

FEMINA

2020 VOL II ₹100

A Times of India publication

# BRIDES

*How to  
host your*  
**WEDDING  
AT HOME**

The 411 on  
keeping it  
small but  
fabulous

**THE  
2020  
BRIDE**

WHAT'S  
TRENDING  
IN THE  
FASHIONSCAPE

**HOW TO  
FIGURE  
OUT  
WHETHER  
YOU'RE  
READY TO  
TIE THE  
KNOT**

**Hot  
RED**

TIPS ON  
HOW TO  
LOOK YOUR  
FITTEST



**COVER GIRL**  
*Diana*  
**PENTY**

TALKS ABOUT  
A BRAVE NEW  
WORLD





ido graph



# VIRAASAT BRIDES



**NOW LIVE!**  
with video shopping

book your video call now  
visit : [www.asopalav.com](http://www.asopalav.com), [www.saree.com](http://www.saree.com)  
call/whatsapp : +91 99099 96352, 91066 85949



**AsoPalav**®



# THE NEW AGE DIGITAL MATCHMAKERS



**ANAR GAWARVALA'S WEDDINGS (AGW) OFFERS BOUTIQUE STYLE MATCHMAKING SERVICES WITH COMPLETE CONFIDENTIALITY AND IN A PERSONALISED MANNER.**

Founded by Anar Gawarvala, AGW's USP is the personal meetings held with candidates and their parents to understand their requirements and suggest matches accordingly. They have an impressive private database of accomplished singles from the most affluent A-list Indian families across the globe.

**Q: HOW RELEVANT ARE ARRANGED MARRIAGES IN TODAY'S TIME?**

**ANAR GAWARVALA:** I believe friendship, love, companionship and trust are the foundations of an ideal marriage. Our members take 3-12 months to get to know each other before they consider the next step, which is important. It's an arranged-cum-love marriage, where an individual gets a platform to find their soulmate. My counselling and professional inputs are there for my clients. I'm not just a matchmaker, but a mutual mediator between families, as a marriage is not just between two people, but two families.

**Q: WHAT ARE SOME OF THE BIGGEST CHALLENGES IN MATCHMAKING?**

**ANAR GAWARVALA:** The biggest challenge and the greatest reward is that people are at the heart of what we do. It's important to understand where one is coming from and what they want from life. That's why we don't work with biodatas, but people. It takes time to understand someone, so our search is very interactive. At times, people have expectations that are difficult to translate into real life, and the challenge lies in being honest while bridging the gap as much as possible.

**Q: DO YOU HAVE ONLY HIGH NET WORTH INDIVIDUALS AS YOUR PRIVILEGE CLIENTS?**

**ANAR GAWARVALA:** Our signature service, the ELITE PACKAGE, is designed for those who expect nothing but the best in life along with discreetness and confidentiality. I work very closely with them in this journey of finding their life partner. Our other membership is for individuals who come from diverse financial backgrounds.

**Q. DO YOU BELIEVE IN SECOND CHANCES WHEN IT COMES TO RELATIONSHIPS?**

**ANAR GAWARVALA:** Yes, if you're lucky to get a second chance, don't waste time ruminating about your past. Second chances aren't given to make things right, but to prove that we could be better even after we fall.



**FOUNDER OF BESPOKE MATRIMONY, DEVIN GAWARVALA, WHO WAS INCLINED TOWARDS TECHNOLOGY PLATFORM AND DISRUPTION WHILE STUDYING AT HIS ALMA MATER, ARIZONA STATE UNIVERSITY, DIVERSIFIED AGW INTO THE NEW MARKET SPACE.**

Bespoke Matrimony caters to busy and independent millennials. Clients can opt for either Self Service or Assisted Service. Under Assisted Service, matchmakers reach out to potential matches on the client's behalf, and follow through the entire process of traditional matchmaking, all at the client's doorstep. Devin Gawarvala's future plans include creating a corporate house with an art gallery and café so that their candidates can meet each other in a comfortable and safe environment.

**Q: HOW DO YOU DIFFERENTIATE DATING SERVICES FROM ONLINE MATCHMAKING?**

**DEVIN GAWARVALA:** While using a dating service, it's hard to verify someone's

identity, let alone their relationship goals. People make the mistake of believing that matchmaking is reserved exclusively for people interested in getting married. In reality, matchmaking is simply another option for dating, or another way to meet people you normally wouldn't get the chance to meet in your everyday life. At the end of the day, our clients are looking for a good relationship, and matchmaking can provide singles with a more targeted approach to dating. We also offer GPS based matches like dating apps so clients can find prospects in their vicinity.

**Q. WILL TECHNOLOGY PLAY A VITAL ROLE IN FUTURE MATCHMAKING?**

**DEVIN GAWARVALA:** Complex algorithm and machine learning capabilities have been leveraged by Bespoke Matrimony to help users find desired matches. With technology, people can access anything, anywhere, anytime without the limitations of time and distance. Tools used by matchmakers are now in the hands of the candidates. To protect the privacy of our clients, contact details are hidden till the match request is approved. Our Incognito Package is designed for discreet clients who want a hidden profile searching experience while availing all the features of Bespoke Matrimony.





# The Chosen One

One tree can start a forest,  
One hand can lift a soul,  
One candle can wipe-out darkenss,  
One laugh can conquer gloom.  
We help you find THE ONE.

PERSONALIZED • TAILOR MADE • CONFIDENTIAL • MATCHMAKING SERVICES



Anar Gawarvala's  
Weddings

An Elite Matchmaking Company

+91-98799 25733

+91-98799 75633

/anar\_weddings\_agw

anarweddings.com



BESPOKE  
MATRIMONY

Select, Match, Forever After.

Look Us Up

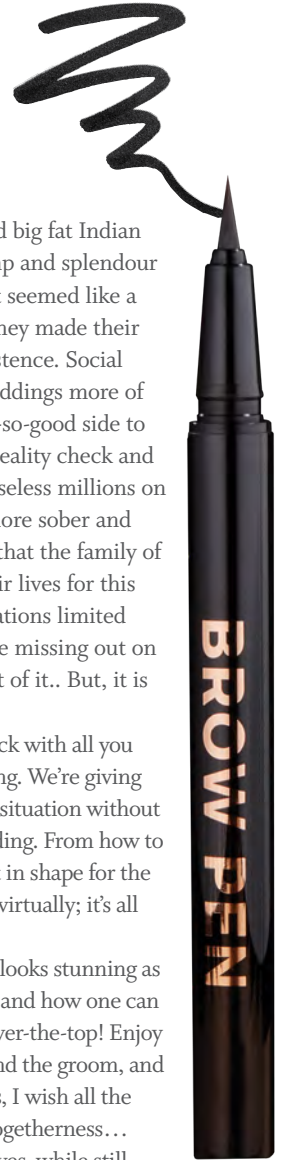


bespokematrimony.in





# EDITOR'S LETTER



**T**he pandemic has reduced our famed big fat Indian weddings into slim affairs. The pomp and splendour of the band, baaja, baraata with what seemed like a 1,000 people dancing for hours as they made their way to the venue, is no more in existence. Social distancing and controlled numbers have made weddings more of an intimate, family affair. There is a good and not-so-good side to this. The good being that it has given everyone a reality check and also proved that we don't need to spend those senseless millions on one night of revelry. The same can be done in a more sober and sophisticated manner. The not-so-good news is that the family of the bride and groom, who have waited all their lives for this BIG day, are forced to make do with celebrations limited only to family and their closest few, hence missing out on many others who should have been part of it.. But, it is what it is!

Our annual Femina Brides issue is back with all you need to know about organising a COVID wedding. We're giving you the know-how to make the most of the current situation without feeling like you're missing out on the 'feel' of a wedding. From how to set up your home as a wedding venue, to how to get in shape for the big day, and how designers are designing for brides virtually; it's all here in our Brides special.

Our cover girl, the gorgeous actor Diana Penty, looks stunning as a contemporary bride and exudes how less is more, and how one can still look as beautiful in ensembles that are not so over-the-top! Enjoy our other features about must-haves for the bride and the groom, and what it takes to make a relationship work. With this, I wish all the to-be married couples a lifetime of happiness and togetherness... May you all enjoy the most important day of your lives, while still staying safe!



*Ruchika*  
**RUCHIKA MEHTA**  
 @ruchikamehta05  
 @ruchikamehta05



**Nalli<sup>®</sup>**  
Fashions  
SILK SAREES & JEWELLERS

**STEP INTO THE  
NEW LIGHT**



NO 6,7,8, NAGESWARAN ROAD, OPP.PANAGAL PARK, T. NAGAR,  
CHENNAI - 600017. PH: +91-44-24343344 | 1800-4250-4567

E-MAIL: [NALLIFASHIONS@NALLI.COM](mailto:NALLIFASHIONS@NALLI.COM)

SHOP EXCLUSIVELY ONLINE AT [WWW.NALLI.COM](http://WWW.NALLI.COM)

CHENNAI | DELHI | MUMBAI | KOLKATA | BANGALORE | HYDERABAD | AHMEDABAD | COIMBATORE | KANCHIPURAM  
KOCHI | PUDUCHERRY | VIJAYAWADA | NEW JERSEY | CALIFORNIA | DALLAS | SINGAPORE | CANADA | LONDON



# FEMINA BRIDES

CHIEF EXECUTIVE OFFICER Deepak Lamba

EDITOR Ruchika Mehta

MANAGING EDITOR Primrose Monteiro-D'Souza

CONSULTING EDITOR Jeena J Billimoria

FEATURES EDITOR Radhika Sathe-Patwardhan

SENIOR FASHION STYLIST Yukti Sodha

FASHION FEATURES WRITER Ruman Baig

DESIGN DIRECTOR Bendi Vishan

DEPUTY ART DIRECTOR Renu Sharma Tewary

ASSISTANT ART DIRECTOR Sandesh Patil

AVP DIGITAL REVENUE & MARKETING Priyadarshi Banerjee

CHIEF MARKETING MANAGER Ravi Budania

BRAND MANAGER Chandni Chopra

CHIEF FINANCIAL OFFICER S Subramaniam

PUBLISHER Joji Varghese

HEAD HUMAN RESOURCES Meghna Puthawala

VICE PRESIDENT-CONTENT STUDIO Vidyut Patra

HEAD EXPERIENTIAL MARKETING Aakash Mishra



Femina Brides 2020 Vol 2 takes no responsibility for unsolicited photographs or material.  
All photographs, unless otherwise indicated, are used for illustrative purposes only.

Printed and published by Joji Varghese for and on behalf of owners Worldwide Media Pvt Ltd,  
The Times of India Building, Dr DN Road, Fort, Mumbai 400001  
Printed at Rajhans Printers, No. 134, 4th Main Road, Industrial Town, Rajajinagar, Bangalore 560044  
and published at Worldwide Media Pvt Ltd, The Times of India Building, Dr DN Road, Fort, Mumbai 400001  
Editor: Ruchika Mehta, Worldwide Media Pvt Ltd,  
The Times of India Building,  
Dr DN Road, Fort, Mumbai 400001

All rights reserved worldwide. Reproducing in any manner without  
prior written permission is prohibited.

(For editorial queries, email femina@wmm.co.in)

## BRAND SOLUTIONS

BUSINESS DIRECTOR

Sunil Wuthoo, sunil.wuthoo@wmm.co.in

VICE PRESIDENT - BRAND SOLUTIONS

Gautam Chopra, gautam.chopra@wmm.co.in

ASSISTANT VICE PRESIDENT - BRAND SOLUTIONS

Reena Dave, reena.dave@wmm.co.in

Sriram Krishnan, sriram.krishnan@wmm.co.in

Leena Bhandari, leena.bhandari@wmm.co.in

Tejinder Kaur, tejinder.kaur@wmm.co.in

PUNE Ekta Dang, ekta.dang@wmm.co.in

AHMEDABAD Kamal Rajput, kamal.rajput@wmm.co.in

VICE PRESIDENT - BRAND SOLUTIONS &

SALES HEAD - LONG FORM CONTENT

Anjali Rathor, anjali.rathor@wmm.co.in

Pooja Sharma, pooja.sharma4@wmm.co.in

Sarika Uppal, sarika.uppal@wmm.co.in

VICE PRESIDENT - SOUTH & BUSINESS

HEAD - FEMINA TAMIL

Pravin Menon, pravin.menon@wmm.co.in

CHENNAI ON Rajesh, on.rajesh@wmm.co.in

EAST - ASSISTANT VICE PRESIDENT

Alka Kakar, alka.kakar@wmm.co.in



ON THE COVER: Celebrity: Diana Penty; Photographer: Keegan Crasto;  
Hair and Make up: Daniel Bauer; Senior Fashion Stylist: Yukti Sodha;  
Styling Intern: G. Ritwika Suman; On Diana: KESA crimson luxe  
lehenga set, Kalki; antique jewellery set in gold, red stones, and pearls.  
Narayan Jewellers by Ketan and Jatin Chokshi





# HYPE®



- MUMBAI (LINKING ROAD) • MYSURU (DD URS ROAD) • ROORKEE (GT ROAD)
- DEHRADUN (PALTAN BAZAAR - RAJPUR ROAD - CROSSROAD MALL) • BAREILLY (PHOENIX MALL)
- SAHARANPUR (NEHRU MARKET) • LUDHIANA (GHUMAR MANDI)
- GURUGRAM (MGF MALL METRO STATION) • YAMUNA NAGAR (MODEL TOWN)



Follow us on  
**Instagram**

[www.instagram.com/hypescarpa](https://www.instagram.com/hypescarpa)

Website: [www.hypeimpex.com](http://www.hypeimpex.com)



FEMINA

BRIDES

NOVEMBER 2020 VOL 2 ₹100

# CONTENTS

## THE BIG STORY

**14 The DL Wedding**  
How to host a tiny wedding at home; the new wedding lingo on the block; how to tactfully uninvite guests to your wedding



**44 VOCAL FOR LOCAL**  
Why buying local is always the right way to go

**46 Bridal Hotspot**  
Arpita Mehta's spanking-new store in Mumbai is the talk of the town

**48 She Walks In Beauty**  
A fashionable chat with Divya Bindra Kapoor and Ambika Jain of brand Dabiri

**50 Ring In Safety**  
How to save your jewellery from getting tarnished from the excessive use of hand sanitisers



## BEAUTY

**54 Tips On How To Select Your Bridal Look**

The scoop on figuring out how to look your very best

**56 The Zodiac Game**  
Have some fun and pick a scent that matches your sun sign

**60 A Fragrant World**  
The best feminine scents to have on your vanity table

**61 A Masculine Mark**  
The colognes that we're crushing on ATM

## COVER GIRL

**22 Shining Bright**  
Diana Penty chats about a new kind of normal, and the importance of giving back

## FASHION

**34 Bridal Trends In The Face Of A Pandemic**  
JJ Valaya, Suneet Varma and Nikhil Mehra shed light on the new kind of bridal trends

**38 The Millennial Bride**  
Shehla Khan and her pretty young muse, Alaya F, talk fashion

**42 Nostalgia & Nuance**  
Raw Mango's Sanjay Garg on how the past has a place in the future





FEMINA  
**BRIDES**  
**CONTENTS**

**62 Glamour Game On**  
 The makeup we just can't get enough of

**65 Skin Quenchers**  
 Skincare products FTW

**66 The DIY Spa**  
 Why you don't need the salon and spa to look 100

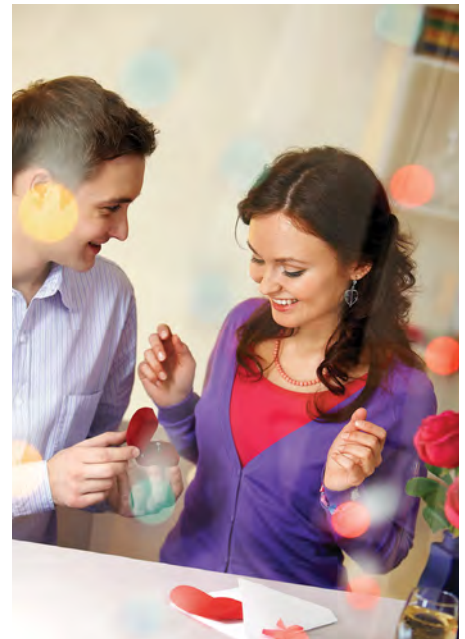


**HEALTH & FITNESS**

**70 Get These Health Check-Ups Done Before Marriage (Or After)**  
 Because you need to be in the pink of health, no matter what

**72 Be Prepared – Period**  
 Tips on how to not be caught off guard if Aunt Flow shows up unannounced at the wedding

**74 Oh So Fit**  
 Tips to always keep you fit as hell



**PLANNING**

**78 Questions To Ask Before Marriage**  
 How to figure out whether you and bae are ready for the biggest commitment of them all

**80 Resolutions All 2021 Brides-To-Be Must Make**  
 How to be a cool bride, not bridezilla

**82 Having The Talk**  
 Your comprehensive guide to pre-marital counselling

**88 The Budget Plan**  
 How to get your dream wedding without breaking the bank

**90 Love Lockdown**  
 Cute ways to propose without actually leaving the house

**94 Prezzie Times Two**  
 How to be smart about all those duplicate gifts

**96 The Active Wife**  
 Suggestions on how to keep the boredom at bay at home

**HAPPILY EVER-AFTER**

**92 On The Move**  
 Tips that'll definitely come in handy when you're changing addresses

**In every issue**  
 20 Editor's Letter  
 20 Tombstone  
 28 News 🌟





## KAFTAN CALLING

Breathing fresh life into the kaftan occasion wear trends, designer Ohaila Khan feels that even though “kaftans have been around for very long, they haven’t been looked at as an option vis-à-vis occasion wear for Indian weddings before.” However, in recent times, the garment has gained popularity as the ensemble of choice for such functions. “Our versions of kaftans come with an array of styles that help grab more attention than a basic kaftan,” says Ohaila adding, “The elegant, flowy nature of the style is perfectly suitable for all body types, and cuts a forgiving silhouette to those that might have put or lost a couple pounds during the recent lockdown.”

These Arabian-influenced outfits, when intricately hand-embellished, can take you from traditional to modern in a flash, depending on your choice of accessories and jewellery.

# ON TREND

## CONSCIOUSLY FASHION FORWARD



### *Always An Occasion*

Chokhi Chorri is a Kolkata-based women’s Pret wear brand founded by NIFT alumni Ankita Agarwal. The words “Chokhi Chorri” are derived from the Marwari term meaning beautiful women. The brand believes that every woman should feel beautiful in her own skin, irrespective of size, colour or her personal life choices.

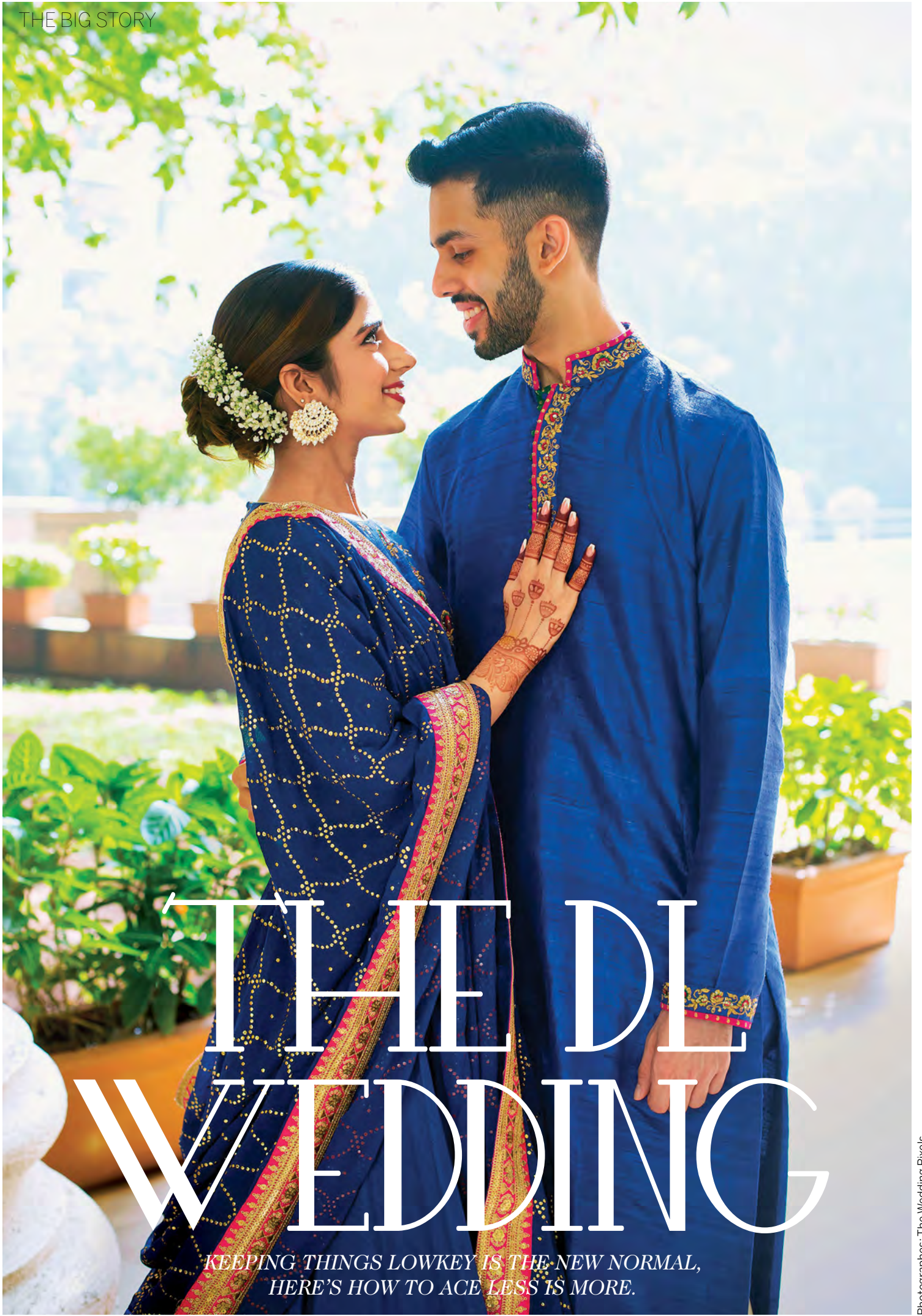
“We have always defined our brand as one that creates sustainably and curates fashion ethically. The language of our brand is contemporary, minimal and timeless,” says Ankita. Seeing an absence of light occasion wear in the market, the brand decided to fill it in and cater to the demand by creating #notsoboringsustainablefashion, with intricate, handcrafted embroideries and details. Inspired from various Indian crafts, Chokhi Chorri silhouettes are fashionably suitable for all body shapes and sizes.

Dhāran, a conscious clothing brand, uses local resources to create collections for a contemporary global market, while also creating livelihood for artisans in a sustainable manner. Their inspiration is derived from traditional Indian textiles that has an essence of luxury, and is mirrored on Indian festivals and seasons. Their design philosophy also consciously focuses on quality and detailing that revolves around the concept of creating a sustainable link between fashion and crafts.





THE BIG STORY



# THE DI WEDDING

*KEEPING THINGS LOWKEY IS THE NEW NORMAL,  
HERE'S HOW TO ACE LESS IS MORE.*



THE BIG STORY



# RIGHT — AT — HOME

*HOW TO HOST A BEAUTIFUL WEDDING AT HOME,,  
BY JEENA J BILLIMORIA  
PHOTOGRAPHES THE WEDDING PIXELS*









our home (or the home of your parents or best friend) can be converted into your own magical space for your wedding. You really don't need a lavishly-appointed banquet hall or venue for the happiest day of your life to take place – you'll see what we mean when you read this step-by-step guide to hosting your gorgeous little shindig...

### CHOOSE A SPACE

Once the home venue is decided, figure out where the ceremony and accompanying festivities will take place. You might have an outdoor space or garden, a large hall or dining area, so make that the main hub of the day. Once that's done, make a general outline of how you want it to look, and plan to set it up accordingly.

### THE DREAM THEME

Incorporate characteristics of your favourite destination into the design and décor (perhaps a place you and the fiancé holidayed at, which means a lot to you). Choose the florals, cuisine, colours, patterns, and textures that represent that location, and go the extra mile by including

the music and a scent too! If the destination is Italy, for example, work fresh lemons and clementines into the tablescape. Add a lot of greens, some citrus-scented candles, and curate a cute little Italian playlist to match. It'll take your guests right to that beautiful setting. Don't forget the vino either!

### SUN & SAND

If a holiday home or villa is available to you in Goa or Alibaug, make full use of it and have a lovely beach wedding. Think zero-fuss: barefoot and relaxed, a lovely little BBQ station, and free-flowing drinks. You won't have to worry much about décor either, you'll have a beautiful sea and a bright sun (or lovely sunset) as a most fitting backdrop. Later, bring out the tealights, and party with

YOU REALLY  
DON'T NEED  
A LAVISHLY-  
APPOINTED  
BANQUET  
HALL FOR  
THE  
WEDDING





your nearest and dearest in the cool sea air under the stars.

## GO ALL OUT

What you lose in volume from a big fat Indian wedding, you gain in the minutest details with an intimate affair. You can focus on personalisation in ways you could never have done with a large one. Think thoughtful touches such as personalised name cards, paper goods, and thank you gifts. Think of it as the best dinner party you've ever hosted, and seriously go all out! A handwritten note or a calligraphed romantic poem or anecdote left on each place setting shows your appreciation and love for each guest in attendance. Bring out the fine china, and treat your guests to a lavish meal that a chef

has specially curated for you. At the core of a small wedding is the essence of why you're getting married in the first place: your desire to celebrate your love with the people who mean the world to you.

## SEE THE LIGHT

You've heard this before: Lighting is everything. Use candlelight, lanterns, chandeliers or tea lights whenever possible. Unlike the restrictions of a ballroom or hotel, you probably won't be restricted from using open flames in your home garden. Think about how lovely a picture it will make once the sun sets. Light up the trees, landscaping, outdoor furniture and a pathway with subtle illumination. This will not only add dramatic effect and ambiance,

but illuminating key paths and fixtures at an outdoor event ensures guests enjoy the evening and make their way home safely. Since lighting can draw unwanted creatures to your outdoor affair, don't overlook using pleasantly-scented citrus candles to keep pesky bugs at bay.

## OPT FOR IN-HOUSE TALENT

Why not accept help from family and friends for the special day, instead of leaving it to professionals? If your mum has an eye for horticulture, let her set up the florals; if your cousin's an ace photographer, get him to take some candid shots. Keeping it all in-house will make each moment all the more memorable and meaningful. ◊

[CLICK HERE TO READ MORE](#)





# NUPTIALS REDEFINED

*IF EVEN A PANDEMIC WON'T KEEP YOU FROM BEING WED, STRAP UP BECAUSE THIS IS WHAT YOU'LL BE IN FOR!!* BY JEENA J BILLIMORIA

**A**side from the fact that 2020 has been a real-life freak show akin to something Steven King might have penned (with Quentin Tarantino trying to grab the movie rights), it has also been a year of firsts. And new terminology and meaning to what weddings are now render themselves no exception. A big, fat, Indian wedding with 2,000 people nowadays? You've got to be kidding! Booking a small palace for you and 150 of your closest friends? No chance! Flying in your favourite band to serenade you and the newly-minted Mr? Sorry, out of luck there too! It's time to familiarise ourselves with 'micro weddings', 'minimonies' and 'un-save the dates'. Read on for the 411.

## Belated Bach

If one or both of you didn't get a chance to have a hard go at spraining your livers via a debauched bachelor or bachelorette party, and went straight to the altar instead, you're in the belated Bach category. This means you can technically still have the hen party and stag do, only you're married now, so the free pass you might have banked on no longer holds up for either of you.

IT'S TIME TO  
FAMILIARISE  
OURSELVES  
WITH 'MICRO  
WEDDINGS'  
AND  
'MINIMONIES'







detail, Weave and thread has been carefully taken care of in order to bring to you the best of our authentic heritage. The concept behind the collection is to bring the rich heritage back as a modern classic because we believe that the present-day is a reflection of the past. The signs of those lost realms of ancient times are brought alive again with the engraved work of our craftsmen. The collection includes an expansive range of bridal lehengas, time-honoured sarees, anarkalis and jackets, ghararas, skirts and much more. Hand embroidered over two years and brought to life by multiple artisans, every piece is a treasure in itself!

### What are you currently working on that we can look forward to?

We are launching our new bridal collection of handcrafted ensembles which will be a reflection of our recent collection, Maheen. With this collection, we are trying to bring the finest version of art in different forms, colours and designs. Our new collection incorporates authentic pastel chikankari outfits, solid hues on traditional Parsi gara garments and subtle multi-coloured surfaces in the Kashmiri collection. A variety of lehengas can be found as well, which allows a bride to choose her desired look, whether traditional or modern. Along with the collection, there are many exciting services and surprises that will be available to clients.

# TALES OF TRADITION

RENU DADLANI IS PRESERVING AGE-OLD CRAFT TECHNIQUES TO GIVE PURVEYORS A PIECE OF INDIAN HERITAGE.

**R**enu Dadlani's mantra since she started her eponymous label 20 years ago hasn't wavered in the slightest; to maintain the legacy of traditional Indian hand-embroideries in her ensembles has been of paramount importance. And she has succeeded at doing so with much aplomb. Her designs are testament to the adage that old really is old, and that classic elements can never be replaced by fleeting trends. She tells us more about why her brand is the real deal...

### What comes to mind when you think of the essence of this brand?

Thread crafts and needle techniques on small frames, on wide wooden ones (Adda) and a few from the looms; these are the traditions we are trying to retain. You can simply call them chikankari, Parsi gara and Kashmiri embroideries. Each craft has its own aesthetic, and many of which involve age-old motifs, patterns and near-extinct techniques, that we make for our discerning clients. We use georgettes, different types of silks for our couture collection and for our Spring/ Summer Luxury Pret Collection, we use a pure variety of organic cottons, chanderis, kota-doria, etc. Our ethnic collection includes a variety of Indian classic silhouettes.

### Tell us about your latest collection...

It's called Maheen, meaning fine or detailed. It stands for the aspiration to achieve perfection. It stands for the passion and will which goes behind creating designs in which every small



### Why is the #vocalforlocal movement close to your heart?

The movement is close to heart because we have been working towards it since the idea of the label was conceived. For us, Vocal for Local means feeling proud of our local heritage, giving encouragement, upliftment and support to local practices, using raw materials, traditional methods, and age-old techniques being practiced by Indian weavers, artisans and embroiderers. We are supporting vocal for local by using traditional surface ornamentation techniques, preserving traditional skills, techniques, methods, weaves, embroideries and promoting these local age-old crafts worldwide through our collections.



## OG Wedding Date

Your wedding could have been fixed for a particular day in a particular month, but then COVID-19 came and tap danced all over it and changed it beyond recognition, and you had to cancel or postpone it. Then, when that day – ‘the OG date’ – finally arrived some weeks or months later, you and bae both spent the day in acknowledgement of what would’ve been, and possibly had a Zoom call with friends to celebrate it anyway.

## Un-save The Date

This is where you basically have to retract your very enthusiastic but short-lived Save The Dates, because your beautiful spring wedding might not even get to be a winter wonderland one anymore. This, then, gives your would-be guests the chance to binge watch Friends from beginning to end, or stop their diets because they don’t have to squeeze into that choli again until your new dates are out.

## Zoom Wedding

This one’s a well-known, familiar affair that sees itself hand-in-hand with ‘the new normal’. You’ve either helped coordinate one, attended one over the past nine months, or are now planning your very own Zoom wedding, a technological gift that promises to bring your nearest and dearest onto your screen as you seal the deal for the long haul.

## The Minimony

A wedding with no more than 10 people, just immediate family and perhaps one best friend each, this supremely intimate setting means you get to have real-life people by your side as you tie the knot, versus a virtual shindig with a more robust guest list.

## Your Wedding Sequel

Because a tiny little one was all you could manage, the sequel to your wedding denotes the 2.0 version you’ll host once this pandemic is finally over. The one that will actually feel more like a fun celebration, rather than a forbidden, secret one a la Romeo and Juliet.

## The Latermoon

When the pre-booked, luxury honeymoon you planned to fly off to (first class, no less) gets canned because the country you chose isn’t accepting doe-eyed honeymooners for the moment, you have to either cancel or postpone it. The latermoon, then, is the lovely holiday you and the old ball-and-chain can still look forward to in the future – you just don’t know when! If you end up with a baby on board, you can call it a babymoon, but it’s a win-win either way.



# GUEST LIST NAVIGATION

*YOU’RE FORCED TO HAVE A TINY WEDDING WHETHER YOU LIKE IT OR NOT, BUT HOW DO YOU DECIDE WHO STAYS AND WHO GETS AXED FROM THE GUEST LIST? A GUIDE TO TREADING CAREFULLY BY JEENA J BILLIMORIA*

**I**f you’re getting married any time soon, you’re going to face limitations, such as a very small wedding and an even smaller guest list. That sounds easy enough, and might also be a small relief from a cost-saving perspective... Until you realise that shaving down your guest list is a nightmare because, after the plus ones, parents’ friends’ friends, random acquaintances, and annoying distant relatives

have all been brutally axed, you still have another wave of people to eliminate. And then some. But, now, these are good friends, or extended but important-ish family members. Still, rules are rules in the situation we find ourselves in, so how do you navigate uninviting or simply not inviting people to your wedding? With tact and politeness, of course.

Read on to know how you can get away with it without making it to the top of people’s hitlists. ▾



## Convert a physical presence to a virtual one

If you cannot have your guests actually attend your wedding but, at the same time, can't imagine one without specific people present to share in the happiness, do the next best thing and convert it into a Zoom video link of the ceremony. Let them know how important they are to you, and how they have to be present in some form. This way, even if they're not physically around you, you'll at least find comfort in the knowledge that they're watching from not so far away, and they won't feel disappointed either.

## Say it with a card

If it was to be a massive wedding with more guests than you could call and speak to individually, have your wedding card designer print out little notes that can be sent to everyone informing them that, regretfully, in light of the way things are, you must rescind. For people who are close to the family, you could even send out a small something (such as chocolates, tealights or a plant) to soften any ego bruising.

## Say it face to face

You and your husband-to-be could also record a video together explaining the predicament you both find yourselves in, and apologise for not having guests be there to celebrate. Keep it short and sweet, but also sincere. You can send this video out on WhatsApp, email or upload it to your wedding website, if you have one.

## Play the family card

To simplify things greatly, you can just inform guests that your wedding is limited to family members only. This way, people won't feel so bad if some friends still got to come, while they themselves couldn't.

## Plan B

Offer guests an alternative plan: say that there will be a big blowout celebration in future that they absolutely must attend, but that, for the moment, the actual wedding will be limited to just a small bunch. As and when said blowout is possible, stick to your word, and let the drinks and merriment flow.

## Pick your battles wisely

If there are some guests who would selfishly and shamelessly make things more stressful, awkward or uncomfortable for you if they were left uninvited, and if salvaging that relationship later would be

OFFER GUESTS  
AN  
ALTERNATIVE  
PLAN; A BIG  
BLOWOUT  
CELEBRATION  
POST COVID.

a gargantuan task, it is perhaps better to include them in the list and make your peace with it. Not everything goes to plan at the best of times, and you will also have to pick your battles and roll with the punches from time to time. Yes, despite it being your day.

## Uninviting guests

If, in the event you've already sent out invitations but now have to uninvite someone, it's always best to do it personally via a phone call, or a beautifully-worded letter explaining that, although you'd have loved their company, the given situation is forcing you to keep the guest list very tight. Mention that their presence will be greatly missed, and that you look forward to celebrating with them on the other side of the pandemic. 🍷







# SHINING BRIGHT

*Fresh out of a lockdown but fresher in perspective and thought, [DIANA PENTY](#) reveals her experiences and expectations from the newer realities of life to **Aishwarya Acharya***

Ivory metallic drape sari from Tabān collection, **Manish Malhotra World**; mini Lady Dior bag, **DIOR**; gold and gemstone earrings, **Narayan Jewellers by Ketan and Jatin Chokshi** ▶





KESA crimson luxe lehenga set,  
**Kalki**; antique jewellery set in  
gold, red stones and pearls,  
**Narayan Jewellers by Ketan  
and Jatin Chokshi**





## COVER GIRL

Luxurious ivory lehenga set with handcrafted spring blooms, **Kalki**; diamond choker necklace with square-shaped diamonds, drop earrings studded with diamonds, specially-designed unique diamond studded ring, **all Narayan Jewellers by Ketan and Jatin Chokshi**





Pure silk hand embroidered lehenga, Lehenga, **Anita Dongre**; expertly crafted intertwined diamond ring, modern diamond bracelet, both **Narayan Jewellers by Ketan and Jatin Chokshi** ▶





# M

y prep

for this interview was almost robotic. All penned down in a notepad like a laundry list. Even my introduction was rehearsed. A few mock calls to my sibling to check if my phone was working and to ensure everything went smoothly; a glass of coffee and all interview paraphernalia handy, I called Diana Penty.

As luck would have it, the network was troublesome as ever, and we were stuck in a loop of calling one another and listening to busy tones until, finally, one of our calls got through. We exchanged our pleasantries and got down to business – namely, the lockdown.

Fresh out of the lockdown, when things in Mumbai have steadily started to open up to the general public, we chatted about those who'd outgrown their cabin fever and shared mutual disappointment in those who still don't wear masks. Penty is as passionate about her philanthropy as she is about movies and her pet friend, Victoria. She believes the pandemic has brought a lot of people closer and therefore done more good than it has harm... Understanding that being together in spirit is the only way forward to a peaceful future. These conversations weren't quite touchpoints in my notepad, but that's Diana Penty for you – sensitive, astute, calm.

From much-looked-forward to fashion weeks moving online, to using her favourite night repair serum as a highlighter, Penty then got candid about relationships, marriage, outfits and movies. Excerpts from the interview...

### How has your lockdown experience been, considering it's an unprecedented first for all of us?

Diana Penty: It's hard to really put down in one word or a sentence because it's just been an experience. It's something none of us ever expected to happen and we didn't know what it was going to entail, nor what to expect. For the whole world, it was a first for this generation.

Hopefully, we'll never have to see it again! This lockdown has been a time to restart and reset in a way. It gave us time to ◯







# NOT ONLY THE PROFIT BUT CUSTOMER SATISFACTION IS OUR MOTO



- All of our products are**
- Made From 100% Natural Actives
  - Free From S.L.S
  - Free From Harsh Chemical
  - Free From Toxins • PH Balanced



Unique Combined Formulation of Great Indian Ayurveda Herbs and Precious Imported Ingredients like Argan Oil, Dead Sea Salt, French Green Clay, Tea Tree Oil etc makes our Skin and Hair Care Products Effective.

For Purchase, Scan QR Code or Type Seboncare







just sit back and put things into perspective, and give a second thought to things we never had time for before. We've been taking things for granted for so long because we've been caught up in our lives, caught up in this hectic, quick-paced race, that we never really got the time to sit back and just think about life. This period gave us all the opportunity to do that by default. It's something that we needed to do and was long overdue. So, in a lot of ways, there was a lot of outward and self-learning to be done, which I feel I have been able to do. Things have been put into perspective. I hope that, moving forward, we keep these things in mind and move with a new energy...

**What is that one thing you**

**GIVING BACK  
HAS ALWAYS  
BEEN  
SOMETHING  
THAT MAKES  
ME HAPPY.**

**enjoyed doing the most during this time?**

D: Spending time with [my dog] Victoria would be the highlight of my lockdown because I never had the opportunity to do that in the year-and-a-half that she's been with us. This lockdown has given us the opportunity to get to know her better, and she's got to know us better. We're now absolutely inseparable and have had great quality time. Now, she's so accustomed to having us all at home, that when I start travelling again she'll miss me – and I her.

**You've also been quite active with your philanthropic work. You recently collaborated with Salaam Bombay for the Khaki Project. Why do you think it's important to give back and stay united, especially in such times?**

D: It just is; it's important to give back anyway. Irrespective of the times we are in, every now and then, it's important to do your bit. Especially if you're in the position to do it. It's something that I want to do and something that makes me happy. Giving back has always been something that makes me happy! Also, I do feel in times of adversity, people do come together. I've seen that happen a lot during this lockdown as well, where we were witness to the unyielding spirit of Mumbai – how people were going out of their way to help others. People showed support, were there for each other... Hence, we felt this was our own way of giving the Mumbai police, who have worked day and night tirelessly to keep us safe, some basic but essential equipment to arm themselves with. Even the health care workers, for that matter. Raising these funds was our way of thanking them in whatever small way we could, which, in turn, helped them stay safe while working.

**The pandemic has called for new changes. What do you think Indian weddings will look like going forward?**

D: I feel the whole wedding culture has changed a lot. Everybody has just moved online – meetings, work, and even fashion weeks, which was a first. I had a friend who hosted a digital wedding ceremony as well from another part of the world. So, it seems to be quite a thing now. I think that's going to be the way forward for a while, until things finally settle down. This pandemic isn't suddenly going to just disappear, so these are the things we're going to have to do, move online as much as possible. ▶



## What would your dream wedding destination be?

D: I haven't really thought about it, but I generally love the mountains. They're just beautiful, calm, and therapeutic. It gives me a sense of peace. So, if I could just be surrounded by mountains with just a little nip in the air, I'd be happy.

## And what about your dream wedding ensemble?

D: I haven't thought of anything at all, really. Through all my various modelling assignments and film shoots, I've had to play the bride so many times, even if it's just walking down the ramp as a showstopper sometimes. Wedding outfits are absolutely stunning and gorgeous, but they're also so heavy. I've made a mental note to never wear

# I'VE MADE A MENTAL NOTE TO NEVER WEAR SOMETHING TOO HEAVY AT MY OWN WEDDING.

Champagne crushed shimmer layered gown, **Kalki**; chandelier earrings, broad handcuffs designed with chains and diamonds, both **Narayan Jewellers by Ketan and Jatin Chokshi**



something too heavy. It's definitely going to be something light, easy and comfortable because I've always had a very minimal aesthetic when it comes to my style and life in general. Comfort for me is everything because only then can I have a good time. I don't want to be tugging at my outfit and, by the end of it, feel my body hurt because of how heavy it is! I really don't want to be in that position! [Laughs]

## So, you're definitely a minimalist then?

D: Definitely a minimalist, yes. There's no doubt about it. I feel awkward with maximalism, I don't think I'd be able to pull it off.

## Is there an heirloom piece that you'd steal from your mother's closet?

D: Whatever I've wanted to steal from my mother, I've already stolen long ago! [Laughs] My mom and I just share a lot of stuff, not clothes so much because we're slightly different sizes, but accessories and shoes. There is a black lace dress that belonged to my great grandmum, which is really beautiful and was so classic, I had to take it. I can carry this off even today; it's one of those pieces you can wear many years down the line and it will still be appropriate and in style.

## How do you think luxury fashion can be more sustainable?

D: I feel we need to slow down in terms of changing trends and trend cycles because, if every season we come up with something completely new, then that makes the older season's clothes redundant and that's not sustainable. When it comes to using fabrics and textiles, recyclable ones can be a great alternative. As a designer, when you are constructing a garment, the amount of waste needs to be reduced and, if you have a lot of waste, you need to think of a way in which to recycle it. Also, using more organic materials and cotton as opposed to synthetic fabrics need to be incorporated.

I think Stella McCartney has done a great job at this. She's made a conscious effort to stay away from fur and leather, and, yet, her creations are considered luxurious, super chic and high-end. So, if designers can set that trend, it would go a long way. Repeating outfits should be more normalised. It's been a thing to not be spotted in the same outfit, but I think that's slowly changing now. ◊



## Beauty Quick Fix

### **A beauty and fashion trend you dislike?**

D: The overliner trend that's catching up in makeup, and head-to-toe crochet.

### **One beauty hack you discovered during the lockdown?**

D: Allowing your skin to breathe and nourishing your under-eyes due to the constant strain on them. I would use an under eye cream not just before bed but also during the day.

### **What does your skincare routine look like?**

D: It is very basic. I wash my face with a light face wash and then I use Estée Lauder's Advanced Night Repair post face wash; let it set in and then I use my under-eye cream. In the day, I use a light moisturiser while, at night, I usually use something heavier, thicker and creamier.

### **And what do you think are the beauty essentials for a bride-to-be?**

D: It depends from person to person. A lipstick shade that suits your skin tone and, matches your outfit and of course, highlighter. I love highlighter!



### **What is your take on the institution of marriage?**

D: I definitely respect the institution of marriage. It's a very sacred and pure sacrament. I personally think it's just become a label. It's like putting a label on something that should anyway exist. If you are in a serious relationship with somebody that you genuinely love, respect and care for, then whether you're married or not, I would still in my mind treat that relationship as sacred. So sacred that whether I'm married or not should not make a difference. Trust, respect and love are equally important to create a strong foundation in a relationship. Having said that, whether you choose to get married or not shouldn't make any difference. It's about compatibility and understanding between the couple.

**In *Happy Bhaag Jayegi*, you played the role of a free-spirited runaway bride. What**

### **attracted you to that role?**

D: I think the character of Happy is what attracted me to it. She was so different; quite the opposite of my own personality type. So, for me, it was just so intriguing to play somebody who is so unabashed, says whatever comes to her mind, and is unfiltered whereas I am very measured. I always think before I say something. I knew it was going to be really difficult for me to do it, but I had to. The story was really fun and when the director narrated it to me, I was rolling on the floor laughing. There was something about Happy and I thought: I have to play this girl!

### **What other projects besides *Shiddat* are you currently working on?**

D: I'm reading a few scripts and I'm pretty certain that something is going to close very soon. 🍷

**TRUST,  
RESPECT AND  
LOVE ARE  
IMPORTANT  
TO CREATE A  
STRONG  
FOUNDATION  
IN A  
RELATIONSHIP.**



# KALKI FASHION'S LATEST WEDDING COLLECTION IS A COMPLETE 9 TO 5 GUIDE FOR ALL BRIDES & BARAATIS

Delving into an enchanting spectacle of extravagant bridal couture, KALKI's exclusive wedding couture features its signature wedding trousseau style with a lavish makeover evolving for the global modern bride & wedding guests.

## 'KESA' – A MULTI-FUNCTIONAL WEDDING WARDROBE

A spectacular display of fairy tales, flourishes and fantasy, this season's intricately hand-curated couture is an affair to remember. With a glorious array of colour trends, sculpted drapes and billowing silhouettes, the wedding collection has a fascination of alternating between fantasy and reality.



## COLOUR PALETTE APT FOR THE SUMMER BRIDE

The subtly alluring palette goes from light pastels in whisper whites and creampuff peaches that blend into a cornucopia of tangerines and icy pinks. The romance with soft tones of sorbets and posies is the most remarkable feature of the collection, for effortless day-festivity charm. For brides who want to opt for a bridal ensemble other than red, they can definitely look at newer colour palettes such as ivory, sage greens and other pastel hues that give out an ethereal appeal.



the sudden fusion between ruffled and crinkled tulle, creating a lush vibrancy emotive of gardens. With candy-hued organza, opulent sheers, raw silks and the lightness of tulle, this season, these handcrafted designs are fresh and elegant. The bridal collection comprises of unconventional patterns, bewitching silhouettes with outstanding embroidery that makes it one of a kind! The

## TAILORED TO PERFECTION

The masterpieces offer a play on organic and futuristic embellishments, mother-of-pearl inspired details and colourful climber vine embroideries. The outfits carry petal-like touches with



designer brand is brimming with exclusively unique designs, patterns and fresher color tones that are certainly going to grab everyone's attention.

## A DELIGHTED JOURNEY TO THE LAND OF FAIRIES

The collection is an impeccable line-up of finely crafted bridal lehengas, multi-drape lehengas, and jacket suits. The couture offering will also showcase a procession of beautiful handcrafted gowns that portrays image of romanticism. The collection will also move seductively

from chic summer wedding styles and lightly embroidered crop-tops to evening gowns that took hundreds of hours to embellish in tiny pearls and feather trimmings. The collection not only talks about the underlying grace and beauty of the present day bride, but also has huge room for the best dressed wedding guests too. The collection offers the best looks with latest wedding trends to help you dress up for all your wedding festivities.

Also, since you have dreamt about your wedding day and want to skip ahead past any potential hassle and fuss, KALKI helps you plan your bridal appointment and makes finding your wedding outfit as fun and seamless as possible. With the number one goal to be your confidante and cheerleader, your personal #KALKIStylist will guide you throughout your shopping experience.

Collection is now live at all KALKI exclusive boutiques.



# THE BRIGHTEST GEMMS

Designer **Neety Singh** continues to raise the bar of fine Indian jewellery, one gorgeous bauble at a time

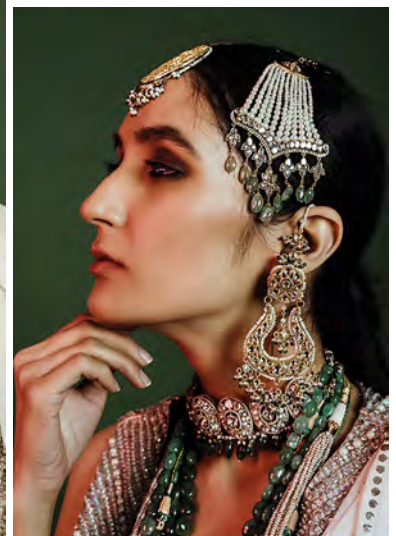
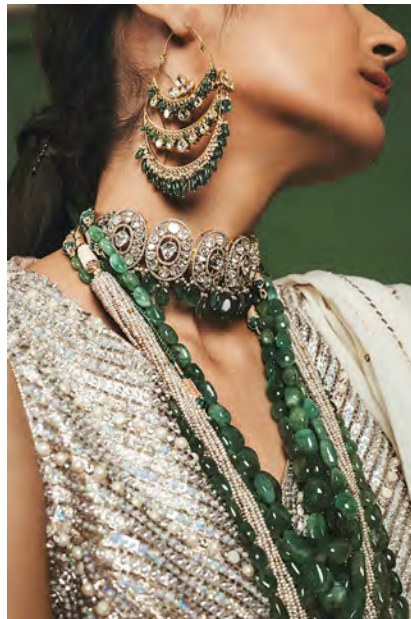
**N**eety Singh was born with a creative mind that yearned for artistic growth and design development. Neety's vision for the design aesthetic of her brand has always been one where such ethnic bijouterie works for any occasion, in any part of the world you might find yourself in. An eclectic mix of crisp, modern aesthetics, traditional Indian craftsmanship and Neety's unique artistry, her collections are suited to every confident, 21st-century woman. So unique and sophisticated are the jewels, they also serve as heirlooms, pieces that a mother will pass on to her daughter for generations to come.

Growing up with an air force background, Neety's fondest childhood memories include those of extremely-sophisticated women gathering for dinners and galas, adorned in timeless jewellery that tied their ensembles together. A classic, quintessential string of pearls and simple solitaire earrings left a lasting impression on her, and so began her lifelong love affair with jewellery.

Neety first began her career working with an international airline for several years. During the course of her journey, she studied gemology, her true passion that was deep-rooted from the very beginning. Within her circle of close friends and family, Neety was also known to revamp old jewellery pieces, giving them a new avatar and a more versatile look. She knew the pulse of the international woman at a young age, and was quick to gauge the tastes and aspirations of urban Indian women as well. She was intuitive about their aesthetic and level of comfort to spend. Even today, she firmly believes that luxury and style should not be limited only to a select few, hence she strives to make her collection accessible to everyone.

Transforming her creative sensibilities and passion into a successful business began with an exhibition in Singapore. Neety's seemingly-small collection of 30 bespoke pieces was a roaring success, which resulted in a sell-out in the span of half an hour. After this, she set up a studio in Gurugram, along with a team of trusted karigars. Within a year, Neety began to showcase her pieces in New York, London and Washington DC, and garnered global appreciation.

A conscientious designer, Neety has also released a magnificent book that profiles 20 power women of India, titled *Woman: The Real Jewel*. Dedicated to the NGO Nanhi Chhaan's women empowerment initiatives, it was launched by Padma Shri Ritu Kumar and Member



## *NEETY SINGH'S MODERN HEIRLOOMS SUIT EVERY WOMAN.*

of Parliament and President of Nanhi Chhaan, Harsimrat Kaur Badal. Profiling some inspirational personalities of the country, such as Padma Shri Vandana Luthra, Praveen Nair, Princess Diya Kumari and Shereen Bhan, to name a few, Neety has pledged exquisite pieces from her latest collection to these powerful women, and hopes to inspire the women of the nation with their experiences.

Neety believes in creating masterpieces that are Indian in origin while being effortlessly universal in appeal. Her jewellery resonates with multiple personalities: a travelled young bride-to-be, a seasoned and elegant mother, an understated yet glamorous mother-in-law, an experimental and eclectic sister. She tries to work with her own personality in order to provide her clients the best in style and design. Talking about her brand vis-à-vis trends, Neety shares, "Through my designs, I would like to break away from the myth that an investment cannot be beautiful or aesthetic. The one-size-fits-all philosophy is a complete no-no for me. Trends, too, are less important as compared to what works for an individual's personality, as we are talking about gold, precious stones and diamonds that are eternal." For a piece of jewellery that will stand the test of time, Neety Singh jewels make a beautiful option. ✨



# FASHION



PHOTOGRAPH: SHUTTERSTOCK

## THE 2020 BRIDE

The season's current trends and new store and collection launches, brought to you by a slew of India's famed couturiers. Take inspo from a designer and her muse.



JJ Valaya, Suneet Varma and,  
Nikhil Mehra talk about the current  
fashion landscape



# *BRIDAL TRENDS In The Face Of A Pandemic*

Three stalwarts of the Indian fashion industry and our very own Editor, **Ruchika Mehta**, discuss the future of bridal fashion.





Ensembles from the maisons of JJ Valaya, Suneet Varma and Nikhil Mehra

**F**ashion First' by Femina X Grazia was a one-of-a-kind virtual fashion showcase. Starting on the 30th of October up until the 1st of November, we got to see some insightful webinars by industry experts, masterclasses and DIY sessions by various celebrity stylists and influencers, and special digital pop-ups to shop the latest trends. One of the main events of this celebration of fashion was the webinar about bridal trends amid a pandemic. Ruchika Mehta, our editor, talked to three renowned Indian fashion designers – [JJ Valaya](#), Suneet Varma and Nikhil Mehra. A range of topics was discussed, from changes in design sensibilities and consumer preferences, to sustainability and the future of Indian bridal couture.

In this pandemic, the big fat Indian wedding has been put on a diet. With multiple restrictions, a smaller guest count and intimate settings, weddings in 2020 have been one of a kind, to say the least. "Everybody has had to cut off the extra frills and fringes, and really come down to what the core of their design ethos is," says courtier Suneet Varma, who has been dressing Indian and

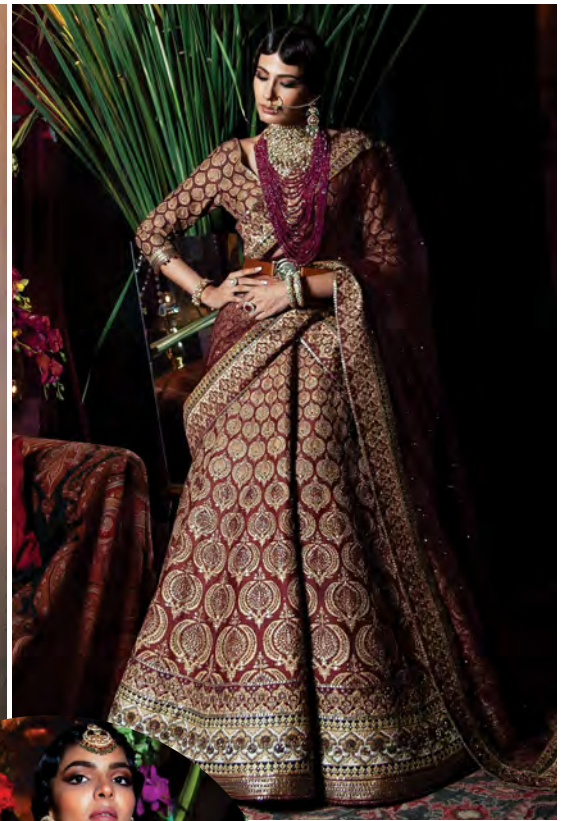
## *THE PANDEMIC IS TRANSIENT, BUT A WEDDING IS A MEMORY OF A LIFETIME.*

NRI brides for almost three decades. With not as many functions, brides and their families aren't buying as lavishly as they would normally. "Not only do people not want to spend a lot of money, they also don't want to look boastful," he adds.

JJ Valaya went on to point out a great observation about the Indian mindset. "Indians by nature are a very emotional sort of race and, for them, a wedding is not just a function; it's a memory that they want to hold on to for ages," he says. The pandemic is transient, but a wedding is a memory of a lifetime that people are never going to want to forget. "It's something that Indians revel in and I don't think that's going to ever change," he adds. Even though the pandemic has definitely had an adverse effect on the fashion Industry, as long as people's sentiments towards weddings remain the same, the bridal market will be up and running again soon enough. "There's an ideology, an aura, a



These stunning collections suit any festive or bridal occasion perfectly



***THE TIMELESS APPEAL OF INDIAN BRIDAL WEAR MAKES IT PERFECT TO PASS DOWN TO FUTURE GENERATIONS.***

brand ethos in place and anything transient can't change that basic ethos... So yes, we're going through a kind of tidal wave at the moment but things will get back to normal," says JJ Valaya.

While the pandemic is negative in more ways than one, there's also a positive side to it. People's priorities are shifting. They are re-learning how to live their lives. After being cocooned in their homes for so long, when people come out to celebrate in a post pandemic world, it's going to be grand and extravagant. With a more appreciative audience than ever, the future of Indian bridal couture looks bright.

Nikhil Mehra expands on this thought. "When the consciousness of the entire globe changes in one go, you can rest assured only beautiful things are going to come out of this," he says. "This is a great time for us to have a look back at where we come from and where we are going to go."

When it comes to the changing preferences of the consumer, brides are looking for more toned-down pieces to match the intimate setting. "People are looking at lighter colours, lighter fabrics and an overall lighter feeling," says Suneet Varma.

On being asked his opinion on matching masks, Varma was quick to express his distaste. "I don't think people want the memory of the pandemic to linger onto the memory of a lifetime," he says.

The panel went on to talk about one of the most prominent buzzwords in the industry – sustainability. JJ Valaya made an excellent point when he said that, "India is probably the only country which is actually producing and consuming couture at the same pace." The timeless appeal of Indian bridal wear makes it perfect to pass down from one generation to the other. It can't get more sustainable than that!

Another major change in the industry has been the introduction of e-commerce. As JJ Valaya puts it, it's like "having a store in every city of the world!" The panel unanimously agreed that even though it definitely increases their reach and makes their brand more accessible, nothing can replace the human experience of touch-and-feel. "There's no denying that real time and virtual are going to be in parallel existence, we all just need to get used to and celebrate both with equal zest," says JJ Valaya.

With final thoughts on adapting and reinventing, the discussion came to an end. An excellent panel discussing some very relevant points, this webinar was as insightful as it was enlightening. ✨





# A CLASS APART

SHILPI AHUJA'S DESIGNS ARE TIMELESS AND STATEMENT MAKING



## YOU'VE MARKED THIS YEAR?

This year has been so different from others in so many ways, but some things still remained the same. Because the gathering sizes for events has diminished, some of my clients chose a relatively lighter outfit, while others still went all out!

## EACH ENSEMBLE IS BEAUTIFULLY MADE.... WALK US THROUGH THE INTRICATE PROCESS.

Brides walk into my store for their D-day lehenga as well as fusion wear for other wedding functions. First and foremost, we get on understanding the bride, her choices, her family's expectations, as well as her budget. We showcase our handwork catalogues, samples, fabric detailing, and then narrow down the finer details.

## TELL US ABOUT YOUR LATEST COLLECTION, HIKAYAT-E-DIL...

Hikayat-e-dil is a collection that is really close to my heart. It also literally means 'story of my heart.' The deep toned colours blended with softer tones create a joyful vibe, with prints that rekindle the art forms of bandhej and lehariya. These prints have found an instant connection with people. Thread work, antique coin work, zardozi and other intricate handwork make this a truly beautiful collection.

## WHAT'S NEXT FOR THE BRAND?

We have already been doing a lot of customised formal wear for men and kids. Now we plan to go all out with these collections.

## HOW DO YOU BALANCE A FLOURISHING BUSINESS AND MOTHERHOOD?

Work and motherhood can go hand-in-hand when you have a supportive husband and family. Shilpi Ahuja is a brand because my family and my team work with me tirelessly and help me be who I am.

## HOW DO YOU RELAX AND UNWIND?

Spending time with my children and family, meeting friends, listening to good music, cooking... the list is endless! I love being around my loved ones. [Smiles]

An alumnus of NIFT with an advanced specialisation in merchandising, Delhi-based Shilpi Ahuja is an expert in crafting customised clothing for lovers of fashion, and is widely praised and recognised for designing elaborate ranges of trousseau and bridal wear. Extremely popular amongst brides and bridesmaids, and with a robust list of celebrities in her roster, Shilpi is one of the industry heavyweights for the vivacious colours and detailing seen in her ensembles.

## BRIEFLY TELL US A LITTLE ABOUT YOUR HUGELY POPULAR LABEL...

The brand was formed three years ago when I started out. My collections are showcased at various leading multi-brand stores like Pernia's Pop-up Shop, Asmairaa in Delhi, Mumbai, Hyderabad and Ahmedabad. I have been customising and catering to my clients in different parts of the world, be it cities in the USA, UK, or Canada.

## WHAT DOES THE SHILPI AHUJA BRIDE LOOK LIKE?

Every bride has a vague idea in their head about what they want and what they don't. If I am making a lehenga from the scratch for a bride, I take the effort to get to know her; understand her choices, temperament, etc, to create a look that would suit her completely. If a



bride were to select an outfit from my ready-to-wear bridal collection, she'd be met with beautiful colours, the perfect fit, a blend of zardozi, pearls, thread work and a lot of embellishments that would complement the entire look.

## ARE THERE ANY BRIDAL TRENDS



# The Millennial BRIDE

Designer **Shehla Khan** and her muse, **Alaya F**, give **Sakshi Sharma** a glimpse into their creative minds through a quick tête-à-tête about bridal trends and their personal styles



young and effervescent actor looks like a vision in these contemporary ensembles.

**Nineties metal grunge and Indian bridal wear is a combo we don't get to see every day. How did you decide you wanted to take inspiration from the grunge scene? What elements have you incorporated?**

**SK:** So there is no grunge element in the garments; in fact, they are most true to our aesthetic. Just the way we have presented and styled the campaign has a '90s grunge vibe to it; be it the backdrop or the silver boots with the lehenga. A blazer with a maang tika and high-slit lehenga skirt are some elements we have used reminiscing the '90s.

**Have the bride's preferences changed in any way during the pandemic?**

**SK:** Bridal preferences haven't changed as such, but a huge factor that has come along with the pandemic as a general demand is sustainability. It works both ways; we as designers make sure that we create with minimum waste and in an environmentally friendly way while maintaining durability, whereas the bride today wants to invest in something with reusable and recyclable value.

**What is the design process that goes behind turning inspiration into beautiful garments?**

**SK:** So my inspiration comes from anything, it can be from a book to a film, a colour, a photograph, painting or even a decade in fashion. Once I get inspired by one or more of these, I always go back to vintage silhouettes to take inspiration for cuts, embroideries and just styling in general. A melange of both these aspects helps me design each look or garment for a collection.

**Any personal favourite pieces in the collection?**

**SK:** I love each one. so I couldn't be partial to any one style! However, the cropped blazer with a lace

**N** Inspired by the past and present to create for the future, designer Shehla Khan blends vintage elegance with modern sensibilities. Her new collection, The Beautiful Fall, stays true to her signature style – Indian couture with a westernised touch. It is for every woman who wants to be transformed into a diva in the blink of an eye. A blend of drama, glamour and '90s metal grunge, the ensembles are perfect for your intimate get-togethers or festive occasions.

Playing muse for Shehla Khan's collection is actor, Alaya F. Strong, independent and full of life, Alaya brings the millennial point of view to the table. Even though she is just a movie old, Alaya F.'s sartorial presence has been recognised and applauded. Representing the modern-bride, the

**SHEHLA KHAN EFFORTLESSLY  
BLENDS VINTAGE ELEGANCE  
WITH MODERNITY.**





Alaya wears a gorgeous ensemble by Shehla Khan





***ART, FOR ME, IS A WAY TO CLEAR THE CLUTTER IN MY MIND.***

lehenga is something very new and avant-garde. Even the lace blouse and lilac lehenga skirt with a slit are very minimal but statement-making. We also have some cocktail saris and print sets in the next drop, which I would wear myself to my next event.

**What is your vision for Indian couture?**

**SK:** The new couture is sustainable, environment friendly and has recyclable value. This is how we,

as designers, are coming together in the industry to serve our responsibility to the economy, the environment as well as the ecosystem.

**What is your favourite thing about this collection?**

**AF:** To be honest, I love almost everything from this collection, but my favourite piece is the bright pink lehenga with the lace top; it's so young and fresh, while still being so retro. It's bright and bold and still so classic and elegant!

**What's your personal style when it comes to dressing up?**

**AF:** The thing I love most is how ethereal and elegant I feel in traditional clothes, whether it's a simple kurti or a highly embellished and embroidered heavy lehenga, I always feel like a princess when I'm wearing traditional clothes! This Diwali was made of much smaller gatherings as compared to the large parties that happen every year! But I never let go of an opportunity to dress up, so I wore a gorgeous Shehla Khan lehenga because now I'm totally biased to her designs! I absolutely love them!

**Have you thought about what you would want to wear for your big day?**

**AF:** Pastel colours with a lot of delicate, beautiful details! I don't have any more specifications because I like to be surprised and not plan things out in too much detail...

**What has your quarantine style looked like? Has it rubbed off on your going-out style?**

**AF:** I've made it a point to not laze around in my pyjamas through this lockdown! So my go-to uniform has been a pair of denim shorts with a white T-shirt.

**You're a creative soul too! Where do you find inspiration for your art?**

**AF:** Art, for me, is a way to clear the clutter in my mind and focus single-mindedly on something. I'm almost never actually thinking about the drawing while I'm creating it. In school, I would doodle so I could pay attention; it was the strangest thing. My ability to listen and learn is a lot better while I'm drawing; it puts me in a unique state of mind that's quite hard to explain. My art is usually black-and-white, sometimes with one element of colour. I've only just found my style, so I let it flow naturally! It's only when I look at it much later that I'm able to see the meaning in it so clearly. I'm so glad I've finally put my art out on social media and that people are getting to see it. ✨



# THE BRIDAL JEWELLERY MAESTROS

**NARAYAN JEWELLERS**  
by Ketan & Jatin Chokshi

**B**ridal jewellery designers, Ketan & Jatin Chokshi, whose designs are most preferred by both Indian and NRI brides, take us through their journey of 80 Years and how they custom design each jewelry piece for the bride to be.



(L - R) Jatin & Ketan Chokshi

**Q: PLEASE SHARE YOUR JOURNEY OF DESIGNING BRIDAL JEWELLERY FOR A BRIDE?**

**A:** Today's millennial brides are well researched and know what they want. We sit with every Bride to understand her thoughts and consult her on the entire look for every occasion. We design the sketches of jewellery from scratch and show her the mood boards with colour & stone options before designing and sharing the final piece. With a heritage spanning 80 years, Narayan Jewellers' legacy has been about crafting Bridal jewellery with values encompassing aesthetics, creativity & luxury building traditions & heirlooms designs being passed on from generation after generation.

**Q: WHAT ARE THE CORE VALUES AND DESIGN AESTHETICS OF NARAYAN JEWELLERS?**

**A:** Being an Ethical Jewellery brand, we believe in creating sustainable luxury, driven by a commitment to make a positive

difference at all stages. For us Sustainability is about being socially responsible towards our karigars, while saying no to child labour. Being environmentally friendly by sourcing the right raw materials and economically being transparent with everyone involved including vendors, staff & clients.

Thorough research is done to ensure creativity & innovation with excellence and maintain exclusivity where we don't create the same design again. Narayan Jewellers as a brand is known for creating engineered designs with the right mix of raw material creating value for end consumers using unparalleled craftsmanship. Every piece is conceptualized from scratch following the entire process of mood board ideation, conceptualization to the conversion of thoughts on paper, and creating the actual design.

**Q: WHAT IS THE CONCEPT OF LUXURY FOR AN 80 YEARS LEGACY BRAND LIKE NARAYAN JEWELLERS AND HOW DO YOU KEEP IT RELEVANT FOR TODAY'S MILLENNIALS?**

**A:** Well to us luxury is not only about opulence or richness but it is a right mix of 5 things which are:

- Legacy where we bring the best of 80 years of experience.
- Rarity – a rarity of raw material and exclusivity of designs.
- Craftsmanship which is handmade, tailor-made, or a very well-engineered design
- Sustainability is not about just doing right but very important to do it the right way,
- And lastly bringing a feeling to a consumer of a prized possession.

As we say Luxury is more nuanced than most, creating aspirational value. And at Narayan Jewellers we believe in experimenting and creating NEW, unprecedented designs with emotional & sentimental value. Over years Narayan Jewellers has grown into a design house catering to research-based innovative & distinctive jewellery design with expert craftsmanship, rare raw material using sustainable practices. For us, the product, its design, execution, its exclusivity & craftsmanship is very important.

**Q: BRIDAL JEWELLERY TREND FOR THE ONGOING WEDDING SEASON?**

**A:** Weddings will see multi-layered necklaces in uncut diamonds while there is a trend of detachable diamond jewellery which is being seen for reception. The idea is to use the jewellery multiple times in smaller formats.







# NOSTALGIA & NUANCE

**Sanjay Garg** of **Raw Mango** is making fashion real, relatable, and changing the bridalwear narrative in India, discovers **Ruman Baig**

**S**anjay Garg of Raw Mango is known for his nuanced creative sensibilities when it comes to fashion. For his latest virtual film, the designer travelled back to his hometown in Rajasthan and captured the true essence of a Marwari wedding in his latest showcase. From casting real people to shooting it across actual locations instead of make-belief sets, Garg's presentation was far more relatable than the ones we see with larger-than-life grandiosity. The campaign followed a simple, traditional wedding with people immersed in celebratory joy, dressed in Raw Mango's trans-seasonal lehengas and saris.

Traditional wear no longer has to be heavier

than the human body, something that was much in evidence in this line. Gota and bandhej work was experimented with for the first time. The colour palette ranged from gulabi rani, red, rustic orange, and purple with the peacock motif spread throughout.

In a conversation with Femina, Sanjay spoke animatedly about his collection, Moomal, at length.

**Your collection is rooted in the craft, culture, and folklore of Rajasthan. What inspired you to do this?**

I was born in Rajasthan, so a collection drawing from there has evolved over the years. This collection, in particular, draws from a continued lens of questioning the perceptions of classic and folk.

**Designers often try to sell aspirations through their clothes,**

***MY COLLECTIONS ARE FOR REAL PEOPLE; WHEN I SHOWCASE MY CLOTHES, IT HAS TO SELL THAT NARRATIVE.***



Sanjay Garg's collection for real people is evident in the way the campaign has been featured



***TRADITION IS NOT OUTDATED TO ME; IT IS VERY MUCH PART OF OUR FUTURE.***

but your collection brought relatability to fashion. Was that a conscious choice?

No, I have always tried to speak about what is natural to me and what is aligned with my reality. My collections are for real people; hence when I showcase the clothes, it has to sell that narrative.

Tell us about the process behind creating this kaleidoscopic experience through your fashion film?

Films have always been an important part of our storytelling narrative. The process of creating the collection and conceptualising began last year, but the content creation happened during the

lockdown, which, of course, came with its own set of challenges. But being back home brought back so many memories.

The silhouettes are an amalgamation of old classics with a tinge of modernity. How did you attain that?

There is a problem with dividing the two and putting them in separate boxes. Tradition is not passé to me; it is very much part of our future. I envision the future through the past.

The pandemic has severely affected the fashion business. What changes did you make to adapt to the new normal?

We launched our online store, and have reduced the number of collections and garments to sustain our operations. ☺



# #*VOCALFORLOCAL*: *REASONS TO BUY LOCAL FOR YOUR BRIDAL TROUSSEAU*

When putting together your bridal [trousseau](#), it is important to buy local for many reasons. Here are the main ones! By **Sanika Salunke**



A

wedding in every sense is a celebration connecting two souls and their families with a sacred bond. A day that highlights beauty and allure... and the bride is at the heart of it all. This is the exact moment, a dream wedding, wherein every bride wishes to perfect herself, especially to be the best dressed in an outfit that she will forever cherish. Where exactly does this bridal wear come from? Well, celebrating an Indian wedding is all about embracing traditions and rituals. Let's take this a step further, by rooting for the local bridal collections that our country has been producing for decades. Here are some reasons for you to shop for your bridal ensembles locally.





## TRADITION TALES

Did you know, India used to be the most desired country for creating exotic fabrics that were embedded with precious metals? Our country was the top exporter of expensive fabrics that were famous all over the world. But the industrial revolution changed the course of our textiles. Nevertheless, fabric production in India is still intact but not flourishing as before. What can we do to change that? Well, every state in our country comes bearing a traditional method of creating fabrics that has lived through decades of change. You can rest assured that it is made by local artisans and isn't a product of the power loom. Benarasi silk, Paithani, Kanjivaram, Mysore silk and Pochampally are a few examples of such fabrics.

You might argue that traditional fabrics cost a pretty penny. But, if maintained properly, they can stand the test of time. Also, you can shop smart by going truly local. For example, if you live in Uttar Pradesh or nearby, a Benarasi sari might be more within your price bracket than a Kanjeevaram from Tamil Nadu and vice versa. So, opting for a fabric that you get uber-locally can help you stay within your budget. Even embellishments – embroidery, stonework, etc. – can be sourced locally.

## SUPPORTING ARTISANS

Artisans have been a crucial part of our economy, contributing their skills in crafts that have been suppressed due to industrialisation. Taking the initiative of buying a local bridal garment will not only benefit you but will also help numerous artisans expand their business across the country.



## *OPTING FOR A FABRIC THAT YOU GET LOCALLY CAN HELP YOU STAY WITHIN YOUR BUDGET.*

Through this, they can re-establish the value of their craftsmanship, and find the motivation to understand the national and global markets. We need to generate demand regularly, allowing them to earn a fair share to improve their workspace and livelihood.

Let's take a moment to appreciate our artisans who have worked relentlessly to create incredible traditional designs and garments. Now, who wouldn't want to commence their wedding by wearing an exotic bridal collection that has been blessed by the hands of our vastly-talented artisans? ✨



# BRIDAL HOTSPOT

**Arpita Mehta** spoke to **Sakshi Sharma** about her new store, collection, and what's next in fashion

**N**estled in the heart of Khar, Mumbai, is fashion designer Arpita Mehta's new flagship store. Exuding an old-world charm, and a cottage-esque appeal, the store embodies the tranquil atmosphere of a bygone era. The inspiration behind this slice of calm within the hustle-and-bustle of the city lies in her past travels. It's not just a store; it's a collection of her most cherished memories. Architect Ravi Vazirani's minimalist store design makes for the perfect backdrop to showcase Arpita's vibrant collections.

Arpita Mehta is known for her contemporary take on Indian couture. Detailed mirror work and intricate embroidery on reimagined silhouettes are her brand's USP. Her new collection, Meadura, features some gorgeous festive pieces for your intimate celebrations this season. Understated and glamorous, her brand is rapidly becoming the talk of the town.

**Tell us about the behind-the-scenes that went into launching your first flagship store.**

**AM:** Opening a flagship store has been a long-cherished dream of mine that was fulfilled this year, despite all the challenges that 2020 held for us. The process was delayed, but, with the amount of love that has come our way, it was all worth the wait. We started work on the store in early 2020, aiming to launch by April. However, we couldn't resume construction until things started easing after the lockdown. My interior designer Ravi and his team have been exceptional during the process. I am so glad that our vision was aligned and that we were able to bring the store to life so beautifully.

**What was the journey like? From envisioning what your store would look like to finally seeing it come to life...**

**AM:** The minute I knew I wanted to open a store, one thing I was certain of was that I wanted it to



***I WAS ALWAYS CERTAIN I WANTED MY STORE TO HAVE A COTTAGE-LIKE FEEL.***

have a cottage-like feel. I am so glad to have found a similar space in the heart of the city. The store is located in a bustling neighbourhood in Khar, but has its own serene charm. With Ravi on board, I knew I didn't have much to worry about. We spent days and hours going over every detail of the space, and the result is a dream come true.

**With online shopping becoming mainstream, how much value do you think a brick-and-mortar store still holds?**

**AM:** Well, e-commerce has risen to be a





**The plush new Arpita Mehta store in Mumbai is a haven for those looking for a wonderful shopping experience**



necessary tool for retail. We were already taking orders via Instagram and Facebook, but I believe our newly-launched online shop has streamlined the sales process. We have been able to widen our reach and bring our designs in front of international audiences in an even more efficient way. While e-commerce has its own pros, I believe the experience of shopping at a brick-and-mortar store has its own charm. Our store space offers the entire experience.

### Has your personal style and aesthetic rubbed off on the store design?

**AM:** The store is an extension of my personality. Everything that I have been inspired by – places I have travelled to, crafts that I like to indulge in – has been translated into various features of the store. I feel the store exudes a certain ease and simplicity owing to the colour palette full of creams and dust pinks. It creates a perfect background to offset our clothes.

### Tell us a little more about your new collection, Meadaura. What was the inspiration behind it?

**AM:** Meadaura is a festive collection for the free-spirited. We wanted to create festive options that were easy but stylish. For the colour palette, we have played around with our twig print in fun shades of berry, teal, royal blue, and camel. We

## *THE STORE IS AN EXTENSION OF MY PERSONALITY.*

have also created a line of suede fringe kaftans, capes, georgette saris and light organza lehengas.

### Who is the ideal Arpita Mehta girl?

**AM:** An ideal Arpita Mehta woman would be somebody who believes in tradition but adds her own unique, contemporary spin to it. When it comes to style, she is playful and fun and doesn't shy away when it comes to experimenting.

### What are the new upcoming trends you're seeing in the bridal market?

**AM:** With weddings being more intimate, brides are open to experimenting – trying different colours and fabrics that allow them to stand out while still blending in.

### What do you think will be the future of Indian couture post-pandemic?

**AM:** This lockdown sent us designers back to our drawing tables and pushed us to question every aspect of our businesses, right from the process we use to the fabrics we choose. I hope that this pause will push us as an industry to make more conscious choices for our future. ☺





# She Walks In BEAUTY

For traditional Indian bridal ensembles, few come close to the finesse that Dabiri Couture offers. Co-founders of the illustrious brand **Divya Bindra Kapoor** and **Ambika Jain** tells us more. By **Jeena J Billimoria**

**T**hose looking to be a traditional Indian bride needn't look too far; the options are seemingly endless, but there's one brand that stands a class apart, Dabiri Couture. Founded in 2003 and helmed by Divya Bindra Kapoor and Ambika Jain, the word 'Dabiri' is derived from an Arabic word that means "the golden thread," which symbolises the magic of every warp and weft that the design house produces, to offer brides the fairytale ensembles of their dreams...

**Tell us a little about yourselves and how brand Dabiri was formed...**

**Ambika Jain:** Dabiri's a traditional Indian fashion brand, started in 2003 by Divya, who has had an innate passion of creating Indian silhouettes from an early age. In 2006, I joined

the team and rebranded Dabiri to what we know it to be today, Dabiri Couture. The essence of brand lies in its ability to marry allure with skill and imagination, to create true luxury. Dabiri is known for its innovative silhouettes and distinctive style, complemented with fine embroidery, zardosi and chikankari work. With Divya's flair for design and creativity, combined with my entrepreneurial and public relations chutzpah, Dabiri Couture has established itself as one of the leading traditional fashion houses of India today.

**What does the quintessential Dabiri bride look like?**

**Divya Bindra Kapoor:** A Dabiri bride is one who values intricate workmanship, is an aesthete and has a taste for timeless glamour.

**What are the bridal trends you've marked this year, given that weddings are no longer a big affair?**

**DBK:** We have made efforts to be accessible and readily available to our brides via digital platforms and video calls, to recreate a more personal touch, in

***DABIRI IS DERIVED FROM AN ARABIC WORD THAT MEANS "GOLDEN THREAD."***





***EACH OUTFIT IS CUSTOM MADE  
TO REFLECT THE BRIDE'S  
PERSONALITY.***

order to make even a small affair a memorable one!

**What must a bride look for while selecting her trousseau?**

**AJ:** One should try and be true to oneself and opt for something that they love, something that is good value for money, and will remain timeless for generations to come.

**What sets a Dabiri bride apart?**

**AJ:** Each bridal outfit is custom made, so that the intricacy and detail reflects the bride's personality, making each ensemble as unique and special as possible.

**Walk us through the process of getting a bridal outfit ready for a bride to be...**

**DBK:** The first and most important step is getting to know the bride; not only understanding her likes and dislikes in terms of clothes, but also getting a feel of what she's visualised her wedding to be. We strive to make that relationship come alive with each outfit, for the perfect dream wedding look!

**How can a bride scale back just a little to suit her budget?**

**AJ:** Rather than having the bride scale back, we try

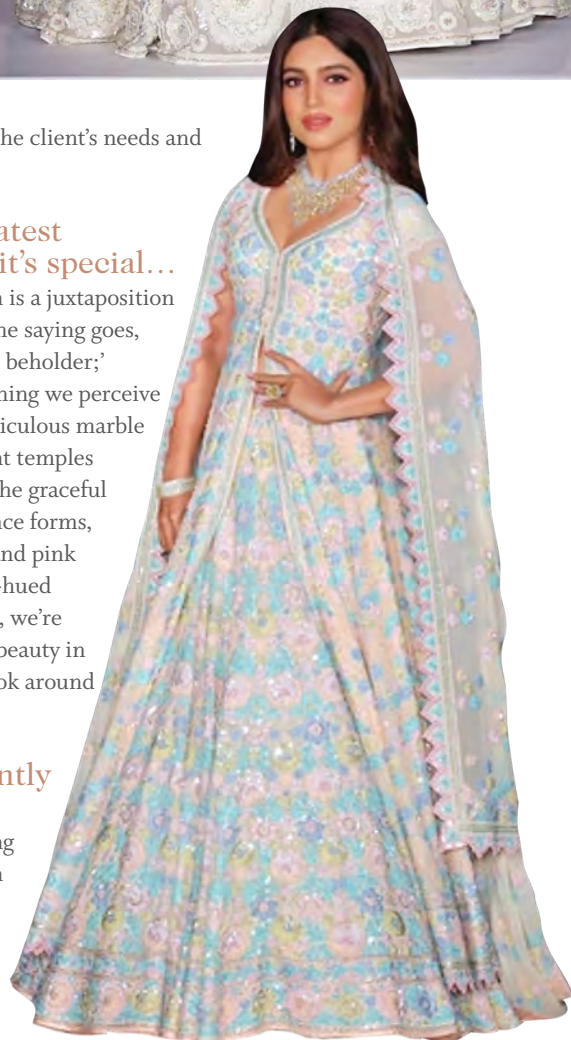
and customise according to the client's needs and requirements...

**Tell us about your latest collection and why it's special...**

**DBK:** Our latest collection is a juxtaposition of the old with the new. As the saying goes, 'beauty lies in the eyes of the beholder;' inspiration comes from anything we perceive to be beautiful. Be it the meticulous marble carvings adorning the ancient temples in the south of the country, the graceful arabesques in traditional dance forms, or the exquisite honey gold and pink sandstone palaces and multi-hued tulip gardens from the north, we're surrounded by a plethora of beauty in India. All we have to do is look around us, observe and imbibe.

**What are you currently working on?**

**AJ:** We have started working on our 2021 bridal collection that will be full of colour, shine and glamour, in order to make up for the lull of 2020! [Smiles] ✨







# RING IN SAFETY!

Hand [sanitisers](#) might be the current 'friend' for your hands, but they don't get along well with your BFFs... the rings you wear! **Radhika Sath-Patwardhan** finds out how the two can co-exist without the risk of damage.

**A**s the wedding season arrives, you'll be bringing out your jewellery sets to wear during the festivities of the [few] weddings you attend. With guidelines in place to use sanitisers and soaps, there are also the side-effects of over-usage of sanitiser to keep in mind! Jewellery designer Sangeeta Boochra helps us understand the damage your rings could face, and what can be done as a precaution.

## DAMAGE ALERT

Excessive use of sanitiser could damage your wedding ring, and jewellery as a whole, in these ways, says Boochra:

- \* Silver gets tarnished and oxidised; you might see some spots and small holes on the plain surface of the metal. If you're not using alcohol-based sanitiser, the one you're using will have chlorine in it, which isn't suitable for silver. High sanitiser usage (constant use for seven to eight days),
- might lead to small pore formation, depleted rhodium, dull plating, blackening of the surface as also unevenness. Yellow gold won't show an immediate effect, but it can tarnish over time and become dull.
- \* If the purity of gold is 22–24K, the shine will last longer as compared to wedding rings made with less purity, such as 9 to 20K gold. This happens because gold is mixed with other alloys. Hence, it reacts when it comes in touch with alcohol and other chemicals mainly used to make sanitiser such as: isopropyl, ethyl alcohol and fragrance, which are very bad for jewellery. Gold jewellery made with 22–24K gold purity does tarnish and gets damaged, but the process is slower as compared to lesser gold jewellery.
- \* Diamonds on a ring would not display an immediate severe effect, but they will lose their shine. A layer starts forming on the diamond gradually due to the chemicals in the sanitiser.





## TAHER HUSAIN

FOUNDER & DIRECTOR

# A GOOD PICTURE WILL LIVE FOR GENERATIONS TO COME

**AMOUR AFFAIRS** the company and the journey that its living is known by the founder and lead photographer - Taher Husain K. He received a Diploma in film making and animation in 2009 and Art Teacher Diploma in 2010. He further received formal training through an International Diploma in Advanced Photography and was certified by Cavendish College, London. He also studied a Digital Photography course at Fergusson College, later in 2011. He is a perfectionist and has a very curious nature paired with a deep artistic instinct. Amour Affairs was born just around the time that he received the certificate, and he invested everything he learned inside and outside the school in building the company.

Valentine's Day is known to set the foundation for the beginning of many stories, especially the ones that revolve around love. Taher Husain's Valentine baby is his company called the Amour Affairs specializing in Candid Photography. His intuitive captures have the capacity to seize your attention in a single frame.

Read on to hear it from the man himself. Our audience is keen to hear about the stories of entrepreneurs creating difference in the world.

### Tell us about your endeavor?

**Taher:** Amour Affairs was born for just around the time when I became a certified photographer and then invested every bit of learning & experience into building the company. Photography is not just a medium of making money, for some it may feel like easy money. There is a lot of effort that goes into making this art come alive. I strive to bring out the true emotion & personality of each of my subjects. This is why I take time to meet my clients and understand them personally, so that I can treat their photos with respect and capture the true intensity of the most important moments of their lives.

### What kind of Brand is Amour Affairs?

**Taher:** Amour Affairs understands the emotional value of wedding photographs and it thus very customer-centric, always striving to achieve 100% client satisfaction. We are very grateful to our clients who have been an important part of our journey. We have been blessed with a wide spectrum of clientele over the years who threw different ideas and challenges at us while giving us the creative freedom to explore those ideas with

our lenses. Our only intention is to fulfill the responsibility we have been entrusted with. In the end, what matters is that we have kept our promises without any compromises.

### Tell us about the journey behind creating this niche for yourself in the Photography industry?

**Taher:** The first clients way back in 2011 we shot for belonged to creative field themselves. Their brief was to do something different and fun instead of the usual boring wedding pictures. We shot the wedding with an out of the box strategy, focusing more on framing the highlight moments with good composition rather than the traditional pictures. This was our first experimentation with Candid

Photography which is a very popular trend today. Back then, it was a very offbeat approach. It was a daunting and unknown path to follow, till we got the overwhelming feedback from the client, their families and friends. That experience was surreal and that is how it all started. We haven't looked back since.

Our team has grown slowly and steadily, undergoing many learning curves. We don't work with any inhibitions that may stand in the way of producing high-quality work. We aspire to create pictures that can be windows to those beautiful memories being created by some amazing souls.



For Business and queries reach out at:

D-28, Choice Arcade, Dhole Patil Road, Pune - 411 001 | +91 99210 00052

✉ Info@amouraffairs.in | 🌐 www.amouraffairs.in | 📷 /taherhusaink

📷 /amouraffairs | 📱 :Memories by Amour Affaires





It would take around two weeks to show and then, slowly, it would increase and damage the brilliance of the diamond.

- \* The prong setting or collet setting, on which the gemstone is set, starts becoming loose with time after we continuously clean our hands with sanitiser. This happens because a layer of rhodium or gold or silver starts depleting and hence makes it loose to hold the diamond. This can result in your gemstone falling from the ring.
- \* Precious and semi-precious gemstone-studded rings would show an adverse effect too and are more prone to damage because of the property of the gemstone. For example, an emerald/aquamarine or tourmaline-studded ring would have chances of damage within four to five days because of the properties of the stone; the gemstone comes from a mineral composed of beryl. It is very soft and fragile; it cracks easily, changes colour, etc. Hence the chemicals used to make sanitiser with alcohol have a very adverse effect on it. All other expensive gemstones such as rubies, sapphires, tanzanites, amethysts, citrines, etc. are fragile and will be damaged if sanitisers are used regularly. Gemstones will lose their shine, and furthermore, might crack too.

## CARE FACTOR

With the current health precautions, we cannot avoid using sanitisers, and one has to use it regularly. Boochra suggests taking these precautions for your jewellery:

- \* The safest solution is to remove your jewellery before sanitising your hand and then, once it's dry, wear it again.
- \* Clean your jewellery with a soft white cloth regularly. Remove the jewellery at night. Dip it in hot water and wipe it clean with a soft and damp cloth, then keep it aside to dry. Wear it in the morning.
- \* Store in a dry place away from humidity, moisture, and extreme temperatures; it's best kept in its box or pouch to prevent scratching, chipping or entanglement.
- \* Rings and bracelets should be worn sparingly to avoid damage through impact.
- \* Don't forget to remove your rings when washing up or taking a shower, as soap particles may become lodged in stone settings and crevices. Soaps can also leave a film over metal and stones, creating a dull appearance.
- \* Exposed to the atmosphere, all silver is prone to oxidation and consequent tarnishing. Gentle rubbing with a silver cleaning cloth will restore the original brilliance of the surface.

## *EXCESSIVE USE OF HAND SANITISER CAN TARNISH YOUR GEMSTONES.*



- \* Do not use liquid cleaners for carved silver jewellery as the liquid dries into the engraving.
- \* If you wear your gold-plated silver jewellery for significant periods, the plating will eventually wear out. To restore its appearance, you can have it re-plated.
- \* Make sure your jewellery is not in regular contact with hard surfaces, which may scratch or wear down the plating or enamelling.
- \* When dressing, the jewellery should always be put on last as makeup, cosmetics and perfumes can cause damage to delicate items.
- \* All stone jewellery requires extra care and consideration during wearing to protect the setting as well as to safeguard the gemstone it holds. ❀



# BEAUTY



PHOTOGRAPH: SHUTTERSTOCK

## MORE THAN SKIN DEEP

You have to look your absolute best on your wedding day, and you'll get there with these gorgeous products and DIY rituals.



# TIPS ON HOW TO SELECT YOUR BRIDAL LOOK

Looking to select the perfect [bridal look](#) for D-Day? Here are some tips to make it easy for yourself! By Radhika Sathe-Patwardhan



**Y**our bridal trousseau is in place, and it's now time to choose the makeup look you want for your special day. Do you want to go for a soft nude feminine look or that of a bold, glam diva? What kind of eye-makeup are you interested in? What lip shades work best for you? Well, there are many more such questions that might have you worried, but fret no more! We make it easy for you; all you have to do is follow these tips and you'll be sorted.

## Scroll, research, pick

Thanks to the Internet and social media, you have easy access to more makeup look options than you can possibly imagine. Scroll through Pinterest for Indian bridal makeup and, you'll find many relevant photographs. Make a pinboard for the ones you prefer. It will shortlist the ideas, and you can take your pick from there. Or, just scroll through Instagram using hashtags like #bridalmakeup, #Indianbridalmakeup, etc. Here, too, you can take beauty inspo! If you're little more old-fashioned, go for bridal magazines and choose the looks you like from there. You can also look for makeup artists and hair stylists who are pros. See their portfolios online and take your pick as per the one you think suits you best. Choose a couple and you can get trials done to ensure you've made the right choice. Another use of the Internet is to use those apps where you can upload your ◻





**GET AN ENDLESS  
SUPPLY OF  
MAKEUP INSPO  
FROM  
INSTAGRAM,  
YOUTUBE OR  
PINTEREST.**

photo and see how a certain makeup look, hairstyle etc, looks on you.

**Trial and perfection**

Makeup and hair trials are very necessary to see how you look in a certain hairstyle or with a particular makeup look. Get your HMUA to give you the trials much in advance – at least three to four months before. This ensures that you finalise on the look, and then if any particular accessories need to be bought, or if you need certain beauty treatments to ensure perfection on D-Day, that gets sorted in time.

**Weather woes**

Don't forget the season your wedding is in! Summers and monsoons might play havoc with your makeup. So ensure you get the makeup and makeup products accordingly.

**Friends, family: the best reviewers and helpers**

The friends and family who really know you – cue mom and BFF – will know what makes you look good too. Consult with them to get an idea about what they're thinking of for your look. While the final decision lies with you, they might be able to give you a different perspective. They'll also be able to help you search for the perfect HMUA for your wedding.

**Straying from a theme: don't!**

You might have decided upon a theme for your wedding, and have your bridal trousseau accordingly done. Remember it when deciding your makeup and hair. If the theme is vintage, then neon eye shadow will not work. Similarly for other themes, you will have certain hair and makeup looks that work best.

**Stick to your own style**

If you're someone who doesn't put on makeup much, just stick to the bare minimum, rather than having loud makeup that might make you look drastically different. You need to ensure you look like yourself on your special day. You don't want to look back at the wedding photos and video and wonder who she is, do you? Once you decide on your makeup and hairstyle, be confident that you'll look like a million bucks. 💎







# THE <sup>♂</sup> ZODIAC <sub>♈</sub> GAME

*Dazzle everyone with the aura of your personality by getting scented with a [fragrance](#) that best suits your zodiac sign!*

**T**ales of Cleopatra dancing in the aroma of sensual jasmine and orange blossoms, songs of how a man was captivated by the scent of a mysterious woman, or myths of a particular fragrance used by the sirens to seduce the sailors – perfumes are the best storytellers! Fast forward to reality... fragrances have always been one of our favourite accessories to wear. We all want to smell good, don't we? And, especially on your special day, why not choose one destined by your stars? Here's how. ◊



## Aries

### The Leading Ladies

As the first sign of the zodiac, you are born to lead. Unapologetically determined and passionate, Aries will always give 100 per cent of what they've got, no matter if it's for work, romance or friendships. Experts recommend that a confident soul like you would like notes of amber, citrus and neroli to complement your personality. And, since you get bored easily, other fragrances can be jasmine, clove and bourbon vanilla to choose from. These complex fragrances are bold and unforgettable – just like you.

## Taurus

### Bull Belles

You are a natural when it comes to striking a balance between being assertive and sultry, so why should your perfume be any different? Notes of honeysuckle, magnolia and rose perfectly define you. More

ALWAYS  
CHOOSE A  
FRAGRANCE  
THAT TRULY  
MATCHES  
YOUR  
PERSONALITY.

fragrances to choose from will be a fusion of scents of sun-drenched jasmine flower and peach nectar with a sensual touch of rose. Also being an earth sign, a crisp, earthy scent will keep you centred (and smelling damn good) through anything life throws at you.

## Gemini

### The Charmers

You are the life of any party, the centre of all things fun and the charmers of the zodiac. Fragrance notes like bergamot, mint, lavender and lemongrass are perfect for you as they give fresh, vibrant and fun vibes. Experts say the aroma of bergamot is uplifting and can soothe jangled nerves. It is playful and curious just like Gemini souls. This assured, try going for strong base notes of musk, ambrette and ambrox as well as refreshing top notes of iris root and pink pepper, since these are an ideal match to your generous and kind personality.

## Cancer

### Compassionate Goddesses

As the most nurturing of the signs, you Cancerians deserve scents that nurture you and your personality. A warm, musky fragrance is just what the kind-hearted Cancer needs. Something simple and warm with notes like vanilla or rose is wearable 365 days a year, for any occasion and around any crowd. And, whenever you need to spice things up, mix notes of black currant, jasmine accord and dry amber, to create a fragrance so sensual that you can easily wear to turn a mundane event into a passionate one!

## Leo

### Roaring Lionesses

Fact: You ARE the centre of attention and you LOVE it! So, let's make sure your eau da parfum is the attention seeker as well, just to catch up with you! A bold and unforgettable scent—like a spicy musk—will linger long after you exit a room and leave a lasting impression (in the best way). Scents made up of basil, ginger, lime, rosemary, and juniper can also do wonders for you. These warm, flavourful notes hit on the warmth of playful Leo and will help energise the sign during low-energy moments.

## Virgo

### The Majestic Maidens

You, my darling, are famously hard-working and seek perfection in every task. So seek ◊







**DON'T BE AFRAID  
TO BE BOLD  
WITH YOUR  
CHOICE OF  
PERFUME.**



perfection in your perfume too. Scents of sage, fennel, lemon, and patchouli might be able to help. Not only are they cleansing and refreshing notes (sage is famously used to “smudge” rooms), but they can help counteract some natural Virgo tendencies. And, since there’s much more to you than the quiet exteriors, try combining unexpected scents like leather and peach to mirror your personality.

**Libra**  
**Angels of Love**

Charming and easy-going angels that you already are, adding a perfect fragrance to your routine can make the long list of your fans... longer! A light, playful fragrance, inspired by the sunny countryside-like notes of lime accord, coriander essence, green tea and white musk, can relax you and leave your fans enticed by your aroma. Oh and, because you love balance in life, scents like chamomile and daffodil are ideal. Make sure you get these in perfectly packaged bottles to fit on your dresser because... OCD!



**Scorpio**

**The Sensual Sirens**

Choose your perfume with the same intensity and passion with which you approach your work, family or love. Sensual, floral scents featuring notes of blood orange, mandarin and Grasse rose will get people addicted to you. Also, strong patchouli matches your heat and fervour note for note to mirror the many layers of your personality. Experts believe Scorpios bring passion to every encounter, and a dark, intense fragrance – like hibiscus or bourbon would fit them the best.

**Sagittarius**

**The Fire Babies**

Gregarious, warm and with a tendency to wander, Sagis have a killer sense of humour ▸





and spontaneity. Bright citrus is invigorating to the senses and is like a breath of fresh air (which is what you've been called by many). Also, to cater your adventurous being, long-lasting fragrances like vert de bergamot, pink amber and tonka bean will do wonders. Incense-y or oriental fragrances would be a great fit for you.

**Capricorn**  
**The Loyal Rulers**

As the first sign of winter, there's probably no one more polished than you are. You exude creativity and innovation and, amidst the constant hustle, you need a steadfast scent that you can always rely on to keep you smelling fresh. Notes of tulip, mimosa, myrrh, lilac, and vetiver might just do the trick. And, since you are one of the most loyal signs, sticking to these notes shouldn't be a problem.

**Aquarius**  
**The Alluring Divas**

You are unique and we know we are not the first ones to tell you that. But we sure

will say that your perfume needs to be the same—as unique as you. You are born beach babies and a beachy scent is a perfect complement to your energetic personality. You need something sharp to stand out, and that's possible with the mists of red calla lily and espresso foam with base notes of smooth sandal, amber wood and saffron cream. They are magnetic and vibrant yet somehow still flexible, much like the wearer.

**Pisces**  
**The Scintillating Mermaids**

If a cosy warm blanket had a human version, it is you, Pisces. Your compassion and care win hearts like you own them (and you do). With such an inviting personality, the perfect floral notes will escalate your charm. Opt for fragrances like sandalwood, jasmine, gardenia, and vanilla. As a romantic at heart, hints of roses, Italian iris and Virginia cedar make you more approachable and serene. These perfumes may also be a perfect gift for you, so go drop those hints! ✨

“

ONCE YOU FIND  
YOUR SIGNATURE  
SCENT, IT WILL  
BECOME  
SYNONYMOUS  
WITH YOU.

”



# A Fragrant World

These gorgeous numbers will leave you smelling like a dream at any occasion



1. Perfect, ₹7,600, [Marc Jacobs](#) 2. World Power, ₹7,250, [Kenzo](#) 3. A Girl In Capri, ₹5,700, [Lanvin](#) 4. Authentic Woman, ₹4,900, [Abercrombie & Fitch](#) 5. Narciso Rouge, ₹6,950, [Narciso Rodriguez](#) 6. White Musk Flora, ₹1,995, [The Body Shop](#) 7. White Flower, ₹10,300, [Kayali](#)



# The Masculine Mark

The bottles you need in your arsenal, stat!



1. Toy Boy, ₹5,800, **Moschino** 2. Absolute, ₹6,200, **Hugo Boss** 3. Fig & Lotus Flower Cologne, ₹9,400, **Jo Malone London**  
4. California Dream, ₹20,400, **Louis Vuitton** 5. Authentic Man, ₹4,900, **Abercrombie & Fitch** 6. Everyone, ₹3,500, **Calvin Klein**  
7. Mr Burberry Element, ₹7,550, **Burberry** ☺



# GLAMOUR GAME ON

The chicest [makeup](#) to have handy for your bridal look



1. Cheekstories Time To Surf Blush Palette, ₹1,500, **Sephora** 2. Brow Pen, ₹2,489, **Anastasia Beverly Hills** 3. Immortelle Divine Youth Oil, ₹4,400, **L'Occitane** 4. Sunlit Gold Illuminating Highlighter, ₹799, **Kay Beauty** 5. Glutathione Radiance Cleanser, ₹2,995, **Gluta+weiß** 6. Avocado + Kiwi Mega Moisture Superfood Mask, ₹3,400, **Briogeo** 7. Wonder Woman Water Resistant Face & Body Highlighter, ₹1,490, **Kiko Milano** ◊






1. Face Serum Gel, ₹499, **Arata** 2. Luxury Palette Bella Sofia, ₹4,900, **Charlotte Tilbury** 3. Jagar Bomb Matte Lipstick, ₹799, **Nykaa** 4. Pretty In Pearl Neo Pearl Nail Lacquer, ₹850, **OPI** 5. Photo Finish Vitamin Glow Primer, ₹3,050 **Smashbox** 6. Eyestories Caffeine, Please! Eyeshadow Palette, ₹1,300, **Sephora** 7. Magic Away Liquid Concealer, ₹3,400, **Charlotte Tilbury** ©





1. Double Lasting Foundation SPF 34 PA++, ₹1,190, **Etude House** 2. Prisme Primer, ₹3,400, **Givenchy** 3. Size Up Mascara Ultra Black, ₹1,320, **Sephora** 4. Vitamin E Gel Mist, ₹1,495, **The Body Shop** 5. Retinol Youth Renewal Serum, ₹7,500, **Murad** 6. BB Naturelle Cream, ₹599, **Belora Paris** 7. Pore Blur Pact, ₹1,300, **Innisfree** 8. Super Lips Lip Hero, price on request, **Guerlain** 



2

Jeju Root Energy Mask - Beet, ₹120, **Innisfree**



Glow Peel Pads, ₹1,500, **Sephora**

1

Advanced Night Repair Synchronized Multi-Recovery Complex Serum, ₹8,250, **Estée Lauder**

3



Sensitive Skin Soothing Serum, ₹5,100, **Murad**

4



# SKIN QUENCHERS

Your skin needs pampering and TLC too!

Revitalift Crystal Micro-Essence Sheet Mask, ₹799, **L'Oréal Paris**



Warm Vanilla Body Yogurt, ₹995, **The Body Shop**

6



Rose Quartz Face Massage Roller, ₹1,999, **Nykaa**

5







**C**onvert your home into your own personal spa, and pamper your skin with these easy but effective DIY treatments.

By Jeena J Billimoria If you're still treading carefully (well done, you!) and not risking many outings except to get essentials, this one's for you. During the lockdown, it would be safe to assume that, at some point, a lot of women have collectively pined for those much-loved hours at the salon and spa; sacred rituals that were ingrained in our lifestyles until COVID-19 turned life as we knew it on its head. The next best thing, then, is DIY. All you need is patience and to be in the mood for some fun. Make a day of it one weekend and even ask the bestie to join you on FaceTime! If you want some recipes for relaxation, look no further...

### Face Pack Fun

*To get your face softer and smoother than a baby's backside (and looking hella hydrated too), try out this Avo Mask.*

**What you'll need:**

- Half a ripe avocado
- ¼ cup oats
- 1 tablespoon honey

**Next up:**

Mix together the avocado, oats and honey, and apply the mixture to the face. Leave on for 15 minutes, then rinse with warm water. And you thought avocados only made for damn good breakfasts and nothing else...

### Lip Service

*Keep that pout 100 per cent with super soft, smooth lips – brought to you by the ultimate sugar scrub.*

**What you'll need:**

- 1½ tablespoons soft coconut oil
- 1 teaspoon brown sugar
- 2 tablespoons white sugar

**Next up:**

Make a paste that will exfoliate and nourish your lips before you know it! Apply and massage gently in a circular motion before washing off with warm water. This is a great budget-friendly scrub you'll want to keep in your repertoire even later. ◊

# THE DIY SPA

Convert your home into your own personal spa, and pamper your skin with these easy but effective [DIY](#) treatments. By **Jeena J Billimoria**





# DOWNLOAD YOUR FAVOURITE MAGAZINES FOR FREE!

Stay Indoors. Stay Safe.



[worldwidemedia.in](http://worldwidemedia.in)





## Hands on

*For smooth, supple hands sans a professional manicure, this rosemary-and-rose-petal scrub is the BFF you didn't know you needed.*

### What you'll need:

A handful of rose petals  
A few sprigs of fresh rosemary  
½ cup sugar  
1 tsp sesame oil

### Next up:

Roughly grind up the petals and rosemary in a mortar and pestle, add the sugar and oil, and continue to grind until you get a thick paste. Gently scrub your hands with it for a few minutes, then allow it to dry out for 10 to 15 minutes before rinsing.

when you need to relax.



## DURING THE LOCKDOWN, A LOT OF WOMEN HAVE COLLECTIVELY PINED FOR THOSE MUCH-LOVED HOURS AT THE SALON AND SPA.



## Time to heel

*Stay away from the salon long enough, and those cracked heels come a-callin'. Make yourself a bucket of honey water to exfoliate your feet and banish those cracks.*

### What you'll need:

One cup honey  
½ bucket warm water

### Next up:

Add the honey to the water in the bucket, and soak your feet for a good 20 minutes or so. Then scrub your feet gently to remove the dead skin and cracks. It's safe enough to do daily, at the end of the day ☺



# HEALTH & FITNESS



PHOTOGRAPH: SHUTTERSTOCK

## GO FOR THOSE GAINS

How to look your best, both mentally and physically, by the time you become a bride. Eat right, train right, and more...





A patient at a breast examination

# Get These Health Check-Ups Done Before Marriage (Or Even After)

*You need to ensure your health is at its peak for you to be able to enjoy the changes marriage brings about! These check-ups will cover all the bases.*

**By Radhika Sathe-Patwardhan**

**Y**ou'll be going through many changes – physically, emotionally, mentally, and even maybe geographically – after

marriage. To be able to enjoy the changes, and cope with any small (or big!) hurdle that might come your way, you need to ensure you aren't suffering from any health problems. You need to be aware of your health history, as well as your current health status. The best way to know that is by getting a full check-up done.

Here's a list of tests to take, not just as a

newlywed, but advised for women across all age groups.

## **A blood test to know the blood count:**

This will detect [anaemia](#), if present.

## **A blood test to know your thyroid hormone profile:**

The thyroid affects fertility, period cycles and blood flow, as well as weight loss or gain.

## **A blood test to know your lipid profile:**

This helps detect the level of cholesterol. Increased cholesterol is directly related to BP and heart-related problems.

## **A blood test for infection**

**screening:** This will detect any dormant infections, such as HIV or Hepatitis B.

## **A blood test to detect blood sugar levels:**

This will detect if you have diabetes or are at risk. Do both types of blood tests for this – fasting and postprandial (post-meal).

## **A blood test for thalassemia:**

It helps to detect if someone has defective thalassemia haemoglobin, which can be a cause of low haemoglobin. It is important if you are planning pregnancy, as there is a 25 per cent chance that your baby might have the same gene. ▶





**TODAY, HEALTH TESTS ARE EASILY ADMINISTERED, WITH RESULTS COMING IN QUICKLY.**

**A blood test to detect Rubella IgG:**

It helps to detect whether you have had Rubella (German Measles) infection immunisation or not. Rubella is a common cause of miscarriage in pregnancy.

**A blood test to detect Anti Mullerian Hormone (AMH):**

AMH relates to a women's fertility. This test helps if a woman finds it difficult to conceive.

**Mammography:**

This is a breast cancer screening test.

**Pap smear:**

This test detects cervical cancer. It is done at the neck of the womb (cervix) during an internal examination. It helps to identify pre-cancerous cells, so that treatment can be initiated before the cancer starts. One needs to do the test once in three years.

**Bone Mineral Density (BMD) scan:**

This detects osteopenia and osteoporosis; it helps detect thinning of bones early so that treatment can be started to prevent fractures.

**Pelvic sonography (USG):**

It helps give an overview of women's genital organs. It identifies any swelling of the ovaries (cysts), fibroids or thickened inner skin of the uterus. ❀



Getting your general check-ups done on a regular basis will ensure you're healthy in the long run





# BE PREPARED — PERIOD

Going to be that time of month on D-Day? Here's what you need to know to pre-poner or postpone your [period](#), and what to do if you're caught by surprise. By **Radhika Sathe-Patwardhan**

**P**eriods on D-Day? Apprehensive about what to do? Fear not, we have advice that will help you out. Has it come as a surprise on the most important day of your life? We have your back. Do note that if you're opting to take medicines, then consult your gynaecologist two months in advance.

## PRE-PONE

One way to not worry on D-Day is to have it dealt with beforehand. Plan your periods to come a week or so earlier, so that you have enough time after to enjoy the celebrations. So, ideally, start these remedies two weeks or more before. Here are some natural ways to pre-poner your menstrual cycle.

**Drink hot turmeric water twice daily for 15 days.** It will make your periods come up to five days earlier. Make this drink by mixing three to nine grams of turmeric in a glass of hot water and drink it daily. According to Dr. Michael Tierra in his research article, turmeric regulates the menses. It is an emmenagogue, which stimulates menstruation.

**Have parsley and pepper juice daily.** Take three doses of two grams of parsley each, boiled in 150ml of water, through the day. "Apiol and myristicin stimulate contractions of the uterus," noted Dr Lovneet Batra, Clinical Nutritionist, Fortis La Famme; these two are found in parsley.

**Eat a ripe papaya.** According to Dr Neethu S Kumar in her research paper, "The surprising health benefits of papaya seeds: A review," papaya stimulates menstruation. It induces excessive heat in your body and the carotene in papaya stimulates the estrogen hormone which makes your period come sooner than expected. Eat as much papaya as you can for this.





### Have a fenugreek seed concoction daily.

Soak three teaspoons of fenugreek seeds in a glass of clean water overnight. In the morning, boil it until frothy. Strain the seeds out and drink it hot, daily. This can prepone and trigger your periods within two-three days. According to Paige Passano in her paper "The many uses of methi" (methi is fenugreek), it is a uterine stimulant which makes the uterus go through the motions of contracting and expanding, inducing menstruation.

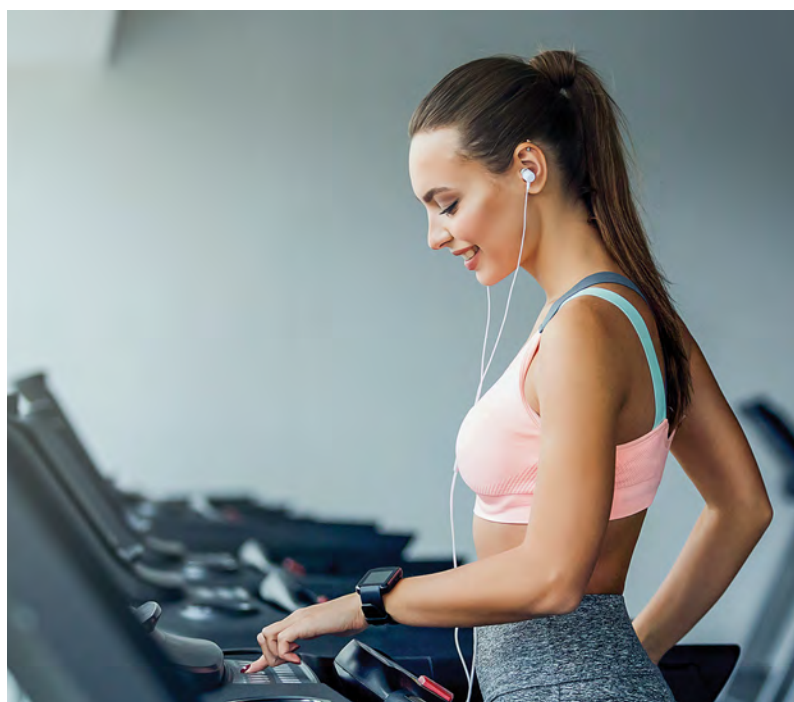
### POSTPONE

If you're looking to postpone your menstrual cycle, then you need to keep these pointers in mind. Start the postponing regimen at least 15 days prior to the scheduled date of your period.

**Exercise.** Exercising releases endorphin or 'the happy hormone'. It helps reduce stress that might have accumulated due to the wedding planning shenanigans. Cardio exercises are best for this, and they are easily manageable through the hectic wedding planning days. Just opt for a 20 minute run in the morning and once in the day. This not only helps you increase your happy hormone count, but also provides for a break from the planning.



***IF YOUR MENSTRUAL CYCLE STARTS UNEXPECTEDLY, DON'T GET BOGGED DOWN WITH WORRY.***



**Avoid spicy food.** Hot, spicy food increases the heat in the body, which can induce periods.

**Avoid food that increases heat in the body.** The food items listed above in the pre-poned section? Definitely avoid those!

**Have a gram lentil soup.** It helps postpone your periods, and having it daily till the day you want

to not have periods. Fry the lentils and then grind them. Make a soup out of this mix and enjoy.

**Drink vinegar water.** Add three to four spoons of vinegar to a glass of filtered drinking water and drink up. This will help you to delay your menstrual symptoms and even delay your periods by three to four days.

### OVERCOMING SURPRISE

If your menstrual cycle starts unexpectedly, don't get bogged down by worry. Here are tips on what to do in such cases:

**Keep an emergency kit ready.** Make sure you carry enough sanitary pads, tampons and extra panties in it.

**Wear an extra slip inside your garment.** So, if at all there is any spotting, it will not appear on the main garment.

**Add pain-killers to the medical kit.** Ensure you have pain meds that are period cramp-specific in your medical kit.

**Avoid high heels.** These can aggravate the aches in your back and legs, so it's best to avoid them.

**Sip on ginger tea.** This helps ease out the cramps and is also said to reduce the blood flow. ☺





# OH SO FIT!

Take note of these health and [fitness](#) tips to keep you going at any age!

By **Radhika Sathe-Patwardhan**



# W

hile tradition dictates that one marry early, it is not a must! There's no age for love. You can fall in love at any age, and decide to get married. You need to find your soulmate and know him better. Once you realise he is The One, don't let age be a factor in deciding against taking the next big step. There are few things though that you need to keep in mind, especially when it comes to your health and fitness. Here's all you need to know about it.

“With age comes a lot more experiences that can shape our beliefs about ourselves and the relationships we encounter. And sometimes these beliefs can impact us negatively,” nutritionist Karishma Chawla says. “Hence it is equally important to constantly work on ourselves mentally, physically, and emotionally in order to cope up with our dreams and relationships at any point in time.”





***BEING PHYSICALLY  
FIT GOES A LONG  
WAY IN FEELING  
MENTALLY AND  
EMOTIONALLY FIT.***

**CHAWLA HAS SOME POINTERS  
FOR STAYING FIT:**

- Be close to ideal body weight or fat percentage. It could be an approximate range as well. Remember high body fat percentage can disrupt hormones causing an imbalance which can lead to bloating, acne and unwanted facial hair. Also, we would want to preserve our reproductive system as much as possible!
- Being physically fit goes a long way in feeling mentally and emotionally fit. Due to the release of endorphins, one is always in a better space to make wise decisions. Hence it would be a good idea to do any kind of training that one desires. Be it strength, HIIT, swimming, running or even dancing.
- Managing stress is again an important factor! We would want to delay menopause. Prevent the radical attack by keeping the skin more supple and again combating any disease or infection caused by stress.

**WHAT FOOD YOU CONSUME ALSO  
MAKES A HUGE DIFFERENCE IN  
YOUR HEALTH AND FITNESS.  
CHAWLA SUGGESTS:**

- Consume real foods, meaning whole unpackaged foods.
- Whole grains, legumes and pulses: they help sustain good energy levels and avoid sugar dip
- Ensure lean protein at least three times a day, for



e.g. eggs, low-fat paneer, chicken and fish work wonders for hair, skin and nails.

- Colourful fruits and vegetables: they are powerful antioxidants (rainbow plate) and a good source of fibre which helps in aiding digestion and immunity. Sources are apple, pear, orange, papaya, berries, peach and plums.
- Are a powerhouse of instant energy and glow for the face. ◊





***ENSURE ADEQUATE  
PREBIOTICS AND PROBIOTICS  
WITH FOOD SOURCES AND  
SUPPLEMENTS.***

- It is imperative to take care of gut health considering 70% of the immune system lies in the gut and also serotonin (the feel-good hormone) production takes place in the gut. Hence it is important to ensure adequate prebiotics and probiotics with food sources and supplements.
- Prebiotics like amaranth, artichoke, leeks, asparagus
- Probiotics like kefir, yoghurt, kombucha, sauerkraut
- Food sources of powerful antioxidants (vitamin A, C, E and glutathione) that delay the ageing process
- Omega 3 sources to help in healthy skin and metabolism
- Fluids to help to flush out toxins. You can consume plain water, infused water, coconut water, buttermilk, lime water and diluted vegetable juice.
- You need to avoid consuming margarine, refined flour, alcohol, sugar, fried foods, food with trans-fat, and smoking.

**CHAWLA ALSO ADVISES ON  
WHAT TO EAT TO PROMOTE  
SKIN HEALTH:**

- **Lean protein:** low-fat milk and milk products and lean meats like chicken, fish and egg whites... Skin is made up of protein. Hence protein can be consumed in all the three meals of the day.
- **Omega 3 rich foods:** avocado, olive oil, salmon, tuna, walnuts, flaxseeds
- **Zinc-rich foods:** sesame seeds, pumpkin, poultry, beans, chickpeas, almonds, peas, mushrooms
- **Antioxidant rich foods** include foods that are called anti-ageing foods. The best way to slow the



ageing of the skin on a cellular level is to keep body cells from oxidising. And the best strategy is to have antioxidant-rich foods and supplements.

- **Vitamin C:** green leafy veggies, broccoli, parsley, bell peppers, papaya, asparagus, cauliflower
- **Vitamin E:** nuts, whole grains, green leafy vegetables, avocado, tomatoes, apples, carrots
- **Glutathione:** sulphur-rich foods contain cysteine to make glutathione: chicken, eggs, milk, garlic, onions, oats and sprouted lentils. 🍌



# PLANNING



PHOTOGRAPH: SHUTTERSTOCK

## WEDDING STEALTH MODE

The resolutions you need to take before tying the knot; all the questions you need to ask yourself before the big day – and more.



# Questions to ask *BEFORE* *MARRIAGE*

You need to know more about your partner to ensure that both of you are on the same page when it comes to marriage. Ask these [questions](#) to find the answers. By **Radhika Sathe-Patwardhan**



**A**re you ready to get married? Do you think of it as the next big step, or are you thinking of it as a plunge you kind of have to take? What you need to do is ask these questions to your partner, discuss them in detail and then decide the next course of action. They are important life questions, which need to be cleared before you get married, to ensure your marital life has fewer bumps!

## **MONEY MATTERS**

Does he have any debts already? What is his salary package, and expenses? Is he frugal, a spender or one who prefers to save? What's his take on sharing expenses? Money matters are something you might not think of as that important if you earn well yourself, but this is something you need to clarify. Also, if your salary is more than his, or might get higher down the road, will he be okay with that?



## JUST “KID”DING

What are his thoughts on having kids? Does he want them? How many and when? Don't take for granted that he will want exactly what you want.

## CONFLICT RESOLUTION

How does he handle conflicts that arise? This also aids in the understanding of whether he flares up quickly, or remains calm and rational.

## HOME HABITS

While living together before the wedding might not be something you can do, familiarising yourself with his likes and dislikes, whether he needs the fan and AC on every night, his sleep schedule, cleanliness, general home skills, etc, goes a long way. These are also things that can be discussed, rather than it all coming as a surprise later on.

## FAMILY (NON) FEUDS

How well do you adjust to each other's families? Are there any problems you have with each other's families or any family members in particular? Are the families supportive of your marriage? These are paramount to ask yourselves.

## SECRECY CLAUSE

Not everyone wants to discuss their relationship with others. There are some things and topics that one considers private; only to be discussed with one's other half. So, discuss what's okay and not okay to say out loud in front of friends, and vice versa.

## ME TIME

Everyone needs some personal space and time. Try and figure out what your definition of “me time” is, and what it is for him. How will you manage both while ensuring that you spend quality time with each other too?

## SEX, HEALTH AND MORE

You might or might not have gotten intimate before the wedding. But, whatever the case, you need to discuss your views and beliefs. Are there any particular expectations regarding sex – different sex drives, withholding sex for power, etc. Once the novelty of marriage and sex wanes, will there be problems that could arise? If there are any physical changes, or health issues with one of you, would the other be okay with it and offer strength and support?

## RELATIONSHIP WITH RELIGION

How religious are you both; what are the family's religious views and beliefs that could affect the marriage? Will you be expected to be part of traditional religious ceremonies, even if you don't believe in them? Are you both willing to partake in them to keep the families happy?



***TRY AND FIGURE  
OUT WHAT YOUR  
DEFINITION OF "ME  
TIME" IS, AND WHAT  
IT IS FOR HIM.***

## LOCATION DISLOCATION

Will he be willing to move cities if your job demands it? Or, would he expect you to leave a good job for him if he had to move? What could be an amicable understanding in such cases? These questions could be make-or-break for a marriage, so it's definitely something that you both should discuss well in advance, so the both of you are on the same page from minute one. 🍷



# *Resolutions All 2021 BRIDES- To-Be Must Make*

Keep these notes handy, you'll need 'em! By **Radhika Sathe-Patwardhan**



**W**ith the new year comes new resolutions. We all strive to keep to our resolutions and enjoy adding that tick mark after we succeed. If you're planning your wedding soon, 2021 is going to be a lot of fun – and work – for you. Here are the resolutions a bride-to-be should take, to ensure smooth sailing through the

crazy time that is your wedding planning.

## **KEEP CALM AND CARRY ON**

This is not just a quote to read on memes or your phone's screensaver. Step one is to keep your cool through all the stress and drama that will take place while planning the wedding.

## **ENJOY BEING ENGAGED**

While most of the time goes in planning the wedding,





***IT'S YOUR WEDDING,  
AND, AS LONG AS  
YOU AND BAE ARE ON  
THE SAME PAGE, IT'S  
ALL GOOD!***



don't forget to spend some quality time with your fiancé. Go on dates, outings and weekend vacays (using all safety measures, of course).

### **KEEP WITHIN YOUR BUDGET**

How much ever you may want all things to be on point for your dream wedding, keep your budget in mind and plan accordingly. You will find cheaper alternatives to most of the things you want, and must strike a balance between what you desire and what is possible. Prioritise all the things you want as per their importance, and then divide the budget accordingly.

### **DON'T FORGET HEALTH AND FITNESS**

Through all the planning, don't let go of your fitness regimen. Eating right and keeping fit will help you maintain the balance of your mind, body and spirit more than you know. It will also help you look absolutely fabulous on the big day.

### **DON'T BE EMBARRASSED ABOUT WHAT YOU WANT**

You might want a traditional wedding, but think that it's "not cool" anymore. Or, you may want to go with a

current trend that you think may not be accepted by relatives or the elders of the family. Remember this: It's your wedding, and, as long as you and bae are on the same page, it's all good!

### **REMEMBER IT'S D-DAY FOR THE TWO OF YOU**

All brides have specific ideas for their special days and want them to be realised. But, you need to remember that it is your partner's big day too. He might have some specific things that he wants, so discuss everything and let him realise his dreams too.

### **DON'T BE A BRIDEZILLA!**

Repeat this: I will control my urges to micro-manage everything, and not lose my temper if something does not go my way. This is probably the most important resolution to keep... for your own sanity, as well as others around you.

### **DON'T BE A DOORMAT!**

Don't wind up on the opposite spectrum of bridezilla either; don't give in to every whim and fancy that those around you come up with. Let yourself be heard. This is your wedding, your one shot; not theirs. 🍷





# HAVING THE TALK

It is not something one only needs in times of difficulty, but to ensure you have your happily-ever-after post-marriage. By **Radhika Sathe-Patwardhan**

**Y**ou might have a love marriage or an arranged one. But does a love marriage mean you know the other person very well, and won't ever have any differences and problems by default? The answer is no – though it may surprise people. Either way, and whether you find him yourself or through a third party, you need to ensure that you solve all the glaring problems you could have post marriage, from the get-go. Cue the [pre-marital counselling](#). You might have questions – what exactly does it entail? What can one expect from pre-marital counselling sessions? How does it help? We have put together the answers to these questions just for you.

A pre-marital counselling session with a counsellor will help you understand each other better, ask questions you might not have thought to ask, and make you discuss topics that you might otherwise take for granted. A research study shows that 30 per cent of couples that underwent pre-marital education experienced higher levels of

satisfaction (post-marriage) as well as a 30 per cent decline in the likelihood of divorce over five years. You will thereby build your new life on a more solid foundation, once you have understood each other better. And pre-marital counselling is the key that helps you achieve just that. While you might approach with caution for fear that these sessions may unearth problems you aren't facing with your partner, finding out about them and resolving them before they fester and become major deal-breakers will help you ensure a happy marriage.

**Here are some things that you might discuss during pre-marital counselling sessions.**

## MARRIAGE EXPECTATIONS

You may have some ideas and notions about what a marriage will be – or should be. You will have a basic blueprint in mind of how your marriage to



your fiancé will look like. But what we sometimes don't realise is that he will also have some ideas and beliefs of his own. Men might not be too vocal about their idea of marriage, but that doesn't mean they don't have any expectations. Discussing these before your marriage will help you both come to a happy middle ground with respect to marriage expectations.

### ROLE BELIEFS

What would the hubby-to-be expect you to do when it comes to housework, or even professionally? What will you be expecting of him? Would he want you to cook regularly? Would you be looking to him to do work around the house too? Would both of you look at hiring help if both work? Generally, in Indian families, the in-laws come into the picture too when it comes to such questions. You need to be very clear on where you stand on such points. While both of you will need to compromise and come to a middle ground, there might be some things that you are very particular about – and so would he – that you need to discuss and clarify.

### PAST, PRESENT, FUTURE

We are products of our experiences, circumstances, and environments. How you perceived the marriages and couples you knew growing up, what you saw happen in those marriages might have – even subconsciously – affected your perception of marriage. This applies to him too. So, you might have built up a wrong idea of what all marriages should look like, based on your prior perceptions. A pre-marital counsellor will get you to dig deep into your beliefs and opinions, and how they came to be. This will help you understand the problems, if any, and how to solve them. Having the right ideas of marriage will help the two of you achieve success in your own.

## *A PRE-MARITAL COUNSELLING SESSION WITH A COUNSELLOR WILL HELP YOU UNDERSTAND EACH OTHER BETTER.*

### MONEY MATTERS

How do you plan to contribute to home expenses? Do you plan for him to give 50 per cent while you put in the remaining half? Do you agree on the percentage based on both your respective incomes? Or are you going to divide the different expenses and take care of specific ones only? You need to understand what each expects of the other, and find out the best possible way to move forward. Another monetary area that you need to speak about is your expenditure and saving styles. Are you looking to invest together? Or do you plan to continue investing individually post-marriage too? Speak to one another about such topics. As you will be living together, you need to ensure your ways don't put undue stress on the other, and find a way that serves both of you well.

### SEX AND INTIMACY

Not all people have had comprehensive sex education in India, with the taboo about speaking about this looming heavily in more households than one would care to admit. So, it could be possible that either of you have not really spoken about this properly with each other or even understand what all it entails. So, discussing it openly with each other and informing each other about your needs and







desires, will help you both to enjoy a thriving sex life.

### PLANS FOR CHILDREN

It isn't just about whether the other person wants children or not, but how many, the time frame for each, the parenting styles, any extended family involvement... This topic will also need to be discussed. For many, the topic of children can be a deal-breaker and to find this out after marriage will create a big problem, obviously. So, discussing this before is always beneficial so neither of you find yourselves at the receiving end of a rude shock.

### COMMUNICATION AND CONFLICT RESOLUTION

Communication, as you would know, is essential in any meaningful relationship. In a marriage, especially a new one, it becomes even more crucial. You need to understand each other's methods of communication, and find a common and direct channel. Being scared of the other's reaction and not saying what you feel can create problems, as can speaking without realising how it affects the other. A healthy expression of one's feelings is essential, and you need to find out just how to do that. You also need to discuss how you will communicate during and after

a conflict. Arguments and disagreements are going to happen, but how you talk and act during and after, can affect your relationship. So, you need to ensure both of you understand each other, and talk about how you plan to deal with conflicts before they happen.

### TYPES OF COUNSELLING

These are just some of the most common things that a pre-marital counsellor will address. Each couple might need to talk about more topics apart from the ones above, and meeting with a counsellor will help you recognise them. There are different types of pre-marital counselling, and opting for the right type can make it more effective and increase the benefits of the experience.

#### In-person counselling

This is where you meet the counselor personally.

You meet him or her individually and together to discuss the above topics and more that might arise from the discussion.

#### Online pre-marital counselling courses

This is a digital counselling method. It is a fixed course that both of you take together, and it facilitates discussions on various topics like those stated above. It will also advise you on how to anticipate and resolve conflicts that might potentially arise, once married.

## DISCUSS HOW YOU WILL COMMUNICATE DURING AND AFTER A CONFLICT.





## Compatibility tests and questionnaires

These are simple ways of finding out what each of you thinks about different topics, and what the common beliefs you share are, and where there are differences too. These are normally taken alongside pre-marital counselling – whether in-person or online. There isn't a pass or fail in these tests, they just form the basic guide for the discussions ahead.

## WHAT DOES A PRE-COUNSELLING SESSION ENTAIL?

An in-person counselling might be appropriate for you if you think that you might not be able to discuss and resolve the different issues that could arise in such discussions. If you're opting for this, what is the method the counsellor might use to gather the information required from both of you to be able to help you best? Here are some ways that the counsellor might use... You're asked for background information about yourself and your family. You might have to visit the counsellor individually before heading into a couple's session. You'll have to state the problems you foresee, if any. You might be asked to fill up a compatibility test or questionnaire. You will be asked to discuss any previous relationships and the reasons why they didn't work. Both of you will need to be truthful about all such things, so that the counsellor can get the best results.

## *THE TOPIC OF CHILDREN CAN BE A DEAL-BREAKER, AND TO FIND THIS OUT AFTER MARRIAGE WILL BE A BIG ISSUE.*

### EACH COUNSELLOR WILL HAVE A UNIQUE WAY OF GETTING THE INFORMATION, BUT THE BASICS REMAIN THE SAME.

Some techniques include providing equal opportunity to both to talk about themselves, and their beliefs, expectations, preconceived notions if any, etc. Open and honest communication is encouraged, and the counsellor knows how to get you to talk about any deep and hidden issues that can create trouble during a marriage if not discussed in time.

Active listening is a skill that doesn't come easy, but is very helpful in a marriage. An active listener is one who fully concentrates, understands, responds and then remembers what is being said. A pre-marital counsellor will use this technique and also get each of you to do so for better communication.

Each of you would be independently asked to write down your expectations, hopes, and aspirations for married life. With these, the pre-marriage counsellor can help you with any existing issues as well as identify potential issues that could arise, and ways to resolve them, in the future.

### THE BENEFITS OF PRE-MARITAL COUNSELLING

#### Positive resolution

A pre-marital counsellor will help guide the conversation regarding the different topics being discussed to reach a proper and beneficial resolution for both. It is easy to get emotional and carried away when discussing topics that you feel very strongly about.

#### Learning conflict-resolving skills

How to solve any problems that might arise during your marriage is a skill both of you need to learn. And if you do have some skills of conflict resolving, then you need to improve them for the best results.

#### Setting realistic expectations

Some of our expectations from the other might not be possible, in a time frame we personally want. So setting realistic goals for realistic expectations is something you'll learn during these sessions.

#### Identifying areas of conflicts in future

While you might not have problems with each other at present, there might be some things you believe or feel that could lead to problems in the future if not recognised and addressed in time. ◊







## WHAT DOES COMMITMENT MEAN TO YOU, EXACTLY?

- What was it that attracted you to your hubby-to-be initially, and what do you believe he will help you become?
- What do you hope to achieve in the future - short-term and long-term, with respect to your career?
- What do you expect from your husband regarding emotional support during sad times, exciting times, periods of illness and job loss?
- What size house is important and in what kind of neighbourhood do you hope to live in, now and in the future?
- How long does your partner need to spend with friends separately and together? Will the two of you set aside one night just to be together to spend some quality time?
- Are you both clear how much 'me' time the other needs?
- Do you agree with how much time is appropriate to give to work?
- Are you both comfortable with the salary difference between you?
- Do you both expect to support the family financially and will that be different when your kids arrive?
- How do you plan to live together?
- Where will you live after the arrival of the children?
- How do you determine if a new career path or job is reason enough to move?
- Do you plan to live in the same house or area for a long time?
- Do you need to stay close to your parents now or as they get older?
- When do you plan on starting a family and how many children do you plan on having? How far apart would you want them to be, age-wise?
- Would abortion be acceptable before or after that?
- What philosophies did your parents have with respect to child-rearing and do you agree or disagree with them? How do you intend to shape your children's values?
- Will you have separate or joint checking accounts - or both?
- If you do have different accounts, who will be responsible for which expenses? Who will pay the bills?
- Do the two of you agree to have a full financial disclosure about the personal financial situation at all times?

## *A PRE-MARITAL COUNSELLOR WILL HELP YOU MAKE PEACE WITH THE PAST AND LEARN HOW TO BREAK THE CYCLE*

### Making peace with the past for a better future

A pre-marital counsellor will help you make peace with the past – marital problems you have seen in others, if you've been raised in a dysfunctional family, etc – and learn how to break the cycle.

### Questions

They will give you a better idea on what you need to ask each other, and the different topics that you need to discuss, but here are some generic questions that you need to ask each other before D-Day.







- How will strong disagreements about spending money be resolved?
- Is there any kind of debt that either of you has incurred before the marriage (For example, college school loans or credit card debts)?
- How much available money do the two of you need individually to feel comfortable?
- Will there be a savings plan for the first house?
- Do you plan to keep changing houses as you can afford it?
- How much debt, credit card or home equity loan, is acceptable to either of you?
- Do you both agree about how to take care of the financial needs of parents if likely?
- What will be the college education plans for your children?
- When do you hope to start retirement savings?
- How much time do the two of you need to spend with your parents and how many times do

- you expect your partner to join you?
- How do you plan to spend the holidays?
- What will be the expectations of each of your parents with respect to holidays, and how will you deal with them?
- What kind of support do you expect from your partner when the parents are pressurising you on any point?
- Is it okay for either of you to talk with either set of parents about the problems in the relationship?
- What kind of relationship do you expect your parents to have with your kids?
- Do you anticipate that you will have a parent live with the two of you when you grow old?
- What were the family roles on who did what in the family when you grew up?
- Did you find them fair and do you expect anything different?
- Does each of you have some preferences that might be unrelated to gender?
- How will you deal with household maintenance? How will you divide these responsibilities, or will you hire someone?
- Will both of you work after you have children?
- When the children get sick, how do you decide who stays home with them? 🍷

***BOTH OF YOU WILL NEED TO BE TRUTHFUL IN THE DISCUSSIONS, TO GET THE BEST RESULTS.***



# The Budget Plan

You must have a wedding [budget](#) in place...  
Wondering how to use that properly? **Radhika Sathe-Patwardhan** shares some ideas



**Y**our wedding is one of the most special days of your life, and you want everything associated with it to be just so. But, sometimes, in the search of perfection, things can go well over budget and then we're faced with big issues. So how do you balance getting what you want and staying within the limits of your budget? Here's how...

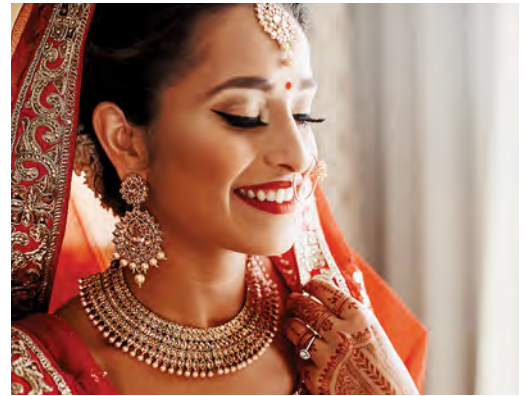
To begin with, make a list of everything you're going to need for the wedding. We've mapped out a basic one for you to begin with, and you can use this as a rough guide to add or subtract as per your wedding checklist.

- 
- VENUE** – for all functions
  - CATERING** – for all functions
  - BRIDAL TROUSSEAU** – ensembles for each function, plus jewellery, etc
  - HAIR AND MAKEUP (HMU)** – for the bride, mother, sisters, bridesmaids, etc
  - DÉCOR** – flowers, lights, etc
  - MUSIC/ENTERTAINMENT** – DJ, speakers, live bands etc
  - PHOTOGRAPHY/VIDEOGRAPHY**
  - TRANSPORTATION AND ACCOMMODATION**
  - FAVOURS AND GIFTS**
  - STATIONERY** – save the dates, invitation cards, thank you notes, etc
-





***BALANCE YOUR BUDGET  
SO THAT YOU CAN STILL  
GET WHAT YOU WANT  
WITHOUT GOING CRAZY.***



Once you have a full list in place, prioritise the things that are a must. That could be a dream venue (pandemic permitting), the ideal D-Day ensemble, etc. Put the list in order of priority. If you have specifics in any of the other categories and know the costs of the same, note that down too. Once you list out – priority-wise – all items, keep the next column for the cost. Use the Auto sum feature to make note of the total cost.

Know where you can save and what can be ‘compromised’ on (e-invites instead of physical ones), to ensure that you can get that ensemble-of-your-dreams for the day of your wedding, or book the perfect venue. Here’s a rough break-up of how much you may have to spend for each part of the wedding:

---

**VENUE AND CATERING**

40%. (Book as early as possible to get better rates!)

**BRIDAL TROUSSEAU AND HMU**

around 20% (Book the HMU artist asap to get a good deal)

**DÉCOR**

15%

**PHOTOGRAPHY/VIDEOGRAPHY**

10%

**MUSIC/ENTERTAINMENT**

5%

**FAVOURS, GIFTS, STATIONERY**

5%

**TRANSPORTATION AND ACCOMMODATION**

5%

---

These aren’t fixed percentages for the budget, but can give you a rough idea on what you can expect. We all have close family and friends who are going to give you gifts, even after mentioning a no-gift policy. If they are close enough to you, have them get you some of the small things on your wedding list. For example, those pretty earrings that would go perfectly with your sangeet outfit can be a gift from one of your aunts, or that pretty kurta you want for the haldi ceremony can be a gift from a friend. There’s no shame in getting friends and family to help out; they’ll feel happy that their gifts are a part of your special occasion. 🍷



# LOVE Lockdown

Don't let Covid stop that special moment! Here are some romantic ways to [propose](#) right at home. By **Radhika Sathe-Patwardhan**

**P**lanned to propose to bae, but the pandemic threw a spanner in the works? Don't fret. Here are some romantic ways to propose without having to step out of the confines of your home at all!

## FOR WHEN YOU'RE QUARANTINED TOGETHER

Make it fun and interesting!

**Treasure Hunt Unravels:** Use print-outs or cutouts (from newspapers and magazines) for this. Cut or print the letters "Will you marry me?" and hide different letters in each clue of the treasure hunt. Once all the letters are collected, have your partner unravel the hidden question!

**Jigsaw Search:** Take a jigsaw puzzle, get a printout asking the question, and stick it on any one piece. Keep it hidden as you solve the jigsaw puzzle together. Once only that piece is left, take it out and hand it over.

**Date Night:** Go the whole nine yards and cook a special meal, have candles lit around the room, and go the traditional route, albeit at home.

## FOR WHEN YOU'RE QUARANTINED SEPARATELY

You'll need to get more creative for this one.

**Virtual Serenading:** Get your sweetheart's favourite music band on board and have them put together an online exclusive mini-concert, after which you can pop the question.

**Virtual Treasure Hunt:** Have family and friends on board for this. Have it spread across a couple of hours, or even a whole day! The first clue can come from your partner's immediate family. They'll give the clue about whom next to contact and the chain goes on till it reaches you at the end, for the million-dollar question.



## *HAVE CLUES SPREAD ACROSS A WHOLE DAY - TILL YOU POP THE MILLION DOLLAR QUESTION!*

**E-Party:** Who said a party has to have everyone in the same location? Get friends and family on a video call together (having given all a prior intimation of your plans), and everyone can suddenly go quiet at a pre-decided time, giving you the moment to ask your question. 🍷



# HAPPILY EVER AFTER



PHOTOGRAPH: SHUTTERSTOCK

## NEW WIFE, NEW LIFE

All the lowdown on the life to expect post the wedding.



S

hifting bases is always a task, and, when you have to do the packing and planning alongside the wedding planning, it can be extremely daunting. Worried about how're you going to manage it? We have your back, fear not! We have put together a to-do list for you that will help you plan, pack and be ready for the move post-wedding. Just keep this handy and tick off the tasks as you go.

### LIST IT OUT

You need to figure out what you want and don't want. Over the years, we end up collecting – and hoarding – things that we may or may not use.

Make a list of three columns: must-haves, like but not a must, discard. Then, as per the list, sort out all your things.

The ones in the discard pile need to immediately be given away so that you don't get tempted to hoard something you might not ever use later, despite what you think. You could give them all to a local charity that takes such things and recycles them. Do this three months before your wedding.

### SORT AND PACK

Sort your things into two sections. In one section, include things that you want in the long run, but not during the wedding celebrations or before. The other should be the things you'll need for the wedding and before. Keep the latter still in the cupboards, while the first needs to be put together.

From this, sort the delicate products like glass, décor showpieces, etc; clothes, books, and other things need to be separated and packed as per the requirement for each. Get bags and cardboard boxes and fill them up, naming each box properly so that you don't need to open all trying to find one thing later.

If you're moving into the home your



# On The MOVE

Moving home post wedding? No need to panic about packing everything that needs to be taken over. Keep these pointers in mind and you're sorted. By **Radhika Sathe-Patwardhan**





***HAVE A SEPARATE BAG FOR ALL YOUR HONEYMOON ESSENTIALS, SO THAT YOU DON'T NEED TO UNPACK AND REPACK IN THE DAYS BETWEEN.***

fiancé is already staying in, you could have these bags and boxes moved over before the wedding itself. If not, then have them moved in the first week post your wedding.

**FINAL SORTING**

You also need to keep a bag, or two (or more) for the things you will be using till D-Day and then taking over with you. Keep it handy, and keep away the things as and when you know you won't be using them later. This way the packing doesn't pile up just a day or two before D-Day or worse, the night before! If you have a sister, cousin or BFF around to help, then you need to get her on board to help if and when required.

Put together a small carry-on of clothes and essentials to use for immediate use post-wedding so that you don't need to dig into the huge bags you have, and you can slowly and steadily conquer the mountain of bags one by one.

Have a separate bag for all your honeymoon essentials to take along before the wedding, so that you don't need to unpack and repack in the day or two between your wedding day and when you go on your honeymoon. ✨





# PREZZIE TIMES TWO

When you get multiple wedding [gifts](#) of the same kind, what do you do? Revamp them into different pieces, of course.

Here's how! By **Radhika Sathe-Patwardhan**



Weddings are a time you end up getting a lot of gifts – despite having mentioned “blessings only” in the invitation card. And to top that, you might have end up with multiple gifts of the same kind. Some gifts, like bedsheets and bedcovers, etc are something you can keep in the cupboard and use as and when you need them. But there are some, like utensils, appliances, décor items, etc, that you might not want to use if they're many in number. So what can you do in such cases? You could re-gift them, donate them to NGOs or revamp them into things you need. While the former two may not need much elaboration, here are tips for the latter...

## GETTING MUGGED

You might have received multiple cup or mug sets. Keep the ones you like and use the others to make something different, like mini-vases, pen stands, etc. You can use a spray paint colour of your choice (or multiple colours) and cover the ones you want to revamp. Embellish them to your heart's content. You could use faux stones, glitter, beads, lace, 3D paint, acrylic paint, etc. to personalise these. If you don't want it to have the handle, take a wide chisel and place it over the handle and use a hammer







with force upon it. This will break off the handle. Do this to the bottom of the handle too if that hasn't come off. Use strong sandpaper to smoothen the remaining edges as much as possible. Once done, use masking tape to wrap all around the mug to smoothen the surface. You may have to wrap it around a couple of times. Cover the mug from top to bottom. And then paint or embellish it as you want.

### PLATE IT UP

Similar to a cup set, you might get many dinner sets. Keep the ones you want and an extra set for the times you have guests over, and revamp the others. You can make nice décor pieces from them. Spray paint them and use them as frames. Stick a photo in the centre and hang it up. Keep a plate as a centrepiece and arrange the decorative rocks and candles artfully in it. Be inspired by the Japanese pottery repair art, Kintsugi, and make décor pieces by breaking and reattaching the plates. Carefully break the plate by throwing it onto the table from a foot or two feet distance so that it breaks in one or two cracks only. Use a strong adhesive mixed with gold paint to reattach the plate together. Paint with gold paint along the break line too to highlight the gold.

### GETTING FRAMED!

Photo frames are also another thing you might get in abundance. If so, then use as many as you can around the house to frame your most treasured celluloid moments, and revamp the others to make them into something else. You can make one into a centrepiece by replacing the glass with a solid



## *YOU COULD RE-GIFT PRESENTS, DONATE THEM TO NGOS OR REVAMP THEM INTO THINGS YOU NEED.*



plastic or metal piece and then placing different items like candles, potted plants, decorative stones, etc. depending on the size. Or make it into a pin-board to stick up important bills or notes for. Measure the frame and draw it out on a piece of sturdy thermocol. Cut out the piece and stick it behind the photo frame after removing the glass. This way the thermocol is directly seen from the frame. You can spray-paint the frame and the thermocol separately and together and voilà! ✨



HAPPILY EVER AFTER



# THE ACTIVE WIFE

*How to keep boredom at bay without a full social calendar,  
by Jeena J Billimoria*

After the wedding, your real lives begin, the mundane, day-to-day grind that is seemingly inevitable. But you're both also more or less stuck at home, thanks to COVID, so things could get tricky from time to time. Here are ways for you two to be forever roomies without the boredom.





- \* Set up a daily routine that you both can follow.
- \* Binge-watch a show you love.
- \* Then watch a show that you both hate – it'll be a great (and fun) bonding exercise because you can sit and trash it together.
- \* Each of you make a list of your favourite books, swap lists, and get to reading.
- \* Take an online course together; it could be cooking or a new language.

- \* Set up [romantic date nights](#).
- \* Write reviews for your Amazon purchases. It's oddly addictive to do and helps your fellow buyers.
- \* Draw, if you are artistically inclined.
- \* Invest in adult colouring books and crayons (you'll thank us later).
- \* FaceTime a very old friend or someone you don't normally see. 🗨

**INVEST IN ADULT COLOURING BOOKS AND CRAYONS (YOU'LL THANK US LATER).**





## RESEARCH AND PLAN A TENTATIVE ITINERARY FOR THE NEXT COUNTRY ON YOUR BUCKET LIST.

- \* Start an Instagram account for your pet. Even if it's a goldfish.
- \* Go on an online shopping spree – décor, fashion, beauty; the Internet is your oyster.
- \* Spring clean the house.
- \* Collect items from said spring clean and donate to foundations in need.

- \* Put together a 1,000-piece jigsaw puzzle.
- \* Surf YouTube for workout videos, and challenge yourself with something new every week.
- \* Watch a historic documentary.
- \* Give each other space.
- \* Start a family.
- \* Join a virtual book club.
- \* Spend an hour each day meditating.
- \* Brush up on your makeup skills.
- \* Open a cookbook, and attempt something brand new.
- \* Go on a week-long detox together.
- \* Research and plan a tentative itinerary for the next country on your bucket list.
- \* Curate a playlist of your favourite songs, and have a party for two in your living room.
- \* Connect with yourself on a spiritual level.
- \* Pamper yourself (and your hubby) with comfort food.
- \* Make a new set of promises or commitments to one another to see through post the pandemic.
- \* Find new ways to be grateful for and love each other. 🍷





**SHOBHA**  
**-SHRINGAR-**  
JEWELLERS  
GOLD | DIAMOND | POLKI

Wedding day look

Curated by Shobha Shringar

Book your visit : 022 2369 0314  
2/4, Walkeshwar Road, Mulchand Bhavan, Mumbai: 400006



# Infuse your skin with oxygen for a radiant glow

Revive & Energize your skin with the 7 step DIY facial from the comfort of your home

## OxyBlast™ Oxygen Energising Facial

### Oxygenates

H2O2 provides a boost of oxygen which energizes your skin

### Brightens

Vit E provides instant brightening to give a healthy radiant glow



DIY Facial for Radiant Skin

Only at ₹300/-\*\*  
Net Wgt 24.5 gms

Shop On Amazon | Nykaa

\*\*MRP inclusive of taxes

  
**CHERYL'S**  
COSMECEUTICALS  
Skincare that works®