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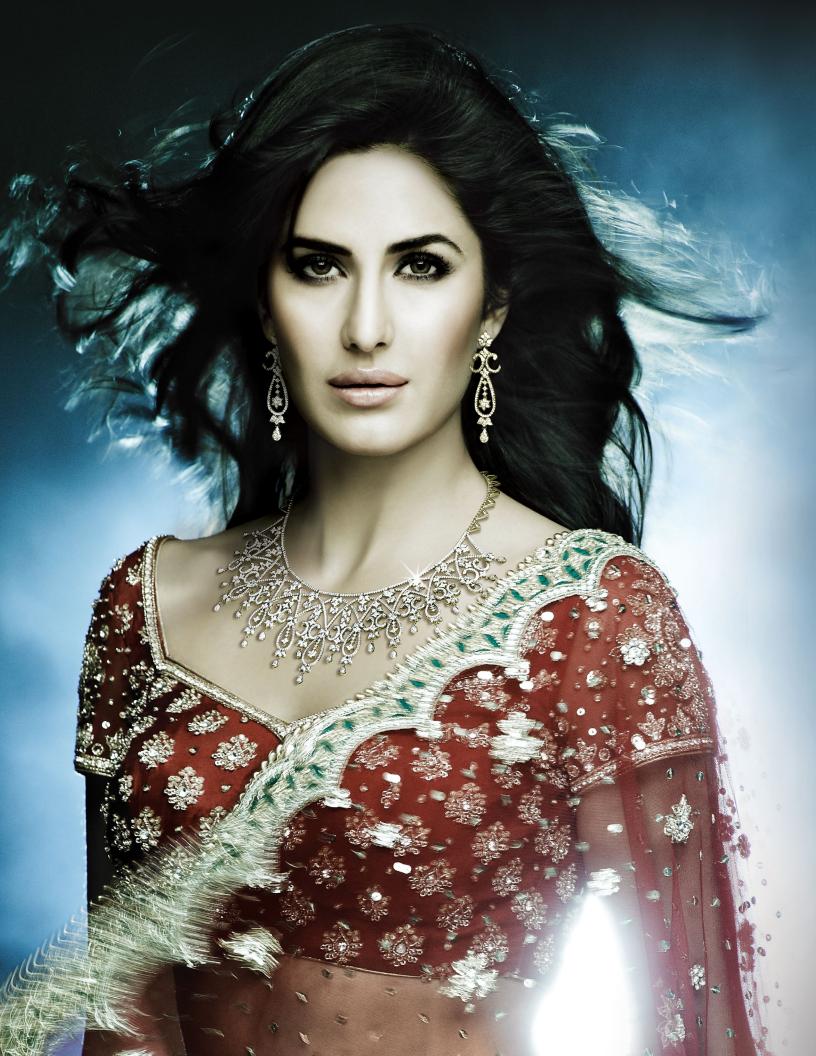


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A letter from our founder



Kanwaljeet (Lucky) Singh Randhawa Aaarzu Founder

I would like to begin by thanking all our supporters and readers for the amazing response you have given to the first issue of Aaarzu. When we released the first issue, we weren't sure how it would be received. Would people like it? Would they like the different style of our magazine? Would they like the content? So many uncertainties and emotions were at play. Then the magazine came out. We threw a huge launch party and revealed the cover page. The response in the room was amazing. Then, we distributed it to the public. Emails started pouring in. Requests for subscriptions and the media kit were received and I felt overwhelmed with joy. The magazines flew off the shelves and we had to continuously restock the magazine to meet the demand.

So, thank you to everyone for the overwhelming response to the first issue. Although this brings us immense joy, it also increases our responsibility. The responsibility to produce an equally amazing product. The responsibility to keep innovating and the responsibility to keep all you amazing people happy.

We have introduced five new writers to our roster. We have a new home design e-column coming out in April. We are working on community events so that we can interact with all our lovely readers. We'll keep trying to improve and add more enticing material.

Here's hoping that we have long summers to this year. We would love to hear from you and get your feedback on what you would like to see. This is a luxury lifestyle magazine and we want to know what's your lifestyle and what's important to you. Contact me directly at Lucky@AaarzuMagazine.com with your thoughts and feedback.

Sincerely,





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A note from the editor

Hello, readers! I am so excited to present this wedding special issue to you. It's one that is up my alley and I had to work real hard to keep it succinct and within my limits. Challenge accepted! I just hope you find it just as helpful as well.

As you might know, I also operate my own wedding and event planning firm alongside being Editor-in-Chief for this magazine. Hence why this issue was the most fun issue I've had the opportunity to work on thus far. 2017 is going to be a particularly fun year for weddings. We are seeing a lot of fresh florals, greenery, candles and stylish events in the forecast. Indian wedding attire is getting taking a step back and becoming sensible again in terms of weight and wearability. Indian couples are asking parents to cut down the guest list and keep the events very personable.

We decided to focus on Indian weddings this issue but I'm always open to offer one-on-one advise to our mainstream, Canadian and American brides as well. Just shoot me a line to my personal email kim@thesoireecompany.com.



Kanwalpreet (Kim)
Kaur Trehan
Aaarzu Editor-in-Chief

You can expect this issue to provide you with bridal trends, my personal favourites from Joe Fresh available at Superstore, bridal yoga (some pretty amazing tips in that article) and something for the groom too!

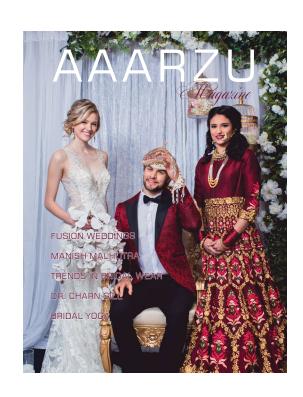
I truly hope you'll enjoy what we've created in this special edition dedicated to the wedding season, celebrations and shopping! Here's to the power of desire...

Watch out for the next issue and get in touch for collaborations, contributions or events at kim@aaarzumagazine.com



On the cover

Decor: Charming Affairs
Hair & makeup: NVS Makeup and Hair
Models: Key Model Management
Photography: Flashing Lights Photography
Male Outfit: Garrison Bespoke
Indian Outfit: Sunny's Bridal Gallery (price upon request)
Western Outfit: Everything But The Groom (price upon request)
Styling: Kanwalpreet Kaur Trehan, Arjun Sethi, Will Chen



In this issue



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Cover Story

22The Man Behind The Bling

Manish Malhotra is celebrating 25 years as a top-notch celebrity designer and we sit down with him to get his take on bridal trends for 2017!

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Contributors



Sukhie Basra

Sukhie Basra was born in England but moved to Canada as a young adult and always had a love for passion and style. She believes that style should not be compromised due to a client's budget and endeavours to work with her clients to dress to impress without breaking the bank. Her clothing line, Saffron by KB (specializing in Banarasi Handloom pieces) was created for dressing women over 30 in Lower Mainland.



Allie Cooper

Allie Cooper is the owner of Alex & Lily Home, a Vancouver based, interior design and events company. Her passions include organizing, planning, shopping, socializing and finding the right piece for any puzzle.



Christina Dang

"Do what you love and you will never work another day in your life."

Christina is an overly-organized person in my everyday life, so it only made sense that she has a career where attention to detail really does matter. The creative side of her was intrigued and inspired by photo booth design so it was natural for her to begin Dang Good Productions which is her full-time venture.



Navneet Gillan

Owner of NVS Makeup Studio, Nav is a Certified Professional Hair and Makeup Artist. Studied at Blanche Macdonald with over 7+ years of experience in Bridal Hair and Makeup. NVS Makeup Studio offer a wide variety of services outside of Bridal and special events including; Maternity, Family Sessions, Photo-shoots, Headshots, Private Makeup lessons and much more.



Ray Hudson

Ray Hudson is a career journalist, editor and producer, in print, radio and TV, Director of the Fraser Valley Heritage Railway Society, musician and songwriter.



Rominder Saini

Rominder Saini is one of the partners in Vancouver and Toronto based studio, Flashing Lights Photo + Design. With over 8+ years of experience in photography, graphic design and brand consulting, Rominder provides a unique in-house service for all things creative!



Navtej Saini

Navtej Saini is one of the partners in Vancouver and Toronto based studio, Flashing Lights Photo + Design. As a project manager and a talented photographer, Navtej has a different approach when it comes to capturing special moments, building relationships and providing excellent service. Her passion also includes working with not-for-profit organizations and event planning.



Behnaz Shafie

Behnaz Shafiee is the owner and pastry chef at Joconde Patisserie. She attended Vancouver Community College in both Culinary Arts, Baking and Pastry Arts programs and traveled to New York and San Francisco to train with world renowned pastry chefs and cake designers before founding her company. She specializes in custom cakes and desserts, catering to private and corporate events in the greater Vancouver area.



Kavita Shyam

Kavita, passionate writer and enthusiastic traveller. Writes popular columns in lifestyle and travel and disappears occasionally to discover new places.

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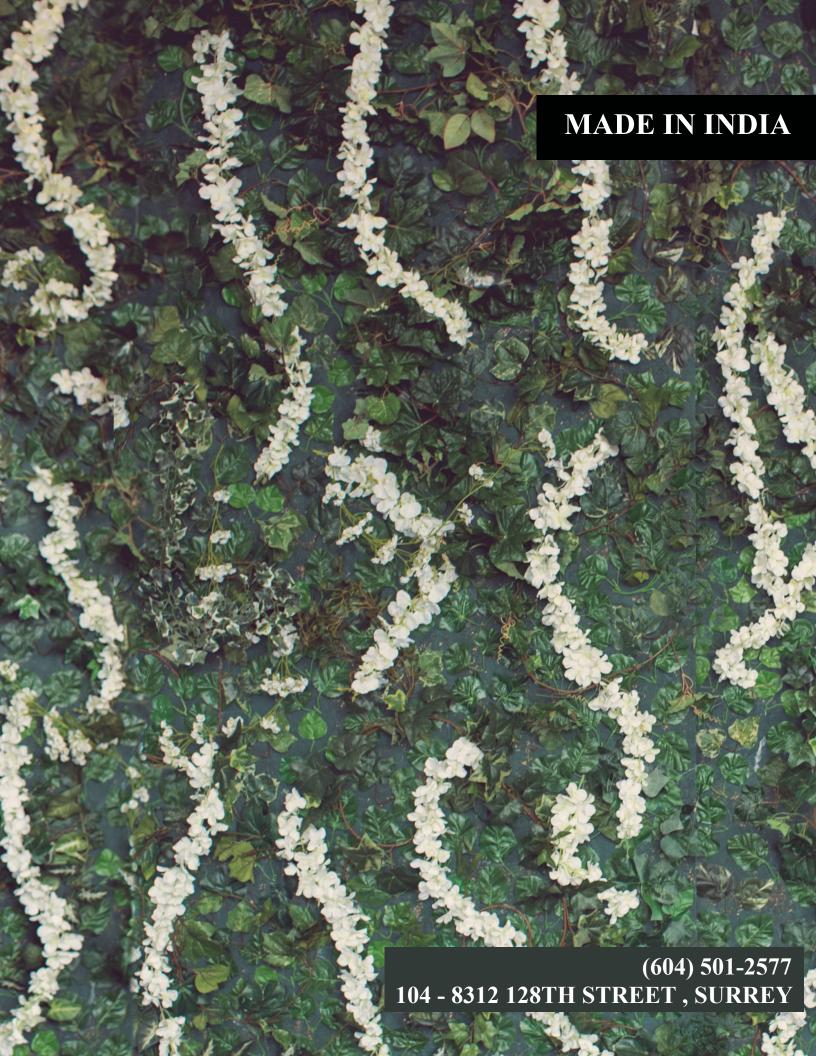


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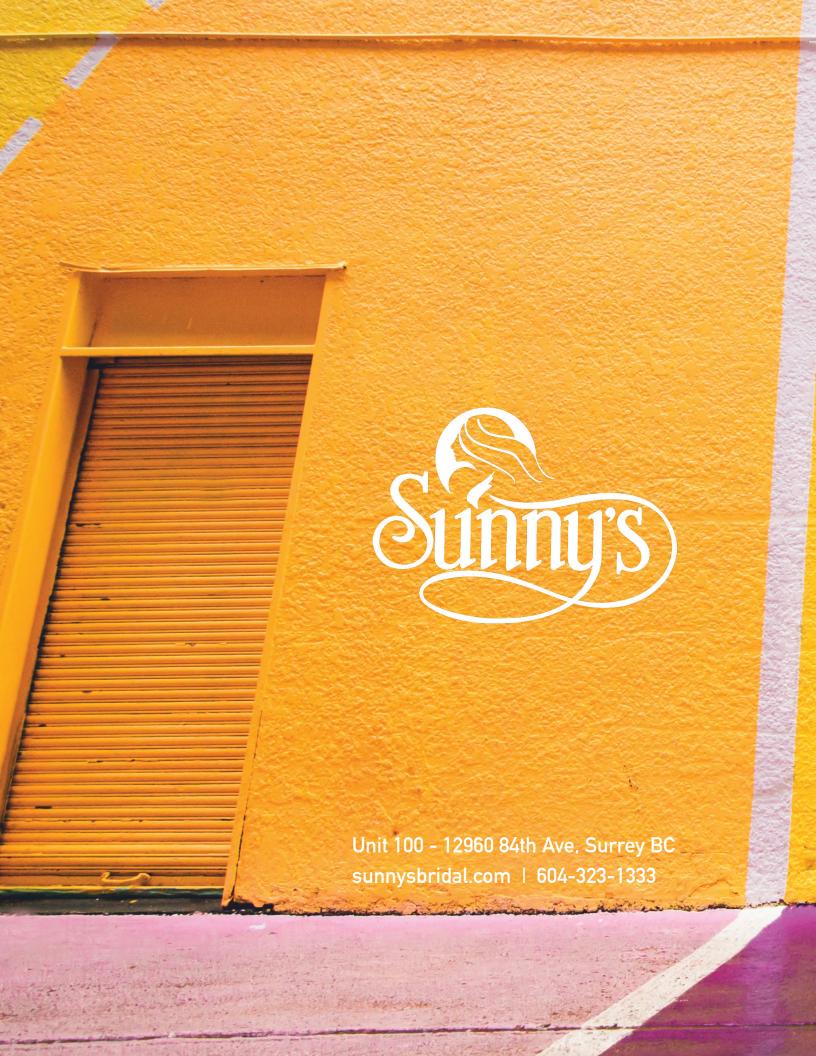








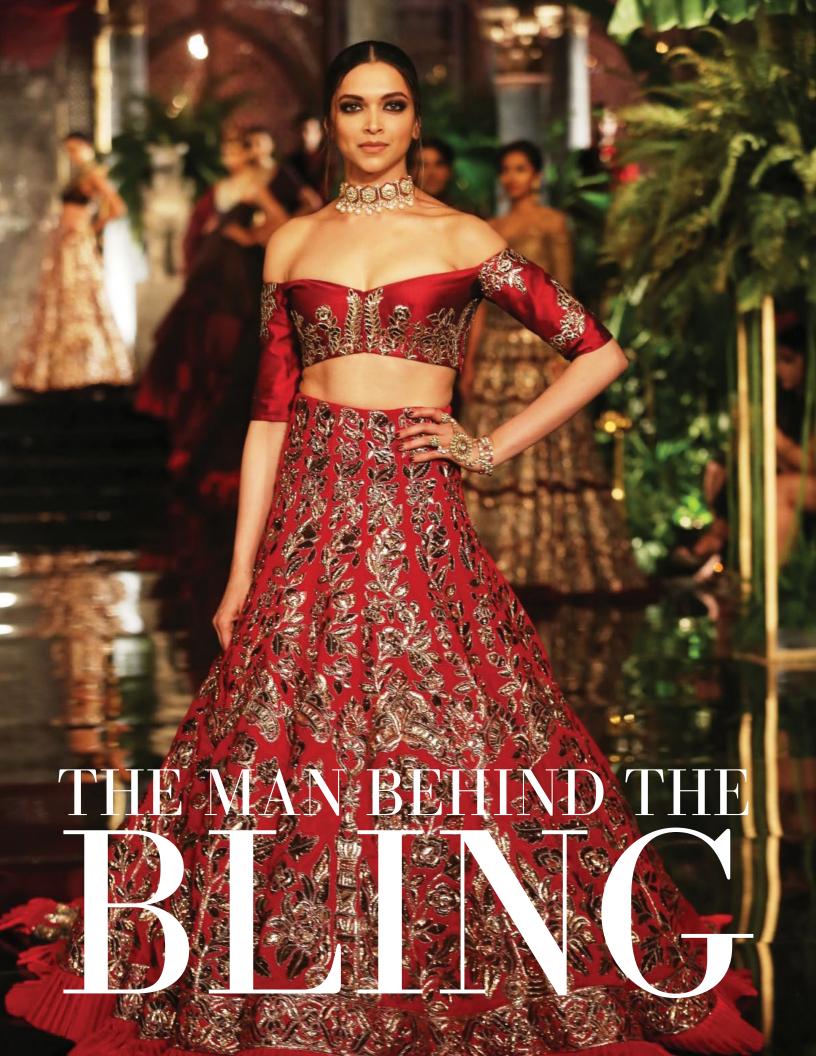












Manish Malhotra



anish Malhotra, the iconic designer responsible for giving us a plethora of fashionable movies, breathtakingly stylish actresses draped in glamourous and dramatic ensembles for over twenty-five years. In these many years, Manish Malhotra's label has been synonymous with Indian opulence, contemporary glamor, sensuousness, flowy chiffons and an interplay of colors and interesting silhouettes. A quick tete-a-tete with the humble, perfectionist or forward thinking designer on weddings, movies, journey and haute couture.

Your contributions and journey in films and fashion have been supremely unforgettable and the talk of the town for having completed over two and a half decades. Tell us about it!

My journey has been anything but conventional! Instead of mainstream fashion, I started my career with costume design. Growing up, I was, (and still am), fascinated by Hindi cinema. Although it was never planned, I got my first assignment to dress and style actress Juhi Chawla for a film called 'Swarg' in 1989, and have never looked back since.

Over the last 26 years, Bollywood has immensely evolved. I came into an industry where the concept of costume design did not exist, but it has now become a crucial part of the film. The movie's costumes have always helped the director create visual characterisation, but with time, it has become an integral part of the stylistic world the movie creates, and production process. Its importance is now acknowledged in the industry. I have always focused on giving a very distinctive style to each character, depending on his/her role.



"My muse is a confident and modern woman who is also deeply rooted in her culture and tradition."

I have had the opportunity to work with the most striking personalities in the Indian film industry. Today, some of the most beautiful women across the globe are Manish Malhotra clients. The journey has been long; but, every moment has been worth the effort.

What would you consider your biggest accomplishments, looking back at life?

I love cinema and will always be thankful for the work I have done there and the friendships I have built in the industry. But, now, I want to look ahead and focus on

the expansion of label Manish Malhotra. I want to take Indian craft and fabric all over the world and nurture the brand's global appeal. However, this vision would not have been possible without milestones like - Completing 26 years in the film industry and marking 11 years of the label. Being the first designer to introduce costume styling in movies. Winning the first Filmfare Costume Award in 1995 for film Rangeela. Reaching the INR 100 crore mark – a first for an Indian designer couture brand. Opening our 9,000 square feet flagship store in Delhi – the largest single-brand couture store in India which now completes three years.

Did you have to face any obstacles in this long journey in the fraternity?

As far as challenges go, I worked really hard and perceived them as opportunities. Many people don't know this, but, I have never formally studied design. All my learning has been on the job, the upside of this is that I was never jaded by anything at any point in my career.

How has fashion evolved for Indian women and brides?

The moment one thinks India, one of the first images that come to mind is of women dressed in beautiful saris in myriad hues. Today, the modern Indian woman is mixing elements and influences from the East and West to create a sartorial identity that is unique to the global fashion landscape.

I see people dressing in tandem with their personalities and endorsing India's pride at the same time. I observe a lot more



individuality when it comes to someone's personal style. To me, wearing a sari with a jacket exemplifies this shift in fashion. Brides have become a lot more experimental with their looks - they want more versatility; silhouettes that allow them to dance with their friends at the sangeet.

When you look back, how do you gauge fashion in our film industry?

While there are so many more biopics and period dramas being made, mainstream Hindi cinema is going through a shift in its approach. We have so many more stories that resonate with our lives and lifestyles. In keeping with this, glamor has become a lot more relatable. Costume styling is now less about the clothes and more about the personality and attitude that one is trying to highlight.

How would you outline a bride who dons your pieces? And your favorite muse would be?

My muse is a confident and modern woman who is also deeply rooted in her culture and tradition.

She is confident and modern; someone who takes pride in her legacy and uses fashion as a tactile expression of her personality. She wears Manish for the opulence as much as the story behind the making of her outfit.

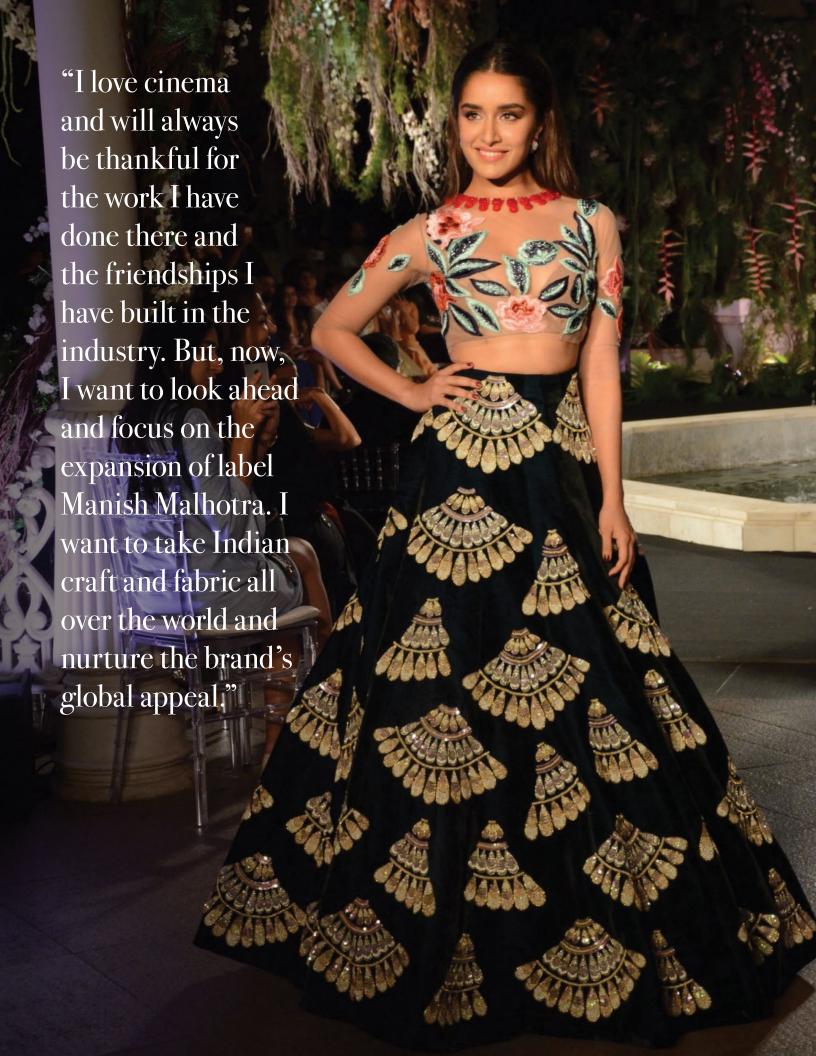
Your personal style quotient would be? What would we see you wearing at occasions or weddings?

I love the colors black and navy blue, so I usually wear these hues in different styles, depending on the event.

Your tips for the bridal-wedding season? Just what does one need to be the glam yet elegant bride?

You'll see voluminous gowns for sangeet or reception, trailing lehengas, kalidars with pants, jeweled necklines, cut out and low back or off-shoulder blouses in classic reds, powder pink and emerald green with modern lehenga. An innovative hue, a beautiful interpretation of the dupatta drape, maybe a little off-shoulder. Mixing tradition and a global influence is something I would recommend.

> Interview by Kavita Shyam Photos Credit Manish Malhotra





Trends In 9 Mear 2017

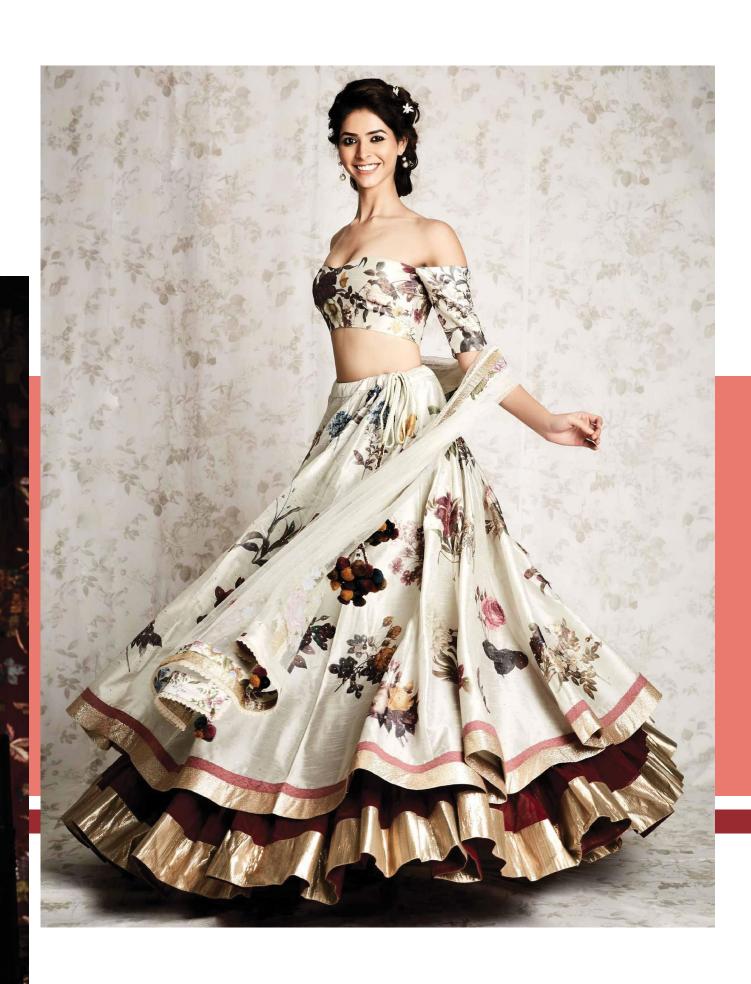
By, Kavita Shyam

"I Do's."

fident with their attire and choices in colors. They tured silhouettes, comfortable and minimalistic.

part of the garment (like maybe the dupatta or the frills, fringes, have made it into the wedding outfit





What cuts, styles, fabrics, silhouettes, and colors are in style this year for bridal season?

in florals and bright colors like purple, white,

What are the classic and contemporary styles to embrace this year?

to look royal and classic while incorporating the













What about for the conventional and unconventional and bohemian brides?

Modern brides are opting to experiment with contemporary styles and thus many unconventional styles have developed over the years. Our SS'17 bridal collection includes themes like luxe nomad, modern romantics, tattva which are perfect for brides who want a contemporary twist to their wedding.

How does one look like a diva bride?

The most important aspect of looking flawless is to have confidence in your-self and being comfortable in what you wear. A garment can only make you look beautiful if you feel beautiful in it, so always be content with what you are wearing and nothing can stop you from being happy.

Ideal mehndi, engagement, cocktail, wedding wear?

For mehndi, a bright colored kurta with floral motifs or detailing would add a youthful glow to the bride. Sari with intricate detailing or zar work would definitely put the spotlight on you while for the cocktail a palazzo pants paired with a cape top or floral top would do the trick as it is comfortable to walk around in for a long time. A floral lehenga that plays with modern themes with a royal touch would be perfect for the wedding.







By, Kavita Shyam

What would a wedding feel like if it's not synonymous with grandeur, magnificent and starry!

We all dream of the big fat wedding, but what exactly magnifies a simple wedding into a big fat wedding is the number of variations or luxurious surprises that the wedding includes. Thanks to Bollywood movie makers, Indian weddings are truly an unforgettable, dreamy affair with elaborate settings, grandeur attire, fun songs and dance sequences followed by all kinds of drama, plush gifts, exotic honeymoon and more!





We take a look at the changed and much elaborate, colourful, cultural, cosmopolitan weddings. Here's a quick checklist to have an elaborate celebrity-style grand wedding!

Hire a wedding planner to arrange and organize your starry wedding. Take a leaf out of Kareena Kapoor - Saif Ali Khan's wedding held in Pataudi, or Neil Nitin Mukesh's recent wedding in royal Rajasthan. They tied the knot in an exclusive affair. With a hefty budget, creative mind and best planners on hand, you can assure the very best day ever will truly be iust that.

Have a rocking bachelor's or hen party with your partners-incrime. Get to a fancy place and let your hair down. From spa holidays, theme parties, to whacky card games or adventure trips or even untried theme parties just before you tie the knot. The wedding makeup artist should be nothing but the finest artist in town. Book him/her well in advance, because nothing makes you feel happier than looking like a star or a queen on your D day.

From your attire, jewellery to the shoes, everything should be in place. Look your glamorous best and take a leaf out of Karan Johar movies for inspiration. The colourful, enchanting and exclusive, made-to-order designer pieces for your wedding; complete with the bride, groom, family and friends prancing around joyfully in coordinated and well-designed wedding finery makes for a perfect picture. Throw in a flaunt-worthy vintage piece ala Kareena Kapoor style, who wore her mother-in-law's royal vintage pieces to look the part. Heirloom pieces add the vintage style touch along with the much more important emotional touch.

Trending on the wedding scene are a pre and post wedding photo shoot to make the bride and groom look his/her best. A decade later, you will cherish the pictures and relive the moments.

A must would be loads of creative, innovative and grand pre-wedding invites or designer cards.

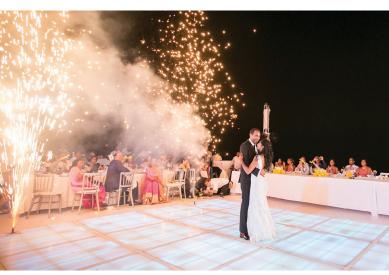
Food is a mandatory part of Indian weddings. The food has to be extraordinary with multi cuisines from across destinations because we love our food like no other!

Who wouldn't want to look picture perfect on the most awaited day of her/his life. And to get the opportunity to look like a movie star, comes as the icing on the cake. A stylist can do wonders to make you look ethereal, a star-like bride. It's an investment that will have you feeling amazing forever!

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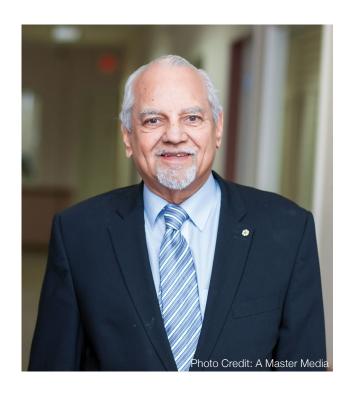


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Charan Gill Progressive Intercultural Community Services

A Wish To Serve The Community Fulfilled!

By Ray Hudson



Dr. Charan Gill will step down as the Executive Director of PICS at the Society's Annual General Meeting this June, in the thirtieth year of its founding by Gill and eight other people who saw a need for an organization that would work "for the community and try to fulfill the needs of the community, whatever the need."

Over the three decades, PICS has become a vital service agency in the Lower Mainland providing critical housing programs, programs to assist new and recent immigrants to transition to Canada, settlement information, language training, drug and alcohol counselling, employment programs. Charan Gill reflected on his and PICS journey in a conversation with Ray Hudson of Aaarzu Magazine.

RH: How did PICS come about?

CG: Eight friends got together on one of the children's birth-days, talking about the community. I said that we needed a society that will work for the community and try to fulfill the needs of the Indo-Canadian community, because there was a need and our community was growing. So everyone put in \$10 each, and that was the start of the society, the Progressive Indo Canadian Services, with \$80. That was thirty years ago in 1987. A year later we decided we wanted to be inclusive, not just Indo-Canadian, so we changed the name to

the Progressive Inter-Cultural Community Services Society. We started with our first Bingo, got some money and rented a place in Surrey and started providing services.

I went to Co-op Radio every week for three years, to inform the community about us and invite them to come and help. We wanted to educate the community by talking about various issues and why we needed services dealing with Parent-Child conflicts, support for newcomers. We got some support from the community and one of the first things we did was to ask the government to give us money to recognize the seventy-fifth anniversary of the Komagata Maru. PICS was the first organization to do that. So we put together a book "Beyond Komagata Maru, Racism Today" which is out of print now and another book, "Race Relations Today, History of Sikhs in BC."

I was still working as a social worker trying to train people for culturally appropriate services, in Joan Smallwood's Ministry. I was also the founding President of PICS as well as the Executive Director but it was suggested that I couldn't be President and work for the society, so I stepped down as President and became Executive Director.

Over the years I took lots of risks. Early on, we decided to relocate from our office space which was close to the Surrey Foodbank in Whalley. Our windows were broken every week, so we were forced to move. We bought a building for \$90,000 that was just a shell. I used \$50,000 from Bingo funds as a down payment.



So we started to outfit the building shell at 82nd Avenue, and 124th Street. We operated out of there for over 15 years, buying the unit next to us so we could grow. Twenty years ago we opened an office in Vancouver to service the population there.

From a staff of one, me, we went from three to eleven by 1987. PICS now has 150 staff, including 10 people at Pace Canada College, 17 staff in Vancouver and about 45 people working in the senior's housing.

We outgrew our 82nd Avenue location a few years ago and relocated to our current building on 80th Avenue which would house everyone.

Seniors Housing

In 1998 we recognized the need for seniors housing. We found people sleeping in their cars, farm workers who didn't have any money, so we purchased two acres of land at 121 St and 75A Avenue with a one-thousand dollar down payment, not knowing how we were going to pay. We took a great risk. At that time, Ujjal Dosanjh was the NDP Premier, so I lobbied him and received funding for this supportive housing. When the new Campbell government was elected some people said the new government shouldn't give us money, but we were already digging the ground. While the government was getting set up we kept on building and were now up to the second floor, even though there was still opposition that said we should stop. The Campbell government said they couldn't stop us at this point, but would help

anyone else who wanted to create another society. Nobody wanted to take that on.

By 2001 we had the first people going in, and our profile went up when people saw the six story building in place.

Another advantage was that I put in the infrastructure for assisted living because of the need for Culturally Sensitive Assisted Living, where old people could enjoy the food that they were used to in their Indian culture. These people were very unhappy with other facilities that don't provide the food they've known all their lives. Another bonus is that our staff is bilingual and able to communicate with people in their own language. This has produced a very high level of satisfaction such that in the Fraser Region, our house came in number one in this category last year.

With that first house a success, it was very easy for us to start the second assisted living house because we already had a name as a society. People now felt we could do things.

Diversity Village

Of the buildings we erected, the assisted living building is now free of debt, so we are hoping that the province will provide some funding. This in turn will trigger money from other sources to fund our next project; the "Diversity Village" on 2.5 acres we own at 175 St and 64th Avenue. Our plan is to build a complex care facility with 140 beds. Some of it will be affordable housing, some assisted living and the rest for long term care. The building will offer child care for 75



children, function as a type of community centre, and have parking underneath. That's the plan now. The city of Surrey has been very good. We've already had first and second reading for Seniors Housing and we are only waiting for the public meeting, after which it will be all done. The federal government is on board, the City of Surrey is on board, all we need is the Province. Diversity Village is the project that I'm hoping to break ground on before I leave.

RH: What's your wish for PICS in the future?

CG: My mission is to see PICS live forever, work for, and be accountable to, the community, and try to fulfill the community's needs which will change over time.

Over thirty years I have given PICS over \$21 million in assets. It's a great gift for the community. I want to see the community come in and control it and I would like people who are life members or other community activists to come and join us to make sure the new board does the right thing, and be accountable to the community.

RH: When you were a young man did you have any sense of the path you would take?

CG: My grandfather went to Russia as a revolutionary person. I came from a politically left group. As a young person I worked with the Farm Workers, organized the BC Organization to Fight Racism (BCOFR) and was its president. I was involved in the community from the day I became landed in this country. In 1978, Raj Chouhan and I organized the Canadian Farm Workers Union. Chouhan went on to become an MLA. I also ran for MLA guite a few times, but I rather preferred being a community worker where I was always contributing something. Along with Diversity Village another project I'm happy about is Harmony House, for the women who are beaten up and abused. I met all the community needs I could following what my heart said; to love and work for seniors, students and children. I've been very lucky. Everything I did became a success story. There were lots of risks and sleepless nights worrying about how we'd pay the mortgage. But it all worked out okay.

Personally I want some free time now because carrying a big organization like this is a big responsibility. It's been my first priority, even above my home. I didn't make any investments, I have only one house and one car, yet I'm happy with that. I'm very satisfied that I fulfilled my wish to do something for the community.





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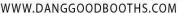


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REASONS IT'S STILL COOL TO HAVE A PHOTO **BOOTH AT YOUR** WEDDING

BY CHRISTINA DANG

It seems like every time a fun new trend hits the wedding scene, someone is already declaring it "cliché." Photo booths have gone from a fun novelty to a common occurrence at every wedding. Now many couples are worried it's played-out. But people could say the same thing about the bouquet and garter toss, or even a DJ. Now imagine a wedding without music... awkward.

Before you turn down the idea of having a wedding photo booth, here are three reasons why you should still have a photo booth.



ENTERTAINMENT VALUE

A photo booth gives your family and friends something to do. Photo booths are great for guests of all ages, everyone from your grandpa to your baby niece. It's just the thing that will keep the crowd having fun and the key to having all your guests stay longer.



UNIQUE WEDDING FAVOUR

Although fancy chocolates and hand-crafted candles are pretty, why not offer your guests a unique favour that they are more likely to keep. These photos will be displayed on their fridge, in a photo frame or on their desk at the office. You give your guests the opportunity not only to have fun having their picture taken, but to also have a souvenir to take with them at the end of the night.



MORE PHOTOS, MORE MEMORIES

You've surely hired a professional photographer to capture the memories from your big day, from the moment you walk down the aisle, to your first dance, but what about everything in between? A wedding photo booth creates and captures memories that you may not otherwise have. Think about it. This is a place where your guests can have fun and get loose! These (sometimes goofy) pictures will be your memories for years to come.







Give your guests a reason to get out of their seats and out of those awkward seating arrangements. Let them entertain each other, create their own unique wedding souvenir and make ever lasting memories together. There's just something magical that occurs when you let your guests express themselves, no matter the setting (and especially when there are fun props involved). Make sure the company you book provides you with access to all your photos after the event. A photo booth at your wedding will have people talking long after your big day has come and gone, and isn't that what we're all after?





How to dress after 40 and still look

By Sukhie Basra



Age is nothing but a number, so forty shouldn't be a scary age. However, this age gives a lot of women anxiety about how they dress, how they do their makeup and how others perceive them. If you are a woman over 40, you can still be sexy and just as beautiful as your younger counterpart.

Of course you can dress any which way you prefer, but if you don't want to look like you are sixteen, like you are trying too hard to stay young or appear older than you are.

Dressing your strengths and taking your body into account is paramount. Here are some pointers:

- 1. As our body changes, so must our clothes so dress for your body type. Choose clothes that flatter you and highlight the body parts you love.
- 2. Clothes should be fitted but not too tight. However, avoid baggy clothes that add volume.
- 3. Avoid buying cheap fabrics. Natural and pure fabrics such as pure silks and cottons have different characteristic than synthetic fabrics such as polyester and they will always feel better on your skin and drape well.





- 4. Wear the right bra and use shapewear to give your body the right structure.
- 5. Wear hip shoes. This adds an instant hip vibe to your outfits.
- 6. Do not overdo the bling; opt for statement, classic pieces.
- 7. Adopt a less is more attitude with makeup.
- 8. Avoid some colours you wore in your 20s's. Softer tones, black and white, navy are great options.



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The 5 Biggest Mistakes Grooms Make With Wedding Wear

By Will Chen

Most guys have it easy when it comes to weddings. Seemingly endless processes like picking floral arrangements, color palettes, and catering luckily aren't in our usual scope of decision-making. One area that does remain in the realm of our responsibilities is what we wear on our big day. Unless you and your bride are pirate/Star Trek fanatics, or your name is Kevin Federline, the expectation is that you and your best friends will dress like gentlemen in honour of your beautiful bride and the age-old traditions of committing your lives to each other. Whether this is the dashing tuxedo to put all others to shame, or the first suit you've worn since prom, here's how to look and feel your best without busting your wedding budget open any wider.



1. Renting

I'm not saying to not rent. I'm just recommending that you avoid this option if you don't absolutely need to.

Why? Would you pay 1/3 - 1/2 of the new purchase price of an economy car (like a Toyota Corolla), so that you could drive a used one for a couple of days? No?

Well that's essentially what you're doing with renting tuxedos. Now there are some decent tuxedo & suit rental places that carry decently-made garments that have a tailored look, however these are few and far between. Rental-Market Suits are designed for the benefit of the Rental Companies, with the emphasis on durability (extensive use of unbreathable synthetic materials) and a "one-style-fits-most" approach.

What that means is you will likely be sweating your balls off before you even make it to through your ceremony (more on that below) and the photographers you've spent so much money on will be capturing you in something that will likely look baggy, too long in most places, and very unsophisticated when next to your beautiful bride... in photos that are meant to last an eternity!

Even if cost is your biggest factor, consider what it is you're actually getting. For the same price as an entry-level tux rental, you could still pick something up at a consignment store (that's likely been worn fewer times than that rental tux) and pay for it to get tailored. Best of all, you get to keep it soddthat you're not the chump showing up in a dress shirt and Dockers at your next formal event.



2. Leaving it till the last minute

Yes, we know you're insanely busy and buying clothing (let alone suits) ranks about as high on your list of priorities as getting your prostate checked. However, if you're shopping within 2 months of your wedding date, you're already setting yourself up for failure.

Whether you're shopping online, with a traveling tailor, or with a local tailor, a custom-tailored suit will take 4-8 weeks. That's factoring in the time it takes to hand-make your garments and alter them for a perfect fit afterwards. We won't even go into the nightmare stories of clients who have come in a panic after their self-measured online orders had to go back for a remake! A common misconception about tailored suits is that they'll be a perfect fit each time due to the submission of measurements. While true in theory, inconsistencies usually happen at the measurement stage (God forbid if you attempt measuring yourself!) or in the tailoring itself.

Which leads to the time allowance for alterations. A suit jacket is typically made up of 9 major exterior panels (not to mention over a dozen interior components), all measured and cut to maintain a perfect balance that is devoid of unsightly and uncomfortable creases. So taking it to the dry cleaner who offers same-day hems would not serve you. That would be like taking your Aston Martin to a Jiffy Lube for an engine tuning.

Any reputable & skilled Alterations Tailor will have a minimum 1 week turnaround, and possibly two to four times that during the busy summer months when wedding garment traffic is highest.

Wait till T-minus 1 month and rentals (and unaltered Off-The-Rack suits) might become your only option. Even then, selection will be very limited as most grooms have already booked.

3. Not taking climate into consideration

Remember what I said earlier about sweating your balls off? It's a very real problem. This is supposed to be a day of fun and celebration, instead of constantly checking your watch to see when you can finally change out of that sauna suit you chose to rent/buy for bottom dollar.

Take a look at the Materials Label on your next suit. Is the lining made from polyester or some other synthetic material that comes out as a plastic filament? Based on what mass-production has been offering to customers, there's an 85% chance that it is. You might as well roll Saran-Wrap around your body, as that's about as much breathability you're going to get. Polyester in the exterior suiting as well? Let's double up that kitchen wrap!

Natural fibres like wool, cotton, silk and linen are used in some of the most extreme climates still, due to their natural temperature-regulating properties and breathability. Wool is especially prized for its ability to regulate temperatures while maintaining relatively wrinkle-resistant. For some clients, I'll even recommend lightweight or tropical wools that are designed for and milled in such a way that businessmen in Tokyo can still wear their ubiquitous black suits in the humid summertime temperatures of 35°C. Bemberg linings are made from recycled cotton fibres and have been tested extensively to be more breathable than pure cotton or silk.

If you're going to be in an air-conditioned space the entire day, out of the sun, and you don't get hot easily, I'd still recommend staying away from any synthetic blends. Many will generate static electricity as you move, which ruins the drape of your suit and will make those handshakes with your new in-laws that much more awkward.

4. Not taking colors into consideration

Color is another highly-overlooked consideration. Most of the times we think of black tuxedos, yet that normally doesn't work out too well for the Groom who's mingling with 100 guests at high noon on a Saturday in July (unless he's wearing a custom-tailored Ermenegildo Zegna Cool Effect tuxedo).

As weddings have evolved from stiff & ceremonial black-tie traditions to fun-filled gatherings with YouTube-destined dance-offs, so have the traditional colors. Blues and Greys (of every shade) are getting equal time on the pages of Pinterest, and these usually provide better color-coordination with both the vibrant and pastel color palettes brides are choosing these days. We often recommend coordinating groomsmen with the bridesmaids through custom-ordered accessories like ties and pocket squares. As a nice bonus, navy and grey suits are much more versatile to wear day-to-day than black suits (unless you work in Tokyo).

5. Not budgeting realistically

One area of the wedding planning that men still have a say over is the costing of the whole thing. You've budgeted \$300 for your tux rentals per groomsman and didn't factor in sales tax. Then you've got meaningful and personalized gifts to give them at your stag. So you're looking at spending \$400-500 per groomsman for a gift they'll likely seldom use (unless it's an engraved Leatherman) and an ill-fitting and sweat-inducing tux you'll need to return while you're hungover and busy with all of your out-of-town guests, lest you be charged an additional \$50-100 per late return.

Or you could spend as little as a couple hundred dollars more and give your best friends a gift that they'll be able to use day after day, for years to come. Something that is custom-tailored to each of their unique body shapes and sizes so that you'll all look like champs in the photos that will last longer than your hairline, and give something your bride and her bridesmaids can really blush about.



















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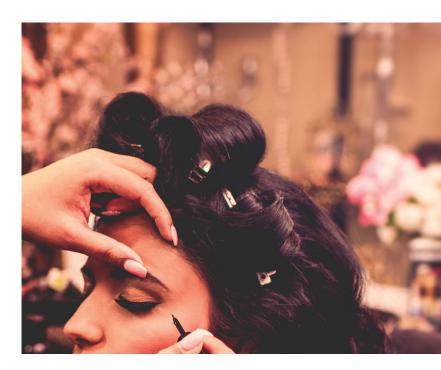
It's all about the base. One of the biggest mistakes made by people is using the wrong shade of foundation. The wrong foundation can be detrimental to your whole look. When choosing your shade of foundation, remember to match your undertone and not just your skin color.

If you are someone who has really dark circles and a lot of pigmentation, try using a corrector before applying your foundation. A corrector works by cancelling out the dark pigmentation creating an even tone canvas for you to apply foundation.

Over the years I have had a lot of clients tell me that they do not like doing their own makeup because they do not know how to put on eye shadow. An easy way around that is to use colored eyeliner with a strip of false lashes. Just that one pop of color will make you look like you have a full face of makeup on.

When it comes to lips go bold. A bold lip will tie your whole look together.

Makeup Tips





My motto is A little goes a long way!

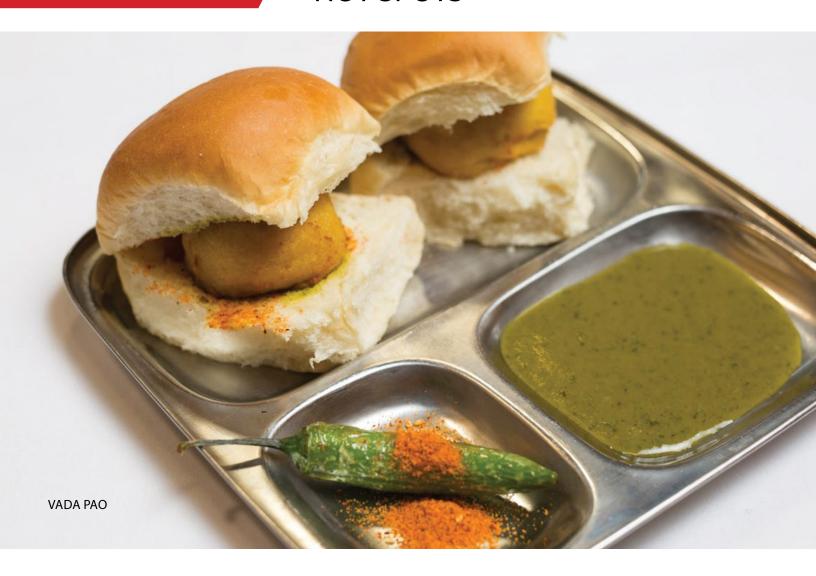
Hair Tips

If you like to wear your hair up, an easy 5 minute elegant updo can be created using a sock bun. Not only is it fast, but gives you a sleek and elegant look.

If you like to wear your hair down, but have trouble using any hot tools, simply wash your hair, put in some mouse and braid your hair. I recommend doing about 6-8 braids. Use a hair dryer to dry the braid a little. Leave the braids in until you are almost ready to go. When you open them you will have beautiful waves. If you would like more volume simple rough tease the roots.

These are just a few tips that even I use myself when I have to attend a function after a long day of bookings.

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How to choose a wedding cake?

by, Behnaz Shafie

Similar to planning the rest of your wedding, choosing a wedding cake can be difficult. There might be hundreds (if not thousands!) of photos you have seen and liked, yet you cannot make the final decision of which is the one for you.

Here are some tips to help you streamline favorites and finalize your decision with more ease.

- 1. Consider the overall feel and theme of your wedding. Are you having an intimate outdoor wedding? Then perhaps the multi-tiered cake with lots of edible flowers is not fitting. Are you having a luxury reception at an elegant hotel or club? Then chances are, that a naked cake really does not tie in with the rest of your wedding.
- 2. Consider the size of the wedding. If you are throwing an intimate reception for 50, you really don't need a cake bigger than two tiers or perhaps a smaller 3 tier one, whereas for a reception of 200+ guests you have to consider a 5 or 6 tier cake to serve your guests.
 - 3. Choose your wedding cake designer carefully. Look at their photos, check their website, read their reviews on wedding related sites. Referrals are very important, but keep in mind that what your friends liked and what worked for them may not necessarily be what you want. Referrals from your wedding planner are reliable as your planner has nothing to gain and is recommending vendors according to your needs, style and budget.

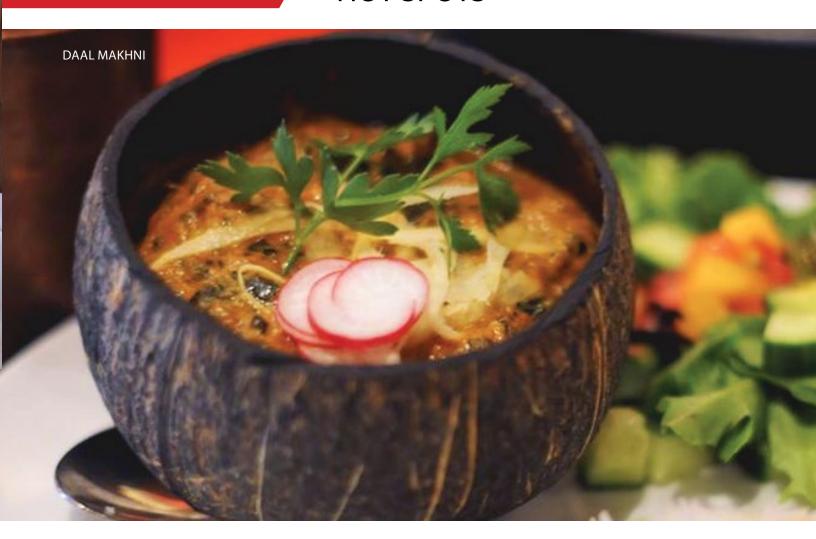
- signer. Some bakers offer complimentary consultations and tastings but some might charge a small tasting fee for consultation and/or tasting. Communicating via email and over the phone are good ways of getting to know each other's styles, but a face to face meeting saves a lot of time and confusion. Your cake designer has done this many more times than you have and can offer you're a lot of help and suggestions that will help you make a decision. The consultation is your chance to discuss every detail of your cake, and show what your theme and inspirations are. A consultation session will also help your cake designer give you an accurate price for your wedding cake based on what you have discussed together.
- 5. Pick one element you really want to see on your cake and lead with that. If your floral arrangements or your décor are a specific color, perhaps you want the flowers on your cake to be the same color as well. Do you have a lot of lace in your dress? Then maybe you want lace on your cake too. Have you picked a very specific theme and design for your wedding stationery? Then show a copy to your baker and see if it can be made into cake form.
- 6. Choosing a trendy look and design can be fun too. Are you the kind of person who likes to try different looks? Then go for what is trendy these days and incorporate it in your cake. My recommendation to my couples is to choose something that is chic and beautiful both now and a few years into the future. Your wedding photos and memories last forever so if you are not sure about a specific trend, choose something that is timeless.

I hope these tips help to make choosing the cake the sweetest part of your wedding planning.





HOT SPOTS



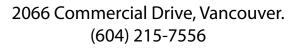
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Ingredients:

2 cups of milk

2 tbsp of rice

3 tbsp of sugar

1/4 cup of blanched and sliced almonds

1 tsp of crushed cardamom

1/2 tsp of kewra essence

Instructions:

- Soak the rice in water for a few hours. Then drain water and grind rice into a smooth paste.
- Bring the milk to a boil. Over medium heat add rice, sugar and cardamom and stir constantly till milk thickens.
- Remove from the heat and add the almonds.
- Put it into a bowl and chill.
- Serve in a platter.

HOT SPOTS



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Ingredients:

½ tsp Dried Sage

½ tsp Ground Oregano

½ tsp Garlic Powder

½ tsp Onion Powder

½ tsp Black Pepper powder

1 tsp Sugar powder

½ tsp Kashmiri lal mirch

2 tbsp Refined Flour

1 Egg White

3-4 tbsp Milk

1 cup boneless chicken breast, skinned

½ cup Mayonnaise

1 Cup Lettuce leaves

Instructions:

- In a bowl take oregano, garlic powder, onion powder, black pepper powder, powdered sugar, red chili powder and refined flour. Mix it well.
- Take another bowl and Mix egg white and milk.
- Add chicken in refined flour mixture and strain.
- Put chicken in Egg mixture and again put it on flour mixture.
- Mix it well and strain to remove the extra flour.
- Deep fry the chicken until golden brown.
- Take small glass put lettuce leaves then put chicken popcorns.
- Garnish with Mayonnaise and chili flakes.
- Chicken popcorn is ready to serve







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The Season of E-Shoots

By Rominder Saini

Spring is in full bloom and so are many relationships. We always find that the peak time for e-shoots is when flowers are budding, the air gets a little warmer and the smell of fresh flowers are everywhere.

Yup, along with budding Spring flowers are budding romances beginning a new chapter of their love story. So if you are heading out for your engagement shoot this spring here are some helpful tips to keep in mind.

Your Style = Your Personality

Reflect her & his personalities and emphasize both your styles! This will allow you to be comfortable in your own skin and be YOU, which allows for some amazing and creative photos.

- A dash of colour can make your pictures POP!
- Accessorize and play with layers to create variety in your pictures.
- Compliment each other with what you wear!

Location, Location

Have an idea of where you want to shoot. Keep in mind how your surroundings can compliment you as a couple. Don't forget to dress for the right location!

Date Time!

Make it a date! Don't let the lens stress you out, treat your shoot as a new experience, just like a date. Most Importantly, Have Fun!

Your Vision

Tell your love story, your way! Whether its a special date or how he popped the question. Try and incorporate props and locations that enhance your shoot in a personal way.

Timing is Everything

Whether you are doing a sultry night engagement shoot or a fun picnic at the park during the day, timing is everything to your photographer. Lighting can make for jaw dropping photos so please be punctual.

Do Your Research

Pinterest is your best friend! Get ideas and tips on which poses you want to do. This will give you an idea of what to expect and help get you comfortable for your photo shoot.









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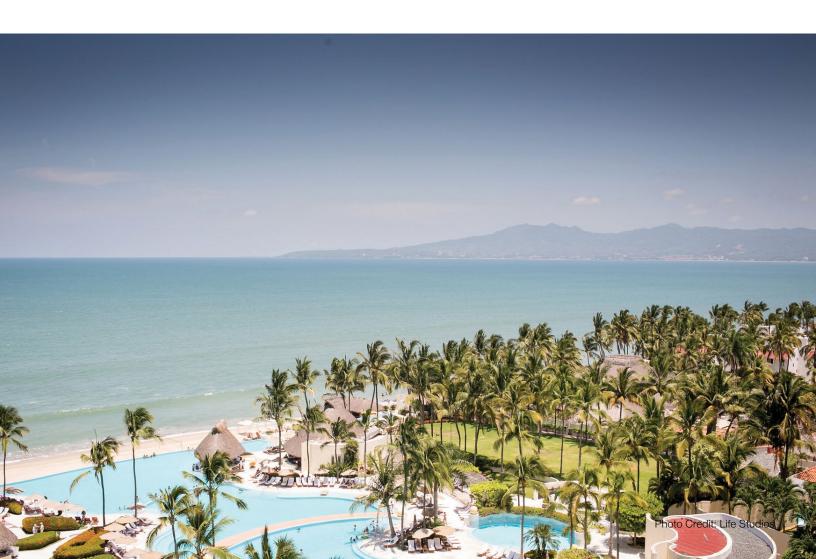
By, Kavita Shyam

If you have been dreaming of a splendid destination wedding, however, unsure about the logistics, we have got you covered! Here are some tips on making your big day run like clockwork, despite a different time zone.

Pointers for planning destination weddings:

Dos

- Hire a professional wedding planner.
- Hire a professional photographer, makeup artist and henna artist and take them with you.
- Select a destination that is easy to get to. Your guests are more likely to attend and be happy once they get there.
- Create a website for your guests; you can add all the information about event, nearby places to visit, things to do and help them decide on what to pack!
- Take your outfit on carry-on. Airlines are notorious for losing luggage and most airplanes have a coat closet they can hang it in. Besides, knowing exactly where it is will give you much-needed peace of mind.
- Find local favors as gifts for your guests. You choose your destination for a reason, so reflect the destination by finding little trinkets from the area to give guests.
- Take a scouting trip prior to the big day. If you can afford
 to go to the destination at least once before your event, do
 it. It helps to meet your professionals before you go and
 get an idea of any potential issues you'll have. Most resorts
 offer a complimentary stay during the scouting trip.

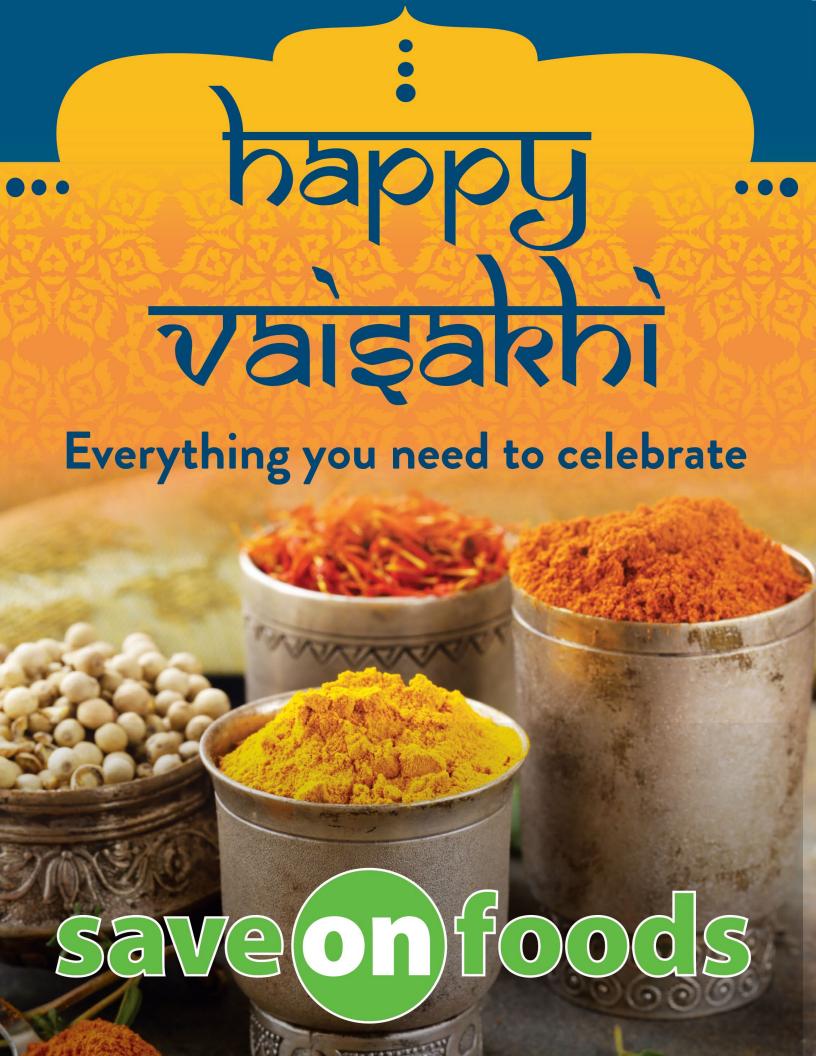


Don'ts

- Don't sweat the small stuff. Things may go wrong with a hometown wedding or destination wedding. Make sure to keep all in perspective and enjoy the process every step of the way.
- Don't underestimate the temperature.
- Don't wait the last minute to send your invitations, you need additional lead time when planning a destination wedding. Guests should get least 6 months notice so they can book their accommodation.
- Don't spend a lot on ceremony flowers. One of the main reasons to have a destination wedding besides the built in vacation is the beautiful scenery. Many couples choose to have an outdoor ceremony in which case there is little needed for elaborate floral arrangements. If you are in a place where the ceremony is by the ocean, anything you put there is just fighting nature.









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Ingredients:

- 2 chicken breasts, halved lengthwise
- 2 eggs, beaten
- 1/2 cup parmesan cheese, grated
- 3 tbsp sage, finely chopped
- 1/2 cup white wine (Sauvignon Blanc)
- 1 tbsp fresh black pepper
- 1-2 tbsp olive oil
- 10-15 black olives
- 1 sprig of thyme

Salt

Instructions:

- Mix salt and pepper into chicken.
- Pluck leaves off the thyme and mix into the egg.
- Dip chicken in egg and coat in parmesan, after laying out cheese on a plate.
- Heat olive oil on a non-stick pan.
- Fry the chicken until golden-brown.
- Reduce heat and add white wine. Simmer for 10-15 minutes.
- Serve in a plate with olives for garnish.



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Bringing Your Wedding Together With A Theme

By Allie Cooper

Every wedding should have a theme. Whether it is subtle or overt, your theme should be reflected throughout your wedding. Just like in a design project, you begin with a theme or an object that represents a theme, that serves as the starting off point for the project. The theme helps guide your decisions as well as build parameters within which to keep your focus. A wedding is no different.

Themes can be inspired from many places: your venue; a favourite colour scheme; or even a creative scene you have always wanted to replicate. The most important thing is that the theme remains consistent throughout all aspects of the wedding. Some aspects to consider when deciding on a theme are: colour choices, formality or casual level of the location, décor details and the desired flow of the evening.

For example, if you are getting married in a barn setting, play off the rustic, weathered wood and the comfortable, informal atmosphere. Think: mason jars, burlap runners and fresh flowers. If you are getting married in a luxurious and formal hotel, indulge in the classic architectural details and sparkling chandeliers. Think: crystal glassware, four course meals and silk table linens.

You know your theme is successful when all of the elements flow together and create a harmonious atmosphere. As with interiors: your space (or wedding), should be a reflection of who you are and create the atmosphere in which you feel comfortable. Remember, this is your wedding and you want to be happy and excited for it!

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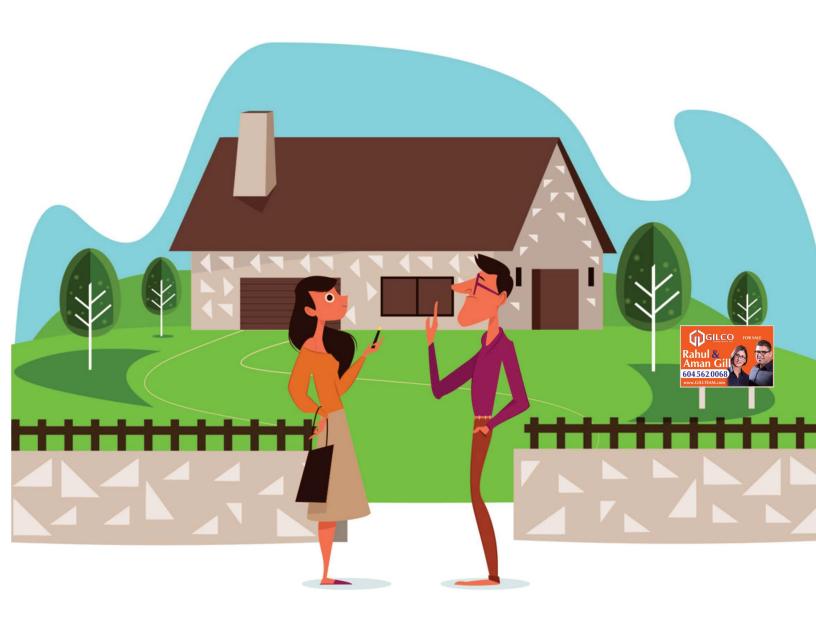
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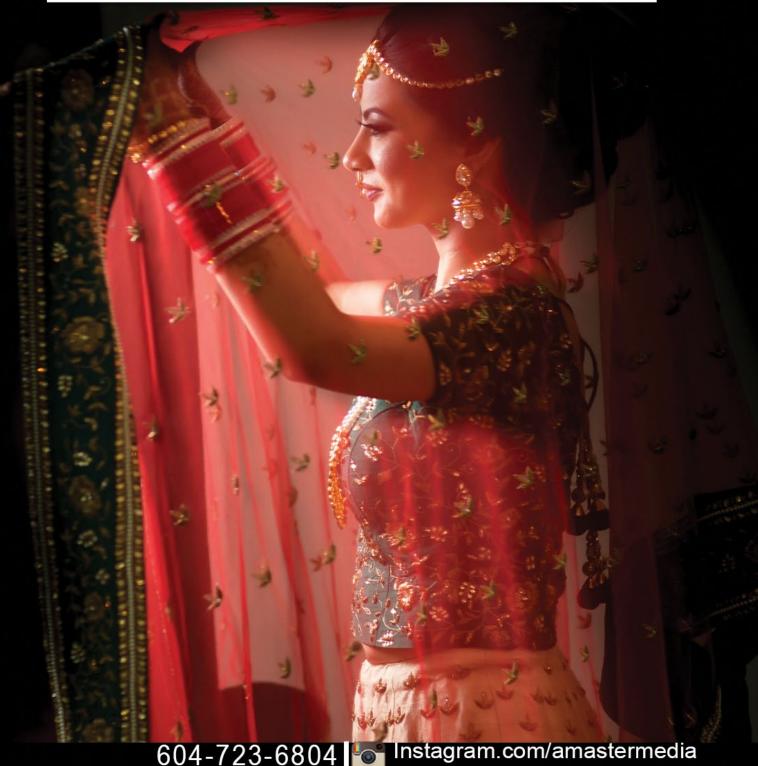




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We are starting to see a big trend in weddings where brides and grooms are taking control and creating a unique experience for their guests. By adding a theme to their big day, couples are branding their love and their love story!

You must have seen those hashtags at the last wedding you attended where the bride and groom creatively mashed up their name together! #virkitmann, #justlam2017 or even as simple as #mrandmrsbains. It started with hashtags and moved onto their own monogram and logo.

Logos can contain the bride and groom's name and wedding date. Monograms are bride and groom's initials, formed together in a beautiful way. Monograms and logos are used throughout the entire wedding in different ways. including save-the-dates,

Invites, wedding website, projector screen, dance floor, wedding programs, menus, etc.

Creating a monogram/logo is the first step to wedding design. Next, the bride and groom can create a unique look using their wedding colours and a theme. The theme can tie in the colours, outfits and decor. Some couples may like a more floral and playful look, some might prefer a more regal, elegant look.

These elements paired with the monogram/logo can create a personal touch for all guests that reflect the bride and groom's special day and most of all their love story!

For all the couples out there, the possibilities are endless! How will you make your wedding memorable?





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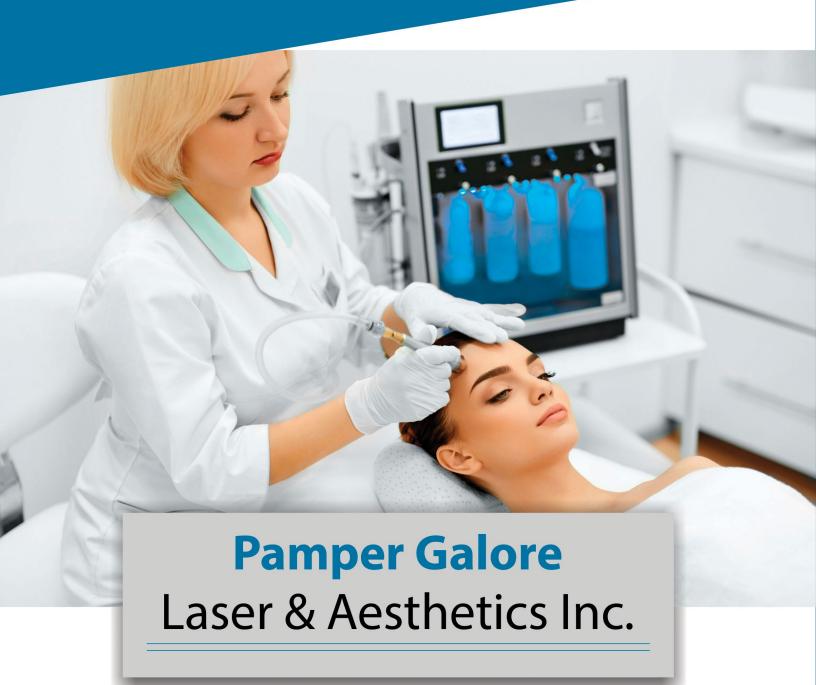
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yoga it up!

By, Kavita Shyam

Powerful Postures, read Yoga for brides-to-be are a must in every girl's to-do list prior to her big day, just as prepping for her wedding trousseau and grooming would be. Kavita Shyam finds out how to restore your serenity and look a million bucks...

Your wedding month is here, feeling a tad bit north of frazzled? Girls on your wedding day, you surely would want to be feeling your best, and what better way to cultivate the eventual version of yourself than yoga! Well, who knew yoga could make you look better in your wedding photos? To begin with Yoga helps you fully tone up and help you wear your special attire with confidence.

Also beyond the physical advantages, yoga helps the brides calm down your busy mind and upcoming nuptial events.



We must keep in mind, yoga has countless benefits what with the heart-opening poses, detoxing twists, and mind cleansing inversions, all of it play a vital role in a girl's path to bridal happiness and calm, allowing her to soak up every moment of her big day. Here are some great moves to get you mentally and physically grounded and beat the anxiety the month leading upto the wedding day.





Benefitting From Yoga

Practicing yoga before your D day is a great way to get in shape besides being in tune with your mind. Brides can feel the physical, mental and spiritual benefits of these poses with just a few rounds. It is a known fact that actively breathing and meditating can aid in calming your mind even during the most stressful of situations. Even if you aren't able to fully commit to a whole workout, simply practice a few of these

poses in the morning or before bed every night to help you relax and de-stress before the big day. While you are at it, you can also get you mom, sister, girl pals in tow to help you achieve your target and sail through the hectic days.

Yoga Moves

It's the most important time of your life around the corner, and you don't exactly feel like the queen-to-be, we've got the perfect fix for you. From glowing radiant skin to a stress busting weight loss routine, all you need is yourself and YOGA. Yoga practice and wedding planning should go hand in hand to help you prepare for this once in a lifetime event.

With regular practice, the digestive fire gets activated which improves metabolism and we begin to shed off the excess weight. Yoga also improves organ health, which other forms of physical activity don't.

Yoga Expert and teacher **Mansi Mahajan** gives us a whole lot of informative inputs to look fit and fabulous on our D day. Mansi says, "There is a rule in Yoga that each muscle should move at least once a day. This brings our energy back into flow and releases blockages. Energy is like water. Water that stands still becomes impure and putrid. On the other hand, flowing water always remains pure. This is the reason we should always move the muscles of our abdomen and intestines daily." Here is an asanas sequence which will help you to feel good, and look even better, working on various mus-



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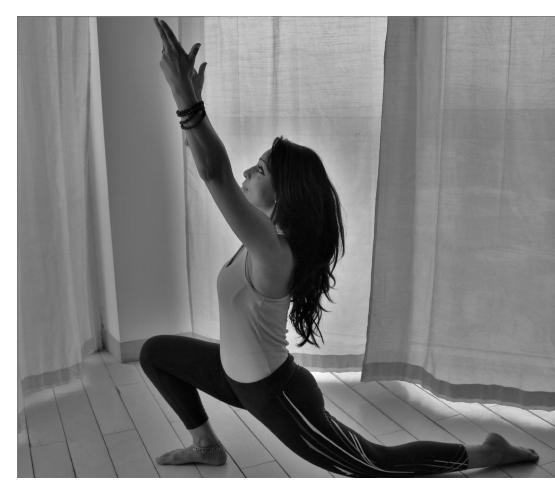
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cle sets and take as little as ten minutes to fit into your busy schedule:

Surya Namaskar or Sun Salutation: A combination of twelve asanas, this sequence is the most holistic type of exercise, involving the mind, body and breath. Start with four rounds and build up to twelve and you will experience undeniable improvement in your posture, cardio-vascular capacity, better metabolism and most beneficially, a reduced rate of breath, which leads to a calmer, and more energized you.

Virbhadrasana or Warrior Pose I, II& III: These postures will fire your solar plexus, body's energy center building stamina and endurance particularly in the legs, thighs, and ham-strings. This powerful asana stimulates and detoxifies the abdominal organs, helping to lose weight with regular practice.





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Dhanurasana or Bow Pose is a great asana for melting fat in the abdominal region as well as helps to tone the upper body, including the back and arms. It is also a generous heart opener that helps to oxygenate your system, which as we know in turn helps burning fat.

The one thing that you cannot afford is behind the scenes stress reflecting on your face. The best way to get glowing, flawless skin naturally is by being in harmony with nature, hydrating generously, eating well and getting enough beauty sleep. It is important to use products that are made from a plant not in a plant, not just as a part of your diet but also your skin regime. There are some asanas that can assist in the process by improving blood circulation and helping flush out toxins naturally.

Eka Pada Sarvang asana or Single Leg Shoulder Stand is a great inverted pose reversing the effects of gravity, making it one of the best age-defying exercises. It enhances facial radiance and reduces wrinkles by sending blood to your brain, which nourishes your body and skin at the deepest level.

Camatkar Asana or The Wild Thing is an energizing asana that helps you root into the earth while offering your heart to the heavens. By helping to stretch the chest and throat it is very effective in creating space in the respiratory track and promoting that inner glow. Repeat this pose on both the sides holding for 4-8 breaths to get radiant beautiful skin.

Prasarita Pada Uttanasana or Wide Legged Forward Bend is a deep and intense forward bend that rushes the blood to the head and face naturally detoxifying the skin. It also helps regulate the nervous system making you feel much calmer.

Praanayama or breathing techniques are very beneficial in improving the quality of your life, and helping you nurture and preserve your sanctity. Agnisaror Breath of Fire is an extremely powerful means of improving digestion, building immunity and creating heat in the body, which helps in burning toxins and reducing visceral fat in the abdominal organs. Like Thich Nhat Hanh says, "healing is every breath", each mindful breath can



have a profound effect on your system and the way you go about life.

Practicing the routine above is a sure fire way to feel invigorated body, mind and soul, and develop that equanimity that will help you ride the wave in this epic time in your life. 'Yoga is not a work-out, it is a work-in.' This ancient tool can be used as a stepping-stone for higher possibilities, making you feel physically energized and making you more contained and collected at a deeper level."

Flow you way into a relaxed state of mind with these poses. Well, brides get set, feel empowered, confident and bring out the bridal glow in you!







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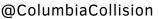
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Ingredients:

1 big eggplant (baingan), about 400 gm, or 3-4 long eggplants

300 gm yogurt

1-2 tsp honey

2 tbsp mint leaves (pudina), finely chopped

1 tbsp parsley, finely chopped

4 garlic cloves, finely chopped

1 tbsp olive oil

A pinch of salt

1-4 tsp cinnamon powder

1-4 tsp cumin (jeera) powder (optional, if you desire additional flavour, I don't usually add this)

2 tbsp chopped black olives

Instructions:

- Whip the yogurt with a fork until smooth.
- Add all the ingredients, except the eggplant and parsley, and mix well Set aside.
- Slice the eggplants thin, almost to papad thickness, cut in half if too large to handle.
- Lay on absorbent paper, sprinkle salt. When the water leaches out, pat dry.
- Grill in an oven heated to 175° C or on a hot grill pan with a little olive or sesame oil.
- When cooked, arrange the slices on a plate. Pour yogurt sauce over them. Dress with parsley and chopped olives. And savour it!





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