds so there’s something for everyone. You can do edible (deserts, snacks, drinks, jams, teas, coffees etc) or non-edible (candles, mini tea sets, costume jewellery etc) hampers and decide what goes in them depending on how generous you feel—sky’s the limit for some!  
**Where to buy:** Ikka Dukka; The Style Salad; The Wish Tree Co.; Muse The Store



PHOTOS: COURTESY HERMOSA DESIGN STUDIO (TOP); IKKA DUKKA (BOTTOM)

# A PERFECT MÉLANGE OF LUXURY & WARM INDIAN HOSPITALITY



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# SITE FOR SORE EYES

Here are some handy points to consider if you're thinking about creating your own wedding website...



The general idea of having your own wedding website is not to show off what a perfect fairytale production for the ages you, your groom (and your respective families) are hosting. Think of it more as a one-stop shop for your guests to have all the relevant —relevant being the operative word here— information about the wedding. These details must include the obvious: who (that would be you and your nearly minted husband); what (the wedding and all the functions it encompasses); when and where, the wedding hashtag etc. Here are a few simple tips to consider while creating your very own wedding website for yourself...

The very purpose of this page is **TO GIVE GUESTS A THOROUGH TIMELINE** so they can prepare for the wedding too.

## MAKE IT ROMANTIC

Share sweet details about yourselves—how you met your man and began your love story, how and where he proposed, accompanied by some photos (that didn't make it to Instagram) of your special moments. Not everyone will have this information and most people are suckers for a good love story, so you can be safe in the knowledge that whoever reading it will definitely be smiling through it. You could also make a two minute video that your guests can watch, where you thank them for being there for you as you embark on this new adventure.

## INCLUSIVITY IS IMPORTANT

Make your nearest and dearest feel special too by mentioning the names of all the groomsmen and bridesmaids. Add a line or two on how you met your besties or narrate a funny story that sums up your friendship with them perfectly. Your friends will appreciate the inclusion and it will give guests a chance to see who your ride or dies are. It's also important to remember that if you're hosting some exclusive events—a lunch or small dinner party—for just close friends and immediate family, it's best not to mention it on the website. It may make the uninvited guests, who're a majority in this case—feel bad for being excluded. It's better

to send out private e-invites to the chosen few and carry out your little event with a flourish.

## THE DEVIL IN THE DETAILS

Systematically mention the dates, times and venues of all your functions in a separate category on the website. Have an RSVP option too, so that it just takes guests a few seconds to respond and also gives you on-hand access to who's coming and who isn't. The very purpose of this page is to give guests a thorough timeline so they can prepare for the wedding too. If your functions have a theme, be sure to mention it—it's really no fun for your guests to find out you're having a Wakanda themed party three days before it's happening, giving them shots of panic and no time to source a fitting outfit. If there are any events that lead on to after parties, mention that too so people are not forced to stay back longer than they wanted without having lined their stomachs with something to keep a nasty hangover at bay the next day. Lastly, if you have a wedding hashtag, here's the place to put it.

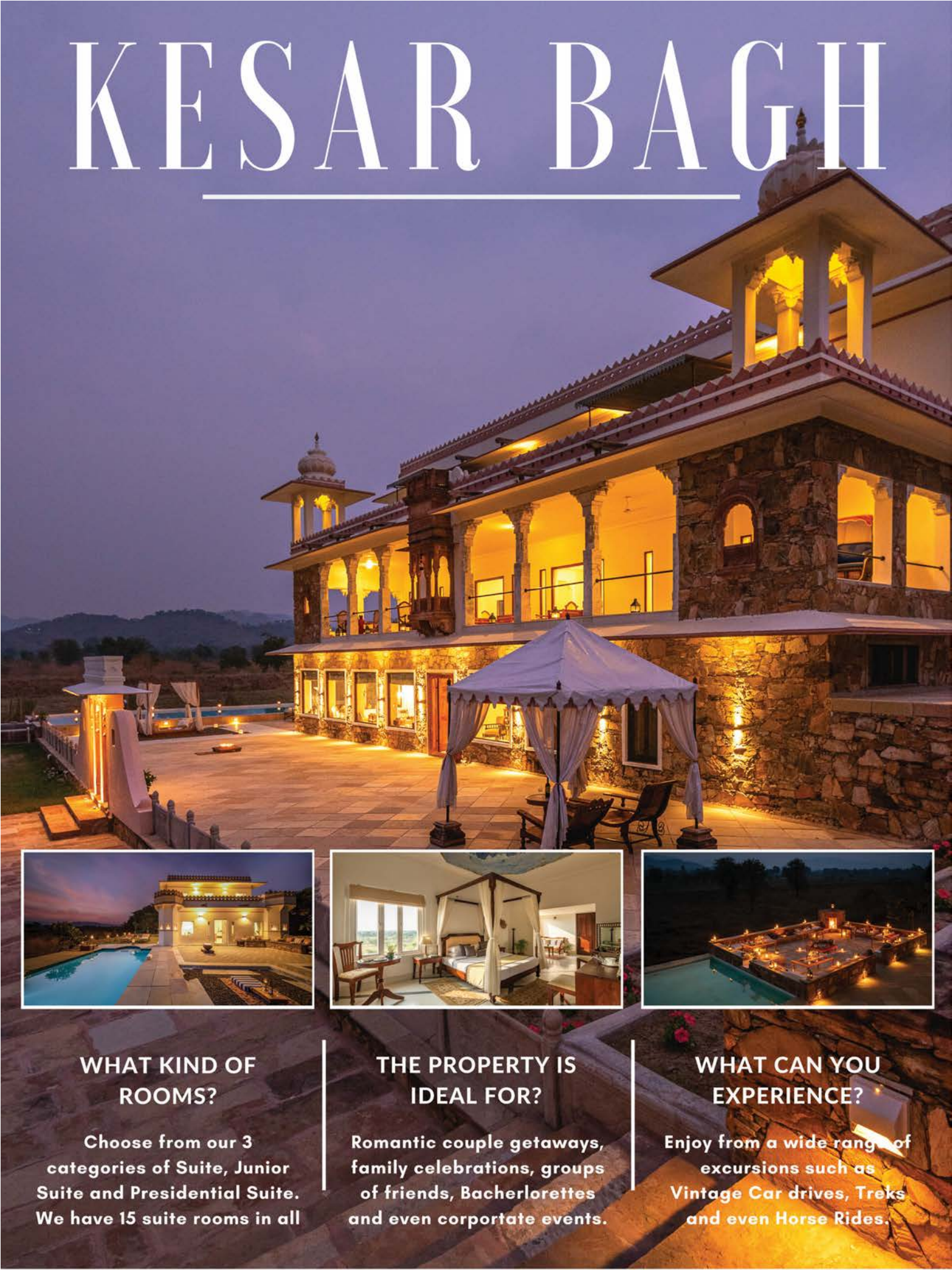
## A SNEAK PEEK

While the wedding itself will still be a work in progress at this point, you can share details of things to expect at the wedding—colour schemes you may have locked down or some fun themes for the sangeet or mehendi, cheesy songs you may ask the DJ to play at some point (Marry You by Bruno Mars, anyone?). Don't forget to stylise your website according to the wedding theme—if you're having pink flowers, it makes sense to have pink elements on the site too.

## PRIVACY PLEASE

If you're concerned about the privacy of your website, in that anyone with access to the Internet can read it in its entirety, consider password protecting the site and sharing said password in your save-the-date messages. That way, you won't have important data doing the rounds or worry about private information falling into the wrong hands. ➤

# KESAR BAGH



## WHAT KIND OF ROOMS?

Choose from our 3 categories of Suite, Junior Suite and Presidential Suite. We have 15 suite rooms in all

## THE PROPERTY IS IDEAL FOR?

Romantic couple getaways, family celebrations, groups of friends, Bachelorettes and even corporate events.

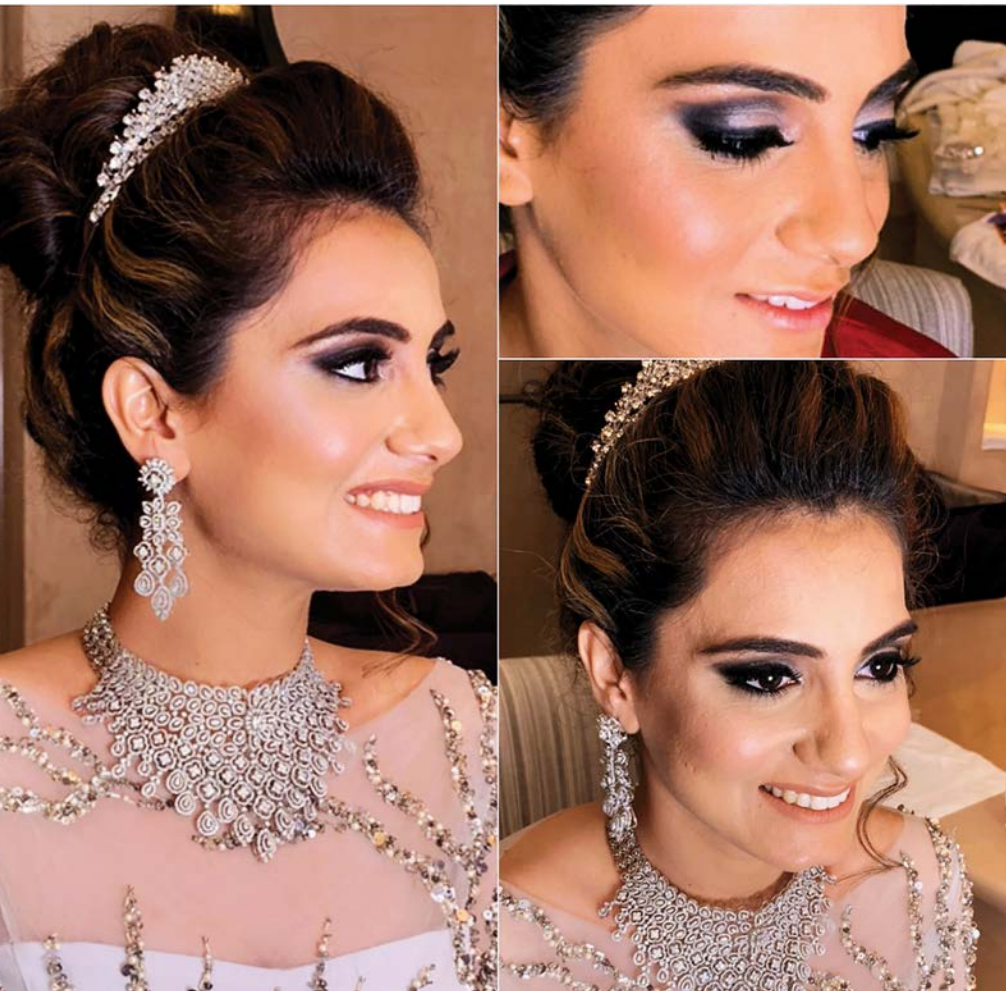
## WHAT CAN YOU EXPERIENCE?

Enjoy from a wide range of excursions such as Vintage Car drives, Treks and even Horse Rides.



# FACING SUMMER

How to nail a fresh summer look from three makeup artists at the top of their game.



If there's one thing we've learned so far in 2020, it's that less is more—yes, even in the beauty space. The clever ones will attest to the benefits of celebrating natural, easy and fresh looks over their more harsh and overdone counterparts, and this trend has trickled down to bridal makeup too. Now severely tried and tested, a natural, no makeup look for your wedding day is actually the smartest option because A) You won't look like a thickly layered cake that is prone to melting or cracking mid-function and B) Your skin will genuinely look youthful and radiant—which is what you wanted in the first place! To walk you through creating a fresh summer look for your wedding, three make-up pro dish on the dos and don'ts...

**AYESHA SETH**  
Instagram: @ayeshaseth

### The best ways to keep your skin glowing?

"Healthy skin is one that is well hydrated.

The skin should be well prepped for **FOUNDATION THAT LEAVES IT DEWY.** Avoid excess powder or heavy full- coverage foundations.



Water is a must. If your skin is dehydrated, it will eat up whatever is applied on it—even foundation, leaving it patchy and dry. I like using an organic coconut oil at night so the skin is extra hydrated and plump the next day. The Bobbi Brown Hydrating Eye Cream is magic! It keeps the under eyes moisturised and ready for colour correction without getting dry and wrinkly."

### What colours should a summer bride aim to use?

"Soft pinks, peaches and browns over the eyes and smokey at the corners. The skin should be well prepped for foundation that leaves it dewy. Avoid excess powder or heavy, full- coverage foundations like Huda Beauty liquid foundations. Avoid too much highlighter as your face could look oily in the summer. Keep the cheeks flushed with a light wash of colour and very little contouring."

### What makeup is no one's friend?

"Liquid foundations which have shimmer in them is a total no. Also, blush palettes which have shimmer are terrible to use during the summer or any other season."

### Your five go-to products for a summer look?

"Carmex lip balm; Benefit BADGal Bang! mascara; Clinique Bashful blush; MAC eye pencil in Coffee and MAC Prep + Prime Fix Makeup Setting Spray."

**TEJAS SHAH**  
Instagram: @tejasshahmakeup

### What colours should a summer bride aim to use?

"Pastel to bright—a summer bride can choose from an array of colours. I personally love corals, peaches and teals for that tropical feel."

### Your five go-to products for a summer look?

"The Sundari sheet mask from Forest Essentials, Clinique Moisture Surge Moisturiser, Bobbi Brown's BB cream, Guerlain's Terracotta bronzer and the Elizabeth Arden Eight Hour Cream Lip Protectant Stick."

### A product that's a best kept secret?

The kind of skin you have is the most important part of makeup. For a fabulous look, the skin needs to look flawless. I love using Charlotte Tilbury's Magic Cream to

PHOTOS: COURTESY AYESHA SETH (TOP); TEJAS SHAH (BOTTOM)



prep the skin as it hydrates, moisturises and tightens pores.

### How do you test which shade of foundation and concealer suits you best?

"One needs to see the undertone. If your veins are blue, go for cool tones, ie a more pinkish foundation or concealer. If your veins are green, go for warm tones, ie a yellowish, gold or a peach shade."

### A cool makeup hack...

"Never use a separate sunscreen before a photo shoot; it gives a white sheen to the face—some foundations and concealers have SPF anyway."

**PRIYA TODARWAL**  
Instagram: @priyatodarwal

### What colours should a summer bride aim to use?

"All things soft and pretty work best if you're a summer bride. Pastel shades in pinks, peaches and soft blues can all work well, depending on your outfit. I prefer mattes as compared to too much shine on the eyes during the summer time."

### What makeup is no one's friend?

"Using the wrong foundation shade is definitely a big problem and a bad one will always kill the look for a person. Another thing I see a lot of people do is have too many products that they don't need. This only makes the whole process of makeup

Soft, pretty pastel shades work beautifully for a radiant summer bride.



application more complicated."

### The biggest mistakes brides make?

"Following Bollywood stars and their looks. What may suit them may not actually work for a bride. Always meet with a makeup artist before to decide the looks and also what will work for you and your skin."

### Three little known makeup hacks...

"I always love to use a lip scrub on my clients before I start the make-up; I leave it on and then remove it with a makeup wipe for a beautiful soft mouth with no cracks or dryness. I love using a waxy hair product to tame the eyebrows after filling them in so they stay in place. I also use a setting spray on the face before, during and after the makeup, for the best and most natural results."

### Besides yourself, which other Instagram handles should one follow for makeup inspo?

"I love following fellow make-up artists and seeing the talent that's out there! My favourites are nikki\_makeup, nikkietutorials, namvo and danessa\_myricks." 🌸

PHOTOS: COURTESY PRIYA TODARWAL



COVER GIRL

Gold lengha set, price on request, **Falguni & Shane Peacock**; diamond ring, price on request, **OM Jewellers**

# THE BALANCING ACT



Onyx black gown, price on request, **Jade**; diamond hand ornament set, price on request, **OM Jewellers**

She is donning several hats and doing justice to each role. Whether it's acting, hosting chat shows, podcasts, making time for family and motherhood, **Neha Dhupia** is in the best phase of her life. In a freewheeling chat with **Aishwarya Sati**, the actor talks about films, marriage, her fitness routine, and why she will always be a hustler.

Photographer: **Meetesh Taneja**



he is bold, sassy, and never shies away from speaking her mind. That's Neha Dhupia for you in a nutshell. The former Miss India 2002 winner's biggest asset is confidence, and that has taken her places. Besides Bollywood, the actor also has a repertoire of work in other languages such as Telugu, Malayalam, Punjabi, Urdu, and Japanese, and is continuing to experiment with anchoring and even web series. Dhupia tied the knot in 2018, and is now busy juggling motherhood and her career with aplomb. "One has to always be ready, six hours prior to a shoot, but luckily I'm an early riser," she told us. An exhausted Dhupia explained that her army background has instilled the discipline and go-getter attitude that has shaped her personality, and remained unfrazzled as she began packing up to get home for another work commitment. "I enjoy every bit of this and wouldn't have it any other way," she says. Excerpts from the interview:

Your father was in the Armed Forces and you've grown up in that disciplined environment. How did it shape your childhood and prepare you for the professional world?

I am blessed to have *fauji* genes because this is the only

“SOMETIMES, YOU ARE SO CONSUMED BY WORK THAT YOU TAKE OFFERS WITHOUT REALISING IT MAY NOT WORK FOR YOU.”

environment that gets you so much exposure. You get a better understanding of your goals and also how to achieve them. I was never scared to chase my dreams because the confidence to do so was instilled in us, from a very young age. We were always encouraged to live our dreams and that's exactly what I am trying to do to the best of my abilities.

From winning the Femina Miss India 2002 title to becoming a Bollywood actor, a chat show host and anchor, what has been the most defining moment of your career, and why?

Winning the Femina Miss India contest was a great moment and gave me a huge platform to represent my country. Also, some of the films I did may not have been the perfect decision at one point but some that I did were great choices. Whether it was my first Bollywood break *Qayamat: City Under Threat*, mainstream commercial films like *Chup Chup Ke* (2006) and *Singh is Kinng* (2008), or even changing my path with projects like *Ek Chalis Ki Last Local* (2007) or *Phas Gaye Re Obama* (2010), up till the last film *Tumhari Sulu* (2017), where I received recognition for my work; it's always the sum total of all the good work that one does in their career.

In one of your previous interviews you said that you regretted doing the film *Sheesha* (a psychological thriller released in 2005), where you had a double role. Do you still maintain the same stance?

Sometimes, you are so insulated and consumed by your work that you keep taking up offers without realising what may or may not work for you. However, I have had my share of good and bad films, and learnt something new from each one of them.

You have walked the ramp for some of the biggest names in the fashion world. What is the most valuable lesson you've learnt it?

Firstly, India has some of the best designers globally in the fashion business, and secondly, not everything that you see on the ramp is something you should be seen in, because there are some things which only look good there (laughs).

You were an outsider when you entered Bollywood. How difficult was it to get into an industry known to be ruthless?

It's a hard place to be in but I would imagine every



Bold stripe printed drape top, ₹22,000, chevron printed lengha, ₹60,000, SVA; pearl and diamond ring, price on request, OM Jewellers; bangles, price on request, Rare Heritage



Ivory cape jacket, ₹32,000, organza cape, ₹40,000, both Varun Bahl; Creta skirt in organza, price on request. **Jade**; uncut diamonds and pearl earrings, price on request. **OM Jewellers**

other place to be like that too. I love and respect Indian cinema and the people that are part of it. I am who I am because of this industry. From being an outsider to now having some of my closet friends in this business, I feel that you just have to come into your own. I never thought that I would call Mumbai home 20 years ago, when I was leaving my family in Delhi. I now feel a sense of belonging.

### You tied the knot with Angad Bedi in May, 2018. Has marriage changed your outlook towards life?

Yes and no. I feel like if you marry the right person, nothing should change. You should continue being the same individual that you were prior to getting hitched. I am in that situation and I feel blessed to have a husband who is from the same industry and understands the challenges of this field and is extremely supportive. I think it's only after my daughter Mehr (Dhupia Bedi) was born that my outlook changed in terms of wanting to get back home to her on time. Earlier, I would have open-ended days and travel extensively for work, but now I have to plan well to meet all my work commitments. I think only that aspect has changed but otherwise I am still that feisty and ambitious person who loves to hustle.

### What made you realise that Angad was 'The One'?

He's a rock-solid guy, they don't make them like that anymore. He knows exactly what he wants and comes from a value system where family's first. He surprises me every day of my life. He's gentle, caring and at the same time he's fun. We love the same things and share a great camaraderie. I don't know what to do when I am not around him. He's my best friend! I was never looking for too much and he never tried too hard. That's where the balance was struck.

### What does the institution of marriage mean to you? Is it still relevant or is it losing credibility?

One sees that marriages are hard work now and are not lasting as long as they did earlier. People don't want to put themselves in boxes. However, I do feel that marriage is the best thing to happen to you if you choose wisely. I am a believer because it's worked out for me.

### How, in your opinion, can you make a marriage successful?

It's the little things—love, respect, compassion or giving time to your partner—that's actually a lot of effort. However, we also tend to take people closest to us for granted. But one must know where to draw the line. Marriage is all about taking the leap of faith. Have two TVs though (laughs), you may not always want to watch the same thing together!

### In a society where sex has been taboo, do you think the audience is finally understanding and embracing



Gold lengha set, price on request, Falguni & Shane Peacock; diamond ring, price on request, OM Jewellers

“TIMES HAVE DEFINITELY CHANGED, AND I BELIEVE THAT CINEMA IS A REFLECTION ON SOCIETY.”

### the idea of female sexuality and its relevance today?

Women are more open now when it comes to speaking about their sexuality and talking about things they feel strongly about. Times have definitely changed, and I believe that cinema is a reflection on society. If society is ready for something, then films are always ready to tell you that story.

### Has motherhood changed you as a person and how?

The one thing that motherhood has taught me is time management. Also, I have taught my daughter to say, 'No,' because I feel if she thinks she doesn't want anything, whether it's food or being treated in a certain





Chalk white georgette jacket, ₹64,500. Payal Singhal; pink lehenga skirt, price on request, Osaa by Adarsh; necklace, price on request, Rare Heritage

## “ANGAD AND I ARE FITNESS ENTHUSIASTS AND EAT THE RIGHT KIND OF FOOD.”

way, she should know how to refuse. I always believe that kids are born with their personalities, and she is a feisty little girl—a trait she gets from me. As parents, we question our own mortality because now there is a life that is dependent on us.

**You were last seen on the big screen in *Helicopter Eela* (2018), which revolves around parents constantly monitoring their children’s activities. Do you relate to this?**

I want to monitor my daughter’s safety and I want to ensure that she grows up to be a loving and a respectful young woman. I want her to be kind, even if she disagrees with something or someone. Angad and I are firm believers in equal parenting. I don’t want her grades in school to define her, but how she treats the people around her is important for me.

**Today, with social media bridging the gap between celebrities and the**

**audience, how has it transformed the entertainment industry?**

Through social media, you can say whatever you want but is it a space where you will probably be judged, and that’s something that’s not in your control. On most days, I feel it’s a boon but sometimes, I feel it’s tough. I know young boys and girls feel the pressure of looking a certain way, or having a certain level of achievement. It’s good if one uses it wisely, but you should not let it define you completely. One must learn to check in and check out.

**The public can also be very insensitive to women and their bodies. You have been at the receiving end of some outrageous comments. How do you deal with the negativity?**

It’s not just trolls but I remember getting body shamed by a journalist who made some unkind remarks about my weight gain post pregnancy. And that’s when I had to speak up. Also, I feel lucky to be consumed by my work and making time for my family, so these things don’t affect me.

**In 2012, you turned vegetarian and are also an ardent yoga enthusiast. What are the other things that are part of your workout routine?**

I was a marathon runner and I am slowly working towards getting back to it. Angad and I are fitness enthusiasts and eat the right kind of food. We come from Punjabi families where celebrations are always around food, so we try and balance it out. I do intermittent fasting—I have my last meal by 7:30 pm, and then I have my next meal at around 10:00 am the next day, post my workout. I also do kick-boxing.

**What does fashion mean to you and do you allow trends to dictate your sartorial choices?**

I don’t follow trends at all and I’m most comfortable in oversized clothes. But yes, there are times when you have to bring your A game, and that’s when I dress sharp. I opt for solid colours with an element of deconstruction.

**Would you have changed anything about your bridal look in retrospect?**

Yes, wake up on time to get ready for my wedding! I woke up two hours late that day, so yes, I would have wanted more time to get ready for the occasion (laughs).

**What projects are you currently working on?**

I did a short film, *Devi* and it was wonderful to be part of an ensemble with such powerful women. I am also in talks with OTT platforms, so hopefully you’ll see me on some cool show before the year ends. ☺



Lengha set, price on request, Astha Narang; necklace, price on request, Rare Heritage



# ON THE HUNT!

FEMINA BRIDES, IN ASSOCIATION WITH RELIANCE JEWELS, SCoured THE COUNTRY FOR THREE COVER GIRLS WHO ARE SET TO TIE THE KNOT IRL!

The campaign to find our Femina Brides cover girls started a month-and-a-half ago, when we ran the contest on all our Femina social media platforms (it was also cross-promoted on Femina's sister brand platforms, Filmfare and Grazia). In the first part of the process, we asked our audience to tell us their love story and share pictures with us. From emails to social media posts, we then began to shortlist participants who would proceed in the competition. Along with this, an article in the current issue of Femina was run, which talked about jewellery, the importance of it when it comes to brides and their wedding, and ended it with a CTA for all brides-to-be to participate in our contest.



The second part of the competition was attending our super cool Masterclasses. The Masterclasses were held on 7th of March in Mumbai and 8th of March in Bengaluru, where one girl was selected from each masterclass. These day-long classes took place at the Reliance Jewels showrooms, where premium jewellery offering a wide range of stunning design is found under a single roof. Reliance Jewels pride themselves on practicing transparent and ethical policies which guarantee purity, quality and a beautiful shopping experience.

The third masterclass, set to take place in Delhi, was unfortunately cancelled due to the Coronavirus outbreak. However, since we didn't want our lovely participants to lose out on this once in a lifetime opportunity, we conducted a series of telephonic interviews and video calls and finally, the third cover girl for Femina Brides was selected.

## MASTERCLASS IN MUMBAI

Mumbai's Masterclass started off with getting to know the participants and getting the details of their weddings. The first masterclass of the day was held by Payal Kothari, India's only Integrative Nutritionist and Gut Health Coach.

She waxed eloquent on how to get glowing skin, to all the things a bride needs, in order to prep her skin for her big day. This class also went live on Facebook and at the end of the class, she took questions from the audience present as well as our Facebook audience.

The second masterclass was by Femina Flaunt—THE TIMES GROUP venture into beauty services, that also launched its first 'Femina Flaunt' studio salon in Mumbai. This studio salon will serve as a hotspot for global beauty trends and collaborate with the best international brands as well. This beauty class began with how to prep the skin for makeup with moisturiser being quintessential to all beauty regimens. Post that, it went from makeup basics, which brushes to use and how; as well as how to transform day-to-night makeup.

The hairstyling class began with some of the basics, from using a heat protectant



hair spray to setting up the base of the hair for curls by blow-drying it, ending with how to get your hair ready for a sangeet ceremony.

The last masterclass was held by Jasleen Gupta, a fashion blogger. From wedding fashion trends to jewellery trends, this class gave a sermon on wedding trends. From pairing the right jewellery with the right outfit, to how to mix and match jewellery sets, nothing was left untouched. The participants went through the Reliance Jewels collection at the showroom, which boasted a mix of traditional and contemporary designs, and offered several options for a bride to look spectacular at her wedding.

The masterclass ended with announcing three winners who won the #GlowCode box, and one of them would go on to be one of the three cover girls of the Femina Brides issue.

## MASTERCLASS IN BENGALURU



The following day in Bengaluru, the masterclass came to order starting with a DIY bridal makeup tutorial by stylist Naaz Arora (Instagram: @naaz.arora; @makeupbynaazarora), for different occasions like the sangeet and cocktail party. The second part covered a bridal hair tutorial (also by Arora), who demonstrated different hairstyles to carry for various occasions. This was followed by a discussion by renowned stylist and fashion blogger, Shalini Chopra (Instagram: stylish\_by\_nature), on different jewellery patterns, how to pair them with the right outfit and which jewellery to wear for different occasions. The magnificent jewellery options available at the Reliance Jewels store itself showed participants what they

could wear for their own weddings, as well as what other family members could choose too! Their assorted collections exhibit ornaments for special occasions as well as casual elegance that translate into masterpieces.

The fourth part of the masterclass concluded with a session on health and fitness by food coach, nutritionist and author, Anupama Menon. Menon provided an overall understanding of how to take care of your body so that a bride's well prepared for her big day, along with the importance of following a thorough diet for glowing skin.

And now, over to the three winners of the Femina Brides x Reliance Jewels contest, who share their experience on being cover girls...



# IN THE SPOTLIGHT

The three lucky winners of the Femina Brides Cover Girl hunt, in association with Reliance Jewels, were flown to Mumbai for their very own cover shoot, where a dedicated team in charge of makeup, hair and styling for each of the young brides-to-be, brought the shoot to life. The women, Dhwani Mehta from Mumbai, Monisha BS from Bengaluru and Ankita Bandooni from Delhi, were interviewed about their thrilling experience while partaking in this competition. Here are excerpts from the tête-à-têtes...

## Dhwani Mehta, MUMBAI

**How have these masterclasses helped you plan your big day?**

There was some basic information which wasn't available very easily but was conveniently demonstrated in these masterclasses. For instance, how to curl your hair at home. I've seen many videos online, but when I saw it in person, I realised just how easy it was. Videos are easy to understand, sure, but often difficult to do by yourself.

**Are there any specific beauty looks you're excited to try out at your functions?**

I want to contour and highlight my face by myself; I learned how to do this at the masterclass, which I didn't know how to do before. I really want to go for a nude look overall, and for the main wedding, I want to try out a heavier look.

**How would you describe yourself—traditional or modern?**

I am a traditional bride—I take pride in being traditional. I want to do all

the rituals in their own traditional ways... the way it has been done for generations.

**Did you like the jewellery collection at Reliance Jewels? Did you find something you would wear at your wedding?**

I'd never visited a Reliance Jewels shop prior to this masterclass, I used to buy jewels from my traditional jewellery maker. But now, after seeing the collection at Reliance Jewels, I

can relate to the pieces. It has designs that suit our generation and I was extremely surprised with all they had to offer.

**Tell us about your experience at the Femina x Reliance Jewels Cover Girl Contest. How does it feel to be a cover girl?**

I honestly did not expect to win this contest. When I got the final call and was told I was the winner, I was super happy and excited! One thing I realised is that as women, we should never short-change our capabilities. If you think you can do something, you will be able to achieve it. I feel very happy for receiving this opportunity. I never thought I'd be able to make it all the way, and it feels incredible.

**A piece of advice you've taken from this experience?**

Brides need to check out and explore different brands. Even if it isn't your style, explore it! Just to give you context, I'd never explored Reliance Jewels before this contest, but now I know this is a really good brand.

I AM A TRADITIONAL BRIDE—I WANT TO DO ALL THE RITUALS IN THEIR OWN TRADITIONAL WAYS.



## Monisha BS, BENGALURU

**Have these masterclasses helped you plan your big day?**

This masterclass was very useful because there were four sessions in it. The first one was a makeup class where Naaz Arora taught us how to create our own looks from start to finish. From doing a nude look, moderate makeup for a friend's wedding and finally, one on how to do makeup for our own weddings. What I needed personally, was to be taught about the kinds of correctors, foundations and concealers that were available and which ones to buy. Thanks to these masterclasses, we've

I PREFER A SUBTLE, NO-MAKEUP LOOK, WITH FRESH, GLOWING SKIN THAT PEOPLE CAN SEE WITHOUT IT BEING TOO OBVIOUS.

actually been made confident enough not to hire a makeup artist and even if you were to hire one, you're now in a position to tell them what exactly you want. So you're more in control of your look, rather than giving someone free reign.

**What kind of beauty looks are you excited to try for your wedding functions?**

I'd like to go with subtle makeup. There's a lot of makeup out there which looks good on camera, but if you see the person up close, it looks horrific and I don't like that cakey look. I prefer a subtle, no-makeup look, with fresh, glowing skin that people can see without it being too obvious.

**Did you like the jewellery collection at Reliance Jewels? Did you find something you would wear at your wedding?**

I really liked their jewellery, especially the Hampi and Orissa heritage inspired collections. I loved the Hampi inspired jewellery from the Apurvam Collection most because I'm from Karnataka, known for its sculpture, and I saw a locket that showed off the pillars that're famous over there. And that locket is extremely versatile; you could use it as a short or long necklace and it could be paired with both a shirt and a lehenga, as well as a plain silk saree.

**Tell us about your experience at the Femina x Reliance Jewels Cover Girl Contest. How does it feel to be a cover girl?**

I actually went to Reliance Jewels to purchase my engagement ring. Two days later, I got a message saying there was an event and would I like to participate! So I sent in my details and got a call saying that I'd been selected to attend the masterclass. Some days later, I was told I'd won and was very excited. I'd never been to Mumbai, I work in an IP organisation and so the concept of modelling and a photoshoot were new to me. I was excited but nervous and conscious of how it would turn out. I really want to thank Femina because marriage itself is a big milestone, and coupled with this cover page, it was a dream come true. ☺



WOVEN CHANDHERI ANARKALI, PRICE ON REQUEST, ABHINAV MISHRA  
DIAMOND NECKLACE SET FROM RELIANCE JEWELS 'UTKALA' COLLECTION, BANGLES AND RING  
FROM RELIANCE JEWELS 'DIAMOND' COLLECTION

HAND EMBROIDERED THREAD BUGEL AND METAL WORK SHORT KURTA, PRICE ON REQUEST, RITIKA MIRCHANDANI  
GOLD NECKLACE SET INSPIRED BY PATTACHITRA ART FROM RELIANCE JEWELS 'UTKALA' COLLECTION, BANGLES  
AND RING FROM RELIANCE JEWELS 'GOLD' COLLECTION



# Ankita Bandooni DELHI



**How would you describe yourself—traditional or modern?**  
I describe myself as both, but I can say I'm more of a modern bride. I don't want to wear completely traditional ensembles, there has to be a little bit of modernity. Something traditional with a twist, perhaps. I don't want to look like a pure desi girl, I want to look modern, like a glam diva.

**Tell us about your jewellery preferences for your wedding.**

FOR THE  
WEDDING, I'D  
GO FOR KUNDAN  
JEWELLERY  
BECAUSE  
I LOVE IT.

Although my mom prefers gold jewellery, I prefer diamonds. But diamond jewellery that's set in gold, not those that're set in white gold or platinum. I prefer contemporary diamond jewellery for the cocktail or haldi. For the wedding, I'd go for Kundan jewellery because I love it, perhaps in the form of a choker. I saw one at the Reliance Jewels store and they also have a very beautiful collection of Kundan jewellery sets.

**Tell us about your experience at the Femina x Reliance Jewels Cover Girl Contest. How does it feel to be a cover girl?**

I'm a huge fan of Femina, I follow them on Instagram. I follow Filmfare and Reliance Jewels too, and I'd seen an Instagram post from Femina and Filmfare about this contest. So I thought I'd try my luck and participate. Then I got a call saying that I was selected. At first, I thought it was a joke... And then they booked my flight tickets. When it came to the shoot, I can't express my feelings. I felt like a total celebrity. They all were so respectable, everybody from the Femina team to Reliance Jewels, the hair and makeup artists, all of them treated us like we were family; I felt like I was in a different world. It was amazing.

**A piece of expert advice you've taken from this experience?**

Always believe in yourself and focus on yourself. Thanks to Femina and Reliance Jewels, we got the opportunity and to learn how to correct our outfits and select our jewellery. Brides have to focus on everything, from pre-wedding to post wedding ceremonies and amid all that, it's also a dream for every bride to look beautiful and gorgeous on her big day. So what I've learned is to take charge of everything. It's also boring to wear only one kind of outfit for your wedding; try new styles, there are so many new designers. Thanks to Femina, I found so many different outfits and designers. There was an Indo-Western outfit I loved; a sharara and a long jacket with a cute top, and it looked so strong and sexy! 💎

HAND EMBROIDERED MIRRORWORK LENGHA ₹48,800. LOKA BY VEERALI  
DIAMOND NECKLACE SET FROM RELIANCE JEWELS' UTKALA  
COLLECTION. BANGLES AND RINGS FROM RELIANCE JEWELS DIAMOND COLLECTION  
PHOTOGRAPHY: VINAY JAVIER, ART DIRECTOR: BENEDI VISHANTHAR, KIN CHANG THUI MAKE UP: ANU MARIYA JOSE

SETAT20BJ



Exquisite jewellery collection inspired by Odisha's Art Heritage,  
Mukteshwar Temple.

UTKALA  
where beauty rises







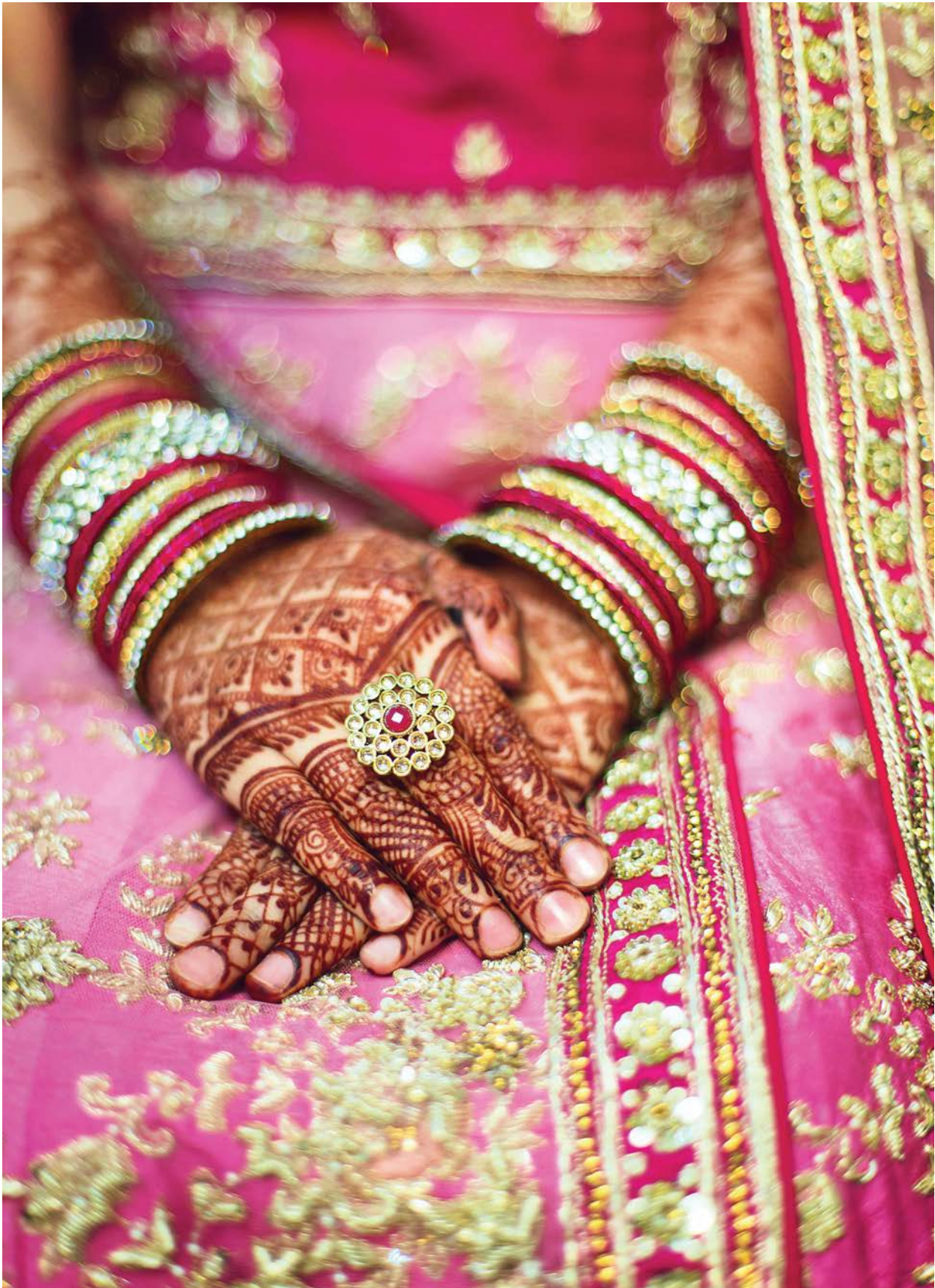
# GOING FOR GOLD

Reliance Jewels offers brides a gamut of traditional temple jewellery that's as timeless as it's elegant.



1. Mukteswar earrings; 2. Konark Sun choker; 3. Jagannath Puri earrings; 4. Konark-Sun Calcutti studs; 5. Boita Bandana antique Calcutti necklace; 6. Mukteswar necklace; 7. Konark Sun Calcutti earrings

# FASHION



## SUMMER, I DO!

The best ensembles for a bright, summer wedding, brought to you by a wide gamut of couturiers, including designers your fiancé can also turn to. Also, take stock of the glittering jewels to pair with your outfits at the wedding.

PHOTOGRAPH: THE WEDDING PIXELS



# SHE'S GOT THE LOOK


Chic ensembles for a summer bride who's unique. By **Jeena J Billimoria**



Regal lehengas from the Sultana collection.



*Sabyasachi*

From the Monochrome Nostalgia collection, this bridal lehenga ticks all the right boxes. 






*Arita Dongre*

The Atea lehenga is doused in a lush mandarin hue, making it the quintessential summer ensemble with bursts of hand-embroidered wild flowers. This beautiful outfit is co-ordinated with a strappy choli and a dupatta.

*Shyamal & Bhumiha*

A handcrafted shell-pink raw silk lehenga, embroidered with intricate floral motifs in resham with hints of zari and sequins. 







*Jaganti Reddy*

A bright red embroidered raw silk lehenga and blouse with a silk dupatta.

# Summer Framework

Let your imagination run wild this summer with attention—grabbing hues.



*Arsha Rao*

These edgy and expressive lehengas are replete with appliqué work with overlays of zardozi, gota and aari. ➤



FASHION



*Papa Don't Preach By Shubika*

A bold, statement-making lehenga featuring an ombre ruffle skirt with hues of lilac and turquoise, paired with an intricate blouse.

*Pagal Singh*

Pale rose pink organza lehenga and choli with a spring garden pattern embroidered with appliqué work, zardozi, and kantha. ◻







*Regina Taandor*

A heavily embellished Swarovski and katdana lehenga with an off-shoulder blouse and dupatta.



*Shivan & Narresh*

Rosh plunging neck-encrusted bustier and iconorosh sheer encrusted lehenga with chinar leaves and tribal pearl skeinwork.



*Suraina Khara*

Silk lehenga with two hand embroidered dupattas, one of which is used as a bridal veil. The dupatta has 3D flowers, the word 'promises' and the symbol infinity, hand embroidered on it. 🌸





# BRIDAL SPARKLE

The traditional baubles to emerge in on your big day.



1. Peacock earrings with rubies, **House of Aynat**; 2. 'Suhaag' heavy bridal choker by **RK Jewellers South Extension**; 3. Kundan earrings intricately crafted with enamel and pearl drops, **OM Jewellers**; 4. Cuff crafted in 18K gold with diamonds, **Tanya Rastogi for Lala Jugal Kishore Jewellers**; 5. 22K Gold Kashmiri jhumkis with uncut diamonds and Burmese rubies, **Rare Heritage**; 6. Hoop earrings set in diamonds and embellished with green gemstones, **Tanishq**



TRADITIONAL JEWELLERY ACCENTUATES A BRIDAL LOOK SEAMLESSLY

1. Polki and ruby necklace, **Varda Goenka Fine Jewels by Diagold**; 2. Mughal choker with flat cut vilandi diamonds, south sea pearls and natural Zambian emeralds, **Thakorlal Hiralal**; 3. Gold bangle, **GRT Jewellers**; 4. Persian-inspired neckpiece with bamboo mother-of-pearl beads in gold, **H Ajoomal**; 5. Diamond, polki, ruby and rosecut emerald jhumkas, **The House of Rambhajo's**





1. Floral motif studs, **Motisons Jewellers**; 2. Diamond necklace with rubies, **Rajesh Tulsiani Fine Jewellery**; 3. Glowing hoop diamond ring, **Divine Solitaires**; 4. Enigma earrings, **Irasva**; 5. Diamond and tsavorite earrings, **Kohinoor Jewellers Agra**; 6. 18K gold bracelet studded with rubies and fine-cut diamonds in a floral motif, **Shobha Shringar Jewellers**; 7. Forevermark Diamonds handcuff, **Waman Hari Pethe**; 8. Bangles studded with diamonds and rubies, **Chennai Diamonds**; 9. Oval cabochon amethyst with round brilliant diamonds in rose gold, **Kasmia by AKM Mehrasons**; 10. Crescent Rose, rouge collection earrings, **Zoya—A Tata Product**; 11. Nanogram clip earrings, **Louis Vuitton**

# BEAUTY



## FRESH FACE FORWARD

Pamper your skin at these uber chic spas. Restock your makeup, skincare, and haircare stash with summer essentials for a natural look. Go nuts with the freshest fragrances for you—and him.

PHOTOGRAPH: THE WEDDING PIXELS



# TRUE COLOURS

Restock your summer makeup drawers with these lust-worthy goodies.



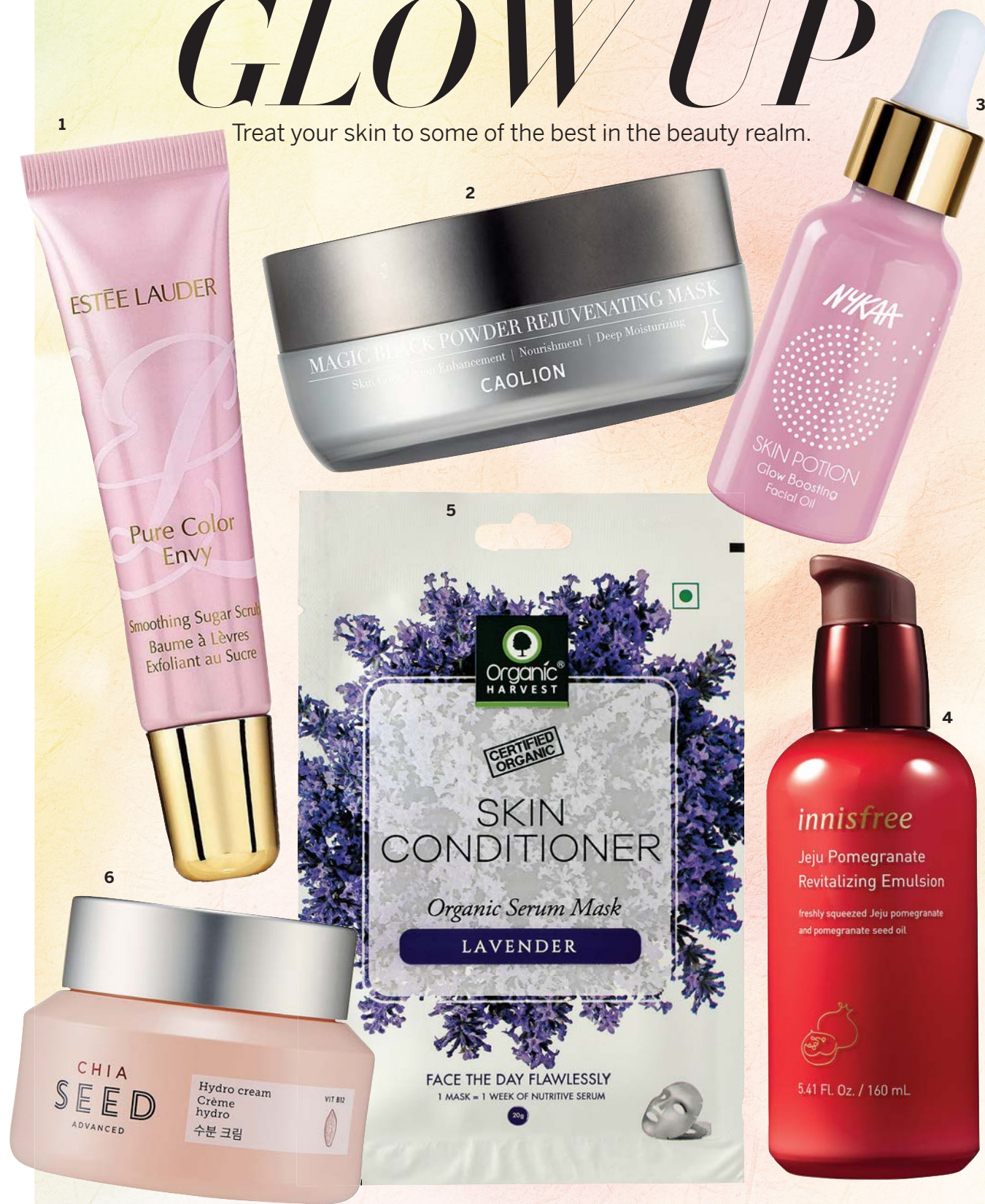
1. Metallic 24K ColorStay Crème Gel Pencil, ₹1,050, **Revlon**; 2. Sunkissed Nudies All Over Face Color Matte Blush, ₹3,500, **NudeStix**; 3. Lip Injection Extreme, ₹1,800, **Too Faced**, Available at [nykaa.com](http://nykaa.com); 4. Meteorite Xmas Pearl Powder, ₹5,750, **Guerlain**; 5. Precisely My Brow Pencil Shade 2.5, ₹2,390, **Benefit Cosmetics**; 6. Flawless Face Palette, ₹2,270, **Sephora Collection**; 7. Tuscan Collection Face Palette, ₹1,970, **KIKO Milano**; 8. Pore Blur Primer, ₹1,000, **Innisfree**



1. The Overachiever Concealer, ₹2,520, **Huda Beauty**; 2. Grunge Raisin Liquid Eyeliner, ₹499, **Kay Beauty**; 3. Pure Color Desire Matte Lipstick, ₹3,600, **Estée Lauder**; 4. So Natural GlowPlay Blush, ₹2,900, **MAC**; 5. Soleil Blanc Shimmering Body Oil, ₹7,500, **Tom Ford**; 6. Drops of Gold Illuminating Highlighter, ₹1,695, **The Body Shop**; 7. Nude Finish Illuminating Powder, ₹3,900, **Bobbi Brown**; 8. Volume Disturbia Mascara, ₹2,425, **Givenchy**



# SUMMER GLOW UP



1. Pure Color Envy Smoothing Sugar Scrub, ₹2,100, **Estée Lauder**; 2. Magic Black Powder Rejuvenating Mask, ₹4,800, **Caolion**; 3. Glow Boosting Facial Oil, ₹699, **Nykaa**; 4. Jeju Pomegranate Revitalizing Emulsion, ₹1,400, **Innisfree**; 5. Lavender Skin Conditioner Organic Serum Mask, ₹125, **Organic Harvest**; 6. Chia Seed Hydro Cream, ₹2,410, **The Face Shop**



1. Glow Serum, ₹3,475, **Océglow**; 2. Pore Tightening Mask, ₹1,295, **Shangpree**; 3. Orglamic Pink Cactus Pudding, ₹5,150, **Starskin**; 4. SunShun Sunscreen SPF 30, ₹1,499, **Omorfee**; 5. Clear Complexion Cleanser, ₹2,670, **Boscia**; 6. Dermafique Biphasic Micellar (Kajal Cleanser), ₹239, **Dermafique Cell by Cell**; 7. Hydrating Sea Salt & Crystal Rose Body Polisher, ₹2,875, **Forest Essentials**; 8. Idebenone Ampoule Serum, ₹1,590, **Ultra V**; 9. Hydrasparkling Jelly Cream, ₹5,000, **Givenchy**



# Objects of desire

Spoil your man with these irresistible scents.

1. L'Eau D'Issey Wood & Wood, ₹6,200, **Issey Miyake**; 2. United Dreams Together, ₹1,900, **United Colors of Benetton**; 3. The Scent Absolute, ₹7,050, **Hugo Boss**; 4. K, ₹6,200, **Dolce & Gabbana**; 5. Cool Water Intense, Price on request, **Davidoff**; 6. Gucci Guilty Love Edition, ₹7,850, **Gucci**

1. Eternity For Men, ₹4,750, **Calvin Klein**; 2. L.12.12 French Panache Pour Lui, ₹5,200, **Lacoste**; 3. Assam Of India, ₹7,110, **Berdoues**, Available at Scentido; 4. Eau de Soleil Blanc, ₹11,000, **Tom Ford**; 5. Bad Boy, ₹6,950, **Carolina Herrera**; 6. Elysium, ₹22,000, **Roja Parfums**, Available at Scentido



# The scent of love

Indulge in the season's most feminine fragrances.



1. Rosa Moceniga, ₹11,600, **The Merchant of Venice**; 2. Signorina Ribelle, ₹7,500, **Salvatore Ferragamo**; 3. Heures D'Absence, ₹19,000, **Louis Vuitton**; 4. Neroli Portofino, ₹16,000, **Tom Ford**; 5. Rose Goldea Blossom Delight, ₹7,050, **Bulgari**; 6. Her, ₹7,500, **Burberry**; 7. Bigaradia, ₹10,000, **Chopard**



1. Woman, ₹6,500, **Ralph Lauren**; 2. Floral Blush, ₹6,350, **Coach**; 3. Si Fiori, ₹8,500, **Giorgio Armani**; 4. Mon Guerlain Bloom Of Rose, ₹10,100, **Guerlain**; 5. Lolita Land, ₹7,900, **Lolita Lempicka**; 6. Toy 2, ₹5,800, **Moschino**



# Skin Treats

Indulge in these luxe spa treatments to procure that healthy bridal glow.

By **Jeena J Billimoria**

**H**ours spent at the spa is probably the best ‘me time’ you can give yourself and is especially needed while wedding planning, given how stressed you’ll be. Not only do these treatments give you that much-needed time off, but also gives your mind and body a boost that serves you well on your big day. Read on about some of the best treatments to immerse yourself in across the country.

## JW MARRIOTT JAIPUR RESORT & SPA

For a dose of massive relaxation, the Signature Spa at JW Marriott Jaipur Resort & Spa won’t disappoint. For this treatment, Thalgo laboratories have created the regenerative marine intelligence with 100 per cent marine ingredients to create the supreme skincare experience at this award-winning spa, where innovation and technique meets supreme luxury. First, a face treatment brightens and tones the skin, which is followed by a body massage inspired by Korean and Japanese Kobido massage techniques with a luxurious body massage cream. The result is a brand new you!

**₹12,500**

## KHYBER SPA BY L'OCCITANE, THE KHYBER HIMALAYAN RESORT & SPA

Nestled in the Himalayas, 8,825 feet above sea level and ensconced in nature is the Kyber Spa by L’Occitane. Indulge in their Revitalizing Aromachologie massage that combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements with the invigorating blend of mint, pine and rosemary essential oils. First, the massage focuses on the left side of the body and the side of the heart to gently stimulate the acupuncture meridians from head to toe. Then, the right side is treated to ultimately release all the energy from the body. Because this treatment banishes fatigue, you’ll be left invigorated and able to enjoy the beauty around you before heading back to the wedding grind.

**Price on request**

## JIVA SPA, TAJ WELLINGTON MEWS MUMBAI

The famed Jiva Spa at the Taj Wellington Mews, a luxury service apartment building in the heart of Mumbai, is a popular haunt for decompressing. The spa’s 90 minute VentoZ massage pays homage to an ancient Indian treatment of using heat in a glass to create a vacuum and relieve knots and sore muscles. It’s followed by a relaxing deep massage with a signature spa oil which is

absorbed by the skin and leaves it smooth and soft.

**₹7,500**

## SIX SENSES SPA MUMBAI

If you have a full day to indulge at the spa, there’s no better place than the 21,000 square foot Six Senses Spa at the Lodha The World Towers. Opt for the Brides Treatment Package that consists of three parts. The first is a 60 minute Detox Body Buff, where dead skin cells are buffed away to help reduce cellulite, using cinnamon bark and walnut shells blended with tulsi, lemon and wild turmeric. Then comes the Six Senses Signature massage that’s a personalised, 60 minute rub down using a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and bring about a calm state of being. Last comes the 60 minute, 24K Gold Age-Defying facial that invigorates the skin using the healing properties of mogra to boost collagen production and stimulate cell renewal, combined with the restorative powers of 24K gold leaf. This penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles, and also lends a gorgeous bridal glow.

**₹16,500**

## OBEROI SPA AT WILDFLOWER HALL, SHIMLA

One of the most beautiful spots in India, Wildflower Hall is an escape one doesn’t usually want to be taken away from. The Oberoi Spa here offers a Hot Stone massage that uses a combination of heat and pressure to create long-lasting benefits to the skin. Over 90 minutes, smoothened volcanic stones, suffused with the earth’s energies, along with natural oils, are heated to intensify the effects. You feel completely relaxed at the end, and also end up sleeping like an infant.

**₹9,000**

## LE MÈRIDIEN MAHABALESHWAR RESORT & SPA

Set amidst 27-acres of pristine forests in the Western Ghats of Maharashtra, Le Mèridien Mahabaleshwar Resort & Spa is a five-star hotel that offers a world of luxury unlike any other resort in the area. Book a 90-minute, Chakra Art treatment and enjoy being wrapped in warm linen sheets while colour-infused therapeutic muds is applied and brings the seven colours of the chakras to life. The mud is then removed with hot towels, preparing the body for a moisturising and nourishing massage that’ll leave you absolutely fresh and rejuvenated.

**₹5,500**

# HEALTH & FITNESS



PHOTOGRAPH: 123RF

## IN PERFECT SHAPE

Tag team with bae and get sculpted for the wedding, make a trip (or two) to the dermatologist, and rememebr to stay cool as a cucumber, mentally.

The JW Marriott Jaipur Resort & Spa (top); The Six Senses Spa in Mumbai (middle); and Le Mèridien Mahabaleshwar Resort & Spa (bottom)





# SOME PAIN, ALL GAIN

Here's how you and Mr Right can get in the best shape of your lives before the wedding. By **Jeena J Billimoria**



L

et's assume that you and your betrothed need to shed a few pounds before you're both perched on the mandap and about to seal your fates; pounds you piled on from a recent vacation, from all the parties hosted for you, or even stress eating that was induced by wedding planning. Here's what you need to know: the sooner you two start, the better your results will be as you pose for those photographs when D-Day eventually rolls around. Getting toned takes time and is a process, so take heed. It's also a really cool way for you to bond with each other and having company while you workout is always more fun, so to achieve said gorgeous-ish bodies, we've rounded up some of the most effective fitness hotspots that'll deliver results and keep you going back even after you two are hitched.

## CULT

The beauty of Cult lies in the fact that it doesn't give you an excuse to miss a class because they have centers all over the city that you can attend, even if you're nowhere near the one you usually haunt. And even if you're too lazy to slump out of the house, it allows you the option to workout from home with motivating videos that depend on your fitness level. Sign up for a three, six or 12 month package (depending on how committed you'll be and the time you have), download the app on your phone and browse through classes that begin at 6am and go on till 11pm. Choose what you're in the mood for—yoga, HIIT, kettlebell, HRX, boxing or Prowl, among others, and book an intense as hell, 50 minute session for yourselves. Other perks on the app include shopping for cool fitness gear and healthy food delivery options so your hard work isn't defeated by a guilt-infested butter chicken and roomali roti that was snuck into the house at midnight.

**cure.fit**

## SOHFIT

SOHFIT's highly personalised sessions, boot camps, buddy workouts, online programmes and consultations are all the rage because you can expect more than just a good physique once founder Sohrab Khushrushahi and his team of coaches are done with you—it ends up being the lifestyle change you might not have thought you needed. You and bae can enrol in the Buddy Programme to keep each other motivated and engage in some friendly competition—or take on the 40-Day Challenge that encompasses fitness and clean eating for 40 days straight.

**sohfit.com**

## PHYSIQUE 57

The best Barre studio in New York that opened its doors in Mumbai's Four Seasons hotel offers up 57-minute long classes and promises visible results after just eight of them (cool, right?). The classes are based on the philosophy of Interval Overload training which produces maximum results in minimal time—bringing muscles to fatigue and then stretches for relief. While the groom may have already Googled the likeness of Barre to ballet and now refuses to give it a chance, challenge him to take just one class together and see for yourself how quick he changes his mind about it.

**physique57.com**

## XERT.FIT

If a hardcore beating is what you're after, you'd better look up Xert.Fit, a bootcamp that will seriously test your limits. You'll need to be determined and endure these one hour group sessions, but the results will be worth it. You can expect a gamut of strength and conditioning exercises mixed with speed and agility (possibly interjected with a bit of grumbling too), but push on and you'll see why so many people are hooked on to this routine a few times a week.

**Instagram: xert.fit**

A Physique 57 class in full swing (below), where results are seen after just eight classes



**GETTING TONED TAKES  
TIME AND IS A PROCESS, SO  
TAKE HEED.**

## ORANGETHEORY FITNESS

This scientific, technology-tracked, coach-inspired group workout is designed to produce stellar results from the inside out. It's not your average (sometimes boring) gym scene, but a place for you both to experience a full-body workout that's focused on training endurance, strength and power. As their workouts are based on the science of EPOC (excess post-exercise oxygen consumption), it challenges the body at the right intensity and revs your metabolism, even making you burn those calories long after your workout ends. The workout begins with a few minutes in the 'Orange Zone' to get your heart rate between 130-150 bpm.





The Pilates Studio by Namrata Purohit (left); Transformation Specialist Avinash Mansukhani in a training session (below)

84 to 91 per cent of your unique heart rate maximum before the actual game begins—think treadmill runs, indoor rowing and weight training. Orangetheory has gained popularity all over the world thanks to its effectiveness and it's a good bet if you two want to tone up the right way.

[kempscorner.orangetheoryfitness.com](http://kempscorner.orangetheoryfitness.com)

THE PILATES STUDIO BY NAMRATA PUROHIT

It's a myth that Pilates is a women's-only workout and more and more men are seeing the terrific effects it yields, so sign up stat! Namrata Purohit's Pilates Studio is a unique space that out helps sculpt your body, improves flexibility and builds core strength. And since it's a zero impact session (unlike some sports), your joints will thank you. For any present naysayers, a single class will have you feel the burn the next day, trust us. Another option at this studio is EMS (Electro Muscle Stimulation), a 20-minute body workout that you can do just once a week—and is Bollywood's best kept secret. Muscles contract through electric impulses (bioelectronics) in a normal state and EMS training makes use of this by sending light external electro impulses to your muscles for inch loss and toning. You may think 20 minutes is nothing but you'll feel like you've run a marathon by the end of that countdown.

[pilatesaltitude.com](http://pilatesaltitude.com)

AVINASH MANSUKHANI

If you're looking for a more personalised, one-on-one program that fits your lifestyle, injuries, allergies, food restrictions, timings and for you to do at the comfort on your own gym, then Transformation Specialist Avinash Mansukhani (Fight The Sunrise) will sort you out. Along with his personal training service, his goal-based approach will have him tailor your diet and workout program, and the best part is you won't have to murder carbs, alcohol or sugar from your diet—



HAVING A FITNESS ROUTINE WILL GET YOU WHERE YOU NEED TO BE BY THE TIME YOU SAY, 'I DO'.

which means you'll be able to eat a slice of cake and still getting shredded (just as long as it's a slice and not the whole pâtisserie). Mansukhani's correspondence programs start at Rs.7,000 a month or as he says, "One night out of drinking." Once he understands your lifestyle, goals etc, a plan is tailored and provided via an app/web interface. Through the app, you can mark your workouts, see demos and communicate with him. He'll also give you certain metric tests to take and tweak your workouts every 3.5 weeks, so that you get a killer body before your big day arrives.

Instagram: [@fight.the.sunrise](https://www.instagram.com/fight.the.sunrise)

PHOTOGRAPH: 123RF

MIND OVER MATTER

Staying calm and collected before the wedding isn't always a walk in the park. Here's a pro-approved cheat sheet on how to succeed. By Jeena J Billimoria



however told you that weddings brought no stress, lied. They lied hard. You stress for the silliest things. You stress even when you're forking out a bomb on that wedding planner who promised to take the stress away from you. It's a fact. It's also a very natural feeling because you're under more pressure than you realise to have 'the perfect wedding.' So to sort you and your nerves out, we decided to go pro and get psychologist Tanya Percy Vasunia (Lead Clinical Collaborations for Mpower The Centre) to brief you on what to expect once you get in the ring with stress (and how to kick its ass while you're at it).







Psychologist Tanya Percy Vasunia (left) provides handy tips to stay afloat when that stress creeps up on you



THE BASIC STRESS TRIGGERS

A wedding is a labour of love. To the couple, it symbolises a new chapter which comes with a lot of change. Therefore, last minute changes, uncooperative friends, gossipy relatives, intoxicated invitees, and just about anything can trigger a spiral. It doesn't help to receive unwarranted advice. Stability, unconditional—I mean UNCONDITIONAL care—and support are key to keeping a bride calm.

APPROACHING STRESS CAUTIOUSLY: THE GAME PLAN

For brides prone to stress, I often advise them to make a list of things they want to remember before the entire process starts. For example; what does the wedding mean for you? Why are you getting married? What are some of the qualities you appreciate in your partner and your family? When stressed, I encourage them to read through these answers and remember that a wedding is a shortlived life event, and by its sheer nature will be stressful on account of the money, expectations, familial negotiations, and change involved. Furthermore, I encourage them to continue to try and maintain a routine throughout the process. Getting a good nights' sleep, exercise, and avoiding excessive consumption of alcohol are helpful to maintain a balanced mindset.

DODGING THE DOWNWARD SPIRAL

Remember, you can run but you can't hide... for long. I would advocate for radical acceptance. It is natural for brides to have certain ideas and visions for their weddings. Unfortunately, these can become fixations, which then result in emotional distress when expectation and reality are not in sync. If something is not possible, whether it's due to finances, the location, or the entire family throwing shade at the concept, try working towards accepting the change and moving past it. Flexibility is key to avoiding a spiral.

THREE QUICK FIXES

\* Breathe in good vibes, breathe out all your plans to murder those who stand in your way: Breathing

“REMEMBER THAT EVERYTHING IS A JOURNEY AND A LEARNING PROCESS.”

exercises are a great way to calm down and refocus on the task. Diaphragmatic breathing has proved most beneficial when stressed. Eight long slow deep breaths can really help slow down racing thoughts and assist you in refocusing.

\* Let the rhythm get you: Dancing or any form of exercise releases serotonin and dopamine (for all those who are not biology students, these are the neuro-chemicals that give happy drugs a run for their money). Twenty minutes of exercise independently will help you feel more equipped to handle any stressful situation.

\* Talk to a therapist: A wedding is a stressful event, particularly because you aren't just planning a massive party, but also handling your own emotions and everyone who is close to you and invested in your big day. Coming in to talk to someone who is legally obligated to keep your conversation confidential, gives you full freedom to complain, cry, or plan an escape without judgement.

PICK YOUR SUPPORT SYSTEMS

Anyone with a non-dramatic predisposition makes for a good support system. The last thing a young woman needs is someone who cannot take the pressure. Find someone gentle, rational, and clear-headed. Jitters are normal when making a life-changing decision. Many take this as a sign of making a bad decision, or not being ready for marriage, but that's not always the case. Bollywood and Instagram have glamourised weddings which feeds into the belief system that they have to be perfect—the reality is very different. Hiccups and goof-ups are part and parcel of organising a big event, just like the jitters are. Remember how before your birthday parties you would feel a bit panicked about people attending? So if birthday jitters are acceptable, so are those wedding jitters! 🍷

PHOTOGRAPH: 123RF

PLANNING



PHOTOGRAPH: 123RF

WEDDING GAME PLAN

Here are the themes for a gorgeous summer wedding—plus how to create wedding flower envy, and plan the bachelorette party. Feast your eyes on a bunch of gifting options.





# TRENDING NOW

Wedding themes have never been cooler—take a look at the forecast for 2020.  
By **Jeena J Billimoria**

**T**he only constant in life is change, they say. This applies to wedding trends as well. With each passing year, rulebooks highlighting what’s currently in or out make the rounds, and 2020 has proved to be no different in that regard. One good theme that’s been overtly pronounced and should never go out of style, is the sustainability factor. More and more couples today are going green as they tie the knot and are doing their bit to help the environment. Along with this, here are the champion themes for 2020 weddings that you should take note of...

## SUSTAINABILITY FIRST

From the carbon footprint associated with travel to the wedding venue, to the food wastage at functions, people are looking for ways to reduce the environmental impact of their weddings. There are plenty of relatively easy ways to make your wedding sustainable—from using stationery made from recycled paper (or paperless invites), to finding a catering company that sources ethical, local and organic produce. Noise pollution is also a conversation being had, with *baraat* shenanigans heavily contributing to it. Today, people are consciously choosing less drawn-out *baraats* to cut down on noise pollution.

## FRESH, COLOURFUL VIBES

Search for any wedding day décor online any day of the week, and you’ll see a barrage of aesthetically pleasing options but to keep things interesting, couples are becoming more creative. People are now steering towards a bolder approach to their wedding, not something that’s trend-driven, but feels fresh. It’s more about the atmosphere and vibe rather than suffocating uniformity with décor. To create this overall vibe, play with the colour of the cutlery, texture of the tablecloth, and try out some unique lighting. With florals, spray-paint your greens and branches with organic colour. It will add texture and having pops of unnatural colour (think neon or frosted pastels), will really make a summer-y statement.

## INTIMATE SCENES

Think 100 people or less, in order to carry out

“**HAVING A BOLD COLOUR PALETTE OVER NEUTRAL COLOURS ADDS AN INDIVIDUAL TOUCH.**”

this trend successfully. Because you’re sifting out the all and sundries, your budget per guest is actually higher, which means your intimate gathering is treated to bespoke touches, elaborate meals, and lots of personalisation.

## INCLUSIVE MENUS

Couples are being more thoughtful about inclusivity when it comes to every aspect of wedding planning, menus included. Eats are checking all the boxes this year; Vegetarian? No problemo. Gluten-free? Done. If you’re considerate enough to offer up a variety of cuisines, every guest will be able to enjoy the wedding as intended. Think of all those people who attend weddings never eat because it’s ‘unhealthy’ or ‘too heavy’—they’ll be smiling when they find out you’ve made provisions for them too.

## INTERACTIVE ELEMENTS

Dessert bars and *chaat* stations are giving way to more interactive (and equally delicious) culinary moments. Be original and source conveyor belts to roll out appetizers, and surprise your guests with molecular gastronomy for mains. Give a shoutout to presentation and *flaire* by updating tried-and-tested flavours. Be bold enough to opt for fusion cuisine; think Mexican ravioli or mini burgers and fries at the after party, and your guests will be Instagramming the hell out of their plates.

## GIVING BACK

A lot of people mention ‘blessings only’ on invitations; instead of doing that, ask your guests to make a donation to charity. Giving back (in any form) will be supremely rewarding for you and your guests. Link a charity to your wedding website, or send out messages with a link to one of your choosing. Keep in mind that this should be optional for your guests and if it’s a cash donation, allow them to decide how much they’d like to pledge. Forcing them to dole out what you deem is fit (as well-intentioned as it may be) is not okay. 🙄





# Bloom Time

Innovative ideas for wedding florals that are breathtaking. By **Jeena J Billimoria**

**F**rom wild floral arches to ceiling canopies and centerpieces, couples are pushing the boundaries with floral décor like never before. It's not about the OTT, money-dropping aspect as much as it's about displaying something innovative and jaw-dropping. With the right floral decorator on board, magic can truly be created, and the possibilities are endless. Here are a few easy ways to craft wedding flower heaven, if some solid inspo is what you're after...

## FLOWER FLOW

For a dreamy, romantic look, flowing flowers that pour to the ground over long tables is a wonderful way to show off. You can choose any colour scheme you want, and you can also use this trick in other ways—cascading from a balcony or window (a faux one if it's in an indoor ballroom), or from the back seat of an old vintage car at the entrance of the venue. This 'flowers for days' effect will wow the crowd instantly.

## CHANDELIER IN BLOOM

A hanging chandelier made completely of flowers is sure-shot way to add visual interest to the wedding and guests will look up in wonder through the function because it's such an unexpected element—think of it as an art installation. This out-of-the-box idea is replacing traditional crystal lighting and tabletop arrangements, to give the space an almost ethereal feel. Use ivy, hues of green or hanging wisteria for an added touch, or stick to the colour palette of the wedding and make it as bright or muted as you wish.

## UNDER A CLOCHE

Using flower arrangements on tables with a transparent glass cloche on top is a lovely way to add gravitas to the décor. The idea is to display something that seems equally wild and contained in a small space, without it looking forced but rather, organic. Use different sized cloches and some bright fruits (lemons, pomegranates, mini pineapples, oranges etc) along with the flower arrangements for better effect, and make it look like a tea party straight out of *Alice In Wonderland*.



### EXPERT SPEAK

**Punit Jasuja,**  
Punit Jasuja Productions

- \* Summer wedding floral décor should be fresh, light, and locally sourced.
- \* Adding fruit and painted fauna can add a lot of excitement to your floral decoration.
- \* Brighten up a space by adding flowers to existing plants and trees to give it a natural look.

## GO ICY

If you're going for shock and awe, think back to the Dries Van Noten S/S show in 2017, where artist Azuma Makoto displayed frozen flowers—the idea may not be new, but the overall effect is still as amazing. Take inspiration and have florals encased in giant blocks of ice around the space, but use this trick strategically. It can be set up for a limited time and you'll need to be careful of slippage (Indian summer and all). There are numerous ways you can play with this idea (ice bar, anyone?), and you can be sure people will talk about it for days.

## ARTIFICIAL INTELLIGENCE

Access to the most beautiful faux flowers (roses, delphiniums, peonies) can be used at your wedding, and no one will believe they're not real... Unless you use the cheap variety—do not do that! Also check how the stems are finished, because all artificial wedding flowers have wires running through them, so they may need to be covered with tape or put into oasis strategically to mask it. The beauty of working with artificial flowers is you needn't worry about them wilting in the heat or have them fade or crumpling. They'll 'bloom' steadily throughout your event. 🌸

PHOTOGRAPHS: COURTESY PUNIT JASUJA

# UTTERLY CRAB-TIVATING

Ministry of Crab still reigns supreme in its homage to seafood.

By **Jeena J Billimoria**



**W**hen Ministry of Crab, Sri Lanka's first restaurant dedicated to serving export quality crabs by chef and restaurateur Dharshan Munidasa, opened its doors in Mumbai early last year, people fell over themselves to get a reservation. Which came as no surprise, given that the restaurant has bagged a spot on Asia's 50 Best Restaurants numerous times, has outlets peppered across South East Asia, and continuously wrings out all the fresh pleasures one possibly can out of seafood.

Mumbai's outlet sits nestled in a quiet lane in Mumbai's Khar area, and the restaurant's Sri Lankan legacy has been imported rather intact, with the freshest seafood in the region being sourced from strategically identified hubs and served using techniques that champion the main ingredient. No fuss, no frills, no theatre—just damn good food.

A giant board highlights the catch of the day—also in style of its Colombo mothership restaurant—and encourages you to take your pick, which is then serviced from the open kitchen. It would be sacrosanct to visit this restaurant and not order some crabs: Signature dishes include the fresh Indian mud variety in a Chilli, Pepper, Garlic or traditional Sri Lankan curry preparation. There's no wrong choice here—every interpretation of crab is its own kind of special. If variety fuels your culinary jaunts, the Garlic Chilli Prawns and Claypot Prawn Curry are dishes that may sound ordinary—till you taste them and are taken on a flavourful rollercoaster you palate won't soon forget.

As there is beauty in the food, there is beauty in



**MINISTRY OF CRAB IS A BEAUTIFUL CELEBRATION OF GOOD, HONEST FARE.**

the restaurant. Opulent interiors have masked this three storey, 6,000 square foot space (sunlit surfaces with bands of light playing on Terrazzo fluting, tropical woods accented by brass trimmings, lush greens that offset wooden decking), replete with a private dining room for up to 24 in the basement and a block-long floor of a bar, which holds one the city's largest collections of wine. The bar also serves an expert cocktail list, Cocktails to Whet Your Senses, which champions a more sustainable approach to cocktail craftsmanship, and creates a relaxed yet sensual atmosphere to spend summer evenings. Open seven days a week, Ministry of Crab is a beautiful celebration of good, honest fare that treats each item on its menu with just the sort of affectionate indulgence that keeps you going back for more. 🌸





Cupid Figurine, ₹86,000, **Lladro**



Cha Tea Cups, ₹5,800, **Nicobar** (Set of 6)

Coloured De-Light Hurricane Vase, ₹4,000, **Villeroy & Boch**



Roja Baies De Suisse Candle, ₹9,500, **Roja**, available at **SCENTIDO Niche Perfumery**



Blue & White Vase, ₹12,900, **Iqrup + Ritz**



Blenheim Crystal Stemware set, Price on request, **Thomas Goode & Co.**



Multi Game Set, ₹4,900, **Ikka Dukka**

# GIFTS OF LOVE

Wedding gift options for the happy couple that they'll actually use!

# HAPPILY EVER-AFTER



## LOVE TIMES TWO

Here's how you can overcome silly post marriage fights, then learn how to host super posh parties at home.

PHOTOGRAPH: THE WEDDING PIXELS



# The Business of PARTYING

Here's a crash course on how to host a posh soirée at home.  
By **Jeena J Billimoria**



Y our days of hosting zero effort, frat-like parties with beer and chips that come out of a bag are behind you now that you're a 'proper' adult (aka married). Entertaining as a couple is a little different from when you entertained solo, and there are things you'll need to look into to ensure it's a roaring success (having a tidy home, for starters). Hosting can range from a casual BBQ to a supremely posh affair, the latter being a meticulous, tiring—yet wildly thrilling—exercise; but it doesn't have to be the rule each time you have friends over. When you do choose to go the extra mile and be a little OTT, here's how you do it properly.

## INVITE WISELY

Having the right mix of people at a party is everything, whether it's a really tiny affair or a bigger one. If you decide that you're throwing open your doors to a fancy do, invite guests who won't kill the vibe or ridicule you for seeming stuck up. You also don't want to invite someone who's loud, obnoxious and notorious for getting everyone trolleyed with vodka shots—then proceeds to dance on the furniture. Gather friends who you know will get on (age doesn't matter, FYI) and appreciate the effort you've both taken to entertain with sophistication. When your guest list is ready, do invite them via a phone call or a personalised text message. Do not create an event on Facebook or slip them a DM on Instagram—you're not 19 anymore.

## SET A BEAT

While you may have four different Trap playlists on your phone that could healthily compete with your nearest nightclub, this is not the do to show it off at. Create—or borrow—a playlist that shows off names like Bublé, Sinatra, Brubeck, Sade—or perhaps some Parov Stelar if you want something modern but equally smooth. Setting a mood with music can be something that makes or breaks the evening. Example: You cannot serve smoked salmon blinis to Cardi B—nor do you want to be the hosts who did. Don't let the music thunder out from your swanky system either—keep it at a volume where one can appreciate it and still converse intelligently about Greta Thunberg's latest achievements.

“  
**HAVING A SIT-DOWN  
DINNER IS ONE OF THE  
MOST GROWN-UP  
THINGS YOU'LL DO,  
BUT HAVE FUN WITH IT.**  
”

## ATTENTION TO DETAIL

Here's where those numerous sets of wedding flatware will come in handy while setting the dinner table (and you thought you wouldn't need it, pfft!). You don't need to go State dinner à la Buckingham Palace for each guest—you can skip the printing of individual monogrammed menus and antique napkin rings, but ensure you have the basics down to a T. Having a sit-down dinner is one of the most grown-up things you'll do, but have fun with it and don't be afraid to throw in extra flourishes that could include pretty napkin (linen, not paper) decorating or flower arrangements. Have some flowers blooming in strategic corners of the house too. Dim the lights and use those expensive scented candles in the living room (and guest restroom). This mood lighting will create a lovely setting for your guests to unwind. Remember to be attentive to each guest and make them feel at home—a very posh setting can be stiff and intimidating at first, so be sure to chat and laugh a lot so they can unwind, full scale.

## HAVE A TEAM TO HELP

You don't want to spend the better part of the evening slaving away in the kitchen while your other half is out there playing host solo, so get some help who can assist with preparing the hors d'oeuvres. Hire a good bartender to keep your guests' glasses filled throughout the evening and ensure you have a handsomely stocked bar that includes bubbly, two kinds of wine, whisky, spirits and the option of racy cocktails. Also remember to have some liqueurs handy for after dinner. Bring a server or two on board (from the club or a restaurant you frequent) to hand out canapés and serviettes so that your guests have somewhere other than your sofa or their clothes to wipe their fingers with.

## CURATE THE PERFECT MENU

If you're doing the cooking yourself, do most of the prep beforehand so it doesn't take you away from enjoying the evening—it is a party after all. On the other hand, you don't *have to* do the cooking yourself just because you're the host, but you can curate a winning menu from a bougie catering service that specialises in fancy nosh. While there's nothing on earth as delicious as Indian food on any other day, opt for Western fare for your party, because it won't be as heavy on the stomach (sorry, rogan josh!) or messy. Also go for something a little fancier than pizzas. For your hors d'oeuvres, think beetroot and feta tartlets and pancetta crisps with goat cheese and figs, over *chaat*. For dinner, include two leafy salads (salad at a party may sound like penance for some, but it will compliment your menu well), and some classics like coq au vin and cognac shrimp with beurre blanc. The sign of a great host (hosts, in your case) is knowing guests' dietary preferences, and if you have some vegans

**You don't have to go overboard, but ensure you have the basic table setting down to a T.**



“  
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EFFORT OF HOSTING  
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MAY AS WELL DRESS  
TO KILL.**  
”

and vegetarians in attendance, you must have equally good options for them as well. For dessert, a gorgeous fruit gâteau and a boozy chocolate mousse will suffice.

## PLAY DRESS UP

If you've put in the massive effort of hosting a posh party, you may as well dress to kill—don't spill out of your room in jeans and flats. Opt for a nice dress or jumpsuit with a pair of comfortable heels, and do your hair and makeup as you would if you were going to a swanky restaurant. Dressing up applies to your husband as well (no jeans and tee). Emerging with wet hair won't do either—you can leave that for the last minute, game night plan you made with the crew. If you can look like a million bucks, look like a million bucks. 🍷



# He Said, She Said

A handy guide to overcoming those silly fights. By **Jeena J Billimoria**



**T**his is not to say you and your now husband didn't have words ranging from silly spats to all out, Hellenic wars when you were still dating, but the fights you'll now have post marriage—and you will have these at some point—will annoy the living daylights out of you. Why, you ask? It's simple: till now, you and your boo have been on the fairytale inebriation express at a delightful speed (the emotional wedding, beyond romantic honeymoon, starting a cute little married life routine) but suddenly, you've been viciously jolted from this perfect bubble and flung into a reality you hadn't quite got around to fathoming. These tussles are usually over the silliest thing though, so don't sweat—a solution isn't usually too far behind.

**THE FIGHT:** He constantly leaves a wet towel on the bed after a shower.

**His argument:** Both the towel and soaking bed will dry off in an hour, what's the big deal and stop nitpicking!

**Your argument:** Why aren't the hanging hooks being used as directed when A) They're custom B) We had to wait ages on the waitlist to have them C) The only thing that this bed should see are rose petals and snacks.

**The solution:** Set an unbreakable rule that nothing should go on the bed—whether it's the towel, clothes—or even snacks. Rose petals can be the exception on Valentine's Day.

**THE FIGHT:** You wanted to party till late and he didn't.

**His argument:** He has work in the morning and

you're no longer the two kids out on the town—staying out till 3am on a Tuesday doesn't work.

**Your argument:** Since when does he shy away from a late night out and why are we turning into a boring couple who doesn't party anymore? Also, this is a one-off!

**The solution:** There will always be times where one of you won't want to head out or are just not in the mood to socialise—decide that you will each get three 'passes' a year (or on a timeline of your choosing), that can be used to get your spouse to go along with something you want to do, without whinging. These passes can also be used for duet workouts at the gym, where to spend your week off work this summer, or chilling with your spouse's most annoying friend.

**THE FIGHT:** He gets a string of texts from someone of the female species, too often for your liking.

**His argument:** She's just a colleague. You're overreacting and making it something it's not.

**Your argument:** She's going to ruin this marriage, just watch.

**The solution:** This is a tricky one; you have to find a way to let each other breathe in a marriage and not make the other feel too straitjacketed. At the same time, you have to reassure your spouse that they have nothing to worry about, and be sensitive to the fact that prolonged contact with someone unfamiliar will justifiably put them on edge.

**THE FIGHT:** Why did you post that on Instagram?

**His argument:** It was a cute, candid moment that deserved a thumb's up on social media.

**Your argument:** You can only post pre-approved

“  
**LET EACH OTHER  
BREATHE IN A  
MARRIAGE & NOT  
MAKE THE OTHER  
FEEL TOO  
STRAITJACKETED.**  
”



images of me where I'm not stuffing my face with leftover pizza at 10am while dressed in a cow-printed onesie for all your 1,932 followers to see.

**The solution:** There are some people who are extremely private, while others don't mind sharing tidbits of their lives on social media—understand where your partner stands (it can change post marriage, FYI) and respect that. If it makes them even a little uncomfortable or embarrassed, don't do it.

**THE FIGHT:** Whether it's acceptable to nick toiletries from the hotel you're staying at.

**His argument:** It wasn't cute when we were dating and it's not cute now. You have a bathroom overflowing with products at home anyway.

**Your argument:** But this is Bulgari and the bottles are really cute! Plus, the hotel expects you to take it. The only person passing judgment is you.

**The solution:** It's okay to agree to disagree sometimes and if it makes your partner happy to take said toiletries, let it slide—you can draw the line at hotel cutlery and furniture (a joke, of course). ☺

**It helps to pick your battles wisely, especially if you're both prone to having silly squabbles on the regular.**





**THE FIGHT:** Constantly asking you to put his stuff in your purse.

**His argument:** I've seen what that bag can hold; it's deeper than the ocean. Don't pull a face when I ask for small favours.

**Your argument:** It's a clutch—it can barely hold my lipstick and keys—let alone your vape, money clip, house key and mints!

**The solution:** Gently make your spouse understand that every bag you own may not be made to withstand a host of things, and when you're carrying a day bag which can accommodate both of your essentials, you're happy to oblige. When you're out and carrying a smaller purse, he should make other arrangements, like the pockets of his pants or invest in a satchel like Alan did in *The Hangover*.

**THE FIGHT:** He always picks up the wrong thing from the store on his way home.

**His argument:** But I got what you needed—how does it matter which type of detergent it is—it'll still do the thing you need it to. Relax baby, don't get so angry over small things. I love you.

**Your argument:** I asked you to buy olive oil.

**The solution:** Try and always venture out together when you shop for household and kitchen items (maybe keep it a weekend ritual) because over time, you'll both get used to what exactly is needed and so, when either of you is out solo, you'll know what to buy. Alternatively, have the items you need written down (on paper or texted to his phone), so he can have it in front of him at the shop, to avoid forgetting and confusion.

“  
*IT'S DEFINITELY NOT  
FUN FOR EITHER  
SPOUSE TO GET  
READY AND THEN  
HAVE TO WAIT FOR  
THE OTHER TO  
EMERGE.*  
”

**THE FIGHT:** Why can't you ever be ready to leave on time?

**His argument:** Do you really need three hours to get ready for a night out? We're always the last couple to arrive.

**Your argument:** Do you think this makeup happened by the chanting of gibberish incantations and interpretive dance? You knew you were marrying a glamazon and furthermore, I'd like to see you do a smoky eye as fleek as this in five minutes!

**The solution:** It's definitely not fun for either spouse to get ready and then have to wait for the other to emerge. You can't blame them for getting ticked off either, so start the process of getting ready earlier if you know it's going to take time, or set a buffer alarm 20 minutes before you're supposed to be ready so you can then hustle and not make them have to wait. 🍷

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