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Europe's No. 1 Style Magazine

# GRAZIA

Volume 13  
Issue 3  
June 2020

**MIND,  
BODY &  
SOUL**

The Wellness  
Makeover

**Rewritten  
rules of  
RELATIONSHIPS**

**AT HOME  
WITH**

*Bhumi &  
Samiksha Pednekar*





# From the EDITOR'S DESK

The one thing propping us up good, during this time of unlimited uncertainty and general unrest, are our relationships. While it's certain that the pandemic will rewrite history and the way we change and view our world, how we eat, and travel, and consume in general, it's also going to change how we nurture our interpersonal relationships. Which is why this month we've reached out to people who are isolating together to understand how the pandemic, with its extremities of human interaction, varying from indefinite isolation to the new world order of social and physical distancing, has affected their psyches and, in turn, our relationships. Fronting our cover this month is actor Bhumi Pednekar and her twin sister Samiksha, who are isolating together during this lockdown; read about how the siblings are managing their quarantine

routine, along another piece that examines how three couples are navigating their relationships while maintaining and sharing space at the same time, yet at the end of day finding it important to understand that they're surviving a crisis together.

In our digital issue for June, we've also delved into what a post-Covid world will look like, once we're back to leading relatively normal/new normal lives; from classrooms to paperbacks, writers examine a new outlook. Fashion's outlook is already evolving given the social and economic climate, and hopefully with this pause and reflection, the direction pivots to a more sustainable way of life.

Stay safe,

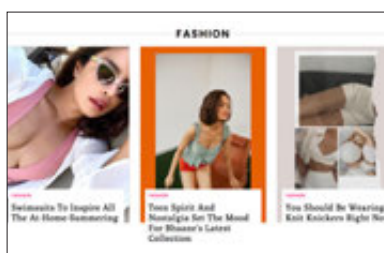
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WITH U

## NEWS

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GO MINIMAL



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# 10 HOT STORIES

EVERYONE'S BEEN TALKING ABOUT

The coronavirus has given rise to a brand new world – a world we are still adjusting to, trying to navigate, and in a sense, make peace with. A lot has been said about fashion in

this context. We have been posed with several questions pertaining to the future of the industry, consumption levels, production operations and whether we even need fashion in the grand scheme of things. Will this give rise to a new discerning consumer? Will buying patterns change? How are brands diversifying? And, for the lack of a better term, what really is the “new normal”? We’re exploring all the shifts, changes and movements that fashion folk from across the globe, and locally, are making to fit in to this new reality, because, nothing changes, if nothing changes.

## A WHOLE NEW

## WORLD

1



### BACK TO THE FUTURE

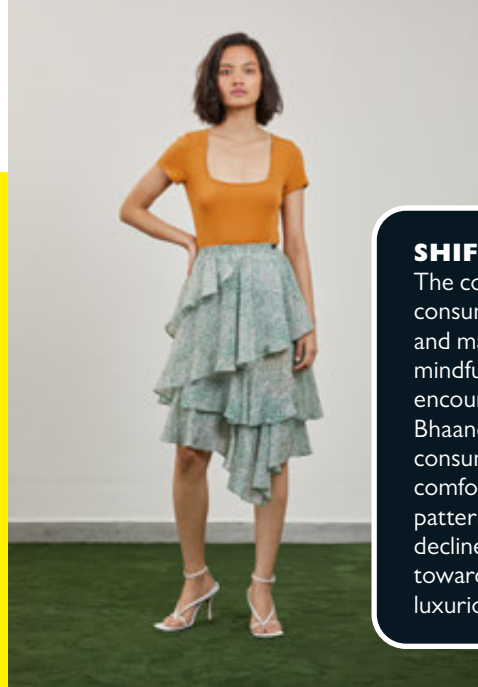
Considering a post-pandemic paradigm shift in both buying patterns and fashion trends, along with the birth of a more conscious consumer, the idea of pre-loved fashion has become a talking point. “I think the culture of vintage in India is growing at a fast pace. Millennials and Gen- Z consumers alike are more aware about the pressing issues that affect the world around them. We are in the anthropocene, and every step we take towards our ecosystem matters. Vintage clothing is the most sustainable option that exists. What can be more ecological than reusing and not creating more garments that will eventually end up in landfills?,” says Divya Saini of Mumbai/Paris vintage brand Bodements.



### SEASONS OF CHANGE

Social distancing measures and travel bans have begun to force designers to rethink their traditional system of developing, showing and delivering their collections, resulting in one main outcome: Seasonless collections. Gucci’s Alessandro Michele announced that the brand will be going seasonless, and would scale back the number of fashion shows to twice a year. He also stated that the fashion week calendar would now become obsolete, adding that he hopes to abandon the worn-out ritual of seasonalities and shows to regain a new cadence. Aparna Badlani, owner of Mumbai-based multi-designer boutique Atosa weighs in on what this means in a local context, “Indian fashion, anyway, is not so season oriented, it’s more summer/holiday /travel/destination wedding and bridal-oriented. Of course there is a winter in many parts of the country and a gamut of designers work broadly on two seasonal collections. However, most of our designers, in my opinion, work on seasonless collections anyway, and it has worked very well.”





## SHIFTING INTERESTS

The conversation around sustainability has come to the forefront, with consumers engaging in meaningful dialogue about over-consumption and materialism. "There is a shift of interest and preference towards mindful design, transparency, and conscious consumerism, which is encouraging and honestly, much needed," says Deepika Deepti, CEO of Bhaane. Apart from a heightened awareness and the rise of a conscious consumer, there is also a visible movement in buying sensibilities, where comfort is sacrosanct. Deepti points out, "The framework of purchase patterns has transitioned to easy, every-day clothing. With a steady decline in public gatherings and occasional wear, consumers will move towards building wardrobes that are comfortable, breathable, and luxurious in their handicraft and detailing."

## NEW DIRECTIONS

With stay-at-home orders in effect, brands are diversifying operations based on the need of the hour. New Delhi-based designer-duo, Mia Morikawa and Shani Himanshu, of II.II refer to it as a natural progression by "taking the mindset behind our clothing to create textiles for the home environment. An organic cotton handloom towel to add to a home spa bathing ritual, or a soul-affirming *kantha* quilt seem like relevant additions to the home space – which has become our refuge and sanctuary during this time."

Most of the rural artisans that the brand collaborates with already work from home, thus ensuring that their income flow remains intact. "These craft communities, located in remote areas, have some of the smallest carbon footprints on the planet and this self-sufficient model has never felt more inspiring or relevant as a pattern for living. We had to think about what our team could make from home and what our audience might appreciate in this moment in their home environment – the home textile collection was the answer to that question," adds Morikawa.

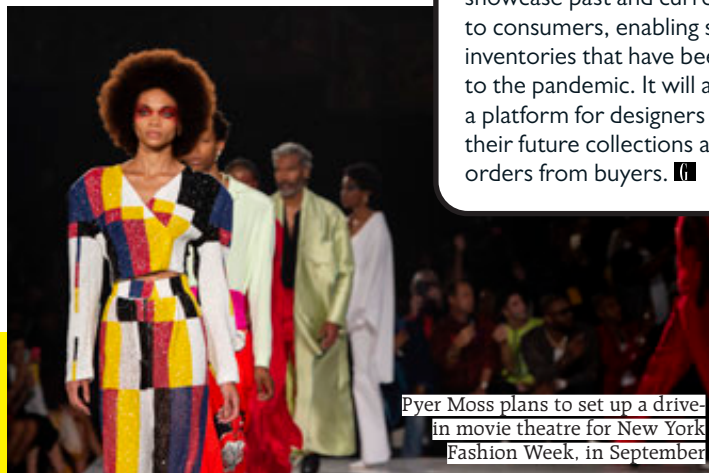


Indigo *kantha* quilt,  
₹ 16,000 onwards



## BREAKING AWAY

Designers, as well as fashion entities, are moving away from traditional patterns to embrace newer approaches – from the way newer collections are presented to supporting the community. Kerby Jean-Raymond, the designer of New York-based fashion label Pyer Moss announced plans to set up a drive-in movie theatre for New York Fashion Week in September, when he will debut *American, Also*, a film that highlights all the work that goes into producing a collection for his independent brand. Closer home, Lakmé Fashion Week is expected to roll out several digital fashion innovations in the next few months, starting with the 'Virtual Showroom' – a first-of-its-kind concept in India, with an aim to support designers and artisans. The marketplace platform will showcase past and current collections to consumers, enabling sales for inventories that have been stuck due to the pandemic. It will also serve as a platform for designers to showcase their future collections and directly get orders from buyers. [i]



Pyer Moss plans to set up a drive-in movie theatre for New York Fashion Week, in September



'Barb' towel,  
₹ 5,500



Tie-up cap,  
Salvatore Ferragamo,  
price on request

# URBAN RENEWAL

*Fashion reflects the zeitgeist of our time, with utilitarianism taking centre-stage, as the pandemic shifts our collective focus to practicality*

2



HERMÈS



PRADA



Faux leather trousers,  
Mango, ₹ 3,990



Trench coat, The Attico  
at [www.net-a-porter.com](http://www.net-a-porter.com),  
₹ 2,63,090 approx

Combat boot,  
Alexander McQueen,  
₹ 58,600



Wool jacket,  
Ralph Lauren,  
price on request



GUCCI

## ARMY AESTHETIC

Spring/Summer 2020 runways demand you move on from the army surplus camo and level up to align with a more refined, tailored silhouette. The military jacket is the star piece that will elevate your cargo trousers, midi skirts, and even culottes. Forward march with chunky combat boots, which will pull your look together.



BIBHU MOHAPATRA

NATASHA ZINKO



LACOSTE

## ONE HIT WONDER

Jumpsuits or boiler suits have the ultimate cool-girl energy. The irreverent piece is no-fuss and requires little to no styling, and is appropriate with a pair of heels for work or drinks (post lockdown, of course), or with sneakers for errand runs.



Jumpsuit,  
GAP, ₹ 2,999



Boiler suit,  
Zara, ₹ 4,990



Jumpsuit,  
H&M, ₹ 3,999





Button-down shirt,  
American Eagle.  
₹ 2,499

Linen shorts,  
Marks & Spencer.  
₹ 1,499

Hi-top sneakers,  
Converse,  
₹ 7,860

AGNONA

## EVERGREEN OLIVE

Beige may have been the reigning neutral these past few seasons, but the colour, once reserved for military garb, is all set to steal the spotlight. Report for duty in a head-to-toe olive look or opt to pair with other fatigue shades like navy blue or khaki. If your aesthetic is a bit punchier, wear with shades of bright orange, or even florals.



HELMUT LANG



KWAIDAN EDITIONS



Paper-bag waist  
trousers, Lee Cooper.  
₹ 2,499



RAG AND BONE



Shoulder bag,  
Uniqlo, ₹ 2,990



Woven bag,  
Chindi, ₹ 3,990




Sling bag,  
Burberry,  
price on  
request



Sling bag,  
Nappa Dori,  
₹ 6,200

## HANDS FREE

As much as we love micro purses, our new normal demands that bags be a tad more practical and fit our essentials, and more, with utmost ease. These sling bags are the older sibling to your fanny packs, which have been a favourite with the street style crowd over the last few seasons. The hands-free bag will revolutionise the way you carry your day-to-day essentials. 



ROLAND MOURET



SIES MARJAN



BOTTEGA VENETA

## STRAIGHT-TALKING



Urvashi Kaur

## SILVER LINING

*Fashion has a chance for a do-over, feels designer Urvashi Kaur*

The year 2020 has so far been, perhaps, one of the most definitive periods in mankind's existence. At no point in recorded history have we tackled a global phenomenon of this nature. Even as this pandemic rapidly travelled across the world, all our sophisticated systems, check and balances, our projections and protections crumbled before our very eyes, leaving us vulnerable and bewildered. As we approach the middle of the year, we find ourselves nowhere close to a believable exit from what has seemed like a surreal unfolding of catastrophic events. Our response of locking down and shutting almost all aspects of everyday life has sent us into a strange hiatus – a self-imposed isolation that has forced us to do the one thing that most of us turn away from – introspection.

We ask ourselves: How did we get here? Where did we go wrong, and how can we turn this around?

The fashion industry had already been at the receiving end of much criticism. Often viewed as superficial, vain and extraneous,

the fact that we are one of most polluting industries has done us no favours. And well before Covid-19, fashion already had some serious thinking to do. The silver lining in all this is the fact that somewhere along the way, sustainability and the discussion around healthier practices within the business of fashion had started taking root. Ethical fashion as a movement is now recognised as a mainstream feature – from being a humble, fringe phenomenon. Our tendency at a time like this is, of course, to question the relevance of anything that's considered even mildly superfluous. But this is where it gets interesting: Fashion at its core is related to the most fundamental act of self-expression and identity. As long as we feel the need to express ourselves, we will need fashion. The desire to convey emotion and communicate through the act of clothing is inherent and hard-wired in humans. But the processes and channels that we have built into the business of fashion, in the same way as all large industries, are deeply flawed. These systems have been created with the singular goal of scale and volume, completely disregarding impact and consequence. To be fair, these are actually the tenets of capitalism, on which modern society is founded, so to single fashion out seems unreasonable. But we are a very visible industry and so the spotlight is so much more harsher on us.

As we inch towards a post-Covid reality, we must realise that there is a tremendous opportunity in front of us. We now have the chance to break out of the frenetic cycle of ceaseless production and creation that we were stuck in – like an endless, meaningless loop. As a label, I have always created collections that are trans-seasonal. I always encourage the



It's time to break out of the frenetic cycle of ceaseless production

end customer to buy pieces that are versatile and can last over several wears. Moving forward, I see this as a major step towards fixing the problems of over-production and wastage. The pressure of constantly working on seasonal collections, as well as capsules, means that quality and value gradually get pushed aside in favour of churning out newer products – with the aim to constantly try to catch the attention of an over-stimulated consumer. This enforced pause has also led to a disruption in the buyer's cycles as well as the end customers thought process. As awareness of environmental damage grows, consumers are now beginning to educate themselves, too. They are curious about the authenticity and narrative of the brands they buy. We are seeing a renaissance of sorts, where slowly fashion businesses will slowly get disenchanted by the incessant need to grow and will shift focus to nurturing their supply chains and human capital, whilst limiting production to smaller batches.

As Indian brands, we have vast, rich resources of textile and craftsmanship. This is where we will truly be able to build more responsible businesses with massive positive social impact. Through the years, I've worked with artisans across the country, and am constantly amazed at the legacy that these communities have created. In our engagement with these craftspeople, we have learnt and grown tremendously, and as Indian designers we have a duty to share these learnings with the world

Looking at the future, even in such bleak times, I'm optimistic that we will course correct and come out of this catastrophe as a wiser, more empathetic industry. **U**



There will be a shift towards nurturing supply chains



The designer has always believed in creating seasonless collections



# A GREEN SLATE

Here's how fashion brand Raga & Co. is doing its bit for the environment

**B**ased out of Goa, sustainable fashion label Raga & Co. is inspired from the beautiful nature and landscapes around the state. Its collections live up to the brand's name, which oozes colourful melodic expression. It believes in promoting the rich heritage of our country in its designs, which are often fused with modern elements to give a unique look. We sat down with the founder, Sonali Salkar, and co-founder Rama Salkar, to find out more about the brand and its collections.

**GRAZIA: Sustainability is the future of fashion? How does Raga & Co. further this cause?**

**SONALI SALKAR:** At Raga & Co., we use fabrics sourced locally from weavers. We use biodegradable fabrics made from natural fibres, along with natural or azo-free dyes for most of our clothing – chemicals used in the dyeing process cause a lot of pollution. We follow a made-to-order concept (minimising waste as much as possible) with emphasis on slow fashion, and advocate against the fast fashion business module, which is very wasteful. Our garments are of exceptional quality and durability, eliminating the need to repeatedly buy new clothes. We are proud to say that our garments are 100% handmade – staying far away from the careless ways of mass production.

**G: What's the inspiration behind Raga & Co.? Is there a story behind the name of the brand?**

**SS:** I have been designing clothes for nearly 30 years, but never left my comfort zone as a mother of two growing daughters. As they are now young adults, they have encouraged me to pursue my



passion. The name 'Raga & Co' stems from the first syllable of each of their names, (Ra)ma and (Ga)yatri, a collaborative effort between my daughters and me. Music is a large part of the Goan lifestyle, and the word Raga also means 'song' in Sanskrit.

**G: In the face of Covid-19 and its aftermath, it's never been more important to shop local. Tell us about how Raga & Co. seeks to promote Indian heritage.**

**SS:** I have been making clothes out of Indian textiles from various states long before shopping locally and sustainably became the norm. An ocean

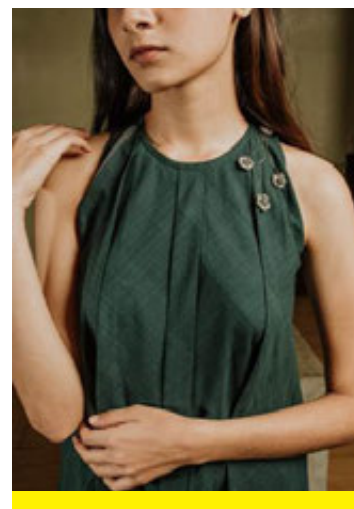
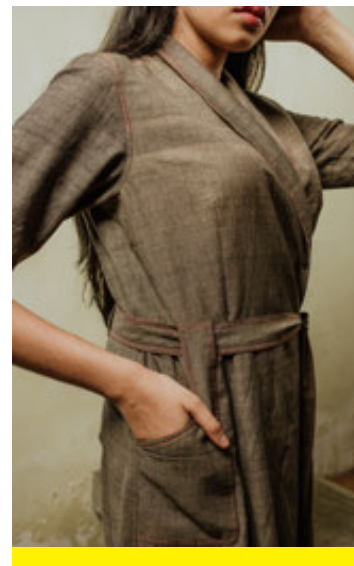


of fascinating Indian crafts lies at our feet. Each state has unique weavers and processes of block printing and dyeing. We keep these crafts alive and relevant by using Indian textiles and locally sourced fabrics, but combining them with refreshing modern silhouettes. We provide employment to these invaluable artisans, especially women in the weaving and spinning process, helping them earn a livelihood.

**G: Tell us more about the collection.**

**SS:** Being from Goa, we also have a lot of Portuguese influence in our culture. Our collections are an amalgamation of Indian textiles and western silhouettes. Our clothing is comfortable and minimalistic, sleek and classy and can be worn at board-room meetings or Zoom meetings. With unusual yet pleasing colour schemes, our versatile clothing is both simple yet eye-catching, inclusive of all body-types and fosters self-love and body-positivity. Created for the modern working woman, it is fuss free, timeless and bold.

GRAZIA SHOWCASE





# 10 HOT STORIES

Flared jeans,  
The Local Vintage,  
₹ 2,650



Printed shirt, Carol's Shop,  
₹ 3,220



4

## SECOND LIFE



Britt Robertson's character,  
Sophia Amoruso, on *Girlboss*  
scours vintage and thrift stores  
for resale in San Francisco



*Fashion that's  
nostalgic, on-trend  
and eco-friendly?  
Yes, please*

**W**e all know that fashion is cyclical, and what was once old will most certainly become new again. So it's no surprise that heroes of 70s-style retro fashion (read: Bootcut trousers, psychedelic prints, disco collars and structured jackets) often make their way back to the runway. And while on-trend designer digs come at a price, here's the good news: With the rise of vintage and thrift stores around the city, you can, quite literally, cop Woodstock-style pieces. Pre-loved fashion offers a feel-good factor with a tinge of nostalgia. Look to Bombay-based Bodements for originals from YSL or Kenzo that are handpicked in Europe. Or, Carol's Shop, based in the Northeast, which collects vibrant, oversized grandma blouses. Need we say more?



Jacquard blazer,  
The Salvage Story,  
₹ 1,490



LOUIS VUITTON

Photographs IMAXTREE, Fashion Stylist GARVIKA KHANNA

Printed shirt,  
Bodements,  
₹ 2,990



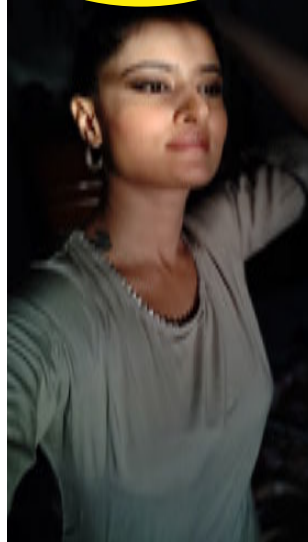
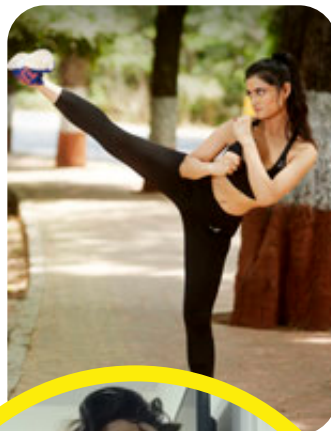
Wide-leg jeans,  
Mirinwon, ₹ 1,200



Printed shirt,  
Aima Vintage, ₹ 1,490







**G: As someone who loves the arts, what are some of the new hobbies you've picked up?**

**SS:** I've always found time for sketching and painting, as I find it therapeutic. Apart from that, I have been focussing on my singing – in particular, singing songs that are my personal favourites. As a working artist, you have to otherwise sing songs that are given to you. I have loved solitude since I was a teenager, because it grants you the time to work on your skills without feeling like the clock is ticking.

**G: What's the one interesting thing you have learnt about yourself during this period?**

**SS:** I'm a self-dependent domestic cat.

**G: Now that we are unable to step out and meet our loved ones, what role does social media play in our lives?**

**SS:** Had it not been for social media, it would've been incredibly tough to stay in touch with our loved ones, especially during these times. Plus, without movies to watch, books to read, artists to turn to, and new recipes to learn off the Internet, I don't know how we would have fared. That's not all – social media has also given us a platform to help the needy through fundraisers and other initiatives.

**G: According to you, what are some of the lockdown habits people should incorporate into their lifestyles after this is over?**

**SS:** I believe there are quite a few hidden blessings that have come out of this lockdown, like sanitation and hygiene. We should inculcate a habit of sanitising and sterilising all our re-usable belongings. Strict rules need to be implemented about sanitation in public places. Cleanliness will become a way of life, as it always should have been.

*Instagram: @reflecshon*

# TAKING A BREAK

Actor and singer Shona Sharma reflects on the freedom the lockdown has offered her

**G**ujarat based model Shona Sharma came to Mumbai in 2013 under the pretext of exploring a career as an air stewardess. Singing and acting weren't considered real jobs. But soon, with the help of her mentors and friends, she began working with labels such as T-Series and Alt Balaji, front-lined with legendary singers like Lesle Lewis, and also performed in a few musical productions. We sat down with her to find out how she is keeping herself busy during the lockdown.

**GRAZIA: How are you spending your time in quarantine?**

**SHONA SHARMA:** At first, I planned various online music collaborations. But I think we all eased into the lockdown. While a few of my plans saw the light of day, others remained half cooked. Which reminds me, I've been cooking a lot, apart from that, I've been sketching, painting, tending to my plants, and maintaining my house.

I'VE ALWAYS FOUND TIME FOR SKETCHING AND PAINTING, AS I FIND IT THERAPEUTIC. APART FROM THAT, I HAVE BEEN FOCUSING ON MY SINGING – IN PARTICULAR, SINGING SONGS THAT ARE MY PERSONAL FAVOURITES.





*The global pandemic is pushing concept stores and multi-designer boutiques to embrace digital platforms and extend their retail experience to customers online*



Clove, Mumbai

## VIRTUAL REALITY

Off the bustling streets of Mumbai's Colaba Causeway, tucked in a quaint by-lane, Clove (a concept store) has called an art-deco building its home for the past two years. As you enter through the bougainvillea-draped walkway

into a 700 square-foot retail space, you find yourself amidst thoughtfully curated items across categories like fashion, beauty, interiors, and other knick-knacks. Even as retail operations continue to be on pause in lockdown, the store's founder, Samyukta Nair, shares her new business strategy. Adapting to the times, Nair has been building the store's e-commerce platform, which will be up and running in the coming months. The website will be an extension of the unique experience offered at their physical store.

"Clove showcases my view on Indian design – one filled with pride for its talent. This will reflect on the website as well. The digital platform will carry hand-picked products. In terms of design, we're taking a fuss-free and accessible approach by adopting a minimal aesthetic that's focused on the products. Through the website, we aim to improve ease of browsing and convenience of shopping by keeping things simple," explains the entrepreneur.

In the same vein, Aavriti Jain of Teatro Dhora is designing post-pandemic collections in collaboration with designers for their first-ever online pop-up. The design store is known to promote slow and ethical fashion, repeatable and purposeful designs, and indigenous crafts.

"We focus more on communicating the story of the products – how the brand or the products links to a rural community, if it is associated with a relief fund or maintains transparency of workmanship, etc. Our job has always been to narrate the designer's vision and story. Now, we are doing it with more soul. I believe if the product means well, it will sell. It's safe to say that sales are a consequence of a well-intended story. We are now offering small businesses shared sales and marketing help, for free too, so that we can all navigate this rough time together," adds Jain.

Similarly, Noorie Sadarangani's 600 square-foot concept store, Obataimu, which



Clove, Mumbai





accommodates a retail space and atelier, is also preparing to go online this month. Given the unpredictability of resuming full-fledged retail operations coupled with the economic crisis due to the pandemic, fashion retailers are also moving away from the traditional brick-and-mortar model to online revenue streams. However, the biggest challenge these multi-designer boutiques and luxury and concept stores face is recreating the consciously crafted in-store experience on e-commerce platforms.

A testament to that is Ensemble's newly launched website. After completing over three decades in the industry, India's first multi-designer store has embraced the e-commerce wave. "It took time for us to create the website because we wanted it to be 'omni-channel' – offering a fully integrated experience. We brainstormed a lot and tried to incorporate as many unique offerings available at our physical stores," explains Tina Tahiliani Parikh, executive director of Ensemble.

To give their customers a personalised and wholesome shopping experience digitally, each item listed on the website is mindfully curated and accompanied by a

note on why Ensemble loves it. Through this visual language and imagery, Parikh attempts to give her customers a near in-store feel. The store also allows its patrons to buy the garments online and try it on in their physical stores. This aside, an on-call fashion stylist is available to help guide customers to make the right purchases.

Joining forces, Cecilia Morelli Parikh, co-founder of Le Mill, is also setting the luxury fashion store's e-commerce operations in motion.

"Le Mill has always been about a curated, balanced lifestyle. We are not just about clothes, and our approach to e-commerce will be the same. We hope to bring our interests in wellness, art, contemporary culture, and our effort to bring together western and Indian culture to our customers," elaborates Cecilia.

What gives these businesses an edge in comparison to high-street and exclusive e-commerce brands is their ability to craft personalised experiences, and thereby blur the lines between online and offline retail. Both Ensemble and Le Mill offer a home shopping facility where customers can select pieces online and book an appointment for the trail at home, and then make a purchase accordingly.

Apart from sales, these stores aim to cultivate a community that aligns with their values, design practices, and lifestyle. For instance, Ensemble Eye – an ongoing series of blogs – serves as a style



Teatro Dhora, Mumbai



Le Mill, Mumbai

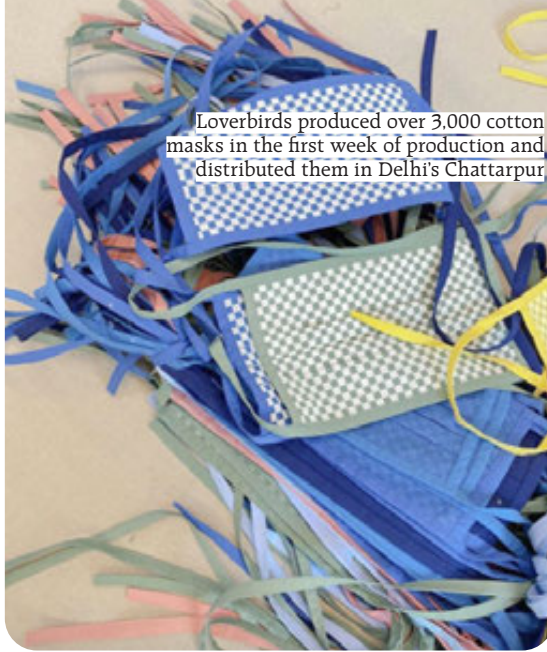


Ensemble, Kala Ghoda, Mumbai

guide offering a curated take on fashion trends. Similarly, Le Mill, Teatro Dhora and Obataimu run blogs on their respective websites to connect with their audiences through subjects like fashion, food, art, music, and more. Additionally, brands have been exploring apps such as Spotify and SoundCloud to connect with their consumers by sharing curated playlists or collaborating with musicians for virtual concerts.

Even though the pandemic has led to financial instability for retail operations, it has marked the beginning of digital ventures for many traditional businesses. **U**





Loverbirds produced over 3,000 cotton masks in the first week of production and distributed them in Delhi's Chattarpur



Karleo donated 1,000 non-surgical masks to BMC officials working on ground

## MASKING

## THE ISSUE

*Fashion brands have pivoted towards making masks and PPE for Covid-19 relief, paving the way for local production and collaborations*



Anita Dongre's tailoring units in Charoti and Dhanevari districts in Maharashtra are making protective face masks to meet the needs of the community



Eka created upwards of 1,000 upcycled reusable masks from deadstock fabric

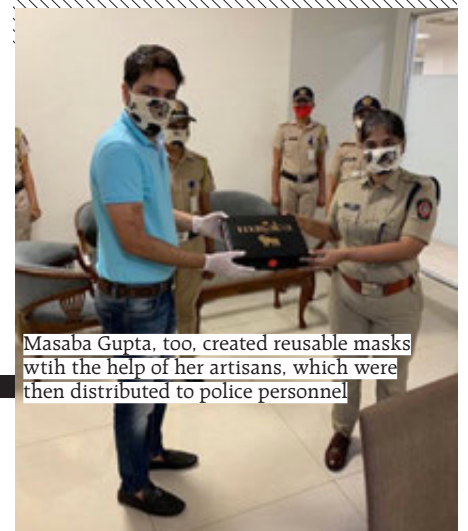
The lack of supplies, devices and medical equipment has mobilised the fashion industry around the world to do what it does best, make clothes. In March, the World Health Organization issued a call for governments and industries to increase the production of personal protective

equipment (PPE) as prices surged and fast-depleting supplies were sold to the highest bidder. Fashion brands and factories pivoted their production lines in response to the global shortage. This highlighted the importance of local production, allowing countries to become self-reliant for critical supplies.

During the pandemic, smaller fashion businesses have relied on collaborations to unlock significant impact. Without formalised supply chains or secure funding, these efforts hinge on crowdfunding and goodwill, which may not outlive the pandemic, but could ensure that the reusability of these masks will. Fashion's quick response has been mindful, focusing on the reduction of waste. **U**



Ensuring safety measures for her artisans, Ritu Kumar produced reusable cotton masks in the brand's Gurugram production unit

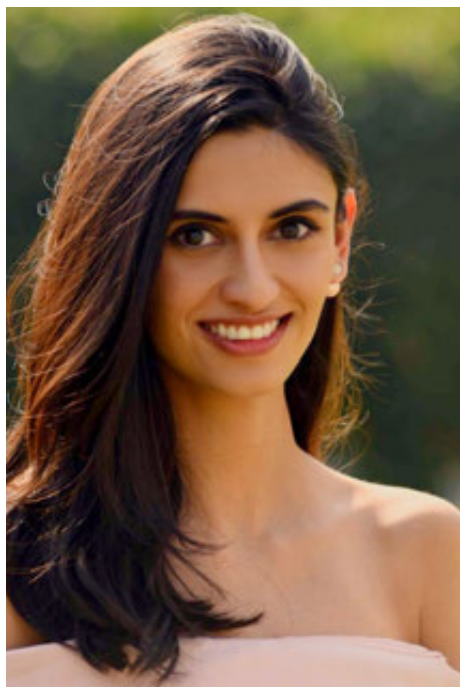


Masaba Gupta, too, created reusable masks with the help of her artisans, which were then distributed to police personnel



# COMING CLEAN

Join the fight against Covid-19 and other viruses with Sanitab



**N**ever before has sanitation been more important. Sanitab, an effervescent disinfectant tablet, helps you lead a safer and cleaner lifestyle. From cleaning fruits and vegetables to disinfecting drinking water, it does it all. At 24 and 29 respectively, Namrata and Aniket Parikh are the young entrepreneurial minds behind the product. We sat down with them to find out more about Sanitab.

**GRAZIA: What was the inspiration behind Sanitab?**

**ANIKET PARIKH:** My father and entrepreneurial visionary, Amit Parikh, developed a similar product for biosecurity purposes at poultry and cattle farms. However given the situation, we have all had to learn to adapt - and part of that process for us was to reengineer and make a smaller version of the tablet, with a dosage more appropriate for household uses to combat the biosecurity issues we all face at a personal and residential level.

**G: In the post-lockdown world, sanitation will be a way of life. What are some ways in which a product like Sanitab will help us live safer lives?**

**NAMRATA PARIKH:** Sanitab is easy to use and economically priced, so people from every stratum of society can buy and use it. Using Sanitab correctly ensures destruction of viruses and bacteria and will help people be

mentally and physically safer from the same. It will help aid safety in homes, offices and factories alike.

**AP:** Furthermore, with Sanitab, we are looking to provide a one-stop solution to our users.

**G: Our country is known for its poor hygiene and sanitation, especially in slums. According to you, what is the way forward for a cleaner and safer India?**

**NP:** I believe that the COVID-19 pandemic has helped all Indians realise the importance of hygiene and sanitation. People from all walks of life have become acutely aware, and I believe that this awareness will last long after the pandemic is over.

**G: With a sudden boom in the sanitation industry, there are many new products coming up. What makes Sanitab unique, effective, and safe?**

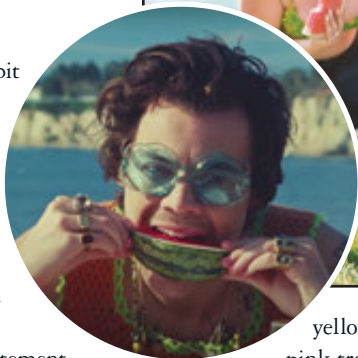
**AP:** Sanitab's versatility and multi-purpose function allows it to be an easier and more practical solution. It is stable, flame proof and non-hazardous – making it easy for people to store, buy, transport and use.



*Through his latest video for hit song Watermelon Sugar, Harry Styles proves that he's the unprecedented style chameleon*

In addition to spiralling down an Instagram rabbit hole, when Harry Styles dropped the video for his already popular song *Watermelon Sugar*, it was enough to jolt most of us out of our mid-week blues. The musician couldn't have picked a more apt time to release the video that begins with the statement – 'This song is dedicated to touching, May 18, 2020' (Oh, the irony). What follows is Styles sitting at a table, on a beach, his blue retro sunglasses matching the azure waters while he basks in the sun, fiddling suggestively with a slice of watermelon. You can't miss his unconventional get-up, which has now become synonymous with the singer's personality. He's wearing an orange crochet blouse, replete with charm necklaces – showing off his sinewy tattooed arms.

For those unfamiliar with the singer's unconventional choices, he's previously rocked flared corduroy trousers, bright



yellow suits, and bubblegum pink trousers. And who can forget that infamous Met Gala look, where he turned up on the red carpet in a sheer Gucci lace blouse and pearl drop earrings.

The song proceeds with Styles



surrounded by a posse of beautiful models dressed in everything you could dream of wearing on your next beach vacation – cherry-printed bikini tops, knit hot shorts, and bucket hats. The former One Direction band member, himself, rolls around in vibrant red trousers, a psychedelic

# HOT BOY SUMMER



print blouse, and what appears to be your grandpa's sweater vest, and heart-shaped sunnies. Through the course of the song, there is, as mentioned, a lot of touching, swaying, heaps of giddy laughter and a LOT of watermelons. We then see Styles wearing a multi-coloured striped wool crewneck sweater with light blue washed eco-denim pants and an ivory silk twill scarf with floral print and knotted fringe detail, all hot off Gucci's Autumn/Winter 2020 collection. We don't know whether it's his boyish grin or tousled hair that just make these off-kilter looks work.

And then in the final segment, after another healthy dose of sun-drenched playfulness and messy watermelon-eating, Styles reveals his last and best outfit yet – a sunflower print shirt, yellow shorts, pearls (his trademark) and black acetate round frame sunglasses from Gucci. In an era of social distancing, the singer's tactile videography, immersed in physical closeness and speckled with sunny sartorial flavours, makes us want to escape for those brief three minutes, and gives us hope that the beach life might just be enlisted in our fortunes, in the imminent future. Until then, we can bite into a watermelon slice and catch a tan on our balconies. **LO**

Words TANYA MEHTA







## *Self-Sufficient India with* *Label Varsha*

An amalgamation of talent, perseverance and determination of the founder and his two sons, has brought Label Varsha into a specific limelight, where the effort and attempts of all 3 influential personalities of Sri Gopal, Rahul and Yashraj have proven to be fruitful in the breathtaking space of Indian Fashion. Sri Gopal, an accomplished businessman from the textile industry, built Varsha from the ground-up after which Rahul and Yashraj took over, interspersing contemporary know-hows with age-old customary designing.


**Label Varsha is a local avenue for the interweaving of contemporary thoughts and traditionality of Indian ethnic wear. It has positioned itself as an 'every woman's brand', catering to women with an all-inclusive approach, ensuring their products are the right fit for every person who wishes to adorn them.**



Along with this, Label Varsha also harnesses the power to seek to action 'sustainability' in the expanse of Indian ethnic wear. They use mostly breathable cotton fabrics, of a sturdy and resilient nature to ensure they keep ecological integrity in mind during production processes.

Modern, new-fangled creativity concurrent with customary fashion, Label Varsha has a whole gamut of understanding and offerings. This wide spectrum caters to an everyday woman, striving to achieve that sense of luxury interweaved with solace and comfort.

Label Varsha supports the work of local artisans, emphasizing handiwork and intricate embroideries. The need for the hour called for them to turn the virtual world of online selling with the inception of their website ([www.labelvarsha.com](http://www.labelvarsha.com)) which consists of all the offerings, ready to reach their consumers' closets. With royal colors and unparalleled traditional anarkali suits, straight-fit shararas, palazzos, and kurtas with contemporary touches, Indian arts and crafts inspired Label Varsha specializes in cotton checks, linen, cotton, tissue, and tussar silk, among many others and personalizes their detailed weaving for every individual.

for more information, visit  
[www.labelvarsha.com](http://www.labelvarsha.com) |  /labelvarsha



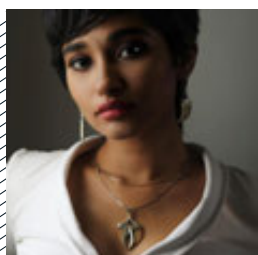


# Label ALERT

8



The global pandemic is making us reflect on our fashion choices. Become a style-conscious buyer by investing in timeless jewellery and fuss-free summer separates



**IF YOU LOVE:** Handcrafted jewellery.

**THEN YOU WILL LOVE:** Baka.

**WHO:** Baka is the brainchild of Ahmedabad-based designer Rebecca Reubens, who holds a PhD in sustainable design, and started Rhizome – a studio that works at the intersection of craft, design, and sustainability. The jewellery brand is a by-

product of Rhizome's efforts to create consciously-designed, contemporary, and ethically-handcrafted jewellery. The brand's approach towards sustainable fashion is wholesome; it's been able to cover ecological, cultural, social, and economic aspects concerning the field.

**WHY:** Baka produces art deco-style jewellery by reinterpreting traditional designs in a modern way. Aside from the aesthetic appeal, the brand uses recycled metals and ethically sourced gemstones to craft the pieces. With wellness being another important touchpoint for the brand, Reubens incorporates gemstones in her pieces, after studying their healing properties carefully.

**WHERE:** [www.bakajewelry.com](http://www.bakajewelry.com); [www.nete.in](http://www.nete.in)

**PRICE RANGE:** ₹ 1,800 - ₹ 6,000 approx.

**WEAR:** Let these handcrafted pieces be the focal point of your look. Pair with a crisp white shirt or stack them up, if you are feeling experimental. For fail-safe pairing, consider all-black ensembles.

**IF YOU LOVE:** Breathable summer dresses.

**THEN YOU WILL LOVE:** Sui.

**WHO:** After a successful stint as a press and public relations assistant at Dior, Mahima Gujral Wadhwa joined her 50-year-old family business of garment manufacturing. On learning the environmental impact caused by the fashion industry, Wadhwa, an avid shopper herself, started tracking her relationship with clothes. What started as a personal journey for the designer to imbibe a mindful lifestyle soon turned into a sustainable clothing label – Sui. Taking inspiration from nature, the label infuses floral and tropical embroideries with handwork on their garments.

**WHY:** Wadhwa realised that a majority of consumers viewed sustainable fashion as drab and not wearable. Through Sui, the designer wants to alter this notion. The brand creates conscious clothing by using natural fabrics such as hemp, organic cotton, and tencel, and by employing herbal dyeing processes. It also aims to promote classic styles and versatile pieces that can be worn multiple times by styling them differently.

**WHERE:** [www.wearesui.com](http://www.wearesui.com);

[www.ikkivi.com](http://www.ikkivi.com); [www.shufflingsuitcases.com](http://www.shufflingsuitcases.com)

**PRICE RANGE:** ₹ 1,000 - ₹ 8,000 approx.

**WEAR:** These relaxed and airy ensembles are a safe work from home option, or for a post-quarantine OOTD.





A mural by The  
Fearless CollectiveCITY  
OF WOMEN

*These initiatives are charting  
the way forward for women  
to freely reclaim public spaces  
often denied to them*

9

Step inside Bengaluru's Krishna Rajendra Market and you will be exposed to fragrant blooms of jasmine and *rajanigandha*, coupled with mountains of vibrant-hued temple flowers. The bustling market, populated by mostly men, is one of Asia's largest flower businesses. Don't be surprised if you can't spot any women here.

Back in 2016, Shilo Shiv Suleman, a visual artist and founder of a South Asian feminist art project, Fearless Collective, entered this market with an agenda to

make it accessible for women. Suleman, who was preparing to create a life-sized mural right in the middle of the market, decided to test the waters beforehand. Some questions she grappled

with were: What does sensitivity and kindness mean to these male flower vendors? How does that relate to their masculinity? Does working with flowers every day make them kind?

When Suleman started working on the mural, the occupants in the market were hesitant, insisting that the artwork would have to be about the king or a male superstar. Navigating these challenges, the artist and her team continued working. By their mere presence, conventional gender roles started being questioned, some boys in the crew started wearing jasmine garlands around their wrists, which sparked a debate about whether it's something a man can do? On the other hand, girls

climbed on long towers of scaffolding to paint, which challenged traditional gender roles even further. The team concluded with a mural that included visuals of two men emerging out of flowers, wearing garlands of jasmine, as if embodying its softness. This is how Suleman subverted a conventionally masculine space by introducing the inhabitants to a new idea of being a man.

Over the past few years, a slew of initiatives for women have been taking active steps towards their safety, increasing visibility and access to public spaces.


Bengaluru-based Radhika Viswanathan and Samyuktha Varma – who work in the social development sector – recently started a podcast called *In City Of Women*. The podcast, funded by Google, examines calculated strategies, backdoor negotiations, and the absurd lengths women go to, to feel free in their city.

"Most common things for women are a negotiation because of how we are conditioned – what you wear, what street you walk on, where you go and what you say. All aspects of general conduct are a negotiation, between what's expected and the way you want to live or present yourself. The public-private divide and how women are expected to behave is one of the most obvious lines drawn for them in our culture. Through the podcast, we spotlight the internal discussions that women have about these negotiations. How do they make it okay for themselves, and how they smooth things over so that they can carry on," explain the duo.

Making a similar effort, a Delhi-based collective, Women Walk at Midnight, invites women to populate 'unsafe' neighbourhoods in the Capital at night. They organise walks every month, with a strength of attendees that range anywhere between four to 31. Their aim is simple: Women should be able to walk around without fear, at all times of the day and night.

"Women try to invisibilise themselves when they access public spaces. For instance, changing their posture while walking, or walking with a hunch to avoid drawing attention to their breasts, standing away from crowds and/or not being loud. The city becomes even more violent towards women who dare to act freely and express themselves. While negotiating these public spaces, one doesn't even know when one starts self-imposing restrictions," adds Mallika Taneja, theatre artist and founder of Women Walk at Midnight.

Joining forces is Jasmeen Patheja, founder of Blank Noise. Over the last two decades, Patheja has been working towards 'un-gendering' public spaces and amplifying the conversation around sexual violence. Under Blank Noise, she has launched multiple successful projects, for instance, the 'I Never Ask For It' project, which documented incidents of harassment faced by over 10,000 women. Patheja asked these survivors to donate the item of clothing they were harassed in and built an online exhibit, in retaliation to victim-blaming. The activist's other notable initiative is 'Meet To Sleep', where women across different age groups took over public parks in the city to lie down, nap, read and wander with an aim to increase the visibility of women. This activity is now being practiced by different women's groups across the country.

It is interesting to think about what would happen if women designed cities? Taneja thinks aloud: "I'm sure cities would look very different then. There would be proper pavements, ample streetlights, citizens (mostly men) would be sensitive about accessing shared spaces, and everything that a city needs so that its citizens feel as though they belong there, no matter what time of the day it is." 

I NEVER  
ASK FOR IT'I Never Ask For It'  
project by Blank Noise



Colour-blocked windbreaker, Tommy Hilfiger, price on request

'Air Max 2090' sneaker, Nike, ₹ 11,995



Chain-link necklace, Bottega Veneta, price on request



Acetate sunglasses, The Attico, ₹ 24,137 approx



Sports bra, FILA, ₹ 1,899



Hoop earrings, Accessorize, ₹ 2,199

10

## BIG FLEX

*Hype meets comfort for post-pandemic style*

**H**ow will we dress when the pandemic ends? This question seems to be doing the rounds more often than ever right now, and we have some, if not all the, answers. While we would like nothing more than to roam the streets freely in our Sunday best, we've been constantly reminded: The idea of freedom, once we're allowed out of our homes, is subjective. So, all our tiered dresses, voluminous sleeves and puffer jackets will have to wait. Practicality is the need of the hour – and that's where casual-wear comes in. This new wave of comfort dressing comes with a bit of a hype element to it, akin to the 90s and early noughties style; and current circumstances considered, paired with box-fresh indoor sneakers. Bike shorts, sports bras and over-the-ankle socks, (all replete with minimal but obvious branding) are reappearing on our feeds, and there's no time like the present to channel your inner Hailey Baldwin Bieber – the shrobing is optional.



Add a pair of gold hoops, à la Mrs Beiber, to complete the hype-casual look

Ribbed socks, Celio, ₹ 1,499



Pegged jeans, Zara, ₹ 3,790



Bike shorts, P.E. Nation x H&M, ₹ 1,499



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# Stuck *with u*

Sisters **Bhumi and Samiksha Pednekar**  
are riding out quarantine together, and  
are learning new things about each  
other along the way

Words **BARRY RODGERS**

Fashion Director **PASHAM ALWANI**

Assistant Creative Editor **KEEGAN CRASTO**



*It's taken a global lockdown for us to confront how important we are to one another*



“It feels strangely comforting and discomforting to have all this time on your hands for yourself and your family, and yet do so little these days,” says actor Bhumi Pednekar, five minutes into our telephonic interview for *Grazia*’s June digital issue, who along with her sister, Samiksha, styled and shot a bunch of images that perfectly reflect the sisters’ close bond. “We couldn’t pass up the opportunity to do something fun together, for the first time. It wasn’t easy though, I’m so used to riding solo on shoots; so, having to think about someone else in your frame, especially someone as close as Samiksha, was challenging. But I’m glad we did this,” says the *Saand Ki Aankh* actor. In a pre-Covid world, the Pednekars would have been ensconced in their own bubbles. Bhumi would have been flitting from city to city for shoots, and in general, keeping up with the frenetic pace of life on set. Samiksha, on the other hand, would have been putting in long hours as a corporate lawyer (“I still work odd hours, that’s something that hasn’t changed.”) However, the government-imposed lockdown presented the sisters with a rare opportunity to spend downtime together. “We’ve more than made up for lost time. I would rarely see Samiksha or my mum for that matter, given our hectic schedules. It’s almost as if I had disconnected from them,” says Bhumi, who’s mother, Sumitra, would also travel extensively for social work, before lockdown.

And while it’s true that social isolation is a risky business, Bhumi believes that there’s something weird about a culture that encourages high self-esteem yet discourages us from spending time with the person we ought to like

best – ourselves. “Don’t get me wrong, keeping busy is really important as it takes the edge off whatever else may be going on, personally. You always should have some creativity to keep your mind going. But this period has made me appreciate solitude. It almost feels as if it deprives and stretches you in a way that makes you more creative,” she says. Samiksha believes that solitude is a privilege, but spending quality time with loved ones feeds your soul in different ways. “Being at home with Bhumi and mum almost feels like a re-initiation into getting to know them all over again. I’ve learnt so much about my sister, including her great work ethic, of how truly infectious her energy is, and her mad baking skills. I’m the cook, I’d say. If you want to indulge your sweet tooth, Bhumi is the girl for that,” quips Samiksha.

Bhumi chimes in, making it evident that the sisters enjoy taking good-humoured digs at each other: “Well, Samiksha’s right, she does cook well. I was pleasantly surprised. She also works very hard. There are days when she’s still glued to her laptop well into the night. I’m just happy that I get to be with mum and her during this period,” she says, while acknowledging that she speaks from a place of privilege, adding that for so many people, being with family in lockdown is not an option. “People are trying to get home, with nearly half the population down to their last penny of savings. I tune into the news in the hope of hearing something heartening, something to hold on to, but all I hear is a manifold increase in the number of infections and deaths. In the face of an unprecedented global health crisis, my worries about my own anxieties matter little. This



*This lockdown has come at a huge cost and I'm grateful I get to spend it in a safe environment*



lockdown has come at a huge cost and I'm grateful I get to spend it in a safe environment," she says.

## COMING TOGETHER

The Pednekars are all about giving each other space, but find it difficult to set boundaries, because as Bhumi puts it: "We're a family that respects privacy, but aren't accustomed to isolating ourselves from one another. If we need time out, we make it clear. If I have to attend to a work call, Samiksha and mum ensure there's pin-drop silence, and vice versa," she says, adding that each one of them has their set routines. "Sometimes we talk about the pandemic or life in general, but sometimes we don't. Sometimes there are moments of silence." So then, is sharing space with family better than isolating with a significant other? "I don't know how that would pan out, only because I've never been in that situation. I think it would be a little harder because you would have to constantly worry about whether you're investing enough time, or making that person feel left out," says Bhumi.

And while spending time with family is great, there are different sides to a cohabitation experience. "Once we realised that we were going to be cooped up for the long haul, my mum set a few ground rules," says Bhumi, adding: "This time has been an eye-opener for her too. She's learning who her children are as adults: Watching us tackle our roles as we work from home, hearing us on the occasional video call with friends and seeing us deal with grown-up responsibilities."

For the family, love doesn't have to be showy to be real. But both girls believe that it does take effort. "It requires you to consider the people around you, however far away, and to offer something to them. Who would have thought that a pandemic that's caused so much isolation would be the force that would bring us back together? In the most dramatic fashion, it's taken a global lockdown for us to confront how important we are to one another. But I believe that if we all put in the effort simultaneously, the love that's always been there becomes suddenly more apparent," says Samiksha.

Much of the discussion about the coronavirus pandemic recently has been about how it will alter our relationship with people and the world in general, going forward. And while it's quite evident that we can't hope to go back to the status quo, not after so many cracks in the structure of society have been revealed, Bhumi and Samiksha are both of the opinion that things might not change drastically. "In an ideal world, this phase would have possibly changed the way we did things before. Maybe things before weren't all they were cracked up to be. We as a family could change how we interact with one another. Maybe we'll get together on holidays more often. Maybe we'll continue to make a concerted effort to spend more time together, even when there's no pandemic involved. I don't know whether we'll fall back into old habits once social distancing rules relax, or this closeness will persist. But it's here now. And it's an unexpected delight," says Bhumi. ■

*"This period has made me appreciate solitude. It almost feels as if it deprives and stretches you in a way that makes you more creative"*







# LOVE LOCKDOWN

*Three couples share candid accounts on matters of space, intimacy and survival in quarantine*

Words **TANYA MEHTA**



Remember that scene from one too many rom-coms, where sunlight flickers through the drapes, rustled sheets, feet peeping out from under them, and in the heady endorphin-addled rush of the morning-after, the hero whispers into the ear of his companion, “Why don’t we spend all day in bed doing nothing?” Sigh. They made pancakes, danced around in their underwear and got endearingly competitive

over video games — a day of leisure, romance and ennui. But how does this montage play out IRL when you’re cooped up with your significant other and kin indefinitely? After the honeymoon phase wears off, cabin fever is bound to ensue. Through all the tiny spats, errands and activities, three couples talk about how they’re navigating this extraordinary period of change while keeping their relationships strong and healthy.





### PRAYAG MENON AND PORUS VIMADALAL

Porus was born and raised in Mumbai to a Parsi family. He studied fashion design for three years, after which he decided to pursue commercial pilot license training from the United States. Prayag, on the other hand, is from Kerala; his father was an army officer. The couple met during their first year of college and eventually decided to pursue aviation together. They've been together for 14 years, of which they have been married for four. They now live in Toronto. Porus is a photographer and Prayag, a stylist.

### FIRST THOUGHTS

"Being freelancers and a couple who extensively work together ensures we are around each other a lot. So, the idea of being cooped up didn't faze us in the slightest."

### ON SHIFTING DYNAMICS

"There have not been any significant changes in our case, the dynamic is uninterrupted and we are enjoying this time via fun additions to our daily routine. To immerse ourselves in individual creative outlets, I have begun exploring and photographing still-life compositions. I also spend my time reading about new topics online. Prayag is picking up a few culinary skills by helping me in the kitchen. He also routinely creates digital mood-boards of things he likes, to keep his creativity going."

### BREATHING SPACE

"On occasion, we spend our afternoons apart by taking leisurely solo baths in the tub while reading, watching a movie on our iPads, or listening to music. Sometime, we also make it a point to do groceries separately. In this way,

we give each other space; also, it's nice to have that time for yourself, along with a breath of fresh air."

### FAMILY FEUD

"We are generally quite patient with each other, but when we do fight, it's over the silliest things like what to cook or some item that has not been put back in its place."

### ON CREATIVITY AND TOGETHERNESS

"Following a daily routine to maintain our sanity through this time (and otherwise) helps. Since we do not get to visit the gym anymore due to quarantine, we exercise at home. We make it fun by playing upbeat music and use items we find lying around as weights. On certain days, we also work out to dance aerobics videos on YouTube. We are currently trying to bake together once a week, and are also working on a personal project from home."

### DATE NIGHT

"Food plays a big role in our life. While we don't specifically have a designated date night, we thoroughly enjoy activities like baking cakes, snacks, or preparing dinner together. We also have dedicated nights every week where we make a pizza or burgers and other food we like, and watch a movie."

### SILENT RULES

"The zen at home begins with our inner selves. Whilst friction is inevitable, we understand each other's triggers. In case we get into a tiff, we give each other space where either one steps out for a grocery run, or takes a bath or spends



time in the other room so that we can both have a cool-off period."

### BRAVE NEW WORLD

"Before the lockdown, we were constantly racing — trying to reach somewhere, or to be something. We no longer feel the need to constantly keep doing things, but instead want to slow down, focus more on self-care and contentment. As confinement is so restrictive,

it has made us realise how

lucky we are that our living habits are highly similar. This realisation has taught us to be even more patient with each other during a tiff. We've also realised the importance of giving each other personal time and space. Couples would definitely need to learn to co-habit efficiently, which involves balancing their work and domestic lives along with finding ways to give space and enjoy each other's company."





#### **ROOPARNA COOMAR AND SUSHANT CHHABRIA**

Sushant and Rooparna have been together for 11 years, after having met in Pune while attending the same college. The Mumbai-based couple tied the knot in 2016 and had little Nara in 2018. Sushant is a photographer and Rooparna is a communications manager.

#### **FIRST THOUGHTS**

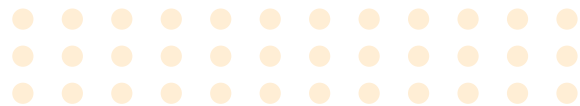
“We were nervous about the lockdown. We are all used to a fast-paced life; we meet people, visit parks, eat at restaurants, go to office and school, and then we suddenly found ourselves confined to a tiny apartment. It felt like someone took our freedom away. We understand the current situation and why it is necessary, but an energetic two-year-old doesn’t.”

#### **ON SHIFTING DYNAMICS**

“We had to come up with a plan to keep Nara entertained, ensure the house remained clean, cook four meals and snacks, keep up with the office work, and







breathe. We divide the chores. Sushant is a brilliant cook, so he's the designated chef. I do the mopping and cleaning. It took us about a week to get used to the daily drill."

### BREATHING SPACE

"We ensure that there's only one person in the kitchen, at a time. Kids don't count. Our party starts post 8 pm, after Nara goes to sleep. To unwind, we watch a movie or a few episodes of a series on Netflix till about 10.30 pm. It's lights out by 11 pm on weekdays."

### FAMILY FEUD

"We have had plenty of small flights and arguments and rarely remember the reason why. But whenever we do, our referee comes in and says: 'No no no, no fighting.'"

### ON CREATIVITY AND TOGETHERNESS

"We play hide and seek, paint on paper/body, sew clothes for baby Trixie, build a doll house, dance to Childish Gambino, play nursery rhymes during 'laptop time', stick *roti* dough on the fan and switch it on, bounce on the bed, host tea parties for the animal kingdom and other 'fun stuff'. Through this period, Sushant has become an expert at inventing new games for Nara. She is all giggles and laughs with him. As for me, the *rotis* I make are not flat and hard anymore, they are soft and fluffy."

### DATE NIGHT

"We binge-watch *Money Heist* over homemade, vegan dark chocolate ice cream."

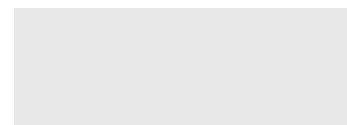
### SILENT RULES

"The only rule is to maintain sanity no matter what it takes."



### BRAVE NEW WORLD

"Situations like these test a relationship. Some come out strong and some with cracks. As a couple, we always crave to spend more time with each other and wished the weekends lasted longer. The past two months have given us just that. This time spent together has taught us that it's healthy to press the reset button once in a while; how to love mother nature more; how to be best friends with a two-year-old. And once things are 'normal' again, we look forward to spending more time amid nature – smelling the earth, feeling the breeze on our skin, and soaking in the sun."





## SPARDHA MALIK AND ASHISH SARSER

Spardha studied fashion design at NIFT Mumbai and is currently the digital editor at Ogaan, while Ashish heads marketing for Wipro. They met nearly 13 years ago in Mumbai and were friends for a substantial amount of time before they started dating in 2013. The couple has been married for five years, and recently celebrated their fifth anniversary under lockdown. They live in New Delhi with their pet beagles – Yoko and Kylo.

## FIRST THOUGHTS

“Honestly, we didn’t think much of it all. It happened so suddenly, we were just happy to be safe and comfortable at home.”

## ON SHIFTING DYNAMICS

“We were spending all our time together in the beginning – taking up joint chores, watching the same Netflix shows, trying to be productive together and working around each other. It was quite fun at first, but I think we realised pretty quickly that we were getting a bit irritable, and work from home was just adding to the stress. We picked different corners of our house and decided to work separately, but meet for snacks, food and coffee breaks.”

## BREATHING SPACE

“We’ve been trying to spend time in all the rooms in our house on rotation for a change of scene. I know it sounds funny, but it has really helped – we ended up organising each room, too.”

## FAMILY FEUD

“Surprisingly, we’ve not had a lot of arguments over this time, but something as silly as leaving the doors open or





forgetting to switch off the lights in the other room can cause some friction now and then.”

### ON CREATIVITY AND TOGETHERNESS

“We’ve picked up some hobbies and creative projects that we do together and some that we do apart. We’re currently both learning French; we also cook together a lot. Ashish is perfecting sourdough bread and practicing the guitar, while I plan weekly online costume parties on Instagram and write a lot (for myself). For our anniversary, we planned an indoor picnic and we DIY-ed a cabana in our guest room together. It’s become our favourite reading corner in the house.”

### DATE NIGHT

“I don’t think we’ve ever had a date night concept. It’s probably because we love spending time together every day, but we do look forward to going out more after lockdown.”

### SILENT RULES

“We’ve learnt to be a bit more patient with each other and to ask or give more space without judgment. If we have an argument, we will resolve it within 24 hours, we take turns to cook meals, we do not disturb each other during work hours, we respect our very different and inconsistent lockdown sleep cycles.”



### OBSERVATIONS AND LEARNINGS

“This *Hunger Games*-type dystopian scenario (minus the bloodshed) has exposed all our individual strengths, weaknesses and quirks. It’s made some relationships stronger and made some underlying issues more obvious for others. Personally, we have learnt that we are quite capable of functioning independently and can be more patient than we give each other credit for. And we actually love each other’s company. Post the lockdown, we would like to strike a better work-life balance, make more time for our families, and continue cooking together. I also hope this new sense of patience that we have brought to our relationship becomes a constant.” **LG**

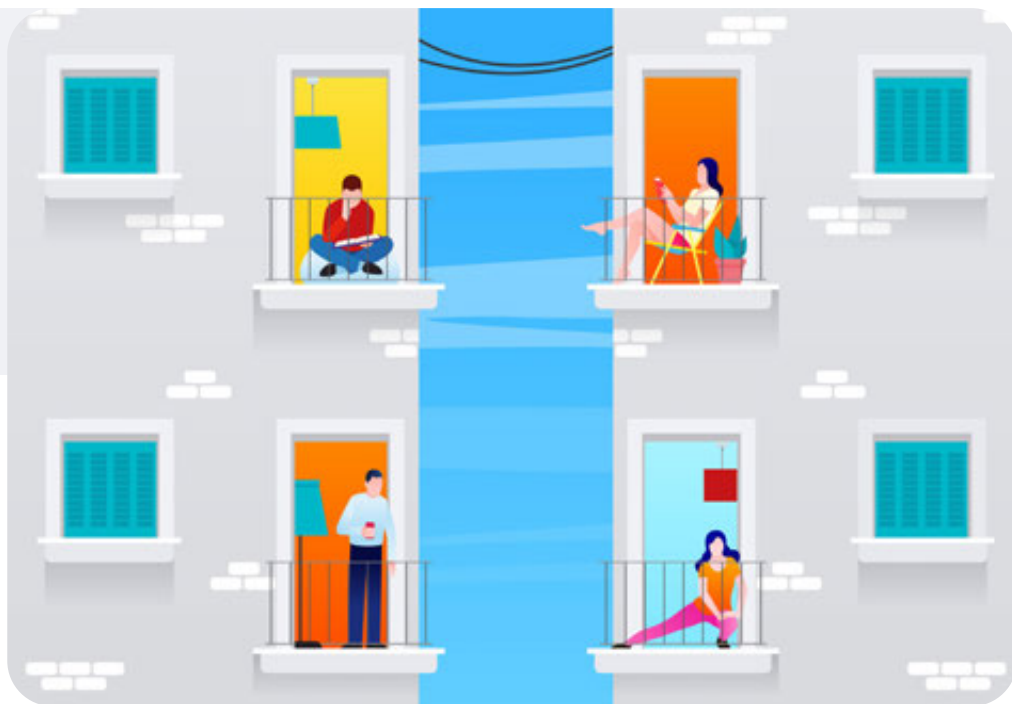


# THE NEW NORMAL

Everyone's routine is a little bit different now. And even as we prepare for life after lockdown, we checked in with four individuals to understand how they're adjusting personally. Take notes: This could be you, post pandemic.

Compiled by  
**RADHIKA AGRAWAL &  
BARRY RODGERS**

## INSIDE OUT



*Exposed, yet secluded, we pay homage to the balcony*

As strange as it may sound, the writer is the one animal that was rather unaffected by the restrictions that the lockdown imposed on him. Maybe a gross generalisation, maybe not. But the writer that I write about here definitely got some work done during the days of solitude that were imposed upon him by someone other than himself. His only outlet to the world was his balcony. The balcony was a luxury not all could afford. In these uncertain times of the lockdown, the writer was grateful as ever for having a place to work from. His work was never really just typing out stories. It was observing real people and their behaviour. The stories came from them... he merely gave them form. The balcony was the perfect escape – a small cosy place only crowded with him and his thoughts. A key to creative freedom. Notebook and pen in hand, steaming cup of black coffee by his side, he began to scour the rest of the balconies in his building in search of stories.

First, his eyes fell on the retired Army man on one of the top floors. Mehta? Batra? Ugh. He forgot. Or he didn't really ever know his name. Anyway, what's in a name? What could the man be thinking? That was the first thing he asked himself. He knew. The man, while he smoked away, probably wondered if his fight at the border was worth it. All those years of toiling away, facing the uncertainty of a bullet or a bomb, led to this? Humans tired him. The writer couldn't see his face clearly. But he imagined a scowl. And then the Army man lifted a glass that could only have held a stiff drink and put it to his lips. The writer knew he was right in his assessment. He just put down a word in capitals. CYNIC.

Next, he looked up to see a middle-aged lady busy on her phone. Probably spreading misinformation via WhatsApp. After all, wasn't she the one clanging the vessels the loudest to express solidarity with those battling the virus. Hell, she probably did this to shoo the virus away as

the forwarded message claimed. Reading that sort of fiction made the writer feel threatened. Why was he so harsh on her? He paused to ask himself. Maybe it was because of how she yelled down at the watchmen from her apartment to allow her deliveries into the building premises despite there being rules against it. He wrote a word on his notepad. HYPOCRITE.

Thirdly, he looked at the newly married couple next door. The ones he found the sweetest of them all. The ones who kissed with their masks on for the sake of an Instagram post. Puppy love. The writer cringed upon thinking of that phrase. He couldn't wait to see how things would shape up between them five years from now. NAIVE, he penned down.

Finally, he saw the two watchmen. They would toil away day in and day out. No balconies for them. Just a small cabin that they shared. They washed cars. They tended to delivery boys. They sanitised themselves but coughed tiredly anyway. Not because of the virus. Because of the exertion. The writer thought of a word for them. He didn't want to put anything like 'HEROES' down. Patronising them was an additional disservice to their kind. The society had stopped them from going back to their houses but clapped and lit candles for them as compensation. Well, he didn't but he saw it happen and was complicit in that sense. HELPLESS, he put down.

The writer drained the last of his coffee. They were in this together. That much was true. But not because they wanted to be. Because they were forced to be. It was how it always was, and it is how it always is going to be. Sitting at his balcony, he would do what he knew best. Discard his thoughts and write the next piece of work that would help him pay the bills. Life would move on, with or without the virus. And he would let it pass by as long as he had his balcony to watch it go.

*(Bilal Siddiqi is the author of Bard of Blood.)*



# TEACHERS ~~TEACH~~ LEARN

*A Dubai-based teacher talks about the need of the hour in the classroom*

As a student in Kolkata, the only technology I used in my lessons was a calculator, and man, would I have been lost without it! There aren't enough digits and limbs on the human body to help someone who doesn't have a mathematical bent of mind to calculate. Circa 2006: I was finishing my graduation and B.Ed degree and still spending hours in the college's dimly-lit library, making copious notes of everything that I would later integrate into my essay resembling answers. There was an unsaid rule back then, the more you wrote, the more knowledgeable you would seem. So I wrote, and wrote. There was no question of photocopying anything – which self-respecting college student did that?

Cut to 2009, two years into my move to the UAE; I am standing in the centre of a cavernous hall at EdEX MENA, the region's largest education conference and the focus of the year is educational technology. It was as if someone had flipped a switch and education as I knew it had transformed. I was surrounded by teachers geeking out over gadgets, apps, LEGO, Minecraft, augmented reality and robots. The keynote speakers were erudite educationists who claimed the landscape of education was changing and technology was a catalyst. I felt intimidated as I realised my skillset paled in comparison to the more cutting-edge practitioners.

With the sudden upheaval of education post the Covid-19 outbreak, teachers may find themselves intimidated again. I am conscious that not all countries have kept pace with the changing times, and not all teachers are able to adapt as smoothly as they are expected to. Let's face it, so many of us were taught under a 19th century model, grew up in 20th century classrooms and are still expected to be a modern-day McGonagall or Dumbledore; as the world grapples with unprecedented disruption.

If 2020 has cemented anything for teachers, it's this – the landscape of education has undergone another paradigm shift. Successfully balancing work and life, keeping abreast of evolving policies and technologies and dealing with children is akin to 'survival of the fittest'. I hate that old adage 'those who can't, teach'. Nothing could be further from the truth. Teachers today are/need to be consummate professionals with skills in technology, data-analysis, modern pedagogies, medical and life saving skills and on top of that, they have to teach as well.



It's easy to get caught up in the buzzwords and evolving philosophies, but one thing remains unchanged – children still need teachers who can inspire them, individuals who care about them and also about how they learn. But teachers need to accept reality too, while tech may never really replace teachers, teachers who use tech, might. The burden is on us to either upscale our skills or risk gradual extinction post Covid-19. It is important to understand that this is a new experience for us – both students and teachers, and so it is imperative that we treat this as a learning experience. Every day, something changes and we need to be patient and gentle with each other as we acclimatise.

It isn't all doom and gloom though, teachers continue to orchestrate fun learning experiences, whether online or in a face-to-face setting. That being said, always remember to check yourself, your pyjamas and your background before turning on that camera. The last thing we need is another teacher becoming a viral meme sensation.

*(Sydney Michael Atkins is the deputy principal of GEMS Education.)*

*The future of the book:  
From papyrus to pixels?*

The world has been living with illnesses of different kinds for millennia. For 120 months of Shakespeare's career, the Globe Theatre was shut due to the Bubonic Plague. Diseases like the Plague are realities that older generations have had to live with. It's not a new phenomenon – it's just that our generation has forgotten all about it. So, I don't think the publishing industry will change drastically due to Covid-19. In fact, the lockdown hasn't changed the life of a writer by much. Every time I write a book, I stop going out, I exercise, I drink less, and I go into isolation. Maybe others write differently, but I certainly can't keep up my usual social life when I'm working on a book. When you're living inside the world you're creating, you can't go out and party the way you otherwise would. While most people have had their work disrupted, we writers have been able to work uninterrupted during the lockdown. I've accomplished eight months' worth of work in a few weeks.

Many have talked about the future of printed books, especially in the context of the new world. If you ask me, I don't think audiobooks or e-books will replace the written word. More than one's level of comfort with technology, it all comes down to necessity. For example, for the last few months, Amazon had stopped delivering and we didn't have access to new books. For my research, I downloaded books onto my Kindle, which is something I wouldn't normally do. But now that the delivery services are back on again, I've called for the books I'll need in the near future.

I do, however, think audiobooks are wonderful, particularly for travelling. I prefer to read if I'm home, but on a journey, listening to audio books is a lovely way of killing time. A proportion of books do well as audio books, just like they would on a Kindle. I was myself listening to Hilary Mantel's new audio book about King Henry VIII a



little while ago. But in the world that I work in – that of non-fiction – people still like to physically hold a book in their hands. It gives you the maps, the reference materials, as well as the photos exactly where you'd want them. To have the book on your bookshelf after you've read it is an attractive thing, rather like the head of a deer that you might've shot if you were a Maharaja in the 18th century.

It's also true that in some ways, e-books are more user-friendly than printed books. If you're taking notes, for example, you can cut and paste the text on a Kindle. When looking for a specific keyword, you can go straight to it. So, it can prove to be very helpful if you're reading short passages, like you would in a newspaper. But I believe that you miss the totality of a book when you read it on a screen. And this is not just my personal opinion – the market confirms it. People have not been reading non-fiction titles on Kindle; they have overwhelmingly stuck to the printed versions. But what Kindle has done successfully is that it has somewhat replaced the mass market paperback. So, quick airport novels, like the ones by John Grisham, make for a great e-read.

The book is a very successful invention. It has survived generations of technological change, and I have no doubt that it will survive Covid-19 as well.

*(William Dalrymple is a writer and historian.)*



# THE ONE-WOMAN SHOW

*Masturbation in lockdown – a guide to self-pleasure*

**T**his piece recognises my position of privilege. The opportunity for sexual exploration means I don't have other pressing concerns. I have a roof over my head, access to three meals a day, a strong Internet connection, and the will to bypass a porn ban. It is by no means reflective of the reality of the situation caused by the pandemic. This is meant to be consumed with that filter.

My strongest observation in the last few weeks is that life is just better without a bra; is that there has been no conversation on sex and intimacy in the face of a pandemic. There's been no click-bait article dedicated to the lockdown's effect on the libido, 'how to masturbate for dummies' listicle, and very little guidance on emergency contraception as an essential; is condom delivery even a thing?

The Dutch government, however, is forward-thinking. It recently issued an advisory, giving single folks the option of 'arranging' for a lockdown sex buddy – "those without a permanent sexual partner can come to mutually satisfactory agreements with like-minded individuals." I have never felt so seen, or attacked.

I started thinking about all my girlfriends who are single, at

home, and besides very promising virtual dates with Tinder matches, have no real chance of any sexual contact IRL. I've grown up in a society that hasn't given female sexual pleasure any attention, but the real pain is in finding out some of my female friends have bypassed the thought, too.


On a Zoom call recently, a friend in Kolkata, in lockdown with her parents, told us she sexted a boy for the first time. Like any true hype girl gang, we were all over the news. Call it virtual vulnerability, but given we couldn't see each other's body language or have 1:1 side-eye exchanges with each other, she proceeded to tell us that 11 sexual partners later, she had never orgasmed. That was it, we had a task on our hands. With nothing but time at our disposal, we all swapped tips on how to orgasm: DIY things we could do at home. We furiously started sharing links of female-friendly porn videos with her on chat, the ones without the romantic storyline. And, we gave her 24 hours to achieve nirvana, and waited for updates.

This episode got me thinking about my own orgasm. In a post-pandemic world, where going through the motions of preparing for a hook-up could really take the wind out of my sails (imaging showing up at a dude's place in a hazmat suit?), I'd probably have to increasingly rely on myself. I can't make banana bread or dalgona coffee, but I have never felt so present with my mind and body (read: privilege). Even in my faded Hello Kitty Tee-nighty, with no memory of my last shower, eyebrows that have met each other in the middle and a pre-period bloat, I've managed to "take care of my needs". I've come to the conclusion that the idea of my sexuality isn't formed by someone else's gaze, but by me alone.

All the information I had access to growing up positioned sex as the first point of true sexual exploration. But that isn't the case. Take for example all my male friends, who would just get off to visuals more easily. I can only speak for my own cisgender heterosexual experience, but it feels like going solo has been a complete miss for women.

After countless hours of this particularly good collection of inclusive, body positive feminist porn, I can safely say that I'm in one of the most sexually mutually-beneficial relationships, ever. I know the quick route to an orgasm, and if I'm in a wine and dine mood, I know how to prolong it for maximum pleasure. I'm aware now that in the absence of IRL physical contact, I have so many virtual tools at my disposal that I previously left unexplored: Sexting, co-authoring an erotic novel, an x-rated version of a Netflix party, improv with household items (safely) and a higher self-awareness of sexual needs and likes. It feels like an adventure that always ends well.

I may not be able to tell you how accessible and safe sex will be after lockdown (to ease your personal fears) but the pandemic has taught me that risk assessment is personal, and as adults we have to figure out for ourselves how to be responsible and navigate a strange, new isolated way of finding intimacy.

(Rasbi Wadhera is brand strategy and communications manager at Tinder India.) 



Cotton bucket hat,  
Maison Michel,  
₹ 34,270 approx



Pearl embellished  
slingbacks, Rochas,  
₹ 90,850 approx



# GO Minimal

*These fashion icons are leading the way forward*

Fashion Stylist **GARVIKA KHANNA**

With designers shrinking seasonal showcases and people being conscious of their consumption in response to the current times, we believe, fashion will take a more functional and practical route in the post-pandemic world. One where people would just dress for functionality and in such circumstances, a pared-down approach to fashion is bound to be the future norm. We've put together a guide on how to build a minimal wardrobe inspired by the most celebrated fashion icons over time.

Filming on location in an all-white ensemble – bucket hat, button-down shirt and mini skirt



'Jubilee' midi dress, GOAT,  
₹ 64,370 approx



Scallop detail mini dress,  
REDValentino,  
₹ 39,100 approx



'Carlisle' day dress,  
Ralph Lauren,  
₹ 1,50,000



Off-shoulder T-shirt,  
United Colors of Benetton,  
₹ 2,499

## AUDREY HEPBURN

While most of us remember her impeccably fit, classic black dress from *Breakfast at Tiffany's* – her off-screen favourites too, feminine tailored separates with an elegant touch of pearls also make for a graceful and classic style to emulate.



Satin pumps,  
Salvatore Ferragamo,  
₹ 55,000

Wool-blend midi skirt,  
The Row at  
[www.matchesfashion.com](http://www.matchesfashion.com),  
₹ 2,76,270 approx



Her style quite literally starts and ends with a black dress





Reversible leather belt, Valentino, ₹ 38,600 approx



Ribbed turtleneck, Victoria Beckham at [www.farfatch.com](http://www.farfatch.com), ₹ 27,170 approx



Boyfriend blazer, Mango, ₹ 5,590



Striped cotton shirt, GAP, ₹ 2,299



Working the menswear trend with an oversized blazer and a striped button down



Sporting the denim on denim trend for one of her gigs



Wide leg denims, Rag & Bone, ₹ 6,800 approx



## FRANÇOISE HARDY

With her effortless, androgynous style, this French singer-songwriter (and model) became the epitome of Parisian girl style in the 60s. From classic trench coats and oversized blazers to men's button down shirts, she didn't miss a thing when it came to minimal yet chic fashion.

Frayed denim shirt, Philipp Plein at The Collective, ₹ 31,740 approx



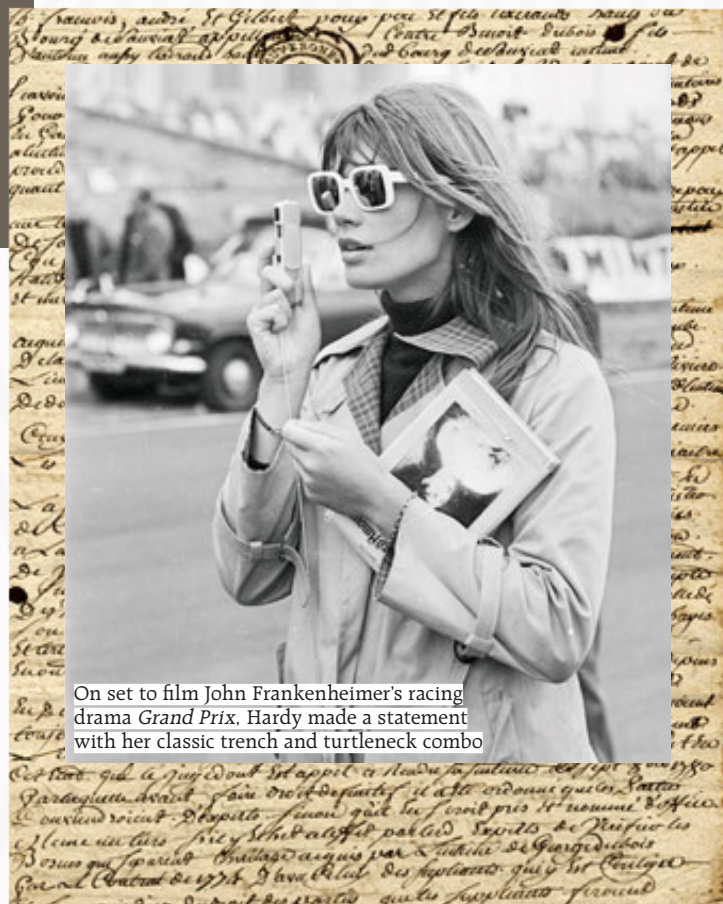
Cotton canvas trench coat, Rejina Pyo at [www.net-a-porter.com](http://www.net-a-porter.com), ₹ 83,080 approx



'Malibu' sneakers, Saint Laurent, ₹ 39,750 approx



On set to film John Frankenheimer's racing drama *Grand Prix*, Hardy made a statement with her classic trench and turtleneck combo



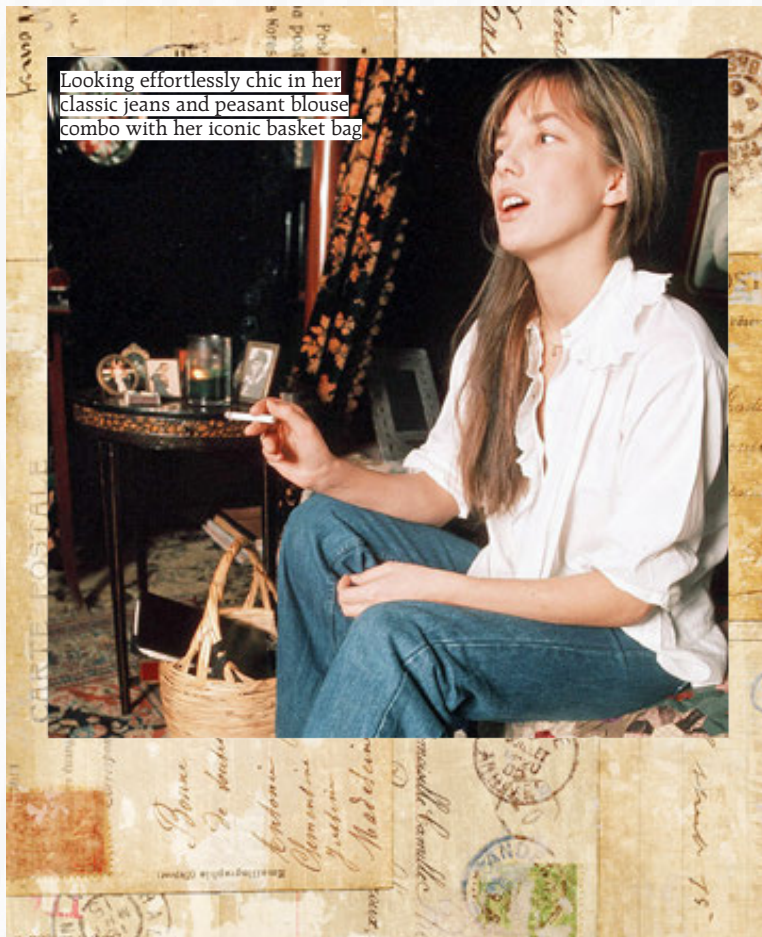




Peasant blouse,  
Lee Cooper,  
₹ 1,799



Flared jeans,  
Zara,  
₹ 2,790



Looking effortlessly chic in her  
classic jeans and peasant blouse  
combo with her iconic basket bag



'Yasmine' slingbacks,  
Oceedee, ₹ 4,999



Wicker basket bag, A.P.C  
at [www.shopbop.com](http://www.shopbop.com),  
₹ 18,900 approx



Button-down shirt,  
American Eagle,  
₹ 2,799

## JANE BIRKIN

It was actor and model Jane Birkin who popularised the white shirt and denim combo that we swear by these days. Her uber chic, girl-next-door style is what made her most relatable to the masses. While her favourite were flared jeans, you could opt for an OTM high-waisted 'Mom' style pair too.



Pulling off a sheer light-weight  
blouse with tailored trousers at  
a brunch in the countryside



Crew neck T-shirt,  
Uniqlo, ₹ 990



Jute bucket bag,  
Alanui,  
₹ 13,320 approx



PVC heeled sandals,  
Charles & Keith,  
₹ 6,999



Ribbed knit blouse,  
Baserange,  
₹ 5,540 approx



Pictured on one  
of her holidays  
in a frilly blouse,  
bootcut jeans  
and platform  
block heels





'Dolly' dress,  
Vero Moda,  
₹ 2,999



Sunglasses,  
Celine,  
₹ 33,300 approx

Two-tone jacket,  
Redemption,  
₹ 60,570 approx



Linen trousers,  
Mara Hoffman at  
[www.outnet.com](http://www.outnet.com),  
₹ 38,100 approx



In her iconic oversized sunnies, relaxed tailoring and pencil heel pumps



Heeled ankle boots,  
Saint Laurent,  
₹ 88,240 approx



'Everynight' double-breasted blazer, Blazè Milano,  
₹ 1,16,790 approx

## VICTORIA BECKHAM

The Spice Girl is a modern minimal icon like no other and her designer label speaks heavily of her personal style. Oversized silhouettes, low-slung tailoring and neutral tones like beige, navy, black and white are her go-to, no matter what the occasion is.



'Basque' trousers, Blazè Milano,  
₹ 60,880 approx



Take your cues from Posh Spice by mixing oversized silhouettes with fitted separates for max impact



Double-breasted coat with leopard print details, R13,  
₹ 84,500 approx

Low waist trousers, R13, ₹ 24,700 approx



Rocking a snug knit and skirt combo with her favourite black leather boots

# SHelf LIFE

Words **HENA DESAI**

**W**e're obsessed with 'who wears what', even when it comes to skincare. If you're anything like us, you're in for a treat as five women indulge our curiosity and share a glimpse of their enviable beauty closets, showing us all the things they trust to give them that serious glo-up.

## KRESHA BAJAJ

*Designer and entrepreneur*

A scroll through this globetrotter's Instagram feed will make you want to book a vacay stat. So naturally, you'll have to fight the urge to run to Sephora after you check out her beauty stash.

"My skincare routine changes based on the weather and location. I start each day by massaging my face with a textured cloth for gentle exfoliation. I have extremely sensitive, eczema-prone skin, and I've also dealt with psoriasis and pigmentation. It's helped me learn that less is more and so I've limited the number of products I use. I try things like massaging and cleansing my face with ice, which helps shrink the appearance of my pores without having to use any chemicals at all. Plus, it also helps bring down puffiness."



### BEAUTY MUST-HAVES:

*"The May Lindstrom Blue Cocoon is my favourite product – it hydrates, acts like a spot treatment and improves the overall texture of my skin immediately. I also love La Mer's The Eye Concentrate, Biologique Recherche's Oligo-Protéines Marines serum and the Laneige Overnight Lip Mask. I love packing in products with a rose quartz roller – I store it in the fridge and use it over my night serum to aid lymphatic drainage and for a mini pick-me-up massage."*





### STELLA SIMONA

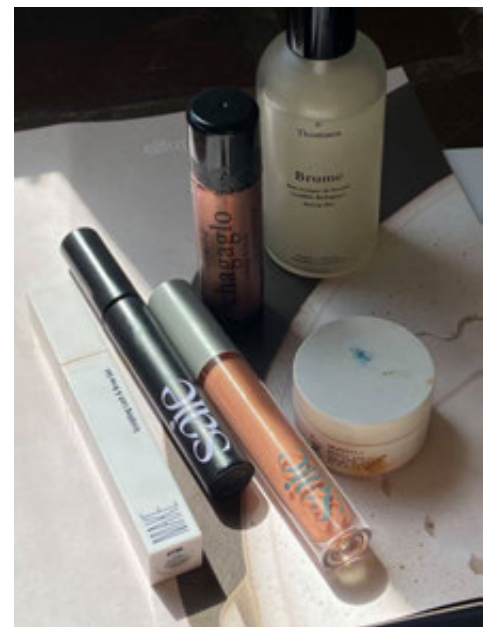
*Model and founder, Haathi Chai and Amarilo*

Known for her distinct monochromatic aesthetic, it's easy to get lost in Simona's #ASMR-esque Instagram posts.

"My skincare routine has matured over the years. I've gone from being a good student to an unofficial expert. I've started applying more knowledge and experimenting less as I mix products by understanding what my skin really needs now. I'm also trying to make the switch to clean beauty products."

### BEAUTY MUST-HAVES:

*"I love using the Thomsen Beauty Brume Mist to refresh my skin on hot days. Make Beauty's Clear Lash and Brow Gel, Saie Beauty Mascara (for it's amazing wand), and Saie Beauty's yummy lip gloss are also staples in my kit. Finally, I leave it to the Coco Kind Highlighter in CHAGAGLO and (M)anasi 7 All Over Colour to give my skin that natural radiance."*



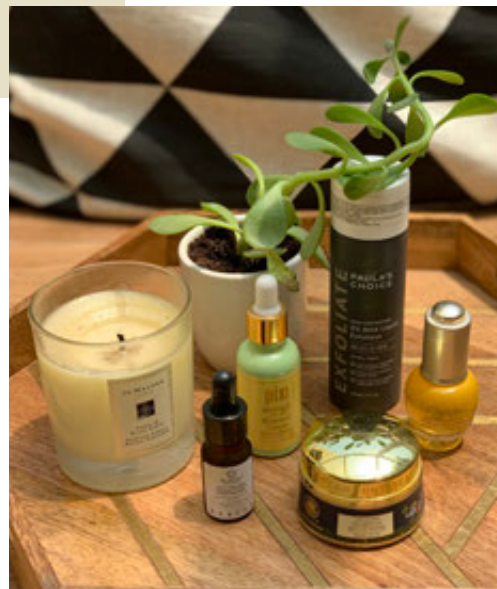
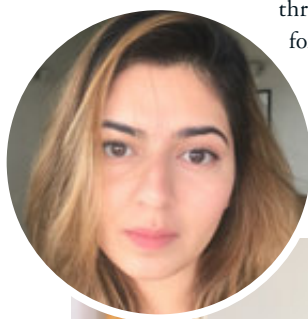


## KOMAL BASITH

Beauty writer and founder, Jossbox

We love Basith's no-frills, no-nonsense approach to beauty that comes with easy-to-follow, effective advice.

"My skin has been behaving well after I had my second baby three months ago, so I've been keeping my routine very simple for now. I know that social media is all about masking and skincare rituals now, but I feel like quarantine is a great time for people to really pare their skincare routine down to the basics. It's one way of reconnecting with your skin and really getting to know it."



## BEAUTY MUST-HAVES:

"I'm currently loving Paula's Choice 2% Liquid Exfoliant, which is a godsend for anyone with open pores or acne-prone skin. L'Occitane's Immortelle Oil and Juicy Chemistry's Kakadu Plum Oil have brought about a huge difference to my skin. I also love the Forest Essentials Advanced Sanjeevani Beauty Elixir (nourishing yet non-greasy) and the Pixi Vitamin C Serum."



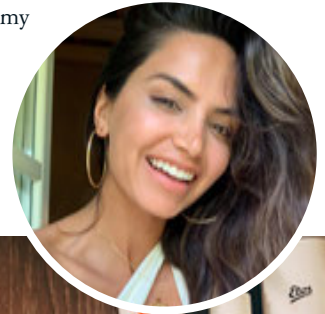


**DIIPA KHOSLA**

*Social media influencer*

Being a fashion and beauty influencer, Khosla is one of the first ones to get her hands on the newest launches, and after a fair share of trying and testing, she's finally figured out what works best for her.

"I've dealt with bad acne, and for me, keeping it all natural and clean has been key to a drastic improvement in my skin. I've also come to realise that vitamin C and retinol are absolute game changers! I'm not super picky, but I do like to use products that have a majority of naturally-derived ingredients, which when paired with the right chemical actives, can benefit your skin."



**BEAUTY MUST-HAVES:**

*"A good vitamin C serum, retinol-based cream, a good moisturiser with SPF, mascara, and under-eye creams are always part of my routine. I think a good diet is also super important; so eat clean and fresh and watch your skin reap the benefits."*





**SHALEENA NATHANI**  
Fashion stylist and consultant

The stylist to the stars does have a wardrobe that's to die for, but her beauty closet is the stuff of major envy, too.

"I've learnt a lot about my skin over the years as I've tried and tested products to finally find what works for me. I'm very particular about my skin, and I'm probably guilty of worrying a bit too much about it."



**BEAUTY MUST-HAVES:**

"I love 111Skin masks, retinol-based serums, the EVE LOM moisturiser, the Tata Harper Cleanser and the SkinCeuticals Hydrating b5 cream. Apart from stocking your kit with great products, I'd advise everyone to hydrate and sleep more; that stuff is free of cost, so make the most of it." **LO**





# SHE'S GOT THE LOOK



Fashion, beauty and lifestyle influencer Saachi Bhasin Daga (@saachi.bhasin) lets us in on her beauty secrets

**W**hile most of us are binge watching Netflix series and playing online games through this lockdown period, fashion and lifestyle influencer Saachi Bhasin Daga has been using her time creatively by experimenting with beauty and conducting online masterclasses to pass on her knowledge of make-up to her audience. We caught up with her to know all about her favourite products and pick up tips on achieving flawless results.

**Achieving the perfect base:** "I believe that less is more. I always recommend starting with a light layer of foundation, and amping it up depending on your need. Dab on a small amount of the product with a damp sponge for a flawless finish."

**Must-haves:** L'Oréal Paris True Match Super Blendable Liquid Foundation, Giorgio Armani Luminous Silk Foundation

**For definition:** I love cream-based highlighters and bronzers to define the face; they not only sculpt the face but also enhance glow. For an effortless finish, apply a cream blush on the apples of your cheeks, followed by highlighter on the high points of your face. Finally, blend a cream bronzer upwards along the cheekbones to sculpt and effortlessly contour the face.

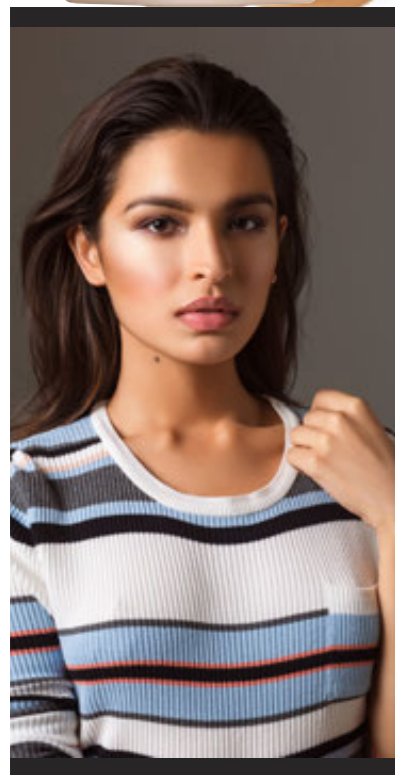
**Must-haves:** Estée Lauder Genuine Glow Blushing Crème, Fenty Beauty Cream Bronzer

**For the eyes:** Neutral, brown tones can really define Indian eyes. To make the eyes pop, start with a matte brown shadow on your lids, and apply a brown kajal in your waterline. Dab the inner corners of your eyes with a shimmering shade to open up the eyes and finish with a coat of mascara.

**Must-haves:** Nykaa Beauty Double Chocolate Chip Eyeshadow Palette, Kay By Katrina Volume and Length Mascara

**For the lips:** "To create a my-lips-but-better look, dab on a pink lipstick with your fingers and top it up with the lightest touch of lip gloss."

**Must-haves:** MAC Matte Lipstick In Mebr, Iconic London Lip Plumping Gloss



# GOOD

# VIBES

# ONLY

*A global pandemic has helped us realise that self-care is as important  
for the mind, as it is for the body*

Photograph **KEEGAN CRASTO** Words **HENA DESAI**



**A**s millions of us are still confined to our houses in this pandemic-ridden, panic-stricken time, anxiety is soaring higher than ever, and naturally so. We're doing everything we can in our power to stay motivated, stick to our usual schedules, and keep at it but there are days when everything gets a little too overwhelming. The lockdown may have imposed a ton of restrictions on us, but it has also made us realise the importance of slowing down, focussing on ourselves and our mental health. So if you've caught yourself Googling ways to relax in the past couple of weeks, know that you're not alone – there's been a 95% increase in the search for 'self-care' techniques, as people turn to breathing exercises, meditation and more to calm *tf* down. Needless to say, it goes beyond face masks and salt baths; we're talking about care for the mind, something to deal with stress and anxiety in the most effortless manner. Take a look at these easy-to-follow alternate wellness therapies that take no more than 10 minutes to practise, and offer a bit of solitude and calm, even if it's just for a moment.

### JOURNALING

"Gratitude journaling is basically a practice of noting down things about your day that divert focus on appreciating the good things in life, however big or small," explains Aparna Gupta, wellness blogger and beauty writer. The idea is to use it as a mental detox and imbibe positive energies through what you have, rather than inviting anxiety and ailments by focussing on what you don't. While it does sound gimmicky, there is a solid scientific explanation about how it helps. Gupta explains, "Sequential hand movements activate regions in the brain like the left frontal lobes, which are responsible for healing and memory. That's how when you put pen to paper, it calms the nerves, slows down mental ageing, eases depression and also stimulates creativity." According

to leading psychologist and author Robert A. Emmons, Ph.D., people who cultivate gratitude, especially through writing, develop stronger immune systems and are less likely to battle loneliness and isolation. The process, as Gupta suggests, is simple – start by listing five things you're grateful for each day, making it a part of your daily routine. There's no right or wrong way to do it; just make a habit of expressing yourself in a way that feels cathartic.

### MUSIC MEDITATION

You obviously know that meditation is one of the most popular stress managing tools, but when you combine that with music, it can help you calm down much faster, uplift your mood and also build resilience to stress and ailments over time. Bindu Maira, healer and life coach, explains, "Every organ in our body has a certain frequency and when that frequency goes awry, there is a problem. Sound meditation essentially works to rectify this, and in turn heal you." Basically, it follows the principle of brain wave healing which states that when a perfect brain is fed into a person's system, it stimulates self-healing, slows down the heart rate and centres your mind and body to be calm. "Beginners can just search for something called 'binaural beats' online – you'll find options for everything from beats for migraines to stress-relief. Just pick as per your need, plug in some headphones and hit play; you'll feel a difference immediately."

### AROMATHERAPY

When you light up scented candles in every corner of your room in the name of 'wellness', you should know that you're basically practicing aromatherapy. This fragrant pharmacy is built with essential oils that can be massaged onto the body or inhaled, which carry antiseptic, anti-inflammatory, anti-toxic and anti-depressant properties, among others. Pooja Nagadev, aromatherapist, cosmetologist and founder, Inatur, says, "Essential oils

enter and exit the body without leaving any toxins behind. They penetrate deep into the layers of the skin and get absorbed into capillaries, affecting not only topically but also emotionally. As you breathe them in, it increases oxygen flow in the body and in turn reduces stress and anxiety." Bring the lesson home by knowing the right kind of oils to reach out for, some of which you can even find in your kitchen. Nagdev suggests, "Since we're all looking to reduce stress and improve immunity right now, try using oils like lemon, thyme, basil, sage or eucalyptus as they are full of antibacterial and antiviral properties. If your focus is on de-stressing, blend bergamot, geranium, ginger, lavender and neroli. Mix 3 ml of the oils to 100 ml of water and burn it in a diffuser, or simply spray it around the house."

### SLEEP REGULATION

Undisturbed, relaxed, quality sleep sharpens every tool in your body and also boosts immunity; perhaps that's why the phrase 'sleep it off' came into being. Mudit Dandwate, co-founder of health monitoring device Dozee explains, "It's a restorative process that helps your brain flush out toxins, rejuvenate the body and decrease levels of the stress-inducing hormone cortisol." He adds that sleep deprivation keeps the amygdala - neurons responsible for processing emotions - in a heightened state that leads to increased anxiety and hampers emotional regulation. If getting a good night's sleep is particularly challenging right now, try yogic sleep for help. "A 20-minute session of *yoga nidra* is equivalent to two hours of deep sleep and hence helps you rejuvenate your body, making up for lost sleep due to poor lifestyle patterns," explains Dandwate. "Lie down comfortably, take long breaths and rid your mind of any thoughts. Proceed to concentrate on every part of your body and try to release tension from there. You'll find plenty of guided *yoga nidra* sessions on the internet or meditation apps – try these to relax, fall asleep faster and heal better." ■



# SIGN *of the* TIMES

*From handpainted metro signs  
to art deco buildings, this  
photographer is documenting  
India's rich typographic heritage*

If there's one thing we love at *Grazia*, it's discovering gifted creatives such as Aashim Tyagi. Born in Delhi, Tyagi moved to Singapore as a teenager and then to the US at 18. Having worked as a graphic designer for a decade, lacking inspiration in commercial design and being tied to a desk, he pursued a career as a professional photographer in 2011, and boy, are we glad he did. He lends his documentary-style photography to reviving interest in fading forms of typography and signage as a key part of a city's history.

Tyagi's Instagram account (@aashim) is an education in the subtle language of signage font and imagery (not to mention the sign's material, colours used, the placement of words and images, and whether it is hand-painted or printed). When asked what motivates him to continue taking pictures, and where he finds inspiration, Tyagi recounts, "Curiosity. My absolute favourite thing to do is explore places. I think the act of looking needs to be deliberate, slow and repetitive."

Here's your personal tour.

## **Featured: New Modern Hotel, Bengaluru, 2010**

"Located in central Bengaluru, this hotel also houses an all-day restaurant, locally referred to as NMH, and serves one of the best idli and onion sambar in the city. It probably dates back to the 1960s, as evidenced by the signage style of wood-cut 3D letters in a standard sans serif style, which was common to that era."



**Elite, Kolkata, 2013 ►**

*"This is another example of art deco-inspired architecture and typography. The stylised capital 'E' and the inline neon lights make this particular sign interesting."*



**Metro, Kolkata, 2013**

*"This sign features an art deco-style type, which developed around the 1920s in France. This particular design of the type and the sign was fairly common in theatre venues, around the world, as is the name, Metro."*



**▼ Tribhuvan, Bengaluru, 2010**

*"This defunct single-screen cinema hall was one of the landmarks for the Kannada-going movie crowd. Built in the late 1960s, the influence of the era can be seen in the funky lettering of the facade, rejecting formalism, and instead, opting for self-expression prevalent in the 1960s and 70s."*



**▼ Society, booking office, Kolkata, 2013**

*"Here, we can see the effects of the passage of time. The intricate art deco grills allude to the fact that the small cinema had seen better days. Operating mainly as a smut theatre these days, Society's signage is literally falling apart."*





**Jondel, Mumbai, 2010**

"Another Bandra beauty, this art deco, wood cut type has a playfulness that adds to the charm. The soft curves and the stylistic 'e' shouldn't, but works somehow."

jondel

▼ **Ferreira Mansion, Mumbai, 2016**

"A late art deco geometric type graces the facade of an otherwise simple building in a quiet residential area in Mahim. The sign, supposedly made in 1937, exhibits a mature confidence in its typography."



**Genevieve, Mumbai, 2010 ►**

"This charming Bandra facade is a beautiful example of a classic cursive style. It is reflective of the exquisite craftsmanship of the metal welder who made this sign."

**Lily Court, Mumbai, 2016**

"South Mumbai houses some fine examples of art deco architecture. Mumbai's art deco buildings, like Lily Court, are identified by beautiful design flourishes on the facades even when the typography is more industrial."





**The Basu Factory, Kolkata, 2013 ►**

*"This is probably one of the few examples of art nouveau typography that one stumbles upon today. Art nouveau preceded art deco and was more flamboyant, as can be seen in the capital letters here."*



**▲ Vincent, Mumbai, 2010**

*The brash metal slab-serif letters that spell out the name and the squished no descript sans serif that spells 'tailors' are a disaster on their own. This sign exemplifies one of the main reasons why I love photographing type, it's not always about the beauty of nostalgia, sometimes it's about adapting and surviving in an increasingly bland and manufactured world."*



**▲ Mysore Cafe, Kollam, 2010**

*"This cafe is situated near the bus and boat terminals, serving standard Kerala breakfast of idli and 'puttus'. The bold, hand-painted sign does all the hard work of advertising it as a place to grab a bite. The use of colour and the masterful strokes that make the 3D letters pop is indicative of the style that was once popular across the country."* **16**



# HOME AND AWAY

*Just because we're currently grounded, it doesn't mean that we can't explore*

Words **BARRY RODGERS**



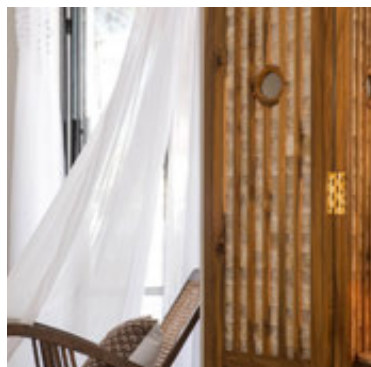
While we wait in anticipation to find out when we can travel again, when the time comes, a retreat to the hills or to a beach town will be in order. To help you start preparing for that much-needed post-lockdown holiday, we're inspiring wanderlust through these gorgeous holiday homes.



## THE WEEKEND HOME

**Location:** Wayanad, Kerala  
**Firm:** Humming Tree

First impressions can be rather revealing. And a tour of this 3,700 square-foot (built-up area) holiday home, which sprawls across 10 acres on the hills of Wayanad, Kerala, unfurls an assured mix of east and west. Multiple outdoor spaces act as enlarged window boxes of tropical plants, but also enhance ventilation and natural light. While the house may come with all the trappings of contemporary living, it is rooted in the need for seclusion – the perfect setting for a home away from home.



## THE BEACH HOUSE

**Location:** Anjuna Beach, Goa  
**Firm:** Studio Momo

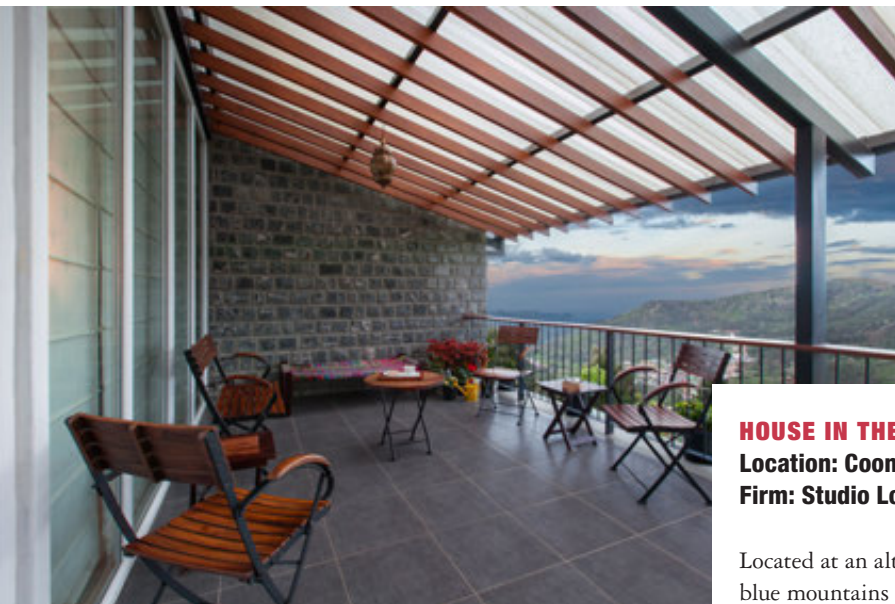
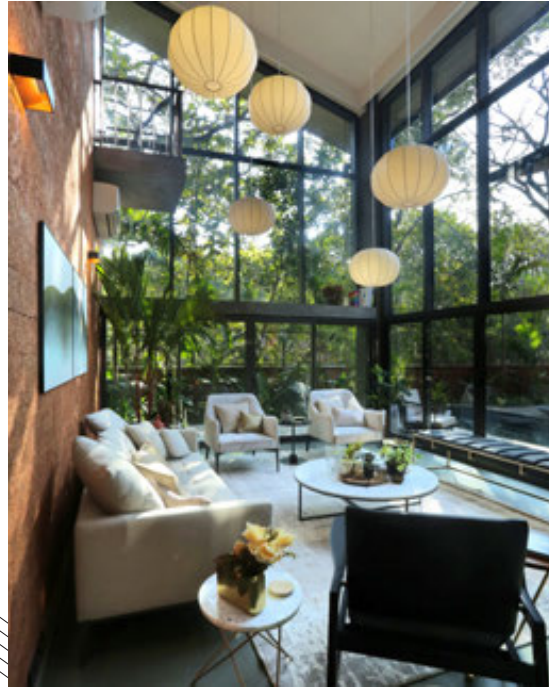
The Goan coastline is dotted with quaint holiday homes that go beyond the ordinary. Case in point: This rustic beach house located on Anjuna beach, covering a small area of 200 square metres. It is a re-imagining of the conventional beach aesthetic with a fresh point of view and elevated sense of taste. The interiors match the landscape and are purposefully neutral, complemented with low-hanging lampshades that fill the double-height spaces. But the highlight of the house would have to be the outdoor dining area, where one can catch the morning rays or burnt-orange sunsets over the water.



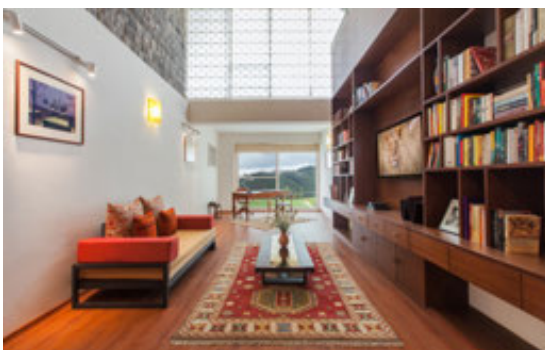


**KASU VANA****Location:** Assagao, Goa**Firm:** Studio SP+a

Secluded and tucked away from the noise of touristy Goa are these 4BHK luxury villas (there are a total of five) nestled under a canopy of trees in the picturesque heritage village of Assagao. The fabric of this old and largely untouched village is kept intact through careful design by architect Sameep Padora. While the villas have a sufficient independence to them, because of the surrounding forest, there's also a beautiful connectivity between the two structures. From the large bedroom windows on the first floor, one can enjoy the tree canopies and the breeze, offering privacy and a comforting sense of enclosure in contrast.

**HOUSE IN THE HILLS****Location:** Coonoor, Tamil Nadu**Firm:** Studio Lotus

Located at an altitude of 1,850 metres above sea level, this residence lies in the blue mountains of the Nilgiris and is embedded with lush green estates of tea and coffee, fruit orchards, and botanical gardens. Sprawled across 10,000 square feet, the palatial home bridges traditional typologies of the region with a modern aesthetic. Continuous lines and earthy tones create a sense of spaciousness, reflecting the natural sunlight brought in through floor-to-ceiling windows. Would you consider escaping the magnetism of materialism to live inside this minimal environment? We say: Sign us up. **LO**







Police enforce social distancing rules on a street in Hong Kong

# CHEW ON THIS

*Isolated dining and awkward bar nights could be the future of eating out*

Words **BARRY RODGERS**

**O**n a recent phone call with a friend, who had moved to Hong Kong for work in the summer of 2019, I was made privy to a rather interesting account of his first night out on the town in nearly two months. I asked, almost immediately: "Has eating out changed drastically?" He replied: "There are cops everywhere. It might have been an ominous sign a few months ago, what with the protests and everything, but it's now part of daily life here since restaurants started opening for business." Hong Kong has migrated from a state of protest to pandemic, with police manning the streets not to break up a protest but to enforce social distancing rules. Hong Kong, along with other Asian cities like Seoul and Taipei, has been largely successful in controlling Covid-19 outbreaks, and has now allowed its restaurants to stay open even as life limps back to normal. It begs the question: Could plastic partitions between tables, masks, temperature checks, and awkward bar vibes offer us a glimpse into the future of dining?

"I recently visited a popular eatery, called Iron Cow, for Taiwanese beef noodles, and it felt like a drill. The staff first check if you have a mask on – if you don't, you're not allowed inside. The tables are divided by plastic partitions, it almost feels like you're in an OT. The waiter barely makes contact; is quick to take your order and that's it. If you're dining alone, it can get terribly uncomfortable. But these restrictions haven't stopped the locals from dining out. There's still a queue (although with social distancing measures in place) to enter. It's all very mechanical and laborious," says Jason Gonsalves, my friend from Hong Kong. However, the bar scene in his neighbourhood hasn't picked up yet. "People are definitely apprehensive about crowded spaces. Bars are attracting

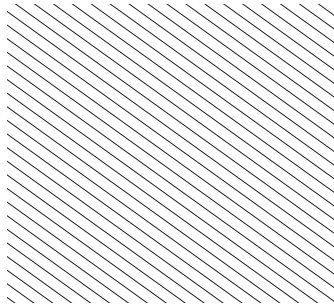


Diners at a restaurant in Hong Kong





A waiter services a table at a restaurant in Italy



Restaurants open for business are implementing strict social distancing rules



The future of dining out could be a lonely affair

customers but there's this weird tension in the air, and everyone keeps at a safe distance. It'll be a while before people start actively partying," he adds. One can't blame people for exercising caution, especially after a recent incident in Seoul's Itaewon district, where a 29-year-old party-goer infected a number of people, led to a spike in cases there.

### CLOSE QUARTERS

But things seem to be shaping up quite differently in Vancouver, Canada, as Kishore Seetharaman, a Ph.D. student at Simon Fraser University, tells us: "The other day, I passed by a bar in my neighbourhood and expected to see Plexiglas; there were no partitions between tables, it was business as usual. It's a shame because all the restaurants I personally like going to have a hole-in-the-wall-esque vibe to them. And there's no way there's going to be any real physical distancing in there," he says, adding that because a lot of these smaller establishments operate by the age-old method of taking your name at the door and asking you to wait for an hour for a spot to clear up, these times definitely call for creative and strategic thinking. "Even on normal days, this one place I'm thinking of specifically (a tiny ramen restaurant) has really long lines outside the door. There's this beer-focused restaurant near my place which was packed to the gills the other day, it made me very uncomfortable," says Seetharaman. However, when I asked him if stringent safety measures implemented across restaurants would take away from the dining experience, he was quick to retort: "I doubt that it would take away from the overall experience, because you go to these restaurants for the food specifically. So, just getting to go and sit there with a bowl of flawless ramen in front of you should be enough to send you straight to heaven and make you forget about everything that's going on around you."

Closer home, with food home deliveries becoming the new norm, there's an unlikely chance that some of our favourite eateries will resume for service anytime soon. But if restaurants in India are compelled to enforce stringent social distancing measures, the potential energy inside would be stripped away. The quick glances over our shoulders at our neighbours, followed by a courteous smile, would most likely be replaced by suspicious looks masked by, well, N95 respirators and surgical masks; the music wouldn't have to drown out raucous laughter anymore because, I feel, hushed whispers will replace candid conversations. In a pre-Covid world, this scenario would've been mildly funny. Now, it's mostly true. **■**

# ➔ MONTH IN MONTH OUT

MOVIES, ART, BOOKS, AND MORE, HERE ARE OUR TOP PICKS OF THINGS THAT GOT US TALKING THIS MONTH



Saiyami Kher as Sarita Pillai



Anurag Kashyap

## DIRECTOR'S CUT

*This filmmaker has found a new home for his art*

There was a batch-mate in college who worshipped Anurag Kashyap. He would study his films between classes, bring him up in every conversation possible, and fashion his own short films around the director's filmmaking style. Kashyap has inspired a whole generation of young, aspiring filmmakers – people who aren't afraid to break the rules to create something memorable. From *Black Friday* to *Manmarziyaan*, his journey in Bollywood has been a true cinematic delight. He was also one of the first A-list directors to enter the OTT space with *Sacred Games* in 2018, the show that changed the way we looked at web series (and Saif Ali Khan). And now, he's back to solidify his relationship with the Internet with his next film, *Choked: Paisa Bolta Hai*, starring Saiyami Kher and Roshan Mathew. We sat down with him to find out more about the new Netflix original, which explores the story of a young couple in Mumbai against the backdrop of demonetisation.

**GRAZIA:** What made you want to make a film about a political topic like demonetisation?

**ANURAG KASHYAP:** Nihit (Bhave) wrote this script long before demonetisation, and it came to me somewhere around 2015.

It was always a script centred on marriage, but we felt that something was missing. So, when demonetisation happened, Nihit decided to rewrite the script to incorporate it. A film has to chronicle the times that we live in. Having said that, it was our intention to make sure that the core story revolved around a story of a marriage, and the aspirations and dreams of the young couple. In the film, each character's political expectations depend on their individual expectations from life. My politics could not have been thrust into the film – or it would've become propaganda.

**G:** Tell us about the treatment of the movie's soundtrack. As a director, how do you play with music and silence in scenes where there are no dialogues?

**AK:** I, for one, love music. I believe it makes silence so much more interesting. When I start with a film, I'm not always sure what I'll do with the music to find the sound of the film. For *Choked*, I asked Karsh Kale and Rachita (Arora) to play to their strengths. I've wanted to work with Karsh for a long time. He started out as a tabla player, and no one has really explored his full potential.

**G:** What has your experience been like with the OTT world?

**AK:** I've found my home here. I've been able to reach out to my audience because of it, even for older films that didn't have massive stars or couldn't stay in theatres for too long. I've found it so much more liberating, because the amount of money I get to make the film is based on the script rather than who's in it.

**G:** With Covid-19, it'll be a while before things go back to normal. How do you think the industry will cope?

**AK:** We are privileged – we can still sit at home, shoot on our mobile phones, and upload it online. Besides, we still have content that can last us for some time. It's the daily wage workers who will be impacted the most. And they comprise the largest chunk of the industry. But this too shall pass. I'm confident that we will adapt to the situation and come out stronger. **G**



Roshan Mathew as Sushant Pillai



# SHOT IN THE DARK



Amitabh Bachchan plays a grumpy landlord

*The Gulabo Sitabo director reveals why he chose to release his film on an OTT platform*

In the last five years, filmmaker Shoojit Sircar has consistently directed memorable films. In 2015, he gave us a slice-of-life comedy, *Piku*; In 2016, the courtroom drama, *Pink*; *October*, a coming-of-age love story in 2018; and finally in 2020, he's back with *Gulabo Sitabo*. Set in Lucknow, this comedy-drama stars Ayushmann Khurrana and Amitabh Bachchan in the lead roles, seen on screen together for the first time. The movie was revving for a big theatrical release over the summer, that is before Covid-19 decided to put a spanner in the works. But instead of holding onto the film until later, the director chose Amazon Prime Video as the medium for its release, which is scheduled for June 12th. We sat down with Sircar to talk about his decision to release the film digitally, his inspirations and more.

**GRAZIA:** What is the premise of *Gulabo Sitabo*?

**SHOOJIT SIRCAR:** It's a slice-of-life film with just the characters and their world, and the camera moves around with them. For the first time, I've tried my hand at a satire on life through these characters.

**G:** Films based in small towns present challenges of their own, the biggest being that of authenticity. How did you tackle this?

**SS:** I'm not from Lucknow and I had never shot there before. I'm from Kolkata and there are a lot of similarities between Lucknow and old Kolkata. Besides, I wanted to create

a new imagery for this film, so I picked locations that had never been seen before, other than the monuments, of course.

**G:** You have worked with both Ayushmann in *Vicky Donor* and Mr Bachchan in *Piku* and *Pink* before. What was it like bringing them together for this film?

**SS:** The idea was to create a freshness and novelty. We had thought of Mr Bachchan for the film when we started writing the script, so we'd already informed him. We struggled with his look a fair bit. Ayushmann came on board much later. I ran his name by Ronnie (Lahiri), and we all became quite kicked about seeing the two of them together. Both of them are like kids when they're on set – the age difference doesn't matter at all.

**G:** Why did you decide to release the film on an OTT platform, instead of waiting for theatrical release?

**SS:** Amazon Prime has a massive reach. I was told the film would go out to over 200 countries, which is something I've never experienced for my previous films. But the main thing that was running in our heads was that theatres would not open for a while.



Shoojit Sircar

It seemed like a good time to experiment with the digital space. In general, it's very difficult for me to hold onto a film once it's finished. I'm always in a hurry to release my films.

**G:** What do you think the future looks like for the film industry?

**SS:** The industry has already been severely impacted by Covid-19. Our technicians haven't worked for over two months, and I gauge the situation will not improve for another few months. But I think once we do go back to work, in due course of time, a new discipline will be adopted on set as well as in cinema halls. **LE**

Ayushmann Khurrana as Baankey and Amitabh Bachchan as Gulabo





# GRAZIA Weekender 2020

IN ASSOCIATION WITH



Happy shoppers at the Liberty Square

## A WEEKEND TO REMEMBER

*A look back at the exciting festivities of the three-day long GraZIA Weekender*



Janhvi Kapoor twinning with the GraZIA logo

The coolest beauty and fashion hotspot in town, GraZIA Weekender, was held from 28th Feb to 1st March. The three-day long carnival was kick-started by March cover-girl, Janhvi Kapoor at the cover launch, in partnership with Benetton Perfumes. The Liberty Square of High Street Phoenix was buzzing with fashion and beauty stalls, and happy shoppers browsed through the displayed collections of brands like Nashi Argan, Cheryl's Cosmeceuticals, Sugar Cosmetics, Chicnutrix, Jean Claude Biguine x Moroccon Oil, Aroma Magic by Blossom Kochhar and Bausch + Lomb. What's more? There were several contests, free giveaways, and masterclasses. Here are a few highlights from the event.



All things chic at the Chicnutrix display booth



Hunger O' Clock



Bausch + Lomb's make-up masterclass by celebrity artist Devika Jodhani



Actor Mithila Palkar at our fav photo stop



Janhvi Kapoor with contest winners



The grand prize: Benetton Perfumes



Fashion, beauty and more



Makeover sessions at the JCB x Moroccan Oil booth



Play big, win big with Kerastase



Beauty essentials

A few must-haves for your wardrobe



Getting ready at the mall is the new norm



Fun contests at the Sugar Cosmetics stall



Prize winners at the Cheryl's Cosmeceuticals stall



Organic favourites by Nashi Argan



BAUSCH + LOMB LACELLE color lenses



Bausch + Lomb's display



# GRAZIA GRAB

The latest buzz on your favourite brands

## GO FOR GLOW



Chicnutrix Glow



### Drink your way to great skin

**W**e do a ton of things in the name of beauty – we've tried everything from marine extracts to vampire facials and snail emulsions – all of it for tighter, brighter, healthier skin. But what if we told you could skip that fuss and simply sip away all your skincare woes?

Over the last couple of years, there's been a significant rise in something called *nutricosmetics*, which basically mean beauty supplements like pills, powders and drinks that fill in nutrition gaps in your body to give you better skin by working from the inside out. One such brand that we've got our eyes on is Chicnutrix – a game-changing beauty drink that promises radiance in no time.

Take for example the brand's *Glow* variant, which has effervescent tablets formulated with a combination of Japanese glutathione and vitamin C – this duo will fast-track your efforts at getting a 'lit from within' complexion. Glutathione is a powerful antioxidant that protects the skin from oxidative damage caused by free radicals while reducing the melanin index in your skin. Vitamin C boosts its effectiveness, and prevents cell damage caused by exposure to UV radiation, stress and even pollution. These little tablets are packed with fast-acting, targeted ingredients that help you achieve faster results, while boosting the benefits of your topical creams.

The process is as simple (and safe) as it gets – just pop one tablet in a glass of water, let it fizz and gulp it down. The best part is that it comes in a strawberry-lemon flavor that is as delicious as it is healthy. We know we are what we eat, but as it turns out, we are what we drink too. So drink responsibly – and tackle your beauty goals from within with these beauty supplements.

Chicnutrix is available on [www.chicnutrix.com](http://www.chicnutrix.com) and also on [Nykaa.com](http://Nykaa.com) and [Amazon.in](http://Amazon.in)



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