

SHE CANADA

SODHA POP:
KAVITA COLA

TRAVEL
IN PETRA
JORDAN

AVANT-GARDE
DESIGNS OF
ALI XEESHAN

DIWALI CELEBRATIONS
AROUND THE WORLD

Huma Qureshi

**Bollywood's Latest Bright,
Young Thing**

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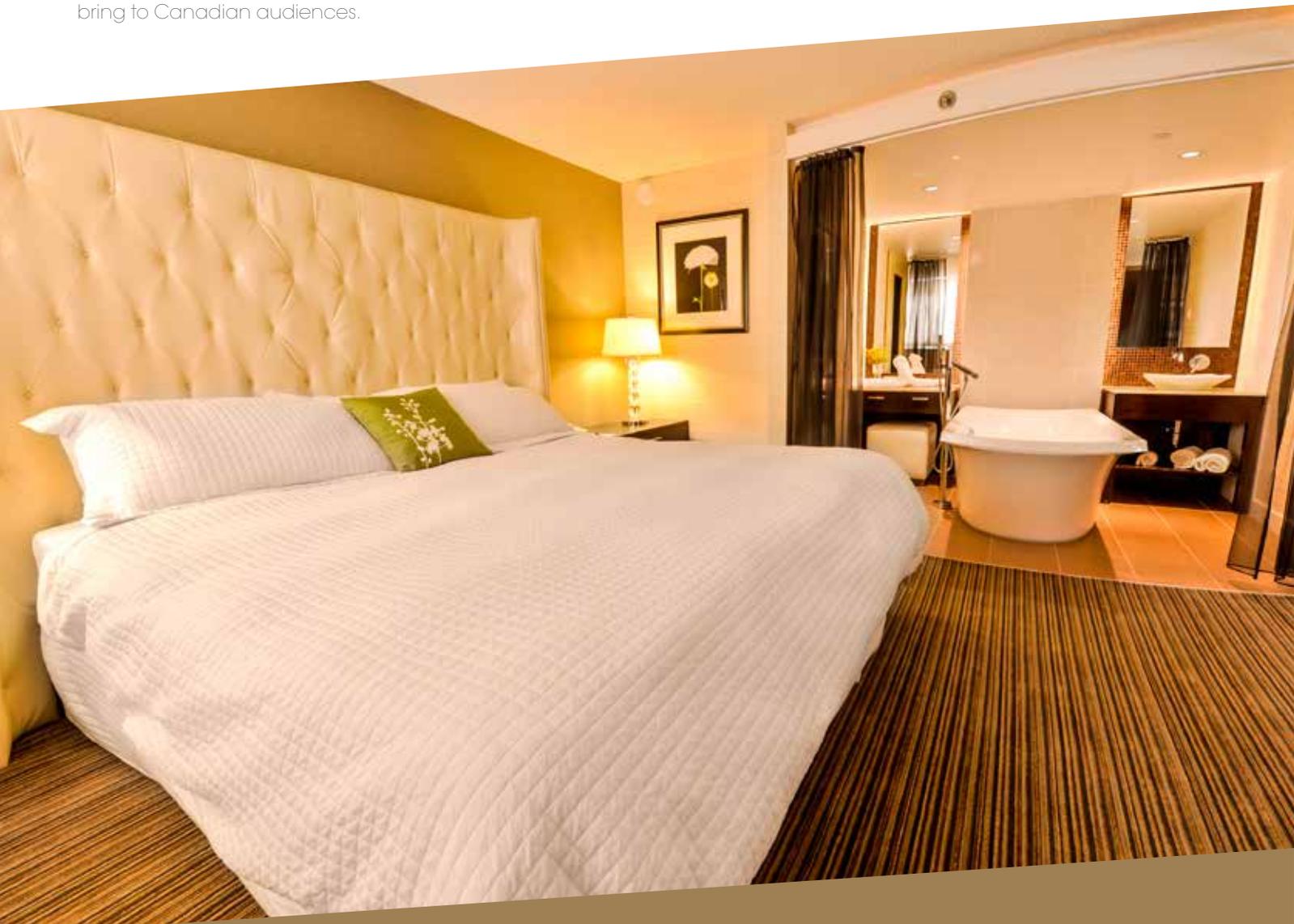
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PAULA CADEMARTORI Dun Dun mini appliquéd leather and suede shoulder bag \$2,688

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Editor's *note*



EDITOR
S.M. Kamran Zaidi

Our October/November issue is annually our most content-rich. Besides the celebration of Diwali, the Festival of Lights, the season makes it evident the calendar year is coming to an end. Garden furniture has been long since packed away, the days have gotten shorter and kids are settling into the latest school year.

This issue is a reflection of the times. Besides coverage on what's hot and happening in North America this Diwali, we also some in-depth fashion coverage of South Asian couture favourites Tarun Tahiliani and Ali Xeeshan. Speaking exclusively to SHE, these eclectic designers bring traditional wear into the twenty-first century unlike ever before. Whether attending a Diwali party or a wedding (regardless of the culture) their pieces are sure to turn heads.

This bi-monthly we're also pleased to bring our readers some of the most exclusive interviews in entertainment, as well. We recently had the chance to catch up with Kavita Sodha in London, England. As one of the hottest stars of Sky TV's docu-series *Desi Rascals*, Sodha plays the resident fashionista. She brings her own flavour of what it is to be second generation South Asian to TV screens across the world. The Central Saint Martins grad shows viewers there's so much more to being a Desi girl living in high society than meets the eye.

Finally, I must touch on our cover girl. Branded the next big thing in Bollywood, Huma Qureshi sat down exclusively with SHE to discuss her latest projects and how it feels to be thrust so intensely into the glaring spotlight that is South Asian cinema.

Enjoy the last bit of outdoorsy weather while it lasts, readers. Before you know it we'll be three feet deep in the white stuff.

A stylized, handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke.



It's that time of the year again! Diwali is just around the corner. Be sure to check out SHE Online for the ultimate Diwali gift guide. From fashion to beauty to electronics and even toys, you'll be sure to find a gift for every loved one.



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Contributors

“What was your most memorable Halloween costume?”



PRIYA KUMAR
Executive Editor

I dressed as an Inuit when I was 9 because it snowed on Halloween that year.



ZEBUNNISA MIRZA
Travel Contributor

I spent hours perfecting my eye makeup and costume the year I dressed up as Black Swan. I thought it was the most unique idea! Turned out, so did about a hundred other people.



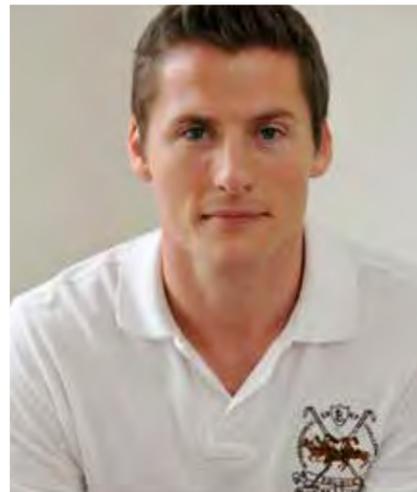
ZARMINA RAFI
Associate Editor

A witch! Not too original, but it was easy!



NEGAR MODIR
Editorial Contributor

For 3 years straight in elementary school, I refused to be anything but Sailor Moon for Halloween.



JOHN GODFREY
Health & Wellness Contributor

The werewolf from Michael Jackson's ‘Thriller’!



SWATI RAO
Editorial Contributor

Morticia from the Addams Family.

Tweets to the editor



Canadian Magazines @MyCdnMags Jul 14

Taken our quiz and came out a Stylist? Find your #MagazineMatch! May we suggest reading: @realstylenet & @SHECanada <http://bit.ly/1BwpBny>

Nina B. @BettyFofinha Jul 15

@SHECanada Thank you so much! #contest #win #SHEcanada

SHIFT Marketing @shiftbigresults Jul 22

Want glowing skin this summer? @SHECanada visits @MirajCaudalieTO for a facial to remember! #oohlala @MirajHammamSpa <http://bit.ly/1Kr1Bb9>

Marigold @MusicMarigoldK Aug 5

Thanks for the follow @SHECanada. I read your magazine every time I'm at the hair salon.

Lotus Leaf @lotusleafstyle Aug 7

We spy a @hillbergandberk necklace in @SheCanada! Pair this with an all white outfit for the ultimate #summer look!

AUG/SEPT
Issue





HOLLY FULTON

Printed silk crepe de chine skirt

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ROCKINS'

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silk scarf*

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Fall
FASHION



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DOLCE &
GABBANA

*Crystal embellished suede
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ROLAND MORET

Wool crepe mini skirt
\$975



NICHOLAS KIRKWOOD

Nicholas Kirkwood Carnaby suede knee boots
\$1,595



CHRISTIAN LOUBOUTIN

*Christian Louboutin
Front double 100
leather pumps,
\$1,295*



JIMMY CHOO

*Jimmy Choo Waine
embellished leather wedge
ballet flats
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LELA ROSE

*Lela Rose Metallic
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FENDI

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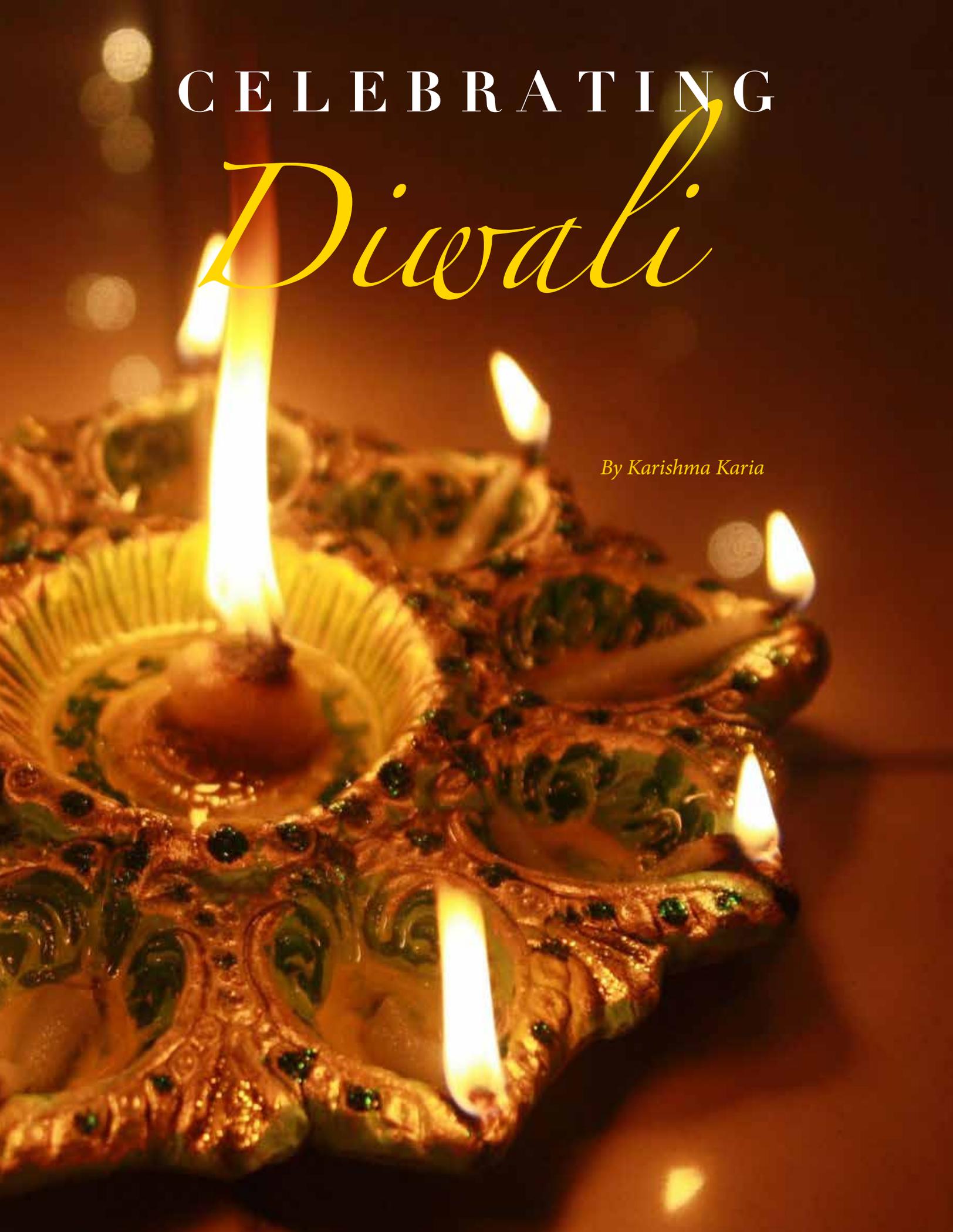
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CELEBRATING

Diwali

By Karishma Karia





As Diwali approaches, we're anxiously counting down the days until all of the fun celebrations come our way. Di-

wali, also known to as the Festival of Lights, is an important religious celebration within the South Asian community. Taking place this year on November 11th, this five-day festival brings people together as they celebrate the triumph of good over evil. Bright colours, lights, and South Asian delicacies all play a big part in these celebrations, and they are just some of the many reasons why this festival is celebrated with such grandeur.

The Diwali season is easily one of the busiest seasons in our social calendar, from family dinner parties and pooja ceremonies, to everything in between. Whether you're hosting your own get-together or are looking to spend a quiet Diwali with your loved ones, there are plenty of ways you can celebrate without breaking the bank. Here are some ways to spice up your Diwali celebrations this year.

Mehndi Party

Every *desi* girl looks forward to Diwali because they have the chance to dress up in their best and brightest outfits. Why not take your outfit up a notch with a beautiful mehndi design? Bringing your loved ones together for a night of mehndi, music, and fun before Diwali begins is a great way to help get into the spirit of the holiday.

Bring in professional mehndi artists or allow your guests to get creative by creating mehndi designs for each other. Whether you choose

to organize this party as a small, informal get-together or as a large family affair, you and your guests are bound to have a great time.

Bond at the Movies

For those looking to celebrate Diwali in a quieter fashion, a family movie day (or night) is the perfect way to spend time with your loved ones. Every year, Bollywood fanatics anticipate the holiday season because of the string of major blockbuster movies that are to be released.

Enjoy some bonding time with your loved ones by sharing a few laughs, or tears, as you watch your favourite Bollywood superstars take on villains, fall in love, and get into outrageous adventures! Over the past few years, Shah Rukh Khan has dominated the box office during the Diwali film season, but this season's most anticipated movie is *Prem Ratan Dhan Payo*, starring resident bad boy Salman Khan and Bollywood sweetheart Sonam Kapoor.

Invest Your Way to a New Year

Looking to grow your finances in the upcoming year? Diwali might be the perfect time to get ahead on your accounts and carefully plan your investments. The days surrounding the religious festival are considered to be very auspicious in the Hindu calendar, and many people like to dedicate some time during this festival towards organizing their finances. Consider opening a new savings account to help you save up for your dream vacation, or take the plunge into the stock market and invest in some stocks.

If you're looking to make a change in your spending habits, consider using this auspicious time as an opportunity to plan a new monthly budget so you can manage your extra spending money.

Get Inspired by Pinterest's DIY Diwali Projects

This social media site is normally our go-to whenever we want to unleash our inner artist, so it's no surprise that the website also has a ton of creative art projects to help you get into the spirit of Diwali! Whether you're looking for unique decorating ideas for your dinner party, or simply want to keep your children entertained during your get-together, Pinterest is the perfect website to turn to for inspiration.

There are tons of amazing at-home art projects you can take on, and some of our favourites include fun Diwali colouring pages for your young children, and a step-by-step guide on how to make your own *diya* for your pooja ceremony.

Turn Your Kitchen into a Sweet Shoppe

Diwali is the time of year when there is no such thing as eating too many sweets, and it's definitely one of our favourite parts of the festival! *Mithai* is normally a go-to gift to offer guests, and you never want to be caught without some sweet treats to share. While we normally pay a visit to our local mithai shop for all of our need, why not change the routine (and skip the long lines) by making fresh, delicious mithai from the comfort of your own kitchen? There are thousands of step-by-step YouTube tutorials and comprehensive recipes available online for your favourite sweets, from jalebi to coconut burfi!

Making sweets for your guests as opposed to buying them is a great way to add a special touch to this typical Diwali custom. Plus, homemade mithai is a healthy alternative to store-bought sweets.

Bask in the Glow of a Campfire

Living in Canada means that Fall months can get pretty cold, but if we're lucky, we might experience a warm November this year. Not only would this make watching fireworks displays more enjoyable, but you also have the opportunity to add a backyard fire pit to your Diwali celebrations. Serve your guests warm *chai* and treats while sitting by the fire, and celebrate the festival of lights in the warm, cozy glow of a campfire! Of course, if you do decide to include a campfire in your Diwali celebrations, be sure to do so safely.

Donate to Charity

Most of us are fortunate enough to be able to spend this joyous occasion with our loved ones, but it's important to remember that there are many people who do not have the means to celebrate Diwali in a grand way. It



can be easy to get caught up in the excitement of the festival, but don't forget to take some time in between festivities to give back to your community. If possible, try to take a few hours' in-between parties to volunteer at a local charity or shelter with your loved ones.

If you are unable to volunteer, try to give back through monetary and non-monetary donations. It's a great way to share the happiness that surrounds Diwali with those outside of your immediate circle!

Regardless of how you choose to celebrate Diwali, it is important take some time during your festivities to reflect on this past year and look forward to what's ahead.

Connect with us on Twitter and Facebook and let us know how you're celebrating this occasion. We wish all of our readers a happy Diwali and a joyous new year!



GET THAT *LOOK*



MOTHER EARTH

Whether she's all glammed up or rocking an everyday look, film actor Huma Qureshi exudes perfect confidence with her gorgeous looks and an even more beautiful attitude towards body image. We are obsessing over this earthy, shimmery makeup look that's just perfect for a night out.



Earthy Kiss

Aveda Nourish-Mint™ Smoothing Lip Colour in Sandstone (\$23)

For a moisture-rich coat of rosy warm nude.



Black Forest

Dior Diorshow Waterproof Pro Liner (\$32)

For an intense matte black line.



Tropical Rain

Urban Decay All Nighter Long-Lasting Makeup Setting Spray (\$36)

For melt-proof makeup that lasts up to 16 hours.





Ray of Light

Urban Decay Naked Illuminated Shimmering Powder (\$35)

Apply to the cheekbones and the bridge of the nose for a pinky golden sophisticated microfine shimmer.

Wild Jungle

Aveda Petal Essence Single Eye Colours (\$22)

Apply Golden Ginger on the inner eyelid and on the brow bone, and Green Sencha on the outer eyelid and in the crease.



Solid Ground

Stila Perfectly Poreless Putty Perfector (\$51)

For a weightless and natural looking coverage in a hybrid pressed powder and cream foundation.



Strong Roots

Estee Lauder Volumizing Brow Tint (\$28)

For water resistant, smudge and transfer proof brow colour in a lightweight fiber-filled gel tint formula.





SODHA POP!

London-based Kavita Cola's Enviably
Street Style Goes Digital

By Priya Kumar



Kavita Sodha is a fashion stylist, docu-series star and popular style blogger. Living in London, England, Sodha works as a fashion stylist and plays herself on Sky 1's Desi Rascals. The series is the UK's answer to MTV's The Hills—with an all-Desi cast, of course. Sodha unapologetically plays the show's resident stylephile.

At the bustling Sloane Square landmark The Botanist, I meet Kavita Sodha for smoothies after work. She rushed in a few moments after I do, looking impeccably chic and every ounce the part of the fashion stylist she is in real life and on television. A freelance stylist, curator of lifestyle blog Kavita Cola—a play on the pronunciation of her surname—and star of Sky 1's much-talked about *Desi Rascals*, Sodha is undeniably on a career high at the moment. "I want to position myself as a style icon," Sodha muses. "I don't feel there are many British Asian faces that are doing that."

As an alumna of the prestigious Central Saint Martins, Sodha has a unique background in the fashion industry. While it is undeniable that desi women love fashion, not many can boast of the experience Sodha has been afforded. "I am 27 years old now. I have lots of experience with different magazines...I have always freelanced in the past three years."



It is this unique career she's carved out for herself coupled with living in Chelsea, perhaps London's most well-heeled neighbourhood, that led Sky 1 producers to Sodha. "For me it's been super exciting. On one hand it's reality television, but on the other hand it's an outlet to be able to be a fashion person in the public eye with that London element," Sodha divulges. "I am a Londoner, but I live in Chelsea."

Desi Rascals is the brainchild of award-winning director Gurinder Chadha. Known for her smash-hit films *Bend it Like Beckham* (2002) and *Bride and Prejudice* (2004), Chadha introduced the world to the at-times humorous struggle of British South Asians. "*Desi Rascals* is a fantastic show about British-Asians living in West London...we have real people who have brilliant spontaneous exchanges that I would never write," Chadha explains. "What *Desi Rascals* offers is a massive burst of energy, storytelling and characters that would take me years to put together if I was making a movie."

Sodha was an ideal fit for Chadha's multi-generational cast. Her character profile aptly reads: "Independent, sassy and glamorous, Kavita moved to London from Worcestershire to pursue a career in fashion. She comes from a huge family and has 31 first cousins. Kavita is enjoying life in the city as a fun-loving and fancy free singleton."

She attended Bromsgrove School, one of the most prominent co-ed schools in the UK, from the age of three. "It was a very Christian school and very regimented. But I was always in touch with the Indian side of things," Sodha recalls. "Being good at English and generally at everything," came with the territory. "I just wanted to study Fine Arts, which is obviously a big thing for Indian parents," Sodha says, referring to the expectations placed on her and her peers. In many South Asian families, careers that do not involve engineering or medicine are not even options, carrying social stigma unique to this effervescent community. Sodha was determined to break the mold and she received full parental support in doing so. She began her undergraduate edu-



cation in Fine Arts but decided to switch to Fashion Communications and Promotions at Central Saint Martins because she saw a vocation at the end of it. “I didn’t want to be a struggling artist.”

And struggle she did not. Since graduating from school, Sodha has worked with the multichannel creative agency Spring Studios, the esteemed British newspaper the Sunday Times and many renowned fashion glossies including Vogue India, Wonderland, Zinc and Another.

We briefly touched on her opinion about the controversy surrounding interns in the fashion industry. With internship programs shuttering across the publishing industry, I was curious to know how she felt about the situation having been an intern once herself: “Certain publications look after interns better than the others. Unfortunately, you’ve got to do it. Whether it be two or three days [a week] while you are studying, whether it be a blog or some kind of outlet, you have got to learn from the editors if you want to go to work for magazines.” However, she does feel the digital age has changed this prerequisite. “Nowadays, it not necessary that you have to be a part of a magazine to have an opinion.”

She’s applied this rationale to her own lifestyle blog Kavita Cola. Carefully curated, featuring full looks, beauty picks and lifestyle themes, Kavita Cola has made a name for itself in the UK and abroad. As an authority on all things fashion, Sodha has been featured in a number of well-read magazines and newspapers offering her thoughts on current trends.

As for the future of Kavita Cola, Sodha would love to take on North America: “It is my dream to do things in North America. I think with India and the west, it’s becoming such a mix between the two.” The west’s interest in all things South Asian undeniably inspires her style. While she admits she is looking to grow her presence organically, she has not ruled out taking on India as well. Keep an eye on Kavita Sodha; she’s certainly one to watch.

Follow Kavita Cola at <http://kavitacola.com>. If you have the fortune to find yourself in the UK, be sure to tune in to Sky 1 to catch up with all the Desi Rascals.



TARUN TAHILIANI

EXCLUSIVE:

Tarun Tahiliani's Sage Advice to Brides-to-be

By Priya Kumar

He was touted the “Karl Lagerfeld of India” by fashion icon Isabella Blow. Since founding his eponymous luxury label in 1994, Tahiliani has made a name for himself in South Asia and abroad. Celebrated for fusing traditional and modern silhouettes, his pieces are appreciated for the sparkle they bring to any formal occasion.

Acquiring one's first Tarun Tahiliani piece is truly a fashion moment worth remembering. I had mine while shopping for a new sari for my best friend's wedding in 2011. After trying on a number of pieces at his New Delhi flagship in the ultra-luxurious DLF Emporio Mall, I came across an ombre number that quite literally took my breath away. Inspired by Monet's Water Lilies, the piece featured fluidly transitioning colour accentuated by intricate detailing from appliqué flowers to crystal tassels.

The hallmark of a Tarun Tahiliani is the opulence each piece exudes. The well thought-out designs are complemented by expert craftsmanship down to the finest detail. Tahiliani was educated at India's prestigious all-boys private institution The Doon School followed by Wharton Business School in the States. He learned the trade at New York's Fashion Institute of Technology. Coupled with his sharp business acumen, Tahiliani changed the landscape of the industry by offering the most high-end product available.

Although best known for his bridal wear, Tahiliani also offers ready-to-wear, accessories and diffusion. The label has struck a chord with the most discerning clients across the world and many patrons of the label will go to great lengths to get their hands on a Tarun Tahiliani.

Fortunately, I had the opportunity to sit down with the master couturier in London recently. While in town for a bridal show, Tahiliani spoke to me about the industry, his clients and what brides should look for when selecting the perfect wedding ensemble.

On his international clientele:

“They are very connected to the culture and culturally wear them for weddings and festivals. But now with a lot of simpler things, people are wearing them to black-ties abroad and really standing out. Indian fashion is very distinctive and a lot of handwork goes into it which makes it a very good value for money.”

On catering to fashion capitals around the world:

“For the international market, we were actually the first [Indian fashion house] to have a show in Milan. We decided to stop consciously showing revealing necklines and instead do what we do for the contemporary Indian and then let it go where it goes. There was too

much pressure because the Japanese wanted their own kind of style as well.”

On subduing his pieces for the modern bride:

“Speaking of the bridal collection, we have a very contemporary collection and for our last Spring/Summer which we launched now, we collaborated with artists who live in Manchester and used their prints as the basis for our contemporary line. We do a very big contemporary line, which is global and modern because these costumes are too strong for western culture. It's even time for India to pare down and use simpler designs and be modern.”

On preparing the bridal trousseaux:

“Evening wear and bridal wear is actually about individuality. That's the biggest thing [brides] have to keep in mind. They need to stop looking at actresses and changing their own style in order to be like them. Also, [they should] keep the outfit as light as possible so that they are able to dance and move freely. They have to be feminine and contemporary. I think these are kind of basics that arrive from season to season.

Tarun Tahiliani is available online in Canada at Pernia's Pop-Up Shop – <http://www.pernias-popupshop.com/designers/tarun-tahiliani>.





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The Unconventional and the Experimental:

The Head Turning Designs of Ali Xeeshan

By Zarmina Rafi

In August I had the chance to talk with renowned Pakistani fashion designer Ali Xeeshan, who at this point needs no introduction to international audiences. Xeeshan is Lahore-based and began his career in the city, but within the span of a couple years, his unconventional designs, gorgeous use of colour, interest in detailed embellishment, along with an attitude that is uniquely his own, the designer has managed to gain admirers in places as far-flung and diverse as Canada, United Arab Emirates, and the United States.

Xeeshan's bold choices may still be considered risqué or over the top in a place that generally favours tradition over experimentation when it comes to fashion, but the qualities of the uninhibited and the unexpected in Xeeshan's work are exactly what set him apart from others working in the same field.

Having exhibited at fashion weeks such as PDFC Sun silk Fashion Week and L'Oreal PDFC Bridal Fashion Week over the years, and most recently at Mercedes Benz Pakistan Fashion Week, Doha in 2015, Xeeshan has constantly played

with structure, proportion and form, often while alluding to an exultant past. This interest in a glorious pan-Indian past can be witnessed in the designer's collection inspired by the Mughal era (in 2015), the movie, *Mughal-E-Azam*, and in the show titled, *Baghawat* (2014) which borrowed strong silhouettes and symbols of strength from ancient Rome.

Through the years Xeeshan has given us bold pairings of textures, combinations of colours such as shocking pink alongside green, vermillion with blue, stunning headpieces that defy gravity while locking in golden opulence. Cascading *jhoomars*, headpieces with *kundan* and pearls, and the oversized *nath* are a signature feature of Xeeshan's work on the runway. Some of these accoutrements have recently been carried on the runway by beauties such as Pakistani model of the moment, Amna Ilyas, and SHE's August 2015 cover girl, Juggan Kazim.

On the runway Xeeshan often conflates both courtesan and royal muse into one. Thus, to be an Ali Xeeshan client is a bold choice in itself, as one has to be prepared for anything. As audiences we look forward to new experimentation in Xeeshan's work with rapt interest.



Q & A

Your place of business is termed Ali Xeeshan Theatre Studio, what does the word “theatre” imply here?

My shows and production house always have a theatrical and dramatic value and character. I don't design clothes, I design a character. If you have seen my work and collections, each couture piece will create a dialogue with its viewer. My works are not merely garments, they are like characters that speak to you and this is the theatrical element, that is how we operate and design, and in a short time we have made a splash amongst a growing clientele in Pakistan and abroad.

What is the source of inspiration behind your exquisite pieces?

The inspirations behind Ali Xeeshan Theatre are the rich traditions and culture of Pakistan. Our collections take inspiration from the vibrant colours, culture and zeitgeist of Pakistani heritage, craftsmanship and culture that is then infused into intricate and contemporary silhouettes.

We hear you recently diversified into a prêt line for Menswear. Tell us more about this decision.

You see, prêt is the future of fashion and the way forward. Retail is booming in Pakistan and from a business point of view, we are quite inclined towards a prêt line, so our designs and lifestyle collection will soon be more accessible.

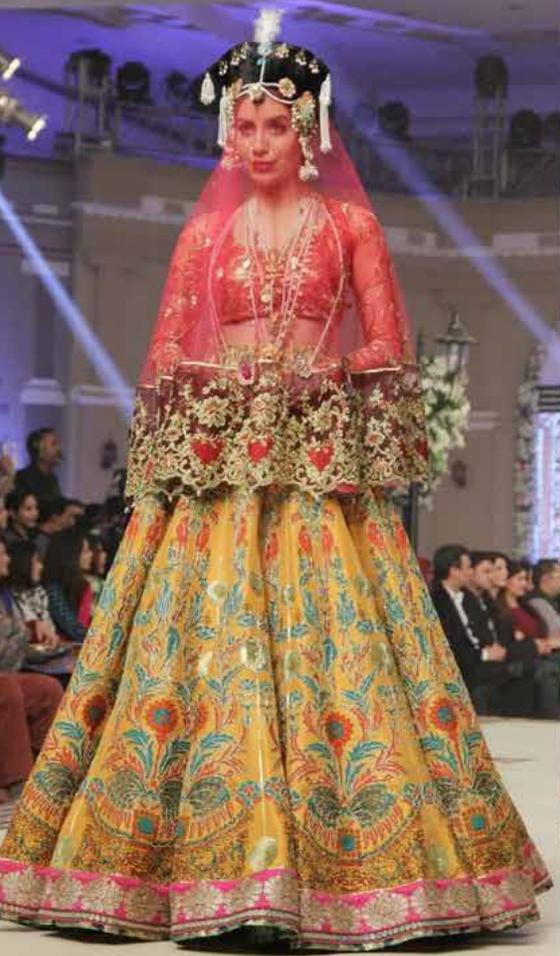
You have been discrete about Rihanna's interest in your designs. What do you have in mind for the diva?

Interesting question! However, we would like to remain discrete about this for a little while, until we are ready to disclose further details.

Who do you consider to be a significant competitor in the field of fashion design, whether nationally or internationally?

Nationally or internationally, we do not consider anyone to be our opponent or competition. I am my own competitor and that is how I operate in my design philosophy, execution, shows and lifestyle at Ali Xeeshan Theatre.





Q & A

Where do you see yourself professionally in the next five years?

In the next five years, we would like to completely penetrate the prêt-a-porter market, with stores nation-wide and internationally as well. As I mentioned before, retail is growing at an exponential rate and we see ourselves pursuing this within the coming years.

Who is the one dream celebrity Ali Xeeshan would like to style?

I would love to style Madonna. Her freedom and bold aesthetic sense completely gels and blends well with our philosophy that is edgy and bold.

Who do you see as being a challenge to dress?

I find it very challenging to style people who have stereotypes or pre-conceived notions about design in mind. We are a bold and edgy choice and my clientele and muse has to be a daring and bold soul and that should reflect in their choices in fashion.

What are your thoughts on the fashion scene in Pakistan?

I think fashion is a steadily growing industry in Pakistan and one of the only industries to do so at such a pace! It has taken the international world by storm as we stride side by side with other countries in major fashion weeks and festivals. Surely we are headed in the right direction. I am really happy to be a part of this growing industry!

As a patron/participant of PDFC, how do you see yourself contributing?

PDFC has been a great platform as I made my debut on a PDFC show. It has helped me channel and streamline my design process from mood boards to runway silhouettes to working on deadlines and so forth. It's a very prestigious platform and that keeps you on your toes, performing at your optimal levels. It has been especially encouraging towards my brand and this allows me to give my best to it.

Couture or prêt, which is your strong suit?

My strong suit would be couture. I love to experiment and immerse myself in design details and push my mind and design characters. In couture there is always a margin to play with, so to speak. There's more room for creativity and a bigger canvas to play with, where as in prêt, you can't stretch your aesthetic design beyond a certain line.

Huma Qureshi

Hollywood's latest bright young thing

By Priya Kumar

In the three short years Qureshi has been actively working in film, she has already attended the Cannes Film Festival, received attention from Bollywood heavyweight Shah Rukh Khan and starred in a number of critically acclaimed and commercially successful movies. SHE exclusively speaks with Qureshi and finds out why she is truly one to watch.





Bollywood is notoriously impenetrable to fresh talent. Year after year the same faces that were popular in the noughties and even nineties continue to get the same top billing. It's a trend almost unheard of in Hollywood.

When a new face breaks into the business, the sheer feat of it all is noteworthy. Add some genuine talent and screen presence into the mix and you have the recipe for success. Huma Qureshi is a part of the new cohort of Bollywood starlets and she exclusively spoke to SHE about her recent work.

Huma Saleem Qureshi was born on July 28th, 1986 to Muslim parents in New Delhi, India. Her father, Saleem, is a well-known restaurateur and owns a successful chain of restaurants called Saleem's and her mother Aameena, is a housewife. After graduating with an honours History degree from the University of Delhi, Qureshi began her career in theater, a testament to her talent.

She visited Mumbai in 2008 to audition for several film roles and ended up signing a two-year contract with Hindustan Unilever as commercial model. She also did work for Samsung with Aamir Khan, Nerolac with Shah Rukh Khan and half a dozen other well-known brands. It was on the set of her shoot for Samsung that the TVC director Anurag

Kashyap noticed her flair for acting and expressed his intentions to put her in one of his films. Qureshi officially set her sights on Bollywood. Kashyap was true to his word and cast the starlet in criminal drama *Gangs of Wasseypur*. The film premiered to much acclaim at the 65th Cannes Film Festival in the south of France. With just the right amount of sexy added to this quintessential "girl next door," Qureshi sizzled on screen as Mohsina, playing flame to Nawazuddin's harrowing character, Fazial Khan. With *Gangs of Wasseypur* she broke the mold of the typical fair skinned, size-0 Bollywood actress and brought an element found few and far between in Bollywood: raw talent along with impressive skill as a dancer.

She quickly made a name for herself as a serious actress with an impressive range that was recognized by a number of award bodies including Filmfare and Stardust. She next starred in *Luv Shuv Tey Chicken Khurana* opposite Kunal Kapoor. The comedy involves a quest for the ancient chicken dish *Khurana*.

More recent work Qureshi has been involved with includes sci-fi thriller *Ek Thi Daayan*, film short *Sujata* and *Ishqiya* co-starring Bollywood legend Madhuri Dixit. On a recent trip to London filming a Bollywood remake of the Hollywood blockbuster *Oculus*, I had the chance to catch up with the white-hot starlet. We chatted about her career, family and being the next big thing in Bollywood.

Q & A

Tell me a bit about the Oculus remake; what brings filming to London?

Oculus is a very successful Hollywood film, so when the opportunity came to us, both Saqib and I jumped to do it. The film has been filmed in London and we spent a good month and a half filming there. The location was perfect.

In the yet untitled film you will be starring alongside your brother. Will this be a first?

Yes, this was the first time we both worked together and it was fun. Personally also, as we are very close, hence it was a great experience for us to observe the professional side of each other.

You started your career with TVCs. Did you see your career progression ultimately lead to film?

I come from a theatre background and hence acting is something I have always enjoyed doing. TVCs gave me a platform to step into films.

Your eyes have been described as an extremely expressive part of your performance. How do you work your gaze into character when preparing for a role?

Thank you. Well when you read a script it's very important to understand what and who the character is, its background and what its demands are. Only then we will be able to justify and play that character well and that's what I do.

In the three years you've been active in Bollywood, you've had the opportunity to work with many industry legends (speaking volumes about your career). What's been the most inspiring moment thus far?

I can't really choose anyone in particular. I have been blessed to work with some of the finest actors of our times. I would love to work with Mr Bachchan though. It would be amazing to watch and learn from such a powerhouse of talent.

*Be sure to catch Huma Qureshi in the recently released Marathi film Highway.
The film follows several unfolding stories along the Pune-Mumbai highway.
The film features the interactions between the unique characters from the two
metropolises and the drama that unfolds.*



ON SET

ETIQUETTE FOR ACTORS AND MODELS

By Tiffany Lesko



We all hear the stories of an A-List Actor or Actress demanding special food, water and treatment while on set for a movie or commercial shoot. Even then these demands can sometimes be overboard and ridiculous. There are many things you may want to consider before going all diva on the producers and directors, especially if you are new to the industry. First off, please be on time.

Punctuality is key when arriving to set. We all know that actors can sometimes run late, especially if there was a big event the night before. However, unless you are Angelina Jolie and probably directing the movie as well please be sure to arrive on time. Just as when

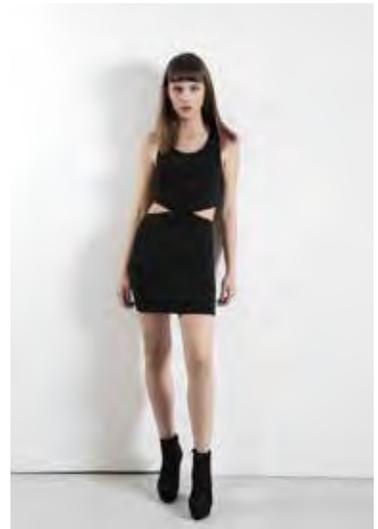
you go to an audition a good rule of thumb is to arrive 15 minutes early. This ensures that should there be any delays on your way to set, you will still arrive on time. It also allows for you to be able to find parking and walk any distance you may have to. If you do have some issues getting to set, please call your agent, or the emergency contact information given to you on your call sheet. Always give them the heads up you are going to be late.

The next thing to remember is leave your entourage at home! The last thing a busy set needs is more people. Not only is the insurance available by the production company not going to cover your guests if anything happens, it also creates clutter and distractions for all the other actors or models on set. Your friends and family are not accustomed to the

hustle and bustle, or even what to look out for. While you are doing your thing in front of the camera it is really hard to keep track of your friends/family behind the camera. Actors (especially famous ones) do not usually want to be approached by people they don't know, or who really shouldn't be on set. Again, unless you are an A-List celebrity and need a personal body guard, the only person who should be on that set is yourself, the other actors/models and the crew.

We all know that there will be food provided while on set. If it's a half day shoot (meaning four to five hours max.) there will be a treats table. If it's a whole day shoot (eight hours plus) there will be a treats table along with a catered lunch. It is important to let your agent know any dietary restrictions you may have.

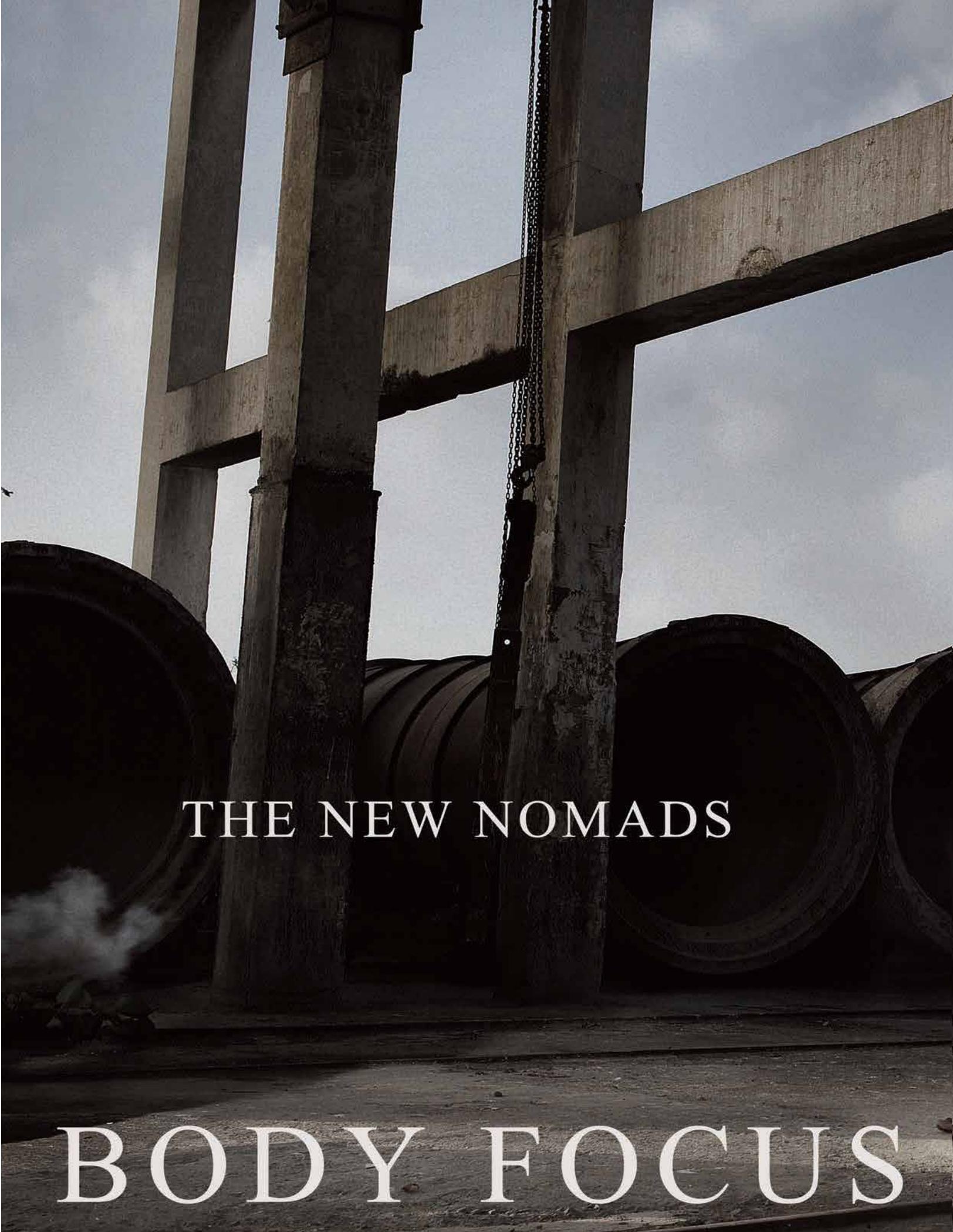
*AS A MODEL YOU MUST
PORTRAY THE LOOK AND TELL
A STORY THROUGH IMAGES*



These include allergies, gluten intolerances, and restrictions for religious purposes. It is also important to let your agent know if you are vegan or vegetarian. This way they can ensure that there are the correct options for every one. Also when you are on set, if you are not being used on the camera do NOT hang around the food table. There are many people on set, and everyone needs to keep their energy up. Yes, it is there so that you can help yourself too, but please be respectful of the others, especially those who may not get many breaks during the day (i.e; camera men, microphone men, directors, principal actors). So again do not crowd around the treats table. Another really important thing to remember is to always let someone know where you are. You may not be on camera or shooting for an hour, but even if you have to step out to the washroom, please make sure you let someone know where you are going. When you arrive on set you will know who the contact is, and who you should report to.

This is the person you will want to let know if you have to leave for any reason, even if only for a minute. You never know when they will call you to be filming/shooting. The last thing you want is for people to be waiting around for you because you couldn't have the courtesy to let someone know where you were. And lastly, please make sure you turn off all cell phones, pagers and other electronic devices while you are on set. They do not need to be powered off, however on silent and away is always a good idea. One of the worst things is to have a shot interrupted by someone's ringing cell phone, and you have to re-do the take. This causes many delays in shooting and is annoying to the other actors and others on set.

If you have a long break, you may check your phone for any messages, but if you need to make a call, please make sure you let someone know and then leave set accordingly so you don't distract the others and the shoot. These are the basic things to remember when you are going to do a shoot. Always be courteous and polite to those around. After all, even if it's your first shoot or your 100th shoot, you always want to leave a good impression. Leaving a positive impression at a shoot is a lasting way to gain future work. Now that you have some basics on what to do on set, go knock 'em dead.

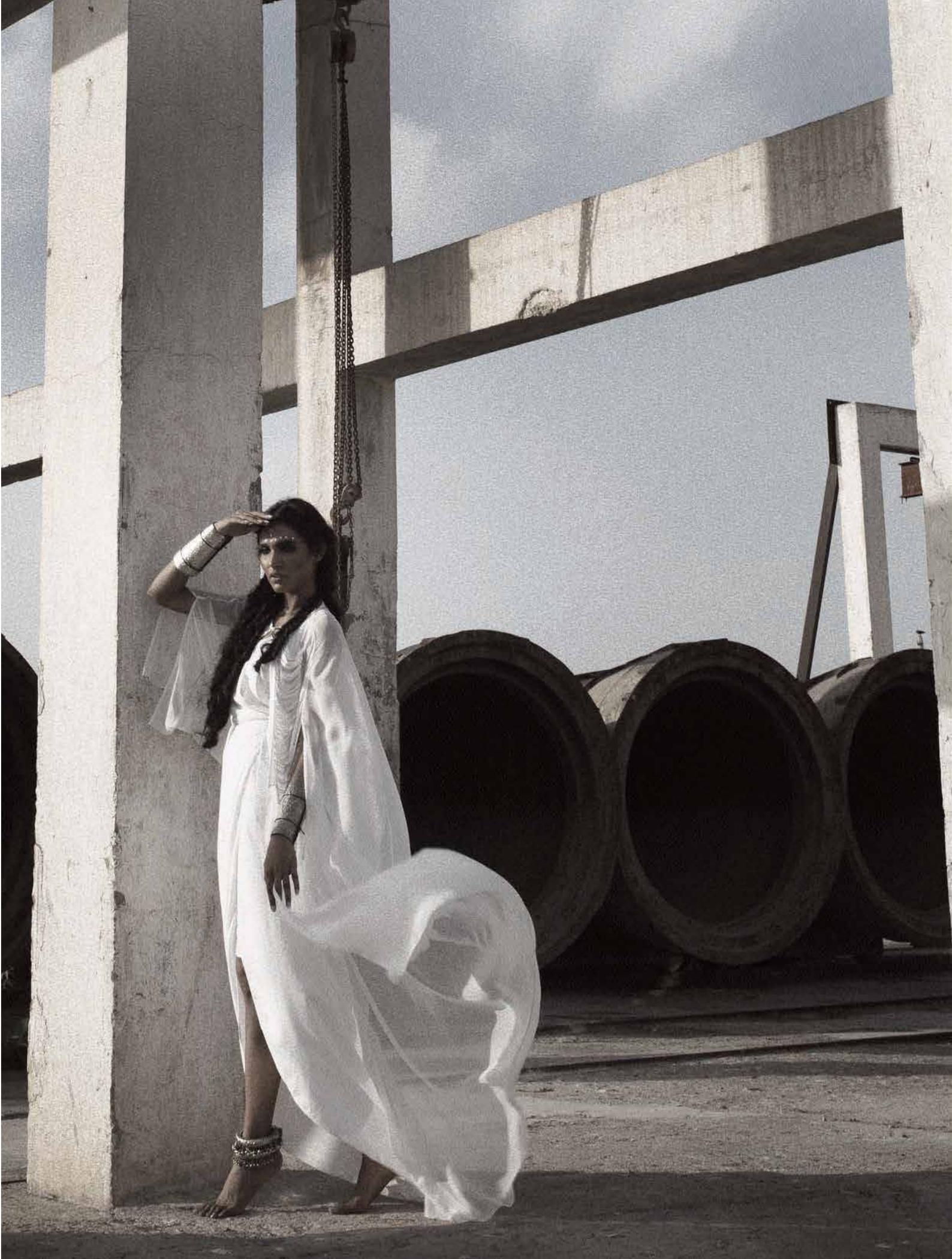


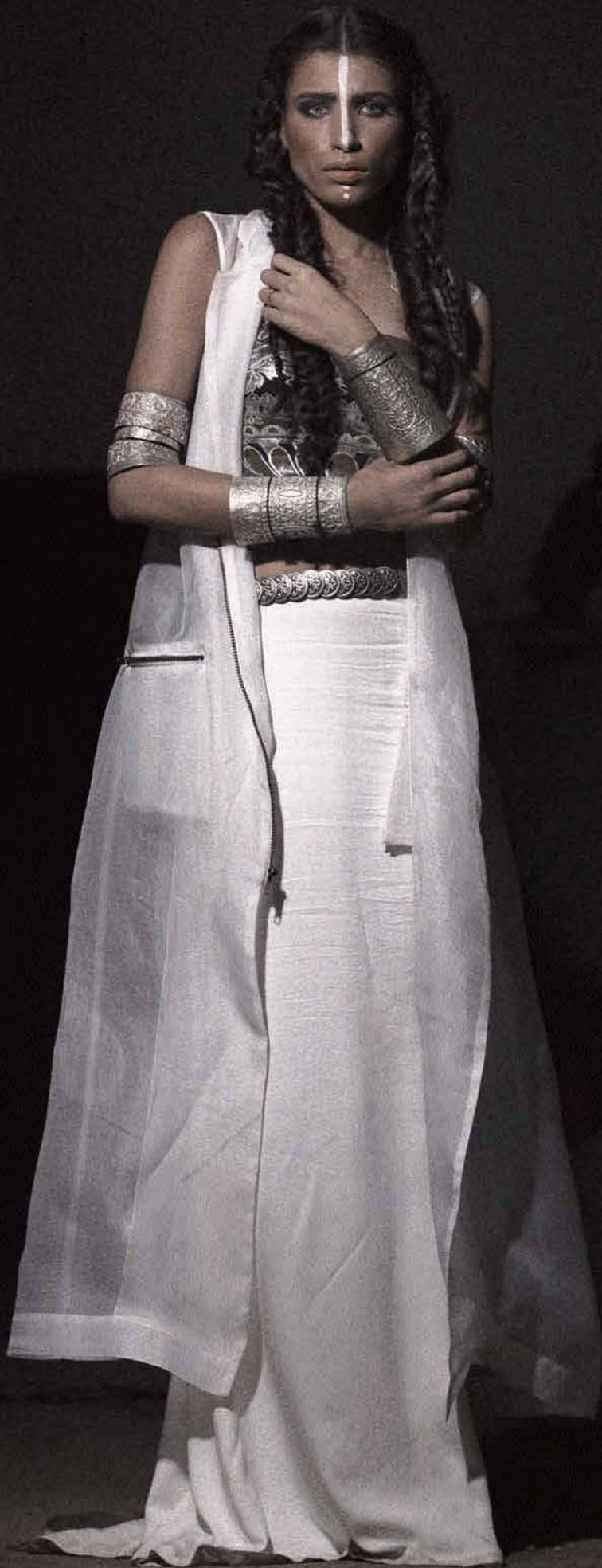
THE NEW NOMADS

BODY FOCUS



MUSEUM













DESIGNER : IMAN AHMED
PHOTOGRAPHY : SHAHBAZ SHAZI
HAIR AND MAKE UP : NIGHAT MISBAH @ DEPILEX
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HEPRENEUR

By Priya Kumar



MyUS

Shop to your heart's content online without the annoying fees of being an international customer.

Online shopping can be a huge time saver. But sometimes as Canadians it can feel like we're being short changed. If you're a regular on US-based ecommerce sites, there's nothing more annoying than going to checkout with a full online cart only to discover that as an international shopper, the shipping, duties and other hidden costs have been tacked on. These overinflated costs not only take the convenience out of online shopping, but are also a huge bummer.

Enter MyUS. Founded by Ramesh Bulusu, MyUS offers Canadians a shipping solution that cuts out the additional fees of being an international shopper. It's a membership based service that ships directly from their US distribution center. Customers are able to club purchases and packages to be forwarded to their front door, offering savings of up to 80%.

Where did the idea for MyUS come from?

The original idea was to serve US expats living elsewhere with American brand catalogs and US mail. It soon expanded to shipping expats' favourite US products to wherever they lived. Fast-forward to the internet era, MyUS now enables over 300,000 customers to shop any US online retailer via fast and affordable shipping to over 220 countries.

As an avid online shopper based in Canada, what are the benefits of using MyUS?

Guaranteed upfront transparent pricing that takes away unpleasant surprises associated with the dimensional/weight phenomenon, which is so common in international shipping.

Superior repacking of products to ensure customers do not pay for "Air" or unnecessary fillers that are very common in a typical retailer's packing box, which makes the size of the box significantly higher than necessary. Repacking drives superior savings to the consumer.

Consolidation: A consumer who shops multiple US retailers can use MyUS to consolidate all their purchases into one and save up to 80% versus shipping directly from each of the

retailers. The first pound (or kg) is the most expensive to ship and the cost goes down for each pound you add to the SAME shipment. MyUS is first and foremost in the consolidation industry and ships over \$260m of merchandise every year to consumers in over 220 countries.

Compliance: Proper export classification of products to ensure accurate duties and taxes, as well as faster clearance through customs.

Quality: Best-in-class packing supplies to handle all sorts of products (including fragile items) and regular training of our packers to ensure the highest customer satisfaction.

Safety: Proper packing and labeling of dangerous goods (even simple cosmetics such as perfumes and hand sanitizers can be classified as dangerous for international shipping)

How does it take duty and international taxes into consideration?

MyUS uses international standards of product classification so the couriers (such as FedEx, UPS etc.) and customs know the accurate duties and taxes to collect. We have over 20 export compliance specialists to ensure accurate classification for reasons mentioned above.

What if the store I'm shopping from does not accept international cards?

MyUS has Personal Shopper services where we can purchase products on behalf the international consumer.

What products are excluded from your service and why?

Products prohibited from export by US regulations (example: arms, leather from exotic animals, prescription drugs, etc.) as well as any restrictions imposed by the destination country [are taken into account]. Our website has more specifics.

Who are the majority of your clients and where are they based?

We truly have customers all over the world and we ship to over 220 countries every month. The majority of our customers are in the Middle East (Saudi Arabia, Emirates, Kuwait etc.), Australia, Japan, and Canada.

HE GROOMING

Finding the Perfect Beard Style for Your Face Shape

By John Godfrey

They say a man without a beard is like a lion without a mane. With facial hair all the rage right now, beards are quickly becoming the new currency in men's grooming. Not unlike haircuts, there are dozens of options when it comes to style, many of them depending on a man's face shape. Here is a breakdown of the various shapes and how to know which will be right for you.



SQUARE

The all-over beard that's clipped close to the face works well. Grow your facial hair out for several weeks and then use clippers to keep the length short. If you want a sharp look around the mouth and chin visit a barber.

TRIANGULAR

A fuller beard will take the pointiness off the chin. A shaggier medium weight beard will bulk out and balance the lower face. Let your hair grow out, trimming around the chin and straightening the sideburns. The beard can be easily maintained with bi-weekly trimming.



RECTANGLE

Grow your hair out for a week or so (depending on how fast your beard grows.) The groomed 'scruffy' beard will change the appearance of long faces and receding hairlines particularly well. The face will appear less angular and the receding headline less noticeable.

DIAMOND

The pear/diamond shape faces also benefit from a fuller beard to soften a long or pointy chin. Keep the side burns tidy but thick to help balance out the upper part of the face too. A full beard can take up to four weeks to grow-out. Grooming with scissors and a trimmer will result in a mix of rugged and clean cut.



ROUND

Go for the masculine look with a circle beard, short sides and shaved side burns. Let the facial hair grow for a week while shaving your jaw and neck. Once you're satisfied with the length visit a barber to get super straight lines and maintain the look with a clipper and razor at home.

OVAL

The lucky ones! This face shape is the most versatile for balanced shaving. Whether you want fashionable stubble, a shapely beard or to look like Santa Claus, your face is versatile enough to pull it all off.

BEARD MAINTENANCE

WASH

Treat your beard to its own bath each day. That way you can be sure that you're clean from sweat and tears after a long day at work in the sunshine. We all use shampoo and conditioner on our head so treat your beard with a daily salon wash to ensure it's clean and rehydrated. Make sure you thoroughly clean the shampoo and conditioner out to avoid flakes and dry with a towel. Not only will you smell great, but there's less chance of irritation too.

MOISTURISE

Once you've washed your beard, moisturise it. No one wants a dry, rough or bristly beard, so keep yours soft in the winter climate with a refreshing, hydrating lotion or oil. Scented beard oils will keep you smelling fresh and still looking manly.

TRIM

You might be growing a beard, or even just a little stubble - but make sure you keep it trimmed every now and then to avoid looking like a wild mess. Use shaving oil and an accurate trimmer to shape your beard as you wish. Shaving oils nourish and repair the skin underneath your beard before you trim, which is a very important step to keeping your beard healthy - after all, this skin will be hidden from the sun, so make sure you help soothe and hydrate it.



John Godfrey is a health and wellness authority in London, England. To find out more go to johnsgodfrey.co.uk.



1. *Call It Spring Borin Earrings and Cranna Necklace*

Be the centre of attention at your next party wearing these gorgeous jewellery pieces. The neutral colours will work with any outfit, plus they offer just the right amount of bling to make you sparkle!

- 1- Cranna necklace (\$14.99);
- 2- Ulorevia Earrings (\$5.99)
- 3-Borin earrings (\$11.99);

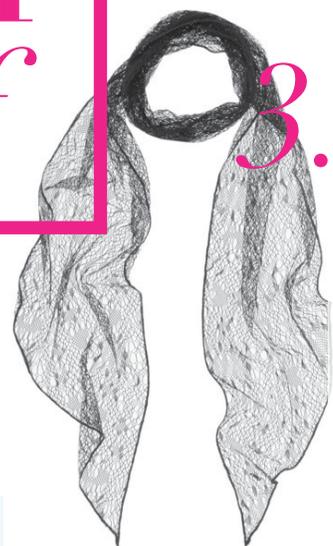
2. *Misha Nonoo Bag*

Statement bags are our favourite way to spice up our outfit, and this unique muff bag from ALDO's newest collaboration with designer Misha Nonoo takes the basic little black bag to a whole new level of flare.

Misha Nonoo Bag (\$60)



HOT
stuff



3. *Saint Laurent Skinny Scarf*

Skinny scarves were all over the runways this year, and are the perfect accessory for day or night. Pair it with your favourite blazer and jeans for a casual look, or with a dress and killer heels for a night out!

Saint Laurent Classic Lavalere in Black Lace (\$375)

4. *Modern Mary Lunch Bag in Ruby Red*

Upgrade your lunch bag from that boring brown paper bag to this chic Modern Mary food clutch. This soft, genuine leather lunch bag is the perfect size to fit your lunch and snacks, while looking stylish at the same time!

\$155 - \$188



SHARARAT

NEW LUX FRESH SPLASH. FEEL FRESH LONGER
SO THE MISCHIEF GOES ON AND ON.



Treat your senses to cooling mint, sea minerals and fresh fine fragrance by the world's best perfume experts.

By the numbers:

Green PRODUCTS

1 Green Products

- **Juice Beauty** – With Gwyneth Paltrow as their creative director, this skin care and makeup brand prides itself on using organic ingredients great for your skin as well as the environment.
- **Honest Company** – Co-founder, Jessica Alba promises health and sustainability benefits when promoting the products featured in the Honest Company's lineup.
- **Method** – Non-toxic, biodegradable, and made with natural ingredients, Method makes sure you're not bringing any unsafe chemicals into your home.



2 Eco Friendly Food

- **Shop locally** – Farmer's markets don't just ensure fresher produce, they are also a great way to support local farmers and cut back on your carbon footprint.
- **Bring reusable bags** – Invest in a couple tote bags or bins for the next time you go on any kind of shopping spree. Having a reusable bag will help cut back on plastic bags which harm the environment.
- **Reusable water bottle** – Not only are you saving money with this trick, but the environment will thank you as well. Refilling your own water bottle with tap water instead of buying plastic water bottles will sufficiently reduce your waste.



3

Eco Friendly Food

- Turn off lights when you're out of the room.
- Unplug appliances that are not in use.
- Preset your thermostat to a lower temperature when you're out for the day or before you go to bed.
- Recycle!



4

Eco-friendly clothing lines:

- **Delicate Rayne** – Contemporary luxury meets sustainable fashion – this brand uses premium vegan products without sacrificing style, complete with aesthetically pleasing combination of sleek minimalistic fashion.
- **Matt & Nat** – This accessory line is serious about their carbon footprint, considering their name is a combination of the words material and nature. This eco-friendly brand promotes ethics and sustainability while promising that no animal material is used during production.
- **Vaute Couture** – Replace the H in Haute Couture with a V for Vegan, and you've got Vaute Couture. This high fashion brand specializes in fashionable yet eco-friendly pieces for both men and women.
- **Della** – Handcrafted goods by a community in Ghana, this clothing line does more than produce cute earth-friendly clothing, they are also working to provide jobs, education, and skills to those working to create Della's line.

HE SAID



I just landed my first real job and I feel like the next step is to branch out on my own and rent my first apartment. I know this is a pretty big step, and I'm nervous but excited for the freedom and flexibility that comes along with living on your own. Since this is my first time, I'm not sure how to tackle this situation. Any helpful tips for a girl apartment hunting for the first time?

HE SAID: First things first, you must determine how much rent you can comfortably pay. Generally speaking, rent should be about 25% of your income, however make sure you are leaving enough for other expenses such as utilities, groceries, and entertainment. Take your time to plan out your budget before you set out apartment hunting so you have a clear idea of what kind of apartments are in your price range. Finding a roommate isn't a bad idea either, as splitting the costs will significantly decrease your overall spending and you may get a great friend out of the deal too.

SHE SAID: Location is another major factor to consider when starting your hunt for the perfect apartment. Contemplate your options based on their proximity to your new workplace, since the closer it is, the more convenient it will be for you. Although keep in mind the closer you get to a metropolitan area the more the prices will skyrocket. If your budget cannot handle the heart of the city, choose a place that has a public transport hub near by making your morning commute a little less hectic.



SHE SAID

Autumn is my favourite season, especially for fashion. All the scarves, comfy knit sweaters, and the chic little booties make for a killer wardrobe. I love keeping up to date with the latest trends, and I really want to update my closet with some new threads but I don't want to break the bank every season. How do I get a complete fall wardrobe without going over budget?

HE SAID: First word of advice, clean out your closet. If you're on a tight budget, your best bet will be to reinvent some of your oldies and make them feel new again. Best thing about fashion is that styles are constantly recycled with a twist, so challenging yourself to reuse existing pieces in your closet, can be a fun and rewarding task. Try not to splurge on fads, and focus more on items you believe will never go out of style.

SHE SAID: The best way to budget your shopping is to set a limit for yourself. Know how much you want to spend and then research online so you know you're getting the best price for what you're looking for. If you're really set on purchasing new threads for fall, try to pick more classic pieces that can easily be transitioned for later seasons. Pick quality over quantity so you make sure you get the best bang for your buck.

GET THAT *LOOK*



RED HOT ANGEL

Models strutting the 3.1 Phillip Lim FW15 runway at New York Fashion Week rocked bold red lips and a soft ethereal complexion, perfectly complementing the designer's line of grownup urban punk-inspired looks for the season. Here's how to get that flawless complexion, and a perfect red pout for every skin tone.



Fountain of youth

Smashbox Primer Water (\$15) +
Smashbox BB Water (\$50)

This silky liquid power pair provides the ultimate stay-in-place makeup coverage that's lightweight, hydrating and natural looking.



Instant wake-up

Lancôme DRAMA LIQUI-PEN-CIL™ Longwear Khôl Eyeliner in *Lame* (\$31)

Apply along the water line to wake up the eyes, and around the outer edge of lips to make your pout pop.

Moonlight

Estee Lauder Perfectionist Youth Infusion Brightening Serum & Concealer (\$38)

Conceal and correct under eye circles and any imperfections, then flip it over and apply the brightener along the cheekbones, tear duct and bridge of the nose for a youthful glow.



Angel Dust

Anna Sui Loose Face Powder (\$48)

Pores vanish and complexion instantly brightens with this purple (yes, purple!) colour correcting face powder.



Berry Nice

Too Faced Melted Liquified Long Wear Lipstick in Melted Berry Red (\$25)



Vamp-a-licious

Urban Decay Matte Revolution Lipstick in Bad Blood (\$26)



Creamy Cushion

Laura Mercier Lip Parfait Creamy Colourbalm in Red Velvet (\$30)



1920s Red

Besame Cosmetics Classic Color Lipstick in Besame Red 1920 (\$27)



Sinful

Clarins Jolie Rouge in Spicy Cinnamon (\$27)



Real Canadian Red

Smashbox + Flare + Donald Robertson: Be Legendary Lipstick (\$23)



Pedram Karimi

Iran-born fashion designer, Pedram Karimi brought an enthralling combination of minimalism and futurism to TOM SS16 Fashion Week. With an aim to push social boundaries and stereotypes, Karimi kicked it up a notch, presenting an art collection. The Montreal-based designer collaborated with interdisciplinary artist, Luc Dubois, designing a series of wearable metal pieces. Combined with Karimi's simple androgynous silhouettes, the sculptures enhanced an architectural component that provided an avant-garde feel. Karimi states he was inspired to reinterpret materials; the metal sculptures perhaps symbolise an armour against the fast-paced fashion industry. Karimi and Dubois fused the worlds of fashion and art thus creating an interesting conversation, bringing genders and social classes together. The SS16 collection presents a vision beyond the seasonal trends and already has us talking.





Nuvango

On August 19th, we had the honour of attending newcomer Nuvango's Toronto Men's Fashion Week debut. This Toronto-based fashion house was launched by Jamie Pichora and Drew Downs in Summer 2015 and has already made its mark on the runway. Nuvango's signature style is a contemporary mix of art, design, and fashion in a provocative and thought provoking way. This bold and beautiful art apparel brand works with talented artists from all over, bringing them together to create diverse art that turns into apparel.

All of Nuvango's garments are produced in their Queen West studio, with months of testing fabrics and prototyping different pieces before they hit the runway at TOM. The Men's Fall/Winter 2015 collection that debut-

ed at TOM was a unique mixture of bright, playful athletic wear, combined with modern accessories. The upbeat electronic sounds by Kill Them With Colour provided the perfect backdrop to the collection, while models paraded down the runway in brightly coloured graphic tees. The Nuvango team's creativity is undeniable, while their main focus is provoking viewers into enjoying and appreciating art.





BROWN GIRL

problems

With the weather starting to get colder, I'm finding it harder to try and stay warm while wearing traditional South Asian clothing and still looking good. Many times, I find that the material is too thin and as cute as it looks, I start freezing in no time with my thin salwar kameez and sandals. I don't want to have to wear big winter boots and a sweater or jacket over my outfits just to keep myself from getting frostbite. How can I stay warm and still look good in my traditional clothing?

- Too Cold

A: Dear Too Cold, it can be hard to pair cold weather items such as jackets and shoes to traditional South Asian clothing while still trying to maintain a cute outfit. Instead of trying to layer over your clothing, try layering under. If your outfit has long sleeves, opt for a long sleeved shirt underneath in a colour that complements your outfit. Wearing leggings with a thermal lining underneath the pants of your outfit will keep the cold air out in a discreet manner. If you're looking for a new outfit, try purchasing something that already has long sleeves. Step away from sandals and stilettos because they are no friend of ice and snow. If your outfit allows, try wearing little ankle booties, or closed toe shoes with a thick rubber heel. If you're not a fan of heels in the winter time, flats are always a good option. And to make sure your feet are protected from the cold, wear half socks (the kind made to wear under flats). They look a lot better than regular socks if you take your shoes

off and provide just as much protection and warmth. A long ankle length coat with a hood will protect your hair, and outfit from any snow that may come blowing your way. It will also complement your outfit in a classy way. A blanket scarf and a pair of gloves will add the perfect amount of glam to your coat and can always be taken off when going indoors.

I usually keep my skin healthy and hydrated in the summer time, but once the cold weather starts, my skin gets dry, my hair tends to have a lot of static and my lips are always chapped. How can I stop my skin, hair, and lips from looking damaged in the winter time?

- Desperate and Dry

A: Dear Desperate, It's a lot harder to maintain moisture in your skin and hair in the cold weather and takes a little extra work to keep it looking healthy. A lot of people forget that sunscreen is still an important product to use even in

the winter time, even though it's not hot anymore and your chances of getting sunburnt are a lot less, the sun still shines and affects your skin more if it's not protected. Make sure you exfoliate your skin to get rid of any dead skin, and then use moisturizer to replenish it. Using makeup with moisture and hydration is better for your skin and will have it looking a lot healthier throughout the day. Try to cut back on the heat styling tools like flat irons, curling irons, and blow dryers. They leave your hair dry and damaged causing static. Using static-free or frizz-free products will add moisture and shine to your hair. For your lips, avoid licking your lips and apply lip balm as often as needed. Dehydration can also cause chapped lips so it's important to drink a lot of water. Also, try and exfoliate your lips a couple times a week just like your skin to get rid of any dead skin, and always remember to moisturize after.



Illustration by George Xu

Ordinary creams
last only for a
few hours



Vaseline gives
moisture +
nourishment for
24 hours



*cream without glycerine

keeping skin amazing since 1870



JWT

FENG SHUI

Healthy homes, healthy lives

Have you been dreaming about good health and finances? You may be able to achieve these by incorporating Feng Shui principles into your life. **Mazeena Khan** talks with Kasia Bednarek to gain insight into the fascinating world of alternate health.

Kasia is an international Feng Shui expert. After a life-changing Feng Shui experience, she's on a mission to help, teach, and empower people about the benefits of Feng Shui. She works with homeowners, entrepreneurs, small businesses, developers, architects, designers, realtors, brokers, and real estate investors.

What is Feng Shui, and how can it bring positive change to someone's life?

Feng Shui is an ancient study of surroundings and spaces. Some people say Feng Shui started 3,000 years ago in China, others say it started over 6,000 years ago in India and was later adopted by the Chinese. For the most part people agree it came from Asia. After years of research, Feng Shui masters discovered that certain ways of orienting buildings, designing floor plans, and arranging and decorating spaces helps promote positive energy, well-being, and prosperity in our lives.

Feng Shui had such a profound effect on people's lives that in the early years it was exclusively used by the aristocracy of China, and anyone who was caught using or teaching Feng Shui outside of the elite class was heavily punished. However today Feng Shui is accessible to anyone who wants to improve his or her quality of life. Regardless of gender, age, marital status, occupation, income level, spiritual or religious beliefs, Feng Shui can bring positive changes into any area of one's life. The great thing about Feng Shui is that you don't have to believe in it for it to work, it works whether you're a believer or not.

I always like to encourage people to just try it and see what happens for them, they have nothing to lose.

How did you become interested in Feng Shui?

For years I read about Feng Shui for fun because it fascinated me, but I never imagined one day I would practice it professionally. Have you ever had a sleepless night? How about 1,825 nights in a row? I once did. I suffered chronic insomnia for over five years; it's a terrible way to live. Traditional doctors couldn't figure out how to help me, so after five years of no improvements, I decided to try Feng Shui and eliminate food sensitivities.

Within three months my sleep improved, by month six my chronic insomnia was gone and I was sleeping like a baby. After this life-changing experience I quit my corporate interior design job and started practicing Feng Shui. I started helping people with all sorts of issues such as health, fertility, attracting more clients and making more money in business, finding new partners, selling homes faster, and a lot of other things. Because of Feng Shui I've had the opportunity to work with a lot of interesting clients (including musicians, producers and fashion designers) in places like Los Angeles, New York, Miami and Trinidad & Tobago. It's been an interesting and rewarding Feng Shui ride.

Do you find that people today are knowledgeable about Feng Shui and are open to using this technique within their home or business?

I definitely feel people are a lot more knowledgeable and open minded to Feng Shui today than they were a few years ago. People are now starting to come out of their Feng Shui closets. Famous people, business icons and the media are embracing Feng Shui. I think this is giving people and business owners "permission" to use Feng Shui, and talk about it more openly with colleagues, friends and family.

I used to have to see some of my female clients undercover when their husbands were not home because their husbands didn't believe in Feng Shui. But now, men are more open to Feng Shui, and the women are more comfortable and confident in expressing their use of Feng Shui techniques in their home and office. A few days ago I did a home and business Feng Shui consultation for one of my high-end clients in the food industry. We were having a cup of jasmine tea in the kitchen while going over the Feng Shui in her Toronto office. As we were talking, I suddenly heard the garage doors opening. It was her husband coming from work early. I will admit that immediately I got a little nervous and thought to myself, "Oh my gosh, should I play undercover? Should I hide the Feng Shui work from the table? What should I do?" But before I could do anything, her husband was already in the kitchen. I didn't know what to do, so I looked over at my client hoping for a telepathic answer, and to my surprise she introduced me as the Feng Shui consultant to her husband, and I was relieved. He didn't seem to care or mind that we were doing Feng Shui.

The next morning my client emailed me saying that her husband wanted to make Feng Shui changes in the office. I was surprised because it's usually the women who do the Feng Shui changes and some of them don't even tell their husbands they're doing it. Before I could respond, I got another email from her with pictures showing that her husband made all of the changes. I'm seeing a lot more of this, where men are getting more involved and using Feng Shui, and are not only open minded to using Feng Shui, but they act really fast, sometimes even faster than some of my female clients.

What type of concerns do people usually have once they decide to incorporate the practice into their home or office?

Some people think they have to 'Asianize' their entire space, or compromise their

spiritual or religious beliefs. Anyone, regardless of his or her lifestyle, décor taste or traditions, can use Feng Shui. It's really important that you don't confuse the Feng Shui "profession" with the Feng Shui "practitioner" and his or her spiritual or religious beliefs.

Even Feng Shui masters differentiate Feng Shui from their spiritual and religious practice. One of my Feng Shui mentors, Lillian Too, is a world famous Feng Shui master who often reminds people not to confuse the two. She says: "I think the greatest thing about Feng Shui is not anything religious. If you practice Feng Shui, you are not compromising any of your spiritual or religious beliefs. I believe greatly in religion. I am a Buddhist. But I keep Feng Shui practices separate from my religion."

How many sessions do you recommend one take to implement changes?

A lot of people think Feng Shui is a thing that they do only once in their life, or they think it's just about organizing their stuff. Feng Shui is a lifestyle. It really is a way of life, not a one-time thing that you do and forget about it for the rest of your life. It's really important that you pay attention and nurture your home and office environment on a regular basis, and not neglect your relationship with your space. The amount of sessions a person might need depends on the intensity of their situation and how quickly they make the recommended Feng Shui suggestions.

Typically, a Feng Shui consultant will address one to three main issues in one session. The nice thing about using Feng Shui is that when you address one area of your life, it generally has positive effects in other areas of your life as well, so most people experience huge benefits from just one session.

It's like a positive domino effect, you address one area and everything else is positively affected too. As for results, a person will typically start seeing and sensing results within a few weeks or even days after the consultation, assuming they make the recommended Feng Shui changes. I've had numerous clients tell me that they feel a positive energy shift in their space while I'm still in their home or office after we've made some quick on-site adjustments.

White for Health & Wealth: Feng Shui Your Bedroom

The effects of colour on humans have been studied for thousands of years, as ancient Egyptians, Greeks, Chinese, Indians, and Romans have all studied the vibrational energy of colour and used it in their temples for healing purposes. White is the colour of health, luxury, and wealth, and has been used as a healing colour for centuries, yet it's the most underused colour in the bedroom.

Research shows that people with hand tremors don't shake as much when in white rooms, proving that the colour reduces stress and has a calming effect on people. Others have reported that the colour has brought relief to various types of glandular disorders, including insomnia, fatigue, depression, high blood pressure, and Alzheimer's disease. White is considered to be one of the best colours to calm the heart, mind, nerves and emotions.

According to research, 88% of people describe the colour white as happy and euphoric. It inspires optimism, confidence, and positive attitude in people and subconsciously creates visual tidiness, and decreasing stress brought on by clutter. In Feng Shui, white is part of the metal element, which is associated with money, so I refer to white as the 'money-making colour.' There are many wonderful benefits associated with the use of this colour, so don't be afraid of it and start using it in your bedroom!



Top 6 Feng Shui bedroom tips

A white bed and linens add luxury, self-confidence and stimulates financial abundance while you sleep.

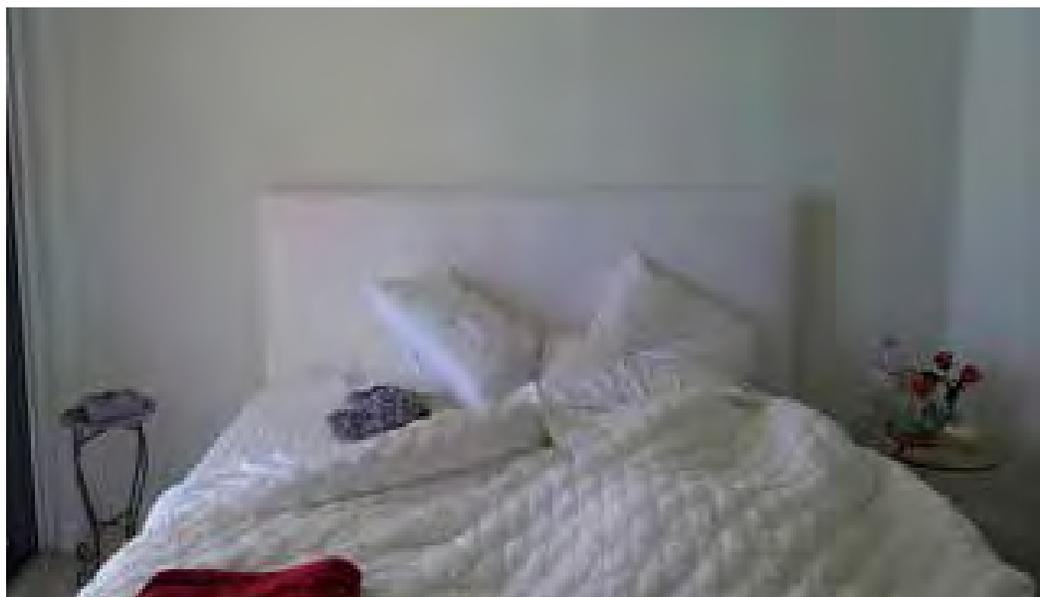
White walls reduce stress and help you sleep.

Two equal nightstands and lamps will promote a healthy relationship with your spouse or attract a love partner if you're single.

A precious stone like a purple Amethyst near your bed will provide calm, balance, patience, and peace.

An image of your favorite spiritual or religious figure on the nightstand will add safety and security.

Yellow or red flowers in your bedroom will stimulate joy and romance.



SUPPLEMENTING

Making the most of a healthy breakfast

By John Godfrey

Breakfast is universally known as the most important meal of the day. After a long night of taking in little to no nutrients, let's look at how we can get the very most from this vital meal. Supplementing can enhance without replacing your food intake for the best results from your fitness lifestyle journey.

SUPPLEMENTS

Fish Oils
CLA
1000mg of Vitamin C
Calcium with Vitamin D
Green Tea

FISH OILS

Fish oils contain EPA and DHA omega-3 fatty acids, which are essential as the body does not produce it on its own. Take a fish oil supplement for a morning dose of goodness that helps treat and prevent over 37 conditions.

Benefits include:

Improved joint function, heart health and memory. It is also preventative to degenerative disorders, cancer and pain and swelling caused by arthritis.

Found naturally in oily fish including anchovies, herring, sardines, salmon, trout, and mackerel.

When and how much: Take one to two capsules daily after breakfast

CLA

CLA is related to the omega-6 fatty acids, one of the two types of essential fatty acids that help the body increase metabolic rates, boost the immune system and keep cholesterol levels in check. When combined with a healthy diet and workout plan, CLA can support muscle growth and performance.

Benefits include:

Fitness performance, muscle gain, fat loss.

Found Naturally in:

CLA is found in dairy and animal fats such as beef, lamb, whole milk, and eggs, but cannot be produced by the human body.

When and how much: One capsule in the morning.

VITAMIN C

Vitamin C or ascorbic acid is an essential nutrient. It protects the body against oxidative stress and aids in tissue repair and bone growth. Vitamin C is famously known for boosting immunity to infection by stimulating the formation antibodies.

Benefits Include:

Infection immunity, gum health, capillary and blood vessel strength, absorption of iron and aids in healing bruising.

Found Naturally:



Citrus fruit and vegetables.

When and how much: One 1000mg tablet after breakfast

CALCIUM AND VITAMIN D

Vitamin D's main job is to increase the flow of calcium into the bloodstream by absorbing calcium and phosphates from food in the intestines and the reabsorption of calcium in the kidneys. There are two important forms of Vitamin D to note: Ergocalciferol (Vitamin D2) and Cholecalciferol (Vitamin D3). They're collectively known as Calcitriol and play an important role in the maintenance of several organ systems.

Benefits include:

Improves life longevity, lowers the risk of heart disease, prevents high blood pressure, lowers risk of certain cancers, helps fight influenza and reduces muscle pain.

Found naturally in:

Fish, eggs, fortified milk, cod liver oil and

10 minutes of UV rays in the mid-day sun.

When and how much: The recommended intake of Vitamin D for up to 50 years is 200 IU (or 5 micrograms) and increases 200 IUs every 20 additional years. Take one Vitamin D and Calcium tablet daily after breakfast.

GREEN TEA

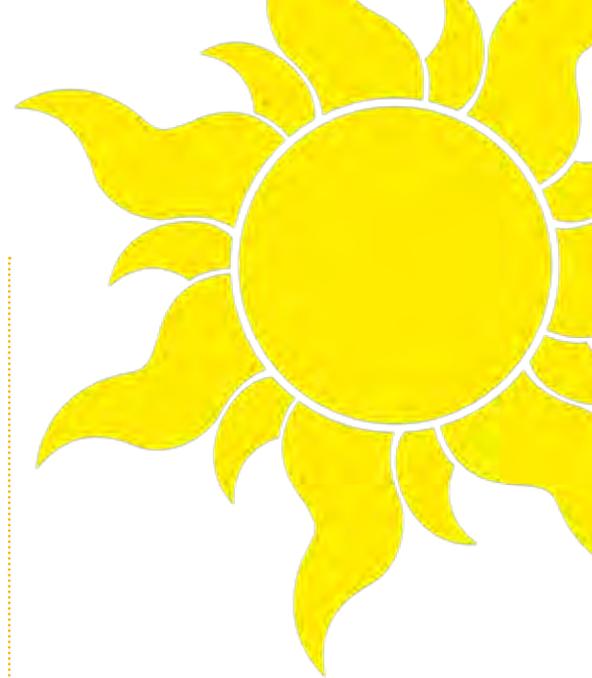
Green tea from the Chinese Camellia Sinensis plant goes through less processing than other tea methods to preserve more of the nutrients. Green tea has become extremely popular in western society because of its major health benefits.

Benefits include:

The antioxidants in green tea boosts metabolism to burn fat and lose weight, improves heart function and helps combat cancers.

When and how much: One cup per day offers 50 milligrams of caffeine and 80 to 100 milligrams of polyphenol content. Take naturally as a brew or as a capsule after breakfast.

John Godfrey is a health and wellness authority based in the United Kingdom. To learn more about supplementing go to johngodfrey.co.uk.



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For more information please call (416) 644-7788 or email us at shecares@shemagazine.ca



SHE CARES
&
SISTERS 'R' US

HELP OUR SISTERS
IN THIRD WORLD
COUNTRIES WHO
ARE SUFFERING
FROM LACK
OF FOOD AND
SHELTER

SHE CARES

The on-going conflict in Gaza has struck a chord here at SHE and in many hearts as the need for aid increases.

Islamic Relief Canada is at the forefront of organizations providing aid. The organization has been fundraising relief services for more than 25 years across 35 countries, and are currently putting their resources towards Palestinians. Over 2000 Palestinians have been killed by Israeli bombardments. Of that, 600 of the Palestinian victims killed are children. While vital medical and food supplies dwindle, Islamic Relief Canada is fundraising for medical aid, food aid and non-food items, as well as hygiene and sanitation kits for the Al-Shifa hospital and clinics. SHE cares and is emphasizing the need to take part. We are now accepting donations through **shecares@shemagazine.ca** where you will then receive a charity receipt on behalf of Islamic Relief Canada.

Donate today and enable us to send help, hope and compassion to those suffering at this time.





The economic situation in the Palestinian West Bank is becoming desperate. Due to the political situation in the region, economic activities are at an all-time low and unemployment is on the rise. Even people who are employed suffer as their employers, notably the Palestinian National Authority, are unable to pay their salaries. It is estimated that presently 65 percent of the population in the West Bank lives in poverty. This means hidden starvation, especially for families who already were poor before the current economic recession and do not have reserves to fall back on. Families headed by a woman and without a male breadwinner, the sick and the elderly are hit hardest. Most Palestinian families are large. In some regions, the average family comprises no less than nine members, most of them children of school age, who all rely on a sole breadwinner.

Humanitarian Relief Society (HRS), a Palestinian humanitarian organization active in the West Bank, especially in Arroub refugee camp, therefore proposes to distribute a 20-kg sack of rice to 350 extremely poor families. Rice is the main staple of the Palestinian diet and is eaten for lunch and frequently dinner. Most families cannot afford to purchase a sack of rice and resort to buying small quantities on a daily basis. Little money remains to purchase other ingredients of a nutritious meal, for example vegetables, cooking oil and meat. Eating only or mainly carbohydrates leads to malnutrition in the long run,

especially among children, who need all kinds of nutrients to grow and develop healthily. A family who has a sack of rice will be able to spend its daily cash supply on other food items and will thus eat sufficiently and have a more balanced diet.

A sack of rice will enable family providers to adequately feed their families for a month or more. Assuming an average family size of seven, which is a conservative estimate in Palestine, 2,450 people will benefit from this project, at least two thirds of them children. A mere four Euro are sufficient to improve a person's nutrition for a whole month.

Dear LFT donors: When you sit down for your daily meals, think of those who look at an empty table and have to go to bed hungry. By giving a small part of what you spend on food every month, you can significantly improve their lives.

TO DONATE OR GET INVOLVED CONTACT:

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Little Chalfont
Buckinghamshire
HP7 9PU**

info@ladyfatemahtrust.org

Tel: +44 (0) 1494 762 063

Fax: +44 (0) 1494 762 286

Mob: +44 (0) 7798 761 020 / +44 (0) 7798 769 030



The Lady Fatemah Charitable Trust is one of the first charities to use its own unique text code, LFCT14, to raise funds by using JustTextGiving, a service available to Vodafone subscribers internationally.

In the spirit of the LFT, this is a new service which has no set up or associated costs for the LFT and every penny donated via text goes directly to the LFT. Once your donation has gone through, you can also add Gift Aid to the donation, which we recommend as it gives us an extra 25% on your donation.

*For more success stories and information about how to donate, please visit:
<http://www.ladyfatemahtrust.org/>*

HIP NEW EYE WEAR COMES TO TORONTO

Karir Eyewear is gathering up the best fashion eyewear from across the globe and bringing it home to Toronto. The business is owned by a father-daughter duo, Bob and Namita Karir who travel the globe to collect the latest designer and niche collections to bring to the business' three locations, in Yorkville, Yorkdale and First Canadian Place. The Karirs pride themselves on offering their customers a wide range of luxurious international products that are en pointe with each season's style.

Some trends to watch for in the upcoming Fall/Winter collections include coloured frames, frosty blue and purple with deluxe textures, as well as stainless steel and sterling silver paired with mirrored lens coatings. Some brands to watch out for this season are Anne et Valentin and Lindeberg that offer softer and larger frames, adding a more feminine touch. Theo and Mykita purple and blue hued frames will add a pop of colour to your Fall wardrobe, while the mirrored lenses make them effortlessly chic. Karir Eye-



wear also carries a wide selection for men, with designs from Matsuda, Eyevan, and ic! berlin. Rounder frames have become more prominent for men, combined with textures and photochromatic lenses to ensure a sleek modern finish.

With over 50 designers and 3,000 frames in stock, you're sure to find the perfect pair for yourself at Karir. Celebrity favourite, Blake Kuwahara is a mix of Japanese craftsmanship with a Californian state of mind to create the most intricate frame designs, while Retrospecs focuses on restoring vintage frames. Sospiri brings Italian flavour to the mix with exquisite embellishments adorning the sides of frames.

All three Karir Eyewear locations are staffed with professional opticians who have extensive knowledge of the industry, and state of the art labs offering precision finishing to a wide array of pieces. If you're looking to update your eyewear collection this Fall, look no further, Karir Eyewear has you covered.



KATE MOSS
IN VOGUE EYEWEAR

SHE'S
IN

VOGUE[®]
eyewear

KATE'S SELECTS[™]
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What you smell.

What your guests smell.

Has your nose gone curryblind?

Febreze eliminates the smells of kal ka khana and leaves a light, fresh smell.



Breathe Happy

PETRA

and the pink sands of Jordan

By Zebunnisa Mirza

If a picture is worth a thousand words, then experiencing something in real life has got to be worth an entire library. Standing in front of the Treasury in Petra, Jordan, this statement made perfect sense to me.

From postcard pictures to live action scenes of Indiana Jones, images of the most famous fixture at Petra are a common sight to even those who've never set foot in Jordan.

Despite studying endless photos of this marvel in detail, seeing the famous 1st century royal tomb in person took my breath away. Everything about this decorative cave carved into a rose-coloured mountainside was impressive. Every detail was so precise it looked as though it was cut with a laser. In fact, if it weren't for the extremely weathered sculptures that decorated the front, you would think the Treasury was built just yesterday.

Although it is massive – measuring 30 metres wide and 43 metres tall – the Treasury

seemed small next to the towering cliffs that surround it, closing over it like cupped hands sheltering a candle's flame.

The space in front of the Treasury was busy, like a city square, with pedestrian and donkey traffic flowing in and out. Despite the hustle and bustle, standing in front of this great monument was a peaceful experience. The chatter in English, Arabic and in languages from around the world blended together in a soft hum. Tourists visiting the Eiffel tower often cheer with excitement but everyone that stood in front of the Treasury seemed to have their breath just taken away.

It takes about 15 minutes to walk from the main entrance of Petra through a beautiful slot canyon to get to the Treasury. And you've only seen the tip of the iceberg so far. I spent my day at Petra on a 3-hour off-the-beaten-path guided hike that took our group through boulder-filled canyons and high up into the mountains for a peek at the Treasury from above before heading back down to see it from the ground.

Although Petra may be the primary draw for visitors travelling to Jordan, it definitely isn't the only thing to see here. For a country that's just slightly larger than New Brunswick, Jordan's landscape – and the experiences offered – are vast and varied.

History buffs can get their fix by visiting the ancient city of Jerash in the northern part of Jordan. Dubbed “the Crossroads of Civilization”, Jerash was occupied through time by many great civilizations – the Greeks, Romans, Byzantine, and Umayyad – all of whom left their mark. The most notable site here is Ancient Jerash where you can walk through one of the best-preserved Roman cities.

Nature lovers can choose to indulge in several types of landscape all packed into a tiny country. Take in the wetland oasis of the Azraq Reserve, the greenery of the Dibein Forest Reserve, the rugged mountains and canyons of the Dana Biosphere Reserve, the underwater treasures of Aqaba and the Red Sea, or the enchanting wonder of floating in the Dead Sea.



The real magic, however, happens in the desert Wadi Rum.

Visiting a desert for the first time, what I expected to see was a dull and monotonous span of sand dunes from one end of the horizon to the other. I thought we would walk among the alien landscape amazed at first, but after about an hour when boredom set in, we would seek to return to civilization. This couldn't be farther from the truth since my actual experience made me want to stay at Wadi Rum forever.

The landscape was anything but dull and monotonous. The sand that stretched for miles and miles was a beautiful shade of rosy pink, making the scenery look delicate rather than rugged. And it was soft. So soft that I literally felt like kicking off my shoes and lying face down to feel it against my skin.

With the help of local Bedouin guides we began exploring the desert. First stop was the site of the red sand dunes, a steep mound of bright rose-coloured sand wedged against a beautiful sandstone formation. You can try and run up the sand dune (it's harder than it looks!) or you can scramble your way up the red rock. Either route will bring you to a high point where a breathtaking view awaits. Next stop was the Jabal Umm Fruth Rock Bridge, the most beautiful of the several naturally occurring rock bridges in the desert. The Ja-

bal Umm Fruth is 15 metres tall and forms a stunning arch. It takes only about five minutes (and basic skill) to climb to the top of the arch for a great photo op and an even greater view of the surrounding desert.

A trip to Wadi Rum would never be complete without experiencing a desert sunset – the perfect way to end the day. And that's exactly what we did next.

As the sun slowly began to set, the reddish orange hue of the sand began to deepen into an intense copper, and the red rock mounds became caramel brown. Getting back into the jeep, we made a mad dash towards another viewpoint trying to catch the sun before it set. We made it there just in time to see it slowly waltzing towards the horizon. Up close, the shadows grew longer making every rock, every detail appear more defined. Farther in the distance, the shapes of the rocky mounds faded into ghostly silhouettes. As each minute passed, the colour of the desert intensified climaxing at the point when the sun met the horizon. Then, as the brilliant golden disc of light tucked itself under the earth's blanket, the blazing pigments of the copper-coloured desert drifted slowly into a deep, still sleep.

That night, we slept in the desert too. We drove to the Captain's Camp just in time for dinner. As we ate an authentic Bedouin meal, we were entertained by local musicians per-

forming traditional music. Once we finished eating, they pulled us out of our seats and taught us a social dance. We held hands and danced around the bonfire. We clapped to the beat of the song, kicked our legs left and right, and bobbed our heads to the beat of the music. It felt as though we had been transported into a completely different world, and we were loving it!

Eventually the music began to slow down, signaling bedtime. The fire was put out and everyone retreated to their tent – a luxurious version of an authentic Bedouin style tent made from patches of woven goat hair. As nice as it looked, a few of us chose to sleep under the stars instead.

I burrowed under a thick blanket attempting to keep the cold desert breeze out. It kept me awake for most of the night, but I wasn't complaining. Even the moon realized I wasn't going to sleep much that night so it rose up, high in the sky, to keep me company.

I thought of nothing but the beauty of the night's sky; the stillness; the sound of the sand being blown by the wind; and the smell of the clean, dry air. The skin on my face felt tight and no matter how hard I tried that giant, stupid smile wouldn't leave. But how can I blame it. Lying there beneath the stars, in the middle of the Wadi Rum desert half way across the world, I didn't want to leave either.



Desi Beauty Files

DARK CIRCLES AND EYE CREAMS

The skin around our eyes is extremely thin, which is why we often see the first signs of aging here. The most common causes are usually sleep deprivation or stress, which develop into dark circles, wrinkles and puffy eyes. Prevention of these things is key, and using a cream or serum to combat dark circles and puffiness is the only way to inhibit aging. Wrinkles are also a direct result of sun exposure, which is why it is also recommended that you use a sunscreen every day no matter what the season. Since regular sunscreens tend to be heavy, there are specialized versions for use on your face, and around the eye area.



Origins Plantscription™ Anti-Aging Power Eye Cream - \$56.00 is an antiaging serum that reverses visible signs of aging in as little as two weeks. Prevent wrinkles and restore skin by using an eye cream around the thin, sensitive skin of the eyes to create the best environment possible for aging skin cells.



Clinique Even Better Eyes Dark Circle Corrector - \$49.00 has a metal tip to help soothe and massage under eye area, preventing puffiness, while delivering Clinique's patented formula to brighten and smooth.



One can never use too much sunscreen, and most products are way too heavy to go anywhere near the eye area. Shiseido Sun Protection Eye Cream Broad Spectrum SPF 34 Sunscreen - \$38.00 is a sunscreen/eye cream hybrid that hydrates, prevents the appearance of wrinkles, and protects against UVA/UVB rays.



Zax's Original Dark Circle Eye Cream - \$29.99 uses Witch Hazel, Cucumber Extract, Caffeine and Niacinamide to reduce dark circles and under-eye swelling usually caused by lack of sleep and stress.

MOISTURIZERS

Keeping the skin hydrated is a regular challenge that most of us face. As we get older our skin tends to react differently than before, and suddenly products that we used previously are no longer suitable. In addition, particularly in Canada, different seasons tend to effect out skin in a unique way. Many people will find their skin much drier in the winter than in the summer, and most find fighting that oily glow top priority in the summer. Despite these challenges, many take comfort in hiding behind their regular beauty products, in lieu of finding something new. Here are a few suggestions to help mix it up for when you're just not sure what to do.



For Oily Skin: People with oily skin tend to feel like they shouldn't moisturize because their skin produces enough oil. In truth, the skin will overcompensate to make up for a perceived lack of moisture and thus produce an excessive amount of oil. To keep oily skin under control, using a light moisturizer is key, and this one even gives a matte finish! Estée Lauder Clear Difference Oil Control/ Mattifying Hydrating Gel - \$55.00



For Sensitive Skin: Sensitive skin can be tricky since it is so easily irritated. This Body Shop Aloe Soothing Moisture Lotion SPF 15 - \$19.00, is lightweight, and non-greasy with an included SPF for sun protection. Aloe Vera works to sooth any irritation, while Vitamin E provides nourishment to the skin.



For Dry Skin: The opposite is also true. Slathering on a thick layer of moisturizer to compensate for dry skin, can sometimes do more harm than good, by blocking off and clogging up pores. Next time your skin feels thirsty, instead of reaching for a thick moisturizer, try a hydrating and brightening oil like L'Oréal Paris Age Perfect Hydra-Nutrition Glow Renewal Facial Oil - \$24.99

TREATMENTS AND MASKS

Going for a regular facial can be an expensive and time consuming endeavour, but things like exfoliants, masks and peels are a really great way to pep up skin. Getting an at home treatment, is another way to rejuvenate skin, without breaking the bank. While treatments may seem expensive to buy, keep in mind that these are things that will last quite awhile, as opposed to going to the spa and paying the same amount for one treatment.



The Philosophy Microdelivery Peel - \$74.00 exfoliates, resurfaces, and replenishes skin before rejuvenating skin with Vitamin C to provide a bright, fresh, and clean looking face. Frequency of use depends on the skin type, but once a week is great for a treat!



If you already have your exfoliation routine down, then go for a hydrating mask like Fresh Crème Ancienne Ultimate Nourishing Honey Mask - \$164.00. Honey works wonders for the skin, and in addition to providing nourishing vitamins and minerals to the skin, it leaves the skin feeling softer and smoother than ever before. Vitamin E and Echinacea provide skin brightening antioxidants, for a bright, fresh looking face.

BEAUTY REVIEW

LIPS

MARCELLE

Rouge Xpression Lipstick \$11.95 CD

For extreme colour and wear, turn to Marcelle Rouge Xpression Lipstick. Affordable and chic, these lipsticks will have people turning heads. Hypoallergenic and gluten free, avocado and omega-6 oils in the formula also hydrate dry lips.



EYES

URBAN DECAY

Smokey Eyes \$64

Urban Decay's newest "Naked Smokey" palette combines 12 neutral eye shadow shades with a double-ended brush and a lookbook, allowing you to execute the perfect smokey eye. Ranging from warm bronzes to rich browns and deep blacks, the palette infuses 9 never seen before shades with 3 favourites from previous palettes in a cool gunmetal foil case mimicking a floating smoke effect.



TARTE

Coloured Clay Tinted Brow Gel \$25

Big bold brows continue to dominate the fashion world, and we couldn't be more pleased. Put away those tweezers, and embrace *au natural*. To help tame unruly brows, try Tarte's coloured clay tinted brow gel. Available in 5 different shades, choose the colour that best suits you and apply in even brush strokes to distribute colour and lock everything in place.



FACE

SMASHBOX

#Shapematters Palette \$69

This all in one kit will fulfill all your contouring needs. Redefine your face, eyes, and brows with powder shades to help sculpt your cheeks, elevate eyes, and create that perfect brow shape. Follow the inserts in the package to decide which techniques are best suited for your face shape.



KAT BURKI SKINCARE

Hibiscus AntiOxidant Face Mask \$78

A newcomer on the Canadian skincare scene, Kat Burki Skincare is already making waves by utilizing cold-pressed, cold-poured, and cold-processed methods to create their line. These intelligent formulas are available as beautifully packaged products, catering to different skin care needs. For a quick boost, try the Hibiscus Antioxidant face mask to help restore hydration and smooth out fine lines.



ESTEE LAUDER

Pure Color Envy Matte Sculpting Lipstick \$34

Get that deep plum matte look with Estee Lauder's Extrovert from their newest Pure Color Envy Lipsticks. Released in six gorgeous, creamy shades, this highly pigmented lipstick is designed to enhance the natural shape of your lips. Paired with subtle bronzer and highlight, and just a sweep of mascara this will be your go to look for Fall and Winter.



BITE BEAUTY

Luminious Crème Lipstick \$28

This super moisturizing lipstick will leave your lips feeling refreshed. Combined with super antioxidant resveratrol, the formula helps fight the signs of aging while adding long lasting colour to your lips. Try "Mulberry", a deep wine colour, for a pop of colour that can easily be transitioned from day to night.



ANASTASIA BEVERLY HILLS

Tinted Brow Gel \$22

Feathery brows are seriously trending right now, and Anastasia Beverly Hills has unveiled the secret formula to achieve this coveted look. Simply brush the tinted gel through your eyebrows in upward motions, especially near the beginning of your eyebrows to achieve the thick brow look. The gel consistency helps lock the hairs in place, keeping your eyebrows on fleek all night.



BENEFIT COSMETICS

Tinted Brow Gel \$22

This mascara really does it all! Lengthen your lashes while adding volume without making a clumpy mess. A specially designed brush separates lashes while boosting length to extreme heights, making your eyes pop. The long-wear jet-black formula stays on all day, not smudging at all. Keep the brush horizontal for the top lashes, grabbing hold of the roots, and then flip it vertical for the bottom to get definition on even the smallest of lashes.



SMASHBOX BB CREAM

Smashbox Camera Ready BB Cream SPF 35 \$50

Great for any skin type, Smashbox's Camera Ready BB Cream has all the necessities to achieve a flawless complexion. Their formula not only keeps you protected from harmful UV rays with SPF 35, but also works to moisturize, prime, and perfect the skin. This BB cream can be used alone to give your face a nice glowing finish, or pair it with your favourite foundation, as it will enhance the wear of your makeup.



A VISIT WITH VICTORIA RADFORD

By Negar Modir

After spending four years travelling alongside famous pop singer, Fergie, Victoria Radford has returned home to bless Toronto with her makeup expertise. Victoria's salon is right based out of her home, nestled perfectly on Hazelton Avenue, a quaint residential street in Yorkville, giving a new meaning to "working from home".

We had the privilege of meeting Victoria in person, while receiving a full makeup application and tutorial. Right off the bat, Victoria's bubbly personality shone through as she welcomed us to her workstation. After a quick introduction, she drove straight into the makeup, explaining how she views makeup as a form of self-expression and as a tool to enhance one's natural features. When asked what her go to look is, she explained that each makeup application is different depending on the clients' needs and wants, and she is prepared to do whatever it takes to ensure the customer leaves here feeling radiant and happy.

Coming from a family of artists, Victoria explained how her parents' creativity has provided her with the drive to move forward in the industry. Her plans altered slightly, having originally gone to school to study medicine, she shifted gears and became more focused on makeup. With a new mentality, Victoria gathered up the resources to create her own beauty school called Radford Makeup School.

The original school was launched 10 years back, but has recently re-launched with a brand new concept. Radford 2.0, as Victoria calls it, will feature À la Carte style allowing participants to move at their own pace and fit it around their personal schedules. The new programs are designed to help accommodate





to all timelines, as well as budgets since introducing the pay as you go system. After completing 25 classes of your choice, the RADFORD Makeup School will present you with a Certificate as a Professional Makeup Artist.

As she begins to prepare for the session, Victoria starts off by asking a series of personal questions to get to know her client better. Her friendly and personable approach made it super easy to open up and provide honest answers. She explained this is a critical step in makeup artistry, especially when dealing with brides, considering this is one the most important day of their lives.

Victoria started off by placing collagen pads, which she created herself, underneath the eyes to help de-puff and smooth out the skin. Next she pulled out a unique piece of headgear, fully equipped with a doctor's light. While working away, she jokes about makeup artists being like surgeons, able to fix flaws with the magic of makeup. The headgear, she explains, is used to ensure efficiency and precision in her work, particularly useful when applying false lashes.

Individual lashes can be a tricky task to master, but Victoria works quickly and pro-

fessionally as she uses her headgear to place the lashes perfectly, ensuring the eyes make a bold statement. Next, she moves onto the face, debuting her new foundation that mimics a soufflé texture. It melts fabulously onto the face, so soft it barely feels like its there but also provides the perfect amount of coverage.

The foundation routine is followed by bronzer, and we are blessed with a lesson on contouring, Victoria emphasizing the importance of the Rule of 3. Starting at the cheekbone, take your bronzer up to the ear, then blend out onto the forehead, and bring it back down onto the chin. Victoria asserts this rule will help give you the most perfect glow, hitting all the spots that the sun would naturally. The overall outcome is a gorgeous sun kissed complexion with glow in all the right places.

Victoria gushes over the fact that she created most of the products used during this session, happily adding makeup designer onto her already impressive resume. While efficiently working away on the full-face makeup application, Victoria reminisces about her recent trip to Europe alongside her favourite jewelry designer, aka her Mom. There the two Radford girls embarked on a mission of finding the best ingredients, techniques, and methods on designing and creating makeup which has contributed to her new makeup collection launching this fall.

Victoria's go-getter attitude and expertise has definitely help drive her popularity in the makeup world. Her enthusiasm to give back to her community and makeup industry is incredible with the RADFORD Makeup School offering exclusive master classes filled with great tips for novices and trained makeup artists. With one successful master class under their belts, the makeup team at RADFORD Makeup School is already planning their next themed event. Booking, services, and a gallery are all at your disposal on www.victoriaradford.com, so be sure to check out all the great things Victoria and the RADFORD team has to offer.

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*Source: European Forecasts

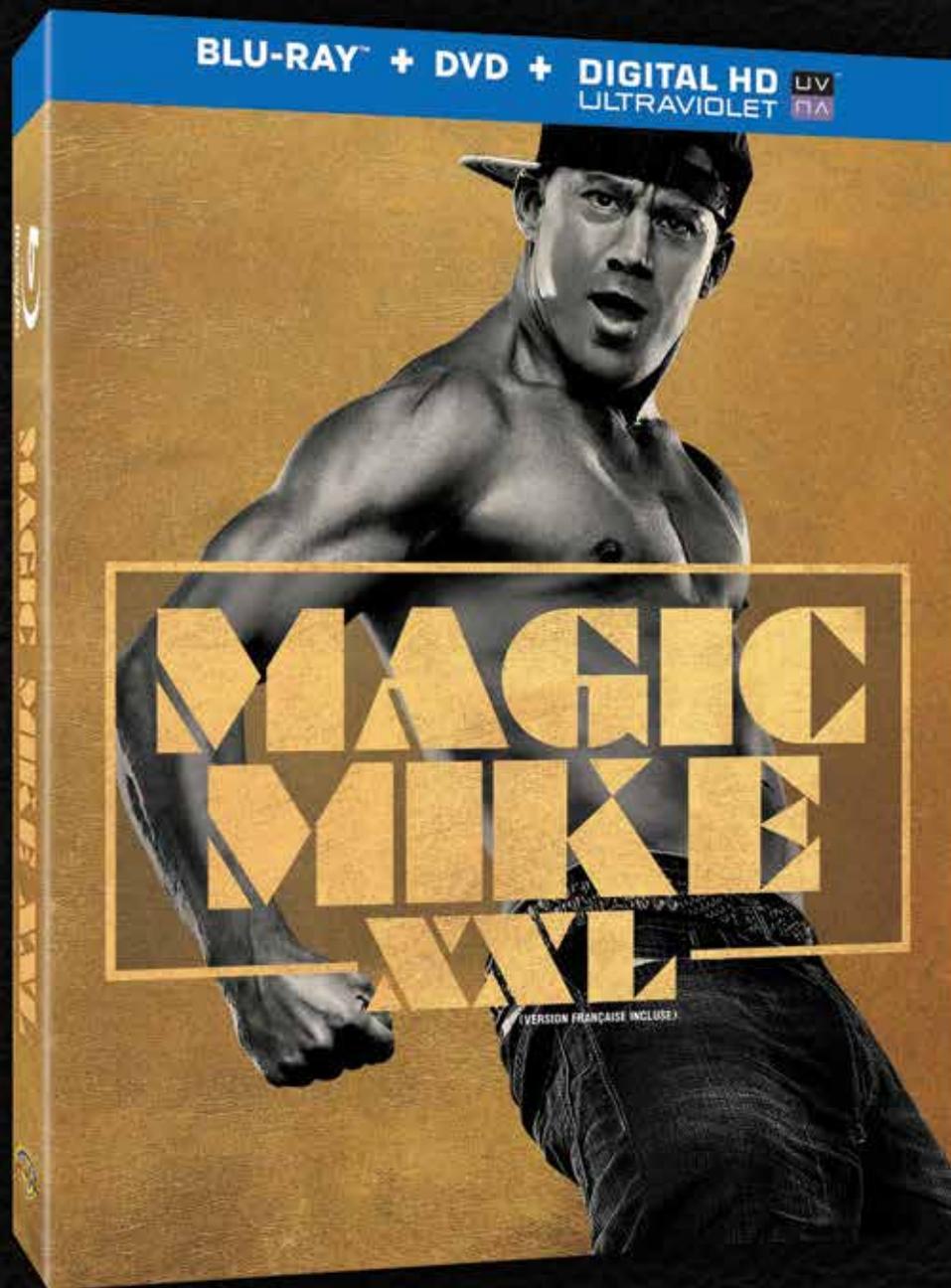
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Celebration



*“Sun glows for a day;
candle for an hour;
matchstick for a minute;
but a wish glows forever.
Here is my wish for a glowing Diwali and glowing life”
- Anonymous*



*“The more you praise and celebrate your life, the more there is in life to celebrate.”
- Oprah Winfrey*



*“I love the spirit of Halloween and the energy that comes with it.”
- Katherine McPhee*



*“We must stop and thank the people who make a difference in our lives.”
- John F. Kennedy*



*“Just celebrate the life you had, not the life you could’ve had.”
- Magic Johnson*



*“I find that it’s the simple things that remind you of family around the holidays.”
- Amy Adams*



*“I’m thankful for every moment.”
- Al Green*

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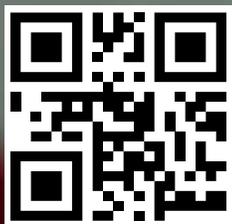
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