

# AAARZU

magazine

Spring 2019

## TANPREET PARMAR

Pageant Queen

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Thinking outside of the Bollywood Box

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see page 48

*Whimsical  
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# PUBLISHER'S NOTE



**KANWALJEET SINGH  
(LUCKY) RANDHAWA**  
Founder & Publisher

Whether you are tying the knot yourself or are simply joining in to celebrate one of life's biggest milestones with the happy couple, we are sure that within our pages you will find inspiration.

As we enter our 3rd year of Aaarzu Magazine, we base our success on our valued readers and clients, and on our strong team. I'd like to introduce you to the Aaarzu A-list, an exclusive club offering exciting members-only events, discounts, and free delivery of the magazine to your doorstep. I hope to see you at our first A-list event!

## ON THE COVER

Photography: *Diamond's Edge Photography*  
Producer & Stylist: *Junita Thakorlal*  
Outfit & Jewellery: *Isabelle's Bridal*  
Muse: *Tanpreet Parmar*  
Crown: *Tanpreet's own*  
Hair & Makeup: *BeautyCall*

See page 18 for story



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## WE WANT TO HEAR FROM YOU!

We want to hear from you! If you have something to contribute to the magazine, please visit our website [www.aaarzumagazine.com/submissions](http://www.aaarzumagazine.com/submissions).

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**JUNITA THAKORLAL**  
Editor

## EDITOR'S NOTE

Weddings are pretty whimsical but they can also be pretty stressful. We feel you! So, we've pegged our 2019 trend forecast [p.36] and fashion finds [p.10], as well as drawn on our fave Bollywood heroines for some major inspo [p.24]. Make sure you check out our Wedding Wellness Guide [p.48] to keep yourself balanced and ready for your big day!

Plus, our cover girl Tanpreet Parmar is fresh off the Miss Canada ramp to share her secret to staying fit, and her inspirational story of overcoming bullying [p.18]. Happy reading!

## THE TEAM



### MINU GUPTA

Minu is an artist and experienced graphic designer in print and web media. She is fascinated by nature's beauty and in her free time can be

found hiking, sketching and painting.



### KANWALPREET TREHAN

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### ASAD JAMIL

Asad is the lead photographer for the fast-emerging AJB Photography. He specializes

in Western, Middle Eastern and South Asian weddings, and has a keen sense of natural lighting



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Michelle Koebe  
Ramanjit Mann



### FASHION TRENDS

Hot off the runway and into your trousseau, check out these hot trends!



### PINK ATTITUDE

Shop local with these seven pink and ivory looks.



### GENTLEMEN'S CORNER

Introducing our newest section! Ideas for the man in your life.

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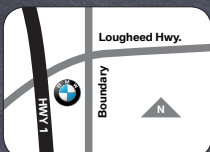


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EDITOR'S  
PICK

# FAB FASHION TRENDS

## 2019 trends in bridal fashion have us swooning!

*Hot off the runway and into your trousseau, check out these hot trends!*

### PLUNGING NECKLINES

Talk about wow factor, plunging necklines is a definite trend. Sabyasachi, Tadashi Shoji, Vera Wang, and Tarun Tallihani all had this daring feature. Balance plunging necklines with longer sleeves to add a touch of elegance and glamour to the look.

### VEIL

Long trains make a beautiful statement but can be difficult to manage when navigating the dance floor. Priyanka Chopra had a glamorous 75ft long veil but let's not be that extra – long veils with a train are a way to create a very bridal look that won't break the bank (or your neck!). Wear it as an accessory so that it accompanies your matching chunni.

### MINIMALISTIC ELEGANCE

Inspired by Duchess Meghan Markle, understated and elegant is now back in style. Instead of glitter and shiny, try lacework and beading and a flattering silhouette for a sophisticated and refined look.

### SLEEVES

And we're finally done with the cold shoulder look – designers and stars are all opting for the mid and long sleeves look. Starting with Anushka Sharma, Deepika Padukone, Priyanka Chopra Jonas, and Isha Ambani, all of them had modestly longer sleeves on their wedding dresses. Or try adding a bolero jacket to add a sleeve element on top of a strapless or sleeveless gown.



Disha Patani in Jayanti Reddy blue and ivory ensemble. Below is a Falguni Shane Peacock lehenga, and plunge dress with ostrich feathers by Inbal Dror.



Aly Jiwani  
Area General Manager



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# ATTENTION ALL FASHIONISTAS!

It's time for the Raasleela Bridal Fashion Week.

All eyes are on designer duo Parvesh Kumar & Jai Singh as they gear up for the 4th Annual Raasleela Bridal Fashion Week Canada.

Once per year, Vancouverites are treated to a spectacle of couture outfits and jewellery showcased by 30 local and international designers. Last year's event was in a magical Mughal theme, with guests excited to dress up in attire from that era; this year's theme is set to be a celebration of love and promises extravagant installations and florals.

Parvesh and Jai are known for their

flamboyant style. Their eponymous label began in 2001 in Delhi, India with a resort wear collection, exploding onto stages in Milan, Paris, Athens, and in the United States. They moved into bridal wear having been inspired by gifted artisans from small towns across India and Pakistan.

"Raasleela truly is the most spectacular display of wedding outfits," shares Singh. "It's where creative designers can showcase wearable art produced by their skilled artisans who weave emotions into each thread of their garments. This devotion to their craft



is not unlike the devotion of Lord Krishna's disciples who decorate temples with such care and love. This is what inspired us to name our brand

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Raasleela, after the mythological dance of love by Lord Krishna and his gopi's."

Kicking off Raasleela Bridal Week with a grand gala on April 6 at the Fairmont Waterfront Hotel in Vancouver, the event will showcase designer couture, apparel, and jewellery in an impressive catwalk show with a 3-course plated dinner.

Taking place April 7 at Pinch of Spice Banquet Hall in Delta is an exclusive trunk show where fashionistas have an opportunity to meet the designers, and try on pre-season garments and jewellery which will be for sale on a first come, first served basis. Time to buy is limited as the following week, the troupe move down to Los Angeles for another show.

*For tickets and information, visit their website: [bridalfashionweekcanada.com](http://bridalfashionweekcanada.com).*

Photos: provided







*Tanpreet Parmar shares her secret to staying fit, and her inspirational story of overcoming bullying. Photos: Diamond's Edge Photography*

# Tanpreet Parmar, Pageant Queen

by Junita Thakorlal

The pageant sashes were the first things I noticed - there were two of them hanging from the dresser mirror with care. "This was my first one for the Miss BC Pageant," said Tanpreet Parmar as she held the sash with a reminiscent smile growing across her face. While completing her degree at Kwantlen Polytechnic University in Human Resource Management,

she stumbled upon an opportunity to compete in the Miss BC pageant where she snagged her first crown as Miss Charity BC in 2014. "I was so inspired by the fundraising component for Cops For Cancer after losing some family and close family friends to the disease. I didn't realize I had raised the most funds out of all of the candidates for the cause, which was a major contributing

factor to me winning the title," shares Parmar.

The second sash was for her title as Miss India Canada 2016, a pageant organized by Sanjay Agnihotri, publisher of the Toronto-based Suhaag Magazine.

Pageantry isn't easy at the best of times.



During her first Miss India Canada Pageant, she didn't win a crown but walked away with the title Miss Photogenic. She came home, reset her goals and persevered for her second go at the crown. "Most people don't do that, they just give up. I was relatively self-taught by watching youtube videos and reading inspirational stories

across the country and to India to speak at various leadership conferences, telling her tales of struggle and perseverance. She was awarded the Woman of Substance Award on International Women's Day last year by Lovely

Professional University in Jalandhar, Punjab, where her story touched students who she felt hadn't been exposed to the idea that they too can pursue their dreams. "They inspired me so much to continue striving for more

*"I had a complete lifestyle change, eating clean with no sugar, and 1-2 hour workouts per day." Her diet includes chocolate mousse protein shakes and grenade crunch carb killa protein bars from Supplement King. "I melt it in the microwave and eat it like dessert. It's so good!"*

which helped me set daily goals for myself. Walking is all about confidence and preparation," she admitted. "I had a complete lifestyle change, eating clean with no sugar, and 1-2 hour workouts per day." Her diet includes chocolate mousse protein shakes and grenade crunch carb killa protein bars from Supplement King. "I melt it in the microwave and eat it like dessert. It's so good!"

She also admitted that she was bullied by other candidates. "I tried not to let it get me down, but snide remarks have a way of getting under your skin," she explained. "But I didn't give up. I worked hard on preparing my body and my mindset, coaching myself with positive reinforcement and self-talk, and I won! This positive thinking is what helped me keep my head straight. Just because you fail once doesn't mean it's the end - failure is a big teacher."

As Miss India Canada, she travelled



Makeup & Hair: BeautyCall Photography; Diamond's Edge Photography; Outfit: Isabelle's Bridal; Styling: Jinita Thakral





stages, and to try to make a difference in people's lives simply through thought-sharing."

Parmar is now considered a role model for young women, where she speaks about confidence, being prepared, goal-setting, and overcoming challenges. She has also started a small business where she teaches the art of pageantry to young women who are competing. "Although I haven't had very many students, all of them have won titles which is very exciting! I feel so blessed to know that I was part of their journey in some way," she says.

This past March 2, Parmar walked the ramp to compete in Montreal, Quebec for the Miss Canada Pageant and made it to the Top 5. "The Miss Canada Pageant doesn't have a swimsuit competition. I'm a big believer in that. I want to be fit, not skinny, and I don't think a woman's confidence is defined by walking in her swimsuit. It's not who I am, it's not really what I believe in. And if it's a factor then with all due respect, it does make me wonder what purpose that holds in a pageant," she justifies. "Pageants should focus on you as a person. To me, it's not genuine if

a title is based on a dance performance either. Rather, how you interact with others through outings, workshops or personal interviews is more indicative to see if a girl has what it takes to hold the responsibility of a crown."

Being a confident beauty queen wasn't always part of Parmar's life - she recalls when she was tormented in high school as well, recounting stories that seemed as if they were directly out of the script of the Hollywood blockbuster *Mean Girls*. "I was a little chubby, kind of a tomboy," she recalls. "But when I won my first title, suddenly everyone became so nice to me. It was sad to realize how empty people can be, which is why I want to direct my attention to helping others."

She reveals that she wants to increase her speaking opportunities in an effort to help people develop their confidence through self-esteem and empowerment workshops. "I feel more successful when I see someone that I've helped to succeed. Everyone looks at one another as competition or a threat; they are for themselves rather than helping one another - I think that we all bring something different to the table so let's grow together, which is why I started these workshops."

She goes on to admit that it's difficult to make real friends now with the advent of Instagram where rude comments and messages have become part of Parmar's new daily normal. To this she says, "we all have people like that in our lives. To get through negativity, just don't react. You need to be confident in who you are. Love yourself first, and try to get rid of these people from your life by shifting your focus to what makes you happy."



# Pink Attitude

Whether these looks depict your bridesmaids or your alter egos, we hope you'll take inspiration from the hottest bridal colours this season:

## Pink & Ivory!

Concept & Styling: Gurpreet Channa  
Direction & Styling: Junita Thakorlal  
Decor: Andaaz Wedding Centre  
Makeup: Lashout Studio  
Muse: Ashley Childs  
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Outfit: Made In India  
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THIS PAGE from L-R

1. Top: Winners

Palazzo Pants: *Parvesh Jai*

Shoes: *Michael Kors*

Belt: *Gota Mandi*

Jewellery: *Sequins By Aman*

Hair Flowers: *LeFleur Jewels*

2. Dress: *Vero Moda at Hudson's Bay*

Purse: *Michael Kors*

Ring & Earrings: *Bharti Art Jewellers*

Cuff: *Hookum Design Studio*

3. Salwar Kameez: *Parvesh Jai*

Glassware: *Hudson's Bay*

Earrings: *Monsoon Jewellery*

Bangles & Rings: *Sequins By Aman*

NEXT PAGE from L-R

4. Peplum Pantsuit: *Made In India*

Cuff & Earrings: *Hookum Design Studio*

5. Lehenga with tassle off-shoulder blouse:

*Made In India*

Jewellery & Choora: *Sequins By Aman*

Hair Flowers: *LeFleur Jewels*

6. Saree: *Regal Fabrics & Sarees*

Jewellery: *Hookum Design Studio*

Purse: *Sequins By Aman*

Hairband: *Gota Mandi*







5

6

4



## Four box-office top-earning Bollywood heroines tied the knot with their loves this past year. See each of their looks as we break it down in detail.

by Garima Pal, Styl.inc

### ANUSHKA SHARMA

#Virushka

Popularity: 301k Instagram posts

Anushka Sharma & Virat Kohli

December 18, 2017

The Anushka Sharma and Virat Kohli wedding took the world by storm as cricket and Bollywood came together in perfect union...in Tuscany, Italy...and we loved EVERY bit of it! One of the most talked about and loved detail was, obviously, Anushka's outfits. Entirely curated by India's favourite clothing designer, Sabyasachi, Anushka donned a total of 5 looks - all very different from one another.

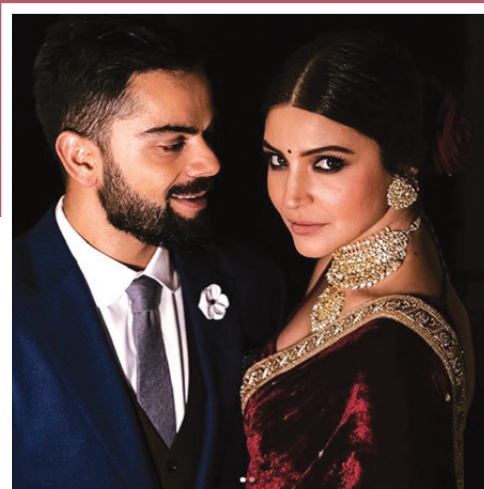
#### THE MEHNDI: MINIMAL BOHO

Anushka went for a boho look full of bright colours. Sabyasachi created a graphic *lehenga* in fuchsia pink and Indian orange. It was hand-printed in the famed Kolkata block print style and hand-embroidered with *gota* and *marori* work. She kept the look very simple with minimalistic makeup and long chandelier earrings.



#### THE ENGAGEMENT: OLD SCHOOL MOVIE STAR

Anushka wore a Sabyasachi velvet *saree* in their signature Gulkand Burgundy. It was hand-embroidered using miniature pearls and the finest quality *zardozi* and *marori*, and paired with a stunning uncut diamond and pearl choker with matching stud earrings. The entire look was complemented with kohl-rimmed eyes, red roses, and the now iconic microdot *bindi*.



# Celebrity





# Wedding Inspo



## THE WEDDING: WHIMSICAL PRINCESS

Then came the big day, and Anushka decided to go for a simple, delicate and classic bridal look. There's very little that can go wrong when you're in a classic Sabyasachi *lehenga*, traditional Indian jewellery, and minimal makeup. Sabyasachi reiterated that no matter where you come from, what profession you're in, every Indian bride succumbs to age-old traditions on her wedding day.

## DELHI RECEPTION: RED INDIAN DIVA

For her first reception look, Anushka decided to wear a red *Banarasi silk saree*. Paired with a red *bindi*, *sindoor* (vermilion), and mogra flowers in her hair just made the look more potent and powerful. She chose to wear a heritage uncut diamond choker and *jhumka* earrings from the Sabyasachi Bridal Jewelry collection. Her traditional look had us swooning!





#### MUMBAI RECEPTION: GLAMOUR GIRL

Virat and Anushka made a stunning appearance in Sabyasachi and Raghavendra Rathore outfits, sending the paparazzi in a tizzy. Anushka looked resplendent in a sequined smoky grey *lehenga* accessorized with exclusive hand-crafted jewellery, also designed by Sabyasachi - a brilliant neck-piece with rose cut diamonds, solitaires, briolettes and Japanese baroque pearls to go with one-piece stud earrings. Virat complimented her in an indigo velvet *jodhpuri bandhgala* with silk pants. His accessories included hand crafted vintage gold buttons.

#### THE WEDDING: RESPLENDENT RED

Sonam opted to wear traditional red and picked a *lehenga* by Anuradha Vakil. The skirt woven with gold and silk yarn in Madhya Pradesh with resplendent lotus motifs interlaced using real gold and silver threads, and included a *dupatta* (scarf) with a thick embellished border. Her jewellery included an ornate multi-layered *matha patti* (hair jewellery). Her makeup look was once again all about youthfulness and freshness. Sonam eschewed the heavy, glamorous makeup look and instead opted for dewy skin, pink lips, light blush, and light eye makeup.

#### SONAM KAPOOR

#everydayphenomenal

Popularity: 79.2k Instagram posts

Sonam Kapoor & Anand Ahuja

May 8, 2018

The bubbly fashionista's wedding was one of the most awaited weddings of 2018. Sonam Kapoor, who tied the knot with Delhi-based businessman Anand Ahuja in Mumbai, had invited the who's who of the Indian Cinema Fraternity. Her fashion choices are swoon-worthy on any given day, and her wedding looks gave us life!





### THE SANGEET: IVORY ELEGANCE

Sonam donned a beautiful ivory *chikankari lehenga* designed by Abu Jani Sandeep Khosla. She wore her hair in a loose braid and accessorised it with a jasmine garland fixed in a criss-cross style all along the length of the braid, striking a major flower garland trend. Her magnificent neckpiece with white and gold dangling earrings, and *maang tikka* (hair jewellery) exuded traditional elegance. Her makeup was in natural tones with a touch of blush, light smoky eyes and soft pink lips.



### THE MEHNDI: PRETTY IN PEACH

For the *Mehndi* function, Sonam chose a lilac, peach and ivory ensemble designed by Anuradha Vakil, a revivalist of textile crafts. It was made using an upcycled antique textile from Vakil's personal collection, and enhanced with a border that belonged to the actor's mother, Sunita Kapoor. Her makeup was minimal with sleek, straight locks.



### THE RECEPTION: MODERN MAIDEN

Sonam pushed the fashion envelope in an edgy white and grey Anamika Khanna ensemble that was modern and comfortable. Paired with a white dupatta with a lovely golden border, the *lehenga* was an unusual choice because of the understated color combination. She wore her hair sleek and straight with a middle parting and amped up the glamour quotient with bright red lips.



### DEEPIKA PADUKONE

#deepveer

Popularity: 243.7k Instagram posts

Deepika Padukone & Ranveer Singh

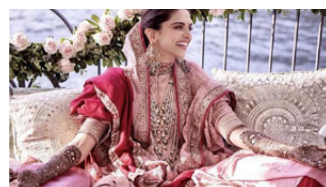
November 14, 2018

Here comes the bride with the maximum number of wedding festivities, her fashion choices still taking the internet by storm! From the romantic venue in Lake Como, Italy, to the way that Ranveer and Deepika looked at one another in almost every shot, this wedding definitely was one for the books, and not just because we are all still swooning over it – but because of all of the grand and daring looks.



### THE KONKONI WEDDING

The perfect South Indian traditional bride, Deepika wore an elegant dull gold and red Kanjivaram silk *saree* paired with temple jewellery, a *matha patti* (hair jewellery) and layered necklace. She wore dreamy smoky eyes with heavy kohl, and her hair was in a sleek and traditional bun encircled with a fragrant *mogra gajra* (flowers).



### THE MEHNDI: OF PINK & PASTEL

At the *Mehndi* ceremony, Deepika was seen in a blush pink thread work *kurta* (shirt) which she teamed up with a *dupatta* of the same detailing and a red shawl. We loved this look of hers because of the subdued



shades of pink seen through her outfit. She paired it with long earrings and a *satlada* (7-string pearl necklace).

### THE SINDHI WEDDING

Deepika looked like the quintessential North Indian bride in a stunning red and gold Sabyasachi ensemble paired with *polki* jewellery also by the designer. Her *dupatta* caught our attention which had a Sanskrit quote ‘Sada Saubhagyavati Bhava’ inscribed with gold thread. The mantra means: may you always be lucky in marriage. A woman lucky in marriage refers to one whose husband is in good health and wealth. They both had customized Louboutin x Sabyasachi embroidered designer footwear.



### MUMBAI PARTY

Deepika wore this unconventional “new bride look” by Sabyasachi (called Frieda Kahlo on Acid) for the party which was hosted by Ranveer’s sister for the couple. With heavy smoky eyes and a floral headband and braid, she kept the look edgy, which honestly is one of the most experimental looks that we’ve ever seen on her.



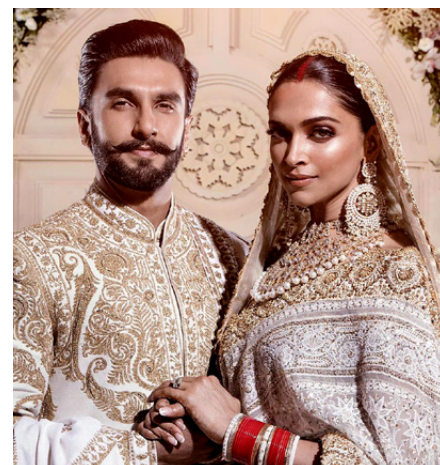
### THE BENGALURU RECEPTION

Their first reception was in Deepika’s hometown Bangalore, now officially called Bengaluru. She dressed in a stunning gold *saree* from the House of Angadi. She looked graceful and elegant with a stunning emerald choker layered along with a multi-chain pearl necklace. She completed the look by making a center-parted sleek bun lined

with vermillion, kohled smoky eyes and orange lips.

### MUMBAI RECEPTION

Deepika went for an Abu Jani and Sandeep Khosla ensemble. A pretty *chikankari saree* with a long gold dupatta with a train was fastened to her hair. Although the necklace seemed to be blending in with the outfit, it was her earrings that caught our attention in this look. Her makeup was nude with glossy eyes, lips and lots of highlighter.



### BOLLYWOOD RECEPTION

Deepika looked oh-so-stunning in this custom-made Zuhair Murad gown which had a huge train. Her makeup was again the same: smoky eyes with nude lips – but for this look, she let her gorgeous hair down.



## PRIYANKA CHOPRA

#Nickyanka

Popularity: 46.8k Instagram posts

Priyanka Chopra & Nick Jonas

December 1, 2018

Bollywood & Hollywood sweetheart Priyanka Chopra's fusion union with beau Nick Jonas ended the year with a bang at the Umaid Bhawan Palace in Rajasthan. Differences of culture and age didn't deter them from celebrating their nuptials in a grand way, incorporating both of their religious and cultural beliefs. By far one of the most publicized events of the year, Priyanka's fashion choices were gobbled up by fans on every continent.

### THE MEHNDI: TIMELESS TRADITION

Priyanka wore a fabulously folksy, multi-hued organza ensemble designed by Abu Jani Sandeep Khosla. Inspired by their traditional vintage collection, she paired it with heirloom jewellery crafted by SABOO using rubies that were collected over generations.



### THE CHRISTIAN CEREMONY

Priyanka wore a stunning strapless column dress designed by Ralph Lauren himself. The dress featured a high-neck collar, scalloped sleeves, and satin-covered buttons. The embroidery included eight significant words and



### DELHI RECEPTION PARTY

With Prime Minister Narendra Modi in attendance, Priyanka looked resplendent in a silver blush *lehenga* by Falguni & Shane Peacock. She wore her hair in a bun adorned with flowers. Her Chopard ring features 3.90-carats of ashoka-cut diamonds with an east/west setting in platinum.

phrases selected by the bride, including Family, Hope, and Compassion, and included a piece of her now-mother-in-law Denise Jonas's lace wedding dress from her 1985 wedding. Her tulle veil gave us major Princess goals being over 75ft long. She wore Chopard earrings featuring a 7.63-carat rose-cut pear-shaped diamond, a 6.42-carat rose-cut pear-shaped diamond and 2.86-carats of diamonds set in 18k ethical white gold. The bride also attached earrings to her veil that included 12.26-carats of diamonds set in 18k ethical white gold, all from the Haute Joaillerie Collection. Her makeup was refreshingly simple and her hair was loosely tied in a bun.



## THE HINDU CEREMONY

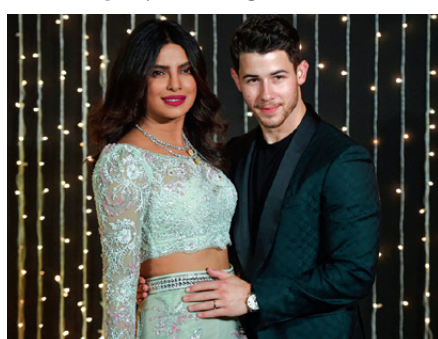
Priyanka's Sabyasachi red *lehenga* was elaborately embroidered top to bottom with organza flowers, French-knots, and layers of thread work done by 110 artisans, taking them 3,720 hours to make. She wore Mughal jewellery that featured uncut diamonds, emeralds, and Japanese cultured pearls in 22 karat gold all by Chopard. Her necklace was encrusted with 84.50-carats of pear-shaped diamonds set in 18k white gold, her earrings had pear-shaped diamonds totaling 6.07-carats, and her maang tikka included a 16-carat oval-shaped diamond drop.

Nick wore a hand quilted ivory *Sherwani*, matching *chikankari* stole & a tissue safa for the turban.



## MUMBAI RECEPTION PARTY

Priyanka wore this pastel coloured tulle *lehenga* by the designer duo Abu



## THE MUMBAI RECEPTION

Priyanka wore blue *lehenga* from the shelves of Sabyasachi – she added such a cool twist to her traditional look by pairing it with a corset-style *choli*. She styled her hair in a bun and added just the right amount of glitter to her new-bride look with a heavy necklace and earrings.

Jani Sandeep Khosla. It was intricately embroidered in chiffon flowers and embellished with crystals. Her makeup was kept simple with pink tinted lips. She kept her signature hairdo in short waves and completed the whole look with matching earrings and a neckpiece to go with.

And there you have it – all the glamorous inspiration you need for your upcoming wedding by our favourite Bollywood divas!



**ABOUT THE AUTHOR:** Megha Bhargava founded Styl.Inc in 2012, which now consists of a team of image consultants, personal shoppers and wedding stylists based in New Delhi. Garima Pal is one of her writers.

*All photos are provided by writer*





*Diamond's Edge*  
PHOTOGRAPHY



[www.diamondsedgephography.com](http://www.diamondsedgephography.com)





# SHE SAID YES!

out a ring together and we talked about it a few times, but Arsh managed to completely surprise me. He picked out the most beautiful ring on his own and proposed to me at the exact same spot of our first date. I was definitely stunned and so impressed.



“I’m still in shock over all of this and can’t thank Aarzu Magazine and the vendors of this giveaway enough for everything! You have allowed us to afford our dream wedding & we will be forever grateful.”

## Kiran & Arsh

**HOW WE MET:** We met at a Tim Horton’s where Arsh initiated conversation by asking for directions, since he was not from the area. He got my name and eventually found me on Facebook where we had a short conversation. I was really not interested in him and he got the hint. We had no contact for 6 months after which he messaged me again and was adamant about talking this time. We talked on and off for another 4 months before we finally met in person. We became such good friends and just knew our paths crossed for a reason.

**HOW HE ASKED:** We didn’t have an official proposal as our families met soon after we introduced each other to our respective families. We had our Rokha Ceremony with just immediate family present and the wedding was set. I had expected for us to pick

**Wedding date: August 16, 2019**

Elegance Giveaway Vendors:

DJ: High Voltage Roadshow - Dj Kash

Photography: Wellframed Canada

Videography: Red Scarf Films

Floor Wrap: Elegance Rentals

Decor: RTR Decor

Cake: Sweet Avenue Bakery

Hair & Makeup: Velour Studios

Photo Booth: Off the Reel Photo Booth

Tents: Luxury Tent Rentals Inc

Lounge seating: Mooncubes LED Rental Services

Canvas: 604Canvas

Nails: Nails by Fai

Fireworks: Lava Events

Wedding planner: Sunrise Events

Groomsmen Combos: Trendz Co.

Jewellery: Sequins by Aman

Lashes: Leong Cosmetics

Bracelets: Woven Together





# Rumsha & Mushfiq

**HOW WE MET:** Our families have been friends for more than 30 years, although we live in Vancouver and Mushfiq's family lives in Brampton, Ontario. We went to Brampton for a visit and when we were introduced, it was an instant connection. Conversation was so interesting that I didn't want it to stop! That's when I knew he was the one.

**HOW HE ASKED:** Although our families were involved in the relationship very early on, they gave us space to get to know one another. He never let me feel as if we were in a long-distance relationship and would always send me roses and chocolates which my mother would hide in my closet or under my pillow to surprise me. In August 2017 during one of his visits, he took me out for a romantic dinner and was trying to tell me something which I felt was the proposal, but didn't. When he reached the airport, he called me and told me that he couldn't find the words, asking me to get a package from my mom. It was diamond pendant necklace with which he asked me to be his wife. He gave me a beautiful ring for our formal engagement ceremony.



**December 24, 2018**

Vendors:

Cake: *Cynthia's Custom Cakes*

Venue: *Tsawwassen Springs Golf Club*

Mehndi: *Farhana's Mehndi*

Makeup: *Amnas Studio*

Hair: *Nicky Hair & Beauty Salon*

Photography: *AJ Studios*

Outfits & Jewellery: *Pakistan*







Binita & Nikhil were married in Cancun. Photos: Racheal Anne Gleebe Photography

# KEEPING IT AUTHENTIC

Destination or Local - is having a traditional wedding the main deciding factor?

by Manprit Bola

When we as South Asians envision our wedding, it often includes our close family and friends being involved in all the little traditions and ceremonies: *haldi*, *mehndi*, *chunni*, *jago*, and *sangeet*. But there is a common misconception that destination weddings somehow lose the authenticity of our age-old traditions.

Beachy resorts are dramatically increasing in popularity and with it is the demand for vendors that can deliver on traditional services. Cancun, Mexico in particular is a city that has adapted to the demand of South Asian couples looking for a blend of ritual and relaxation, with many resorts

offering wedding packages that include traditional settings for ceremonies and local vendors that can deliver the services. From mehndi artists to authentic Indian cuisine, mandap décor to dhol players, Cancun is one of those places where you can definitely have your big fat authentic Indian wedding.

## DHOL & TABLA

Instead of flying in dhols from the United States or Canada, you may want to consider the equally talented Jonathan Katz of Drums in Paradise. The main services that they offer for Indian weddings are tabla, mridangam, kanjira, dhol and more recently bhangra dancers. With having

performed at over 50 different Indian weddings in 2018, it's safe to say that they must be doing something right. In the near future, they are launching the Nachda Punjab Mexico bhangra team which will be a sure-fire hit!

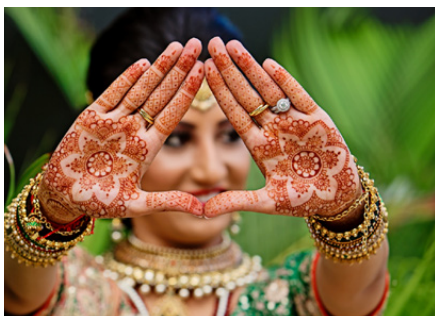






### HAIR, MAKEUP & MEHNDI

Looking your best on your big day is probably the biggest concern for brides and the bridal party. Your beauty needs can all be handled by Styling Trio who have 14 hair, makeup and mehndi artists who rather enjoy the elegant drama of creating looks for South Asian brides. They are specialists in airbrush makeup which is known for delivering flawless looks in humid and tropical climates. Master artist Audrey uses organic henna mixed with essential oils to deliver dark mehndi colours for brides and their guests.



### WEDDING PLANNING & DECOR

One-Stop is a concept that puts together all you need to have a destination Indian wedding in Cancun and Riviera Maya. From resort bookings to decorators, wedding coordinators to florals, Saku of Latin Asia has over 13 years of experience and is known for meeting religious requirements and rituals, and delivering on a logistical event flow that is tailored to each couple.

Other destinations such as Dominican



and Spain have vendors that offer similar culture-specific services. And of course, sourcing local vendors from home is also a possibility as most are willing to travel.

If you are debating on having a destination wedding, let's not keep tradition as a deciding factor as it does not equal sacrificing tradition. You can still respect your culture and pay homage to your ancestors and religious beliefs while your guests enjoy your authentically Indian hospitality, and also appreciate getting some pretty awesome photos on the beach with you!



**ABOUT THE AUTHOR:** Manprit is a certified Wedding Planner specializing in destination weddings in Mexico, Dominican Republic, and Jamaica. She is the lead planner at Affine Weddings and is passionate about combining tradition, family, ritual, and celebration.



# Whimsical Weddings

2019 trend forecast

## THE FIRST LOOK

This trend allows couples to have a private moment together before the ceremony. Walking down the aisle can be quite intimidating, which is why couples are choosing to take the pressure off with a new tradition. Many couples are even deciding to capture the first look on camera so they can look back at their authentic reactions!



(c) IVASHstudio/shutterstock

## GRAZING TABLES

More and more couples are turning food into art, and why not? Treat guests to delicious treats that are visually striking as well. Include an array of different breads, meats, fruits, nuts, cheeses, chocolates, and more before the wedding or reception rather than the traditional appetizers served at the table by the platefuls. This option rivals having served canapés but with a lot more personality!



gathergraze.com

## STRUCTURAL FLORAL INSTALLATIONS

Add drama to traditional florals by incorporating structural elements such as golden rods or wooden beams with organic greens. This will make your décor much more unique and memorable.



hydeparkphotography.com

## PATTERNS

Pair different fabrics and patterns together to give more personality to your groom's outfit such as a pattern jacket on solid vest or vice versa



(c) catwalker/shutterstock



## MONOGRAMS

Monograms are emerging as the perfect personal touch to your wedding. From your wedding invitations to your projected wall gobo to your reception cocktail napkins, your monogram creates a cohesive theme that is personal and completely you!



## DANCE FLOOR WRAP

Transform your theme and colours to the most used portion of the venue – the dance floor. You can print your monogram on vinyl or have it designed with any colour and shape you want! This trend is sure to stick around.



## DAHLIA

Along with the soft and romantic peonies and roses, the dahlia flower is expected to be all the rage this year. Once considered old-fashioned, Dahlias make a comeback as a fabulously showy bloom which comes in a huge range of colours and is in season from May to November, making it one of the most versatile wedding flowers around.

## TAPER CANDLES

These long candles can seriously elevate your decor in a matter of seconds with minimal effort. All it takes is a few tapers to boost your tablescapes and give it that unexpected theatrical flair, and the best part is that you can find taper candles in almost any color,



## PAMPAS GRASS

A blast from the past, it's easy to see why pampas grass is seeing a renaissance. It's hardy, versatile, budget-friendly, adds instant texture, and is available all year round. This towering plant produces large feather-like plumes which are perfect for wild boho weddings and luxe romantic affairs. Such as this look created by Pink Paisley Decor for Mahari Collections.



whether you want classic white, metallic gold, or even black. But be sure to ask your venue first if you are able to have lighted candles in your décor.



# SHOULD YOU BOTHER WITH A MARRIAGE- PREP COURSE?

by Arv Grewal



**R**elationships do not have to be difficult if couples can establish a healthy communication technique...and therein lies the problem.

According to a study published in the *Journal of Family Psychology*, 44% of all first marriages end in divorce. The most common reasons why marriages end are:

1. **Lack of intimacy or sexual addiction.** Either end of the spectrum can leave partners feeling disconnected from one another and possibly seek external gratification or understanding.
2. **Financial issues.** When times are tough, problems can easily escalate and the blame-game begins.
3. **Depression, alcohol or drug abuse.** It is important that partners communicate openly about how they are feeling, or if they need help to cope with

pressures in other aspects of their lives.

4. **Lack of respect or boundaries.** This can be chalked up to lack of understanding which leaves partners feeling distressed and resentful.
5. **No joint interest.** Growing apart as they seek their own avenues of fulfillment and realize that they have simply fallen out of love with one another.

Arguments are a normal part of life, but it is important HOW couples handle arguments. A relationship consists of two distinct individuals who have different views about the true meaning of the word 'argument'. They need to find an effective method of communication as it is often the major factor in holding a marriage together. Unfortunately, many couples lack this skill and require more communication skill building.

If communicating openly about serious topics such as intimacy, parenting,

fertility, or relationship expectations sounds daunting, be reassured that it does not have to be. Learning communication skills through a marriage preparation course can help with identifying strengths and development so that they can grow together. They are designed to address issues that couples struggle with most often in their relationships.

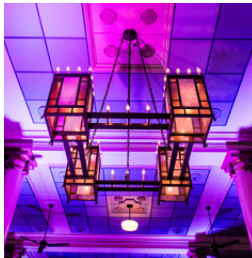
Research shows that couples who participate in pre-marital courses tend to communicate better, solve problems more effectively, and report better relationships than those who do not, thus strengthening the foundation of a long-lasting marriage. Couples must learn to understand each other so that they can recognize and accept each others' point of view which will form the beginnings of a strong and ideal marriage.



**ABOUT THE AUTHOR:** Arv Grewal is a Certified Counsellor with the Canadian Counselling and Psychotherapy Association, and offers a pre-marital education course specific to the South Asian community. [arvgrewal.com](http://arvgrewal.com)



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# STRIPES & STEALS

*boys*



1

2



3



4

*men*



5



7



6

8



9



10



11

12



13



1. Kid Boys' Stripe Tee \$12 2. Kid Boys' Colour Denim Jeans \$19 3. Kid Boys' Fedora \$14 4. Kid Boys' Denim Vulcanized Sneakers \$22 5. Men's Stripe Polo \$19 6. Men's Medium Wash Jean \$29 7. Men's Laceless Canvas Sneaker \$39 8. Claritin Tablets (10 ea) \$10.49 9. SUN-RYPE FruitSource Snacks (37 g) \$0.98 ea or 3 for \$2.61 10. NO NAME Facial Tissues, 2 Ply (90 Sheets) \$1.37 ea 11. Cesar For Dogs Home Delights Meat Lasagna in Sauce (100 g) \$0.64 ea 12. Colgate Total Advanced Health Toothpaste, Sensitive (85 mL) \$1.74 13. SUNLIGHT Laundry Soap Bar (2x130g)



## women

## girls



15



17



16



18



19



20



21



22



23



14



25



24



\$2.99 ea 14. PC Organics Baby Food \$1.17 ea or 8 for \$8.00 15. Kid Girls' Stripe Dress \$16 16. Kid Girls' Jacket \$35  
17. Kid Girls' Glitter Vulcanized Sneakers \$24 18. Sporty Stripe Mock Neck Sweater \$24 19. Colour Denim Jacket \$39  
20. Colour Denim Jeans \$29 21. Ankle Strap Sandal \$39 22. Ardell Self Adhesive Lashes #120S (1 ea) \$3.94 ea  
23. Maybelline Superstay Matte Ink Lip \$11.99 ea 24. Cover Girl Lash Exhibitionist Mascara, Very Black \$10.99  
25. Essence How To Make Brows Wow, Box Kit (1 ea) \$9.99 ea

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# HENNA HAVEN

**M**ehndi is the mark of a bride. With origins dating back to Ancient Egypt where Cleopatra was said to have adorned her body with henna tattoos, we must say that she was onto something.

Today, mehndi is done in so many different patterns influenced by different regions in the world. In Vancouver alone, there are an estimated 60 professional henna artists, some of whom are pretty talented in producing what brides want. From depictions of the bride and groom, to the regal elephant and peacock, to beautiful lotus flowers with swirls all around, there are a variety of patterns that one can choose from.

What's hot this year is the comeback of kumkum, the red paste used to create bindis, shown here adorning the fingertips and toes. This look was inspired by Chetna Kava with London-based CK Creatives, and created by Iiti Chandra of Mehndi By Iiti.

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Made In India Boutique is a valued client. Photoshoots are a great way to showcase their product which is South Asian party & occasion wear. They are also an Aaarzu A-listers. Join today!



# GET THE LOOK

## Brows:

Benefit Canada Kabrow #5  
Anastasia Beverly Hills  
Clear Brow Gel

## Lips:

Truefiction Cosmetics Nude Liner  
Mac Lippy in Pink Plaid  
Fenty Beauty Gloss Bomb  
Urban Decay Setting Spray  
BeautyCall Lashes

## Face:

Tatcha Silk Canvas Protective Primer  
Huda Beauty Faux Filter Foundation in Amaretti  
Tarte Shape Tape Concealer in Light Neutral  
Vasanti Cosmetics Orange Corrector  
Anastasia Beverly Hills Amrezy Highlight  
Stellar Beauty Official Contour and "Nebula" Glow Palette  
Laura Mercier Glow Setting Powder

## Eyes:

Huda Beauty Obsessions  
Palette Electric

IG BEAUTYCALL

## Expert Tip

Most people put mascara on their top lashes first, and then tilt their head down to do the bottom ones. Try doing it in reverse order so that your wet mascara doesn't blob onto your beautifully applied eyeshadow, causing a mess.





Eyes: \_\_\_\_\_

Huda Beauty Rose Gold  
Remastered Palette  
The Balm Cosmetics Schwing  
Liquid Liner

Face: \_\_\_\_\_

Embroyolisse Moisturizer  
Farsali Skintune Blur  
Tarte Pore Primer  
Vasanti Cosmetics 02 Corrector  
Huda Beauty Faux Filter Foundation in  
Amaretti  
Fasali Jellybeam Highlighter  
Tarte Shape Tape Concealer Light Medium  
Laura Mercier Translucent Loose Powder  
Benefit Hoola Bronzer  
Nars Blush in Orgasm  
Anastasia Beverly Hills Amrezy Highlighter

Brows: \_\_\_\_\_

Anastasia Beverly Hills  
Med Brown Powder Duo

Lips: \_\_\_\_\_

NYX Slim Lip Pencil in Burgundy  
Kat Von D Everlasting Liquid  
Lipstick in Damned

@GLAMOUR DOLLS STUDIO

*Expert Tip*

Eye shadow can be used as a quick-fix to hide greying roots. Simply match your hair color to a shade of shadow, and brush it on. But make sure your shadow is matte and not shimmery or it will give away your secret!



Eyes:

Vasanti Colour  
Corrector  
Too Faced Chocolate  
Palette in So Boujee and  
Classy Sassy  
ABH Soft Glam Palette  
in Rustic and Cyprus  
Umber  
Inglot AMC Eyeliner Gel  
Lash Out Studio Mink  
Lashes "Dubai"

Brows:

Anastasia Beverly Hills Perfect  
Brow Pencil in Caramel, Brow  
Dip in Medium Brown  
Bobby Brown Glossier Brow Gel

Lips:

MAC Soar Lip Pencil  
Makeup Forever Lip Stain in  
Rosewood

Face:

Farsali Unicorn Essence Antioxidants  
Serum  
Huda Beauty Foundation  
Huda Beauty Concealer  
Laura Mercier Setting Powder  
Fenty Highlighter in Hustla Baby

📷 LASH OUT STUDIO

### Expert Tip

Instead of applying lip liner from one corner of your lip to the other which may make your lips look asymmetrical, try this trick: Line the centre of the top and bottom lips, then the outer corners. Connect the lines and fill in the entire lip!



# MAKEUP MUST HAVES

When it comes to destination weddings, the common question most brides ask is, "how do I get my makeup to last in the humid weather?" My number one answer to this question is to choose oil free and waterproof makeup formulas. Here are some of our favorite product recommendations.

by **Nav Gillan**



## KAT VON D SHADE & LIGHT

Cream products, when layered on top of each other, will cause makeup to separate and break in humid weather. If you are going to be somewhere in extreme heat, it is always best to use powder contour because powder will stick to your foundation.

**\$64, Sephora**



## LA ROCHE-POSAY ANTHELIOS AC SPF 30

When in a sunny tropical destination, the number one skin essential is an oil free sunscreen.

Choose a light formula and wear it under your foundation to minimize flashback.

**\$29.50, London Drugs**



## MAKEUP FOREVER VELVET MATTE FOUNDATION

Always choose a matte finish foundation as when your natural oils secrete, your face will have a natural glow instead of an oil sheet. This formula goes on matte but does not feel heavy or cakey, and matches your skin.

**\$48, The Hudson's Bay**



## LAURA MERCIER SETTING POWDER

Always set your foundation with a translucent or foundation powder to extend your foundation wear. The powder contains unique light-reflecting, micro-refined spherical Silica powders that help create a soft focus appearance, diminishing the look of fine lines and imperfections.

**\$48, Holt Renfrew**



## SMASHBOX PHOTO FINISH OIL-FREE PRIMER

A flawless makeup application starts with the base. The best way to ensure that your makeup lasts in humid weather is to start your routine with an oil control primer which helps hug your base and prevents the foundation from breaking due to the extreme heat.

**\$44, Sephora**





## URBAN DECAY ALL NIGHTER SETTING SPRAY

The All Nighter Long Lasting Makeup Setting Spray work like magic, giving you a mattified complexion that lasts all day long. Just give your face a spritz before you head out the door.

**\$40, Urban Decay Cosmetics**



## NARS ORGASM BLUSH

The best-selling blush in the industry, Nars delivers silky, superfine micronized powder pigments that adds a pop of colour and delivers a natural-looking flush.

**\$52, The Hudson's Bay**



## NYX BLOTting PAPER

Always make sure you have blotting paper on hand, it will take care of any excess shine that peeps through.

**\$6, NYX Cosmetics**

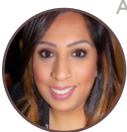


## EYELINER & MASCARA

An absolute must when traveling to tropical destinations is waterproof eyeliner and mascara. The innovative brush tip of the Kat Von D Tattoo Liner offers effortless, precise application. The Makeup Forever Aqua XL Pencil Liner is smudge and crease-proof offering an ultra-creamy glide-on colour. The look is finished off with a Dior's Diorshow Blackout Waterproof Mascara, offering intense colour and volume that will last all day and all night.

**Kat Von D Tattoo Liner \$25, Makeup Forever Aqua XL Pencil Liner \$25 each, Dior Show Blackout Waterproof Mascara \$36.**

**All available at Sephora**



**ABOUT THE AUTHOR:** Born and raised in Toronto where she earned a Honors Degree in Health Care Management, Navneet Gillan now lives in Vancouver and is a Makeup & Hair artist and owner of NVS Studio. She is Blanche Macdonald and Dress Your Face

certified.





# SELF-CARE SECRETS

Tackle the things that most brides forget to prep for their big day

by Preet Bains

**T**he months leading up to your Big Fat Indian Wedding could cause feelings that you may have not felt before. Lack of sleep, feeling overwhelmed and run down could all pile up and cause feelings of anxiousness and many sleepless nights which could compromise your immune system. I know this, because I went through it all. Weddings are supposed to be fun for guests as well as yourself! So here are some basic tips and tricks that I personally used, as well as recommend to my clients to gear up for wedding week. Let's take it back to the basics, and focus on putting **YOURSELF FIRST!**

(c) Subbotina Anna/shutterstock



### UNPLUG BEFORE BED

Turn off all your gadgets an hour before you go to bed. Your gadgets radiate a blue light, which is a melatonin suppressor. Instead of being on your gadgets pick up a book and read or take a nice, long, hot bath.

### GET 7 TO 8 HOURS OF SLEEP

Having an adequate amount of sleep not only improves your immune function, but your mood as well. When your body doesn't get enough sleep, your cortisol levels increase which can cause inflammation in the body, weight gain, and also water retention.

### VITAMINS!

Magnesium helps calm your nerves and muscles which help you sleep through the night. In addition, Vitamin C is one of the biggest immune system boosters of all. Daily intake of vitamin C is essential

for maintaining a good immune system as well as good health, because your body doesn't produce it or store it. Remember, eating your greens is also a great way to meet your daily nutritional intake.

### WORK OUT

Incorporating physical activity into your day will tire you out naturally. But be careful—avoid working out 3-4 hours before bed as it will boost your adrenaline a little more than you need.

### AMP UP YOUR GINGER INTAKE

Ginger is known for its antiviral and antibacterial properties, thus supporting the immune system.

### GUIDED MEDITATION

15 minutes daily to start should help you feel centred and more self-aware.

If you have trouble

focusing, using an app on your phone could be very helpful.

### ACUPUNCTURE

Getting weekly acupuncture treatments helps with calming nerves and stimulates points in your body to correct the imbalances and takes your body out of fight-or-flight mode. Not only does this balance your body, it also helps decrease feelings of anxiety.

Self-care is what most brides forget about in preparation for their big day. Getting an adequate amount of sleep, boosting your immune system, and coping with anxiousness is imperative to your health. These tips and tricks helped me, and I hope they help you too.



**ABOUT THE AUTHOR:** Preet Bains is a Registered Holistic Nutritionist, Certified Nutritional Practitioner and ACSM Personal Trainer.





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# WEDDING DAY RADIANCE

## 5 Superfoods to Boost Your Energy and Mood

by Jasmine Garcha

Looking and feeling divine is the goal but the stress of weddings takes its toll on brides, grooms, and everyone else who has a hand in planning. Wouldn't it be wonderful to be able to actually enjoy the wedding week festivities? Here are five superfoods to help boost your energy and mood!

### 1. HYDRATE AND GLOW

Weddings often take place during the warmer months and can leave you feeling parched for a cool beverage. Reaching for an alcoholic or carbonated beverage can leave you feeling dehydrated and sluggish. Instead, opt for coconut water to keep you hydrated - it is rich in potassium, packed with magnesium, sodium and calcium and can help replenish lost fluids and electrolytes. Be sure to pick a brand with no added sugars or fillers.

### 2. GOOD FATS FOR GOOD HEALTH

Amidst the wedding chaos, the guests of honor can often find themselves struggling to be present in the moment. Essential Fatty Acids (EFA)'s is vital for memory, energy production and immunity. They help reduce inflammation, keep you satiated and improve skin health. EFAs can be found in nuts, seeds, avocados and wild fish. Introducing EFAs into your diet

can help improve your memory and allow you to focus on being present and remembering every detail of your special day.

### 3. GET HAPPY WITH CACAO

Chocolate is indeed a superfood. Not the sugary, packaged chocolate bars you are used to eating. I'm talking about raw, pure cacao (not cocoa) is rich in antioxidants, magnesium and tryptophan, a powerful mood enhancer. Introducing cacao into your diet can help you feel happier and more energized.

### 4. SAY NO TO GAS + BLOATING

Everyone wants to indulge, guilt free on their wedding day! To minimize the gas and bloat that accompanies the indulging in foods filled with oil and dairy, implement these two easy tips:

1. Start your morning with a  $\frac{1}{4}$  cup of warm water with 1 teaspoon Apple Cider Vinegar to kick start your digestion.
2. Keep digestive enzyme capsules on hand and take one with each meal

to help you digest your food better and reduce the bloat.

### 5. SMOOTH MOVE WITH CHIA

Minimizing the gas and bloat is one part of keeping your digestive system happy. You also want to ensure that your 'movements' are smooth and regular! Chia seeds are a complete protein rich in fiber, potassium, EFAs and more. Adding chia seeds to your diet is a great way to clean your digestive and immune systems by moving all the toxins to your bowels! An added bonus to chia seeds is that they are a rich in healthy fats and satiating.

There you have it, some pretty easy ways to look and feel energized for your big day!

ABOUT THE AUTHOR: Jasmine Garcha is a Registered Holistic Nutritionist and founder of [HolisticJazz.ca](http://HolisticJazz.ca), a platform dedicated to creating awareness about chronic health conditions, mental illness, food intolerances and holistic wellness.





# CARDINAL RULES OF WELLNESS

by Preet Bains

**W**hen I got married last year, I learned that taking care of my internal self was just as important as taking care of my body. I found that other brides I spoke to agreed. Here are some practical tips that helped us get through the wedding festivities - hopefully they will help you too!

## SLEEP ESSENTIALS

Finding it hard to turn your brain off and fall asleep?

Getting an adequate amount of sleep improves your immune function (trust me you don't want to be sick during your wedding week). Here are 5 tips for a better night's sleep:

1. I've said it before and I'll say it again: get off of Instagram and Facebook and turn your phone off. Start to unplug an hour before bed turn off all

your gadgets. Instead, pick up a book and read, or take a nice hot bath to help relax you and take your mind off of the day's happenings.

2. Drink a cup of chamomile tea 30 minutes before bed. Chamomile tea contains an antioxidant called apigen which helps initiate sleep.
3. Decrease your caffeine intake, especially in the form of soft drinks and coffee.
4. Pop some magnesium before

bed. Magnesium helps calm your nerves and relax your muscles, helping you sleep through the night. Capsules or powder form both are effective.

5. Incorporate physical activity into your day which will make you naturally tired when it's time for bed. Try going to the gym in the morning or right after work to avoid that extra adrenaline in your body which won't help your sleep cycle.





## SUPPORT YOUR IMMUNE SYSTEM

Supporting your immune system leading up to the big day is really important. Running around, stressing out, and not getting enough sleep effects our immune system in a negative manner.

1. Vitamin C is a huge immune system booster and is essential in your daily intake. Eat foods rich in Vitamin C such as citrus fruits, strawberries, spinach, kale and broccoli, and also try taking a Vitamin C supplement.
2. Sleep! Refer to the sleep tips provided.
3. Our mothers were onto something by adding chunks of ginger into every dish. Ginger is known for its antiviral and antibacterial properties. Try it in tea for that extra boost.
4. Start sipping on the bone broth if you're already not sipping on it. The natural gelatin, collagen and amino acids tend to the gut which helps support the health of individual immune cells such as lymphocytes, a type of white blood cell.

## ANXIETY

You WILL feel anxious leading up to the big day, and it's totally okay. There's a huge amount of pressure for everything to go perfectly. When I started planning my wedding I felt as enthusiastic as anyone else. But very soon afterwards I started to feel stressed and had that familiar, "Argh, I have no idea what I'm doing" feeling, made worse by the fact I didn't sleep well, I didn't eat well, and felt run down. Here were my saving graces:

1. Meditating for 15 minutes daily in the mornings or in the evenings. I used an app called

Let's Meditate - they have great guided meditations.

2. 2 months before my wedding, I would get weekly acupuncture treatments. I found that it really helped with calming my nerves and I felt more grounded.
3. Cedarwood essential oil helps with melatonin production and an overall sense of relaxation, as well as it has restorative properties. Rub a couple of drops of Cedarwood oil on the

bottom of your feet and behind your ears.

4. Daily practise of self-care - stop everything you're doing, unplug, and take an hour out for yourself daily to do what you love - something that brings you joy.

Your wellbeing is important. The wedding can't happen without you so make sure you take care of you!

EDITOR'S  
PICK

### IMMUNE BOOSTING TEA

Brewing a cup of ginger tea is very simple and easy boil water and ginger together and simmer for 15 minutes. If you're not a tea person try having a shot of ginger juice or just throw more ginger into your cooking.





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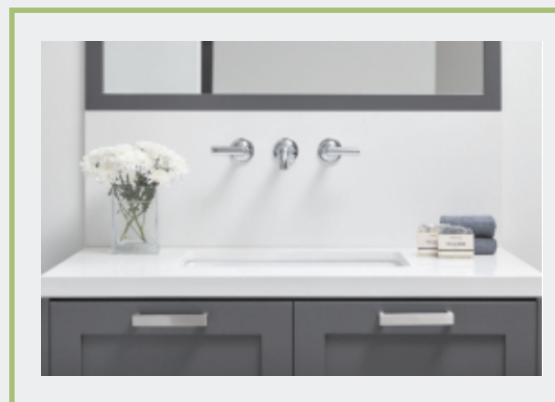
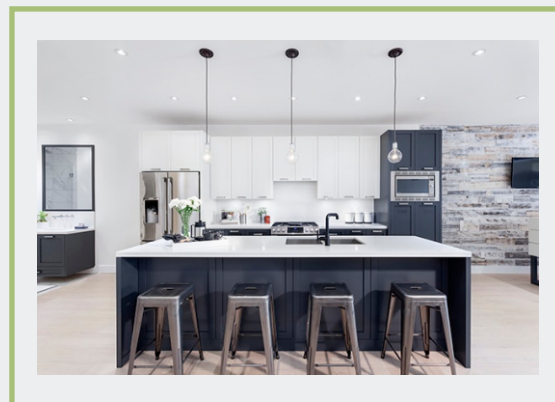
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# FLAT TUMMY FIX

by Preet Bains

**W**e all strive for that flat toned stomach, especially if it's just in time for a wedding and honeymoon (wink).

This simple core workout includes four exercises that don't even require you to step into a gym! Follow daily for at least 12 weeks to strengthen and tone your upper and lower abs, obliques and waist.

## PLANK

1. Start on the floor on your hand and knees.
2. Lower your forearms to the floor and elbows positioned under your shoulders, and your hands shoulder-width apart.
3. Step your feet one at a time.
4. Maintain a straight line from heels through the top of your head.
5. Tighten your core and the goal is to hold for 60 seconds.



## SIDE PLANK

1. Lie on the side with the upper foot stacked right on top of the lower foot.
2. Place the elbow directly in line under your shoulder.
3. Lift your hips so that they form a straight line from your feet straight up through the middle of your neck.
4. Don't let your hips or shoulders tip forward or back. Keep them aligned with the top side of the hip directly over the bottom hip.
5. Tighten your core and the goal is to hold for 60 seconds.



## V-SIT

1. Lie flat on your back and bend at your waist.
2. Lift your legs and chest up so that they form a V.
3. If you don't have a medicine ball, place your arms beside you in the air.



4. Tighten your core, make sure your chest is up and shoulders are back.
5. Hold for 30 to 60 seconds.

## HORIZONTAL SCISSOR KICK

1. Lie down on your back with your hands on your side.
2. Pick your feet up off the ground.
3. Bring your right foot over your left and then alternate your left foot over your right foot.
4. Alternate back and forth so that it looks like a scissor motion.
5. Tighten your core, goal is to do this exercise for 60 seconds.



Photos: provided





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# COMMON CAUSES OF NECK PAIN

**H**ave you ever had a stiff neck? It might happen first thing in the morning if you slept in an awkward position. It might be at the end of a long work day. Most commonly it is from sitting at a computer all day. You turn your head from side to side, and your neck and shoulders feel really tense. There is a big difference between a stiff neck and one that hurts so bad that you can't handle it, but how do you know when it's "bad enough" that it's time to visit a chiropractor for neck pain?

## PINCHED NERVE

Your neck is made up of vertebrae, between each of the vertebra lie nerves and discs (gel-like pillows that provide cushion between each vertebra). If one or more of the vertebra shift out of alignment, they can 'pinch' the opening where the nerves run between, thus causes neck pain. You may even experience numbness or tingling moving into the arm or wrist. Chiropractic manipulative therapy, along with soft tissue therapy, can help re-align the spine, thus decreasing the pressure or 'pinch' of the nerve.

## WHIPLASH

Whiplash is one of the most common injuries to the neck. It occurs when the neck experiences a sudden movement forward and backward or from side to side (either from a trauma like a car accident or sports related injury). The sudden motion overstretches and tears the tendons and ligaments and in turn affects the surrounding muscles in the neck. Chiropractic therapy may help the muscles and tendons return to pre-

injury status by increasing the range of motion of the neck and decreasing overall pain and other symptoms such as headaches.

## POOR POSTURE

Sitting hunched over your phone or computer will cause strain on your muscles and neck. Over time, poor posture can contribute to long-term pain and discomfort, as well prevent your spine from being able to naturally absorb shock and maintain proper balance. Chiropractic therapy offers postural exercises (stretches and strengthening) and realignment of the spine along with advice on how to correct work spaces in order to support a new posture.

## 6 SIGNS THAT YOU SHOULD SEE A CHIROPRACTOR FOR YOUR NECK PAIN

1. Your neck pain or stiffness does not improve after a few days.
2. You cannot look to the right or left without severe neck pain.
3. You feel like you must use over-the-counter pain medications just

to make it through the day and are using it regularly to treat your neck pain.

4. Your neck pain may be causing headaches or migraines.
5. Your neck pain started in the neck but has moved to numbness or tingling in your hands or wrists.
6. Your neck pain started within a few days of a car accident or sports injury.

*Dr. Priscilla Narotam specializes in management and treatment of headaches, whiplash, and neck tension. Her aim is to restore motion to stiff joints through a treatment that includes gentle chiropractic manual therapy and mobilizations, along with soft tissue (muscle) therapy.*

Photo: A Master Media



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# LONELY IN LOVE

## Balance the Yin and Yang energy of your home to balance your love life

by Deepak Jayakar

**L**oving and being loved adds richness to our lives. Without love, life wouldn't be as worthwhile. Feng Shui experts believe that by purposefully and intentionally arranging your environment, you can have better chances of a flourishing love life. Specifically, your home.

There are many architectural elements can cause stress in a relationship. Feng Shui follows the bagua map so lets divide your house according to the East, South, West sections. Now, let's focus on the spaces in your home that will attract and radiate love.

In Feng Shui, the SW sector is feminine (yin) and NW sector is masculine (yang) – having both creates balance and harmony in your home but missing one will skew the energy and cause instability in the marriage.

### FEMININE YIN ENERGY

The matriarchal corner that creates nurturing luck, attracts love, romance and caring energy is the South West corner.

**Do's:** Female energy in the SW corner of your home can be brought in with artwork, lighting, paint colours, red candles, red cushions, crystals, and decorative objects in pairs such as love birds.

**Don'ts:** Shoe rack, laundry bin, paper shredder, tools are considered as harmful as they sabotage your love luck.

### MASCULINE YANG ENERGY

The North West corner represents opportunity and the ability to produce wealth and income.



**Do's:** Metal sculptures and picture frames, clay figurines, crystals, terracotta candle holders and earthenware vessels to activate the earth element.

**Don'ts:** Avoid strong fire or water elements such as candles or a fish tank, and avoid having a kitchen in the NW corner.

### FOR MARRIAGE

**Do's:** incorporate the Dragon-Phoenix symbol at your wedding banquet which represents marriage luck and conjugal happiness, use red ink in your wedding invitation card, and place a Swastik/Kalash or Lord Ganesha on your invitation card to ensure a successful married life.

**Don'ts:** blue ink in your wedding invitation as it is a water element and signifies instability

### THE BEDROOM

**Do's:** have things in pairs – lamps, bird sculptures, furniture. The peony is regarded as the most supreme of

all flowers, creating love and romance energy between the couple. The beautiful painting of blooming peonies inside the bedroom can bring excitement, passion and intimacy in couple's first ten years of marriage. This will also help many singles to find their first true love.

**Don'ts:** avoid placing your bed under a beam or hanging soffit, avoid any columns where the corners point towards the bed. These elements send intangible poisonous energy towards the couple when they are lying on the bed.

Love is an inherent and necessary attribute of humanity. Love is considered as a glue of life that keeps two people stuck together. At times, love is difficult to find and maintain but Feng Shui can help.



**ABOUT THE AUTHOR:** Deepak is Canada's most popular and sought-after designer and Feng Shui Master. With over 25 years of experience, his passion for design has allowed him transform projects into outstanding spaces.





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# BREATHE EASY

## 5 Easy & Natural Ways to Purify the Air in Your Home

**H**ome is where the heart is and where we enjoy spending those peaceful moments to revive from a busy day. Indulging in self-care is important for our well-being, and this starts by creating a relaxing atmosphere at home. Here are some easy ways to purify and deodorize your home naturally, giving you a healthy and happy space, mind, and body!

by Ritika B

### AIR IT OUT

The simplest, quickest, and most effective way to freshen up a home is to



air it out! Welcome each day by opening all the windows and doors, letting in that fresh breeze until all the stale air is circulated out. Damp spaces such as bathrooms, basements, and laundry rooms should also be frequently aired to prevent mold. During the winters we tend to keep the windows closed, and our house accumulates all the heat and smells in the air which settles in fabrics such as sofas and clothing. Add to that the pungent aroma of South Asian cooking and you have a guaranteed lingering aroma which lasts for days!

### AROMATHERAPY DIFFUSER

The use of diffusers are becoming ever so popular lending to their quadruple fold benefits of aromatherapy, air purification, humidification, and of course style! These functional gems not only make for a beautiful decorative statement, but also provide healing, soothing aromas by use of countless essential oils and blends perfect to suit any mood and time of day. Diffusers disperse small molecules of the essential oil via a mist of cool air into the space.

\$60+, *Saje Natural Wellness*



### AIR PURIFIER

Air purifiers with HEPA (High Efficiency Particle Air) filtration can effectively reduce harmful particles in the air such as pollen, smoke, dust, pet dander and more. It can help with indoor allergies and is most beneficial in the bedroom where you likely spend most of your time.

\$599, *Costco*



### HOUSE PLANTS

Houseplants are known to improve indoor air quality. Not only do they release oxygen into the air, but they can reduce many airborne toxins that are common in homes. Many varieties of plants are easy to care for such as the Peace Lily which NASA identified as most efficient at removing airborne VOCs (volatile organic compounds) including formaldehyde, ammonia, and benzene.

\$13, *IKEA*



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# BOLLYWOOD VS. REALITY

## Thinking outside of the Bollywood Box

by Kanwalpreet Trehan

**T**ake a close look at any brown girls' pictures and their poses. I bet that if you Google 'Aishwariya Rai Diwali' you will find the exact same iconic poses in various instagram feeds across the globe. It's what growing up in a brown family with Bollywood influences does to us. The one celebration that is most affected by Bollywood is a wedding.

We think that 'ceremony' equates to our mother (envision Jaya Bachchan's image here from *Kabhi Khushi Kabhi Gham*), wearing a beautiful saree (dress) with perfectly coiffed hair, holding a thali (veneration plate) in front of the God idols and singing in perfect harmony and almost always sounding like Lata Mangeshkar. We think that she will just turn around at the sheer essence of our presence as we jump down 50ft from a flying helicopter and land on our feet. We think that our families will all gather and dance in sync, and relish in joy and laughter while celebrating weddings, engagements, or literally any event that involves an ounce of glamour. The reality? South Asian family gatherings are equivalent to drama

gossip, and sometimes bickering and full-blown arguments - either that, or the complete opposite which is an intimate gathering where you get to conveniently squeeze out Laado Masi and Jeeto Pua. Sometimes, it's easier to take a vacation to escape the intolerable. The reality is that if family gatherings don't imitate the scenes of a Karan Johar film, there is a sense of an incomplete festivity. This is what Bollywood has done to us.

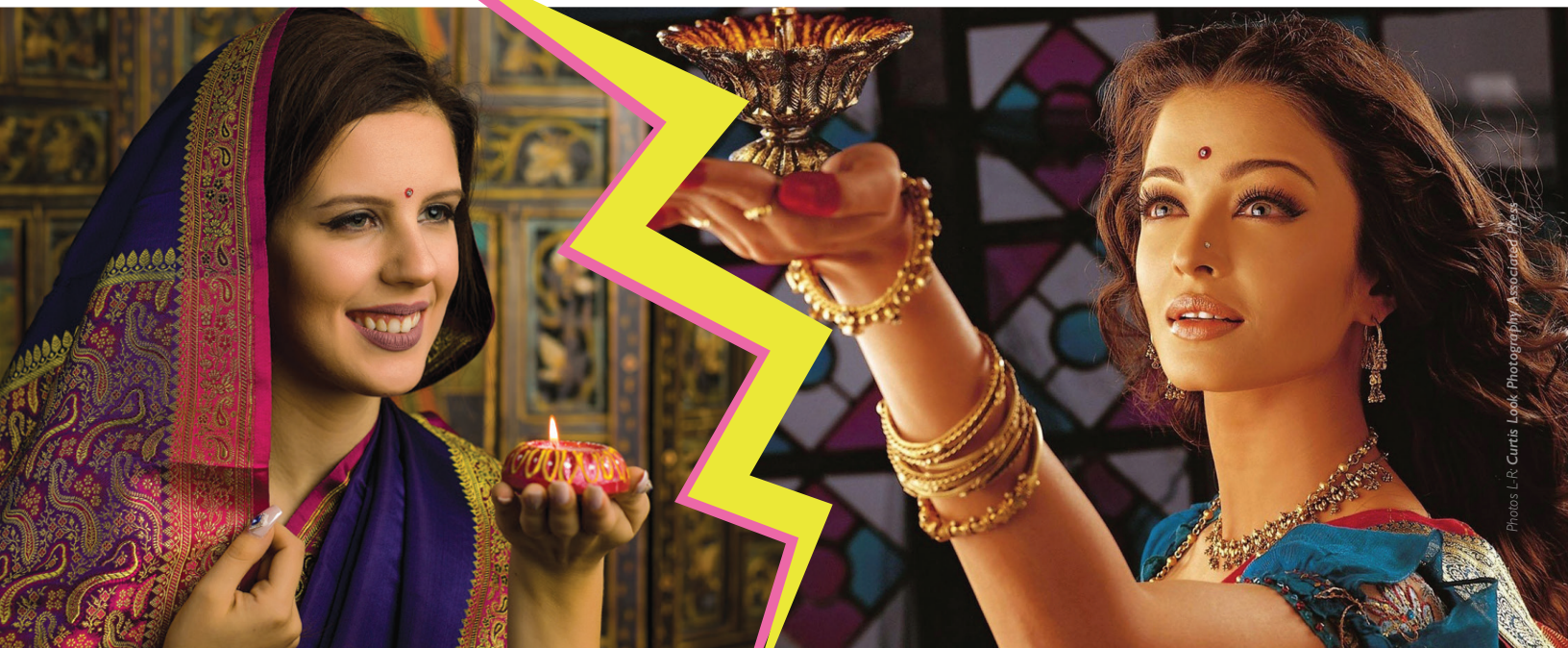
Is it right, though? Is a wedding not a wedding if we don't get glammed up, wear expensive wear-once clothing and one-up one another? Would it be any less of a wedding if we were to spend that energy, time, effort and money on distributing blankets to the homeless? Would the Goddess Laxmi bestow fewer blessings on us if we did a good deed in her name?

I have started to question our way of celebrating our evolved traditions. Every weekend in the Greater Vancouver area, hundreds of South Asian couples tie the knot and every bride is decked out from head to toe resembling the latest

Bollywood star. We are still swooning over our favourite Bollywood star's wedding looks but I question if it's really necessary?

Thousands of dollars are spent on numerous events mimicking the latest Bollywood trend and yet, the reality is far from the perfect Bollywood fantasy of a happily ever after. In actuality, the South Asian community is facing a serious problem of growing divorce rates. Despite the excessive spend on having the perfect wedding outfit or venue or party favour or décor to keep up with the Kardashians, marriages are simply not lasting. Is it because Bollywood doesn't teach us that marriage isn't picture perfect? That it requires commitment, hard work and honesty to make it work? That there is a deeper meaning and connection to the soul of a person beyond the fancy external packaging?

These are the thoughts that often come to my mind as wedding season approaches. I guess cynicism comes with age, and I have started to think out of the Bollywood box.





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# SAMOSA LOVE GROWS



*Shelina Mawani, Co-Founder and President of Nana's Kitchen & Sauces Ltd.*

Expansion is on the cards as Shelina Mawani takes over Nana's Kitchen & Sauces Ltd. as President. "My sister and I have worked very hard to start this company. We had big dreams that started from our kitchen; our aim was to bring a piece of our culture to the masses," shares Mawani. "My sister is retiring on a high note and I'm very excited to take the company to the next level."

Today, Nana's Kitchen & Sauces distributes to every major grocery chain across Canada and United States of America. The Surrey-based 22,000 square foot facility churns out over 25,000 samosas per day which get shipped to over 5,000 retail outlets and

restaurants. They have also managed to retain their international food safety and quality certifications including BRC (British Retail Consortium) and HACCP (Hazard Analysis Critical Control Point) which gives them control over product should there be a recall issued for a batch of samosas and chimichangas.

Mawani plans to increase their capacity to at least double by 2020, adding cold storage and labeling facilities in-house. "We have taken over the two units next door to us and construction has already begun," she claims. The additional capacity will help meet the demand from the smaller grocery stores, convenience and corner stores, coffee shops and more."

"We also have so many inquiries from around the globe," says Mawani. "Our

Account Manager, Tara Coleman, is handling the international market -- our chimichangas are extremely popular in the United States, and we have our eye south of the border as we expand."

Nana's Kitchen employs 60 people, most of whom are immigrant women. "I want to support these women in building viable career opportunities. We put them all through english and office training, as well WHMIS certifications, and they have all flourished. I prefer to work with them as an extended family," she explains proudly. Her husband, Nawaz Mawani, is the latest recruit as a Director of the company overseeing construction.

Samosas are made in seven different flavours including Cajun, Tandoori, and Butter Chicken. Get yours in the deli section of your local grocery store.



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Photo: Tracy Kusiewicz at Foodie Photography Food Designer: Lawren Moneta at Lawren Moneta Culinary Media

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## CHICKEN SATAY

This Asian inspired recipe is easy and flavourful!

### INGREDIENTS

Yield: 4 servings

2 boneless, skinless chicken breasts, sliced lengthwise

½ cup peanut sauce

1 tbsp garlic puree

¼ tsp turmeric

½ tsp black pepper

¼ – ½ tsp salt (depending on peanut sauce)

1 tbsp canola oil

Lemon or lime wedges

Freshly chopped cilantro to sprinkle before serving



## CAULIFLOWER HASH

Add this side dish for a complete meal!

### INGREDIENTS

Yield: 4 to 5 servings

Half head cauliflower

½ cup diced onion

2 tbsp freshly chopped coriander

Salt and pepper to taste

1 ½ tbsp canola oil



Pair spicy food with a  
sweet white wine.

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### INSTRUCTIONS

### INSTRUCTIONS

1. In a mixing bowl, combine the peanut sauce, garlic puree, turmeric, black pepper, salt and canola oil.
2. Place the chicken breasts pieces in the marinade and refrigerate for at least 1 hour.
3. Preheat the grill to medium-high heat.
4. Skewer the chicken pieces, if desired.
5. Grill on each side for about 5 minutes.
6. Sprinkle with freshly chopped cilantro and serve with a side of sweet chili sauce and/or peanut sauce and lemon or lime wedges.

1. Grate the cauliflower with an electric grater or a box grater.
2. Heat the canola oil in a large frying pan on medium heat.
3. Add the onion, cauliflower and coriander to the frying pan and periodically stir so that the cauliflower doesn't burn.
4. Add salt and pepper to taste.
5. Once the cauliflower is cooked, remove from heat and cover for a few minutes to soften the cauliflower slightly more.



**ABOUT THE AUTHOR:** Jasmine Daya is a Personal Injury and Trial lawyer based in Toronto, Canada, but her passion for cooking led to the release of her first cookbook *JD In The Kitchen: Indian Appetizers and Chutneys*.

*Photos provided*





## PAD THAI WITH CHICKEN

This is my “cheater” recipe!

It’s a great weeknight option when you are short on time but want a delicious meal on your table that everyone will enjoy...including my mother who stole my recipe when she heard my father keep saying between mouthfuls “this is too good!”

### INGREDIENTS

2 boneless, skinless chicken breasts chopped into bite size pieces  
 1 large red pepper, thinly sliced lengthwise  
 2 large carrots, thinly sliced lengthwise, about 2 inches in length  
 1 medium onion, sliced  
 2 cups bean sprouts  
 225 grams rice noodles  
 1 to 1 ¼ cups pad thai sauce  
 ½ cup freshly chopped cilantro  
 ⅓ cup chopped green onion  
 2 tbsp canola oil  
 1 tbsp garlic puree  
 1 lime

### INSTRUCTIONS

1. Place the noodles in a large heatproof bowl and fill with boiling water. Let sit until the noodles soften or as directed on the package.
2. In a wok, heat oil over medium-high heat. Add the garlic

puree and stir for about 5 seconds. Add the chicken pieces and continue to stir periodically.

3. Once the chicken is almost cooked, add the red pepper, carrots and 1 cup of bean sprouts. Continue to stir periodically until the vegetables have cooked.
4. Add 1 cup of pad thai sauce and stir to combine all ingredients.
5. Drain the water from the noodles.
6. Add the rice noodles and gently stir together to combine all ingredients. Based on the amount of chicken and veggies, you may feel that more sauce is necessary. If so, add an additional ¼ cup of pad thai sauce or a couple of tablespoons of soy sauce.
7. Add the cilantro leaving some out to sprinkle on top and gently combine with the noodles.
8. Pour all contents of the wok onto a large serving platter. Top with the remaining bean sprouts, chopped cilantro and green onion.
9. Spritz some freshly squeezed lime juice on top if desired or serve with lime wedges on the side.





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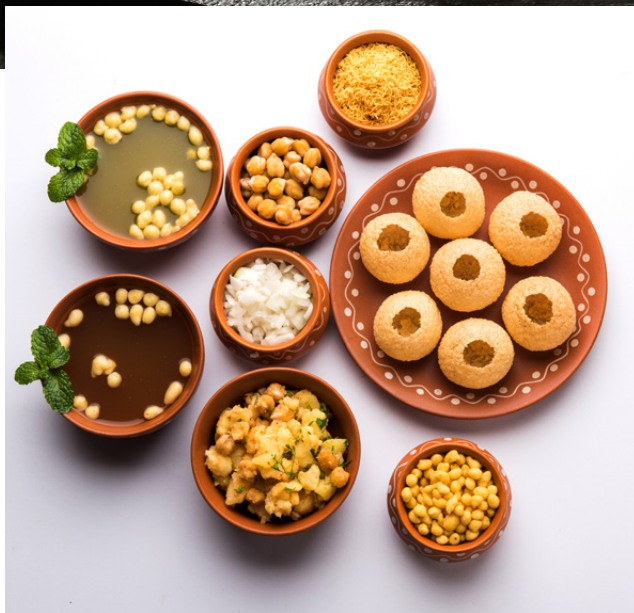
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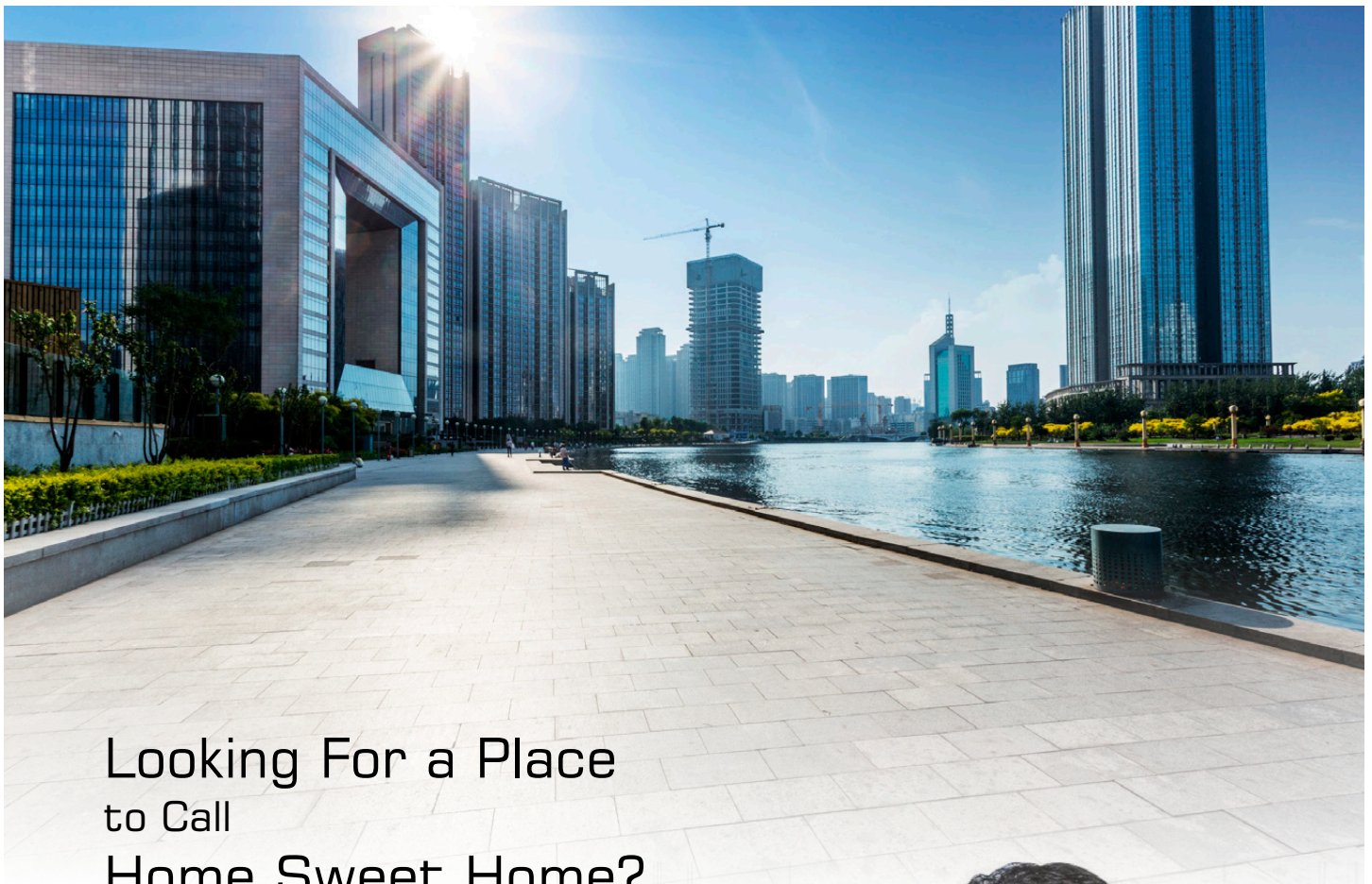
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All of the menu items at Siddhartha's Kitchen are created for the health-conscious consumer, keeping fats and salt to a minimum. Creating healthy and nutritious meals, Chef is known for his deep infusion of spices in marinades which create a mouth-watering finish. Try his homemade blend of hot sauce which you can buy by the bottle.

#### **SIGNATURE DISHES:**

***Daal Makhni, Achari Tandoori Chicken, Lamb Adraki***



# SHAME ON YOU

**Ok, so here's the thing – married men flirt quite openly.  
Why is it the woman's fault?**

by Junita Thakorlal

**R**ecently, a friend of mine was propositioned by a married man. She was quite shaken and upset about the incident, so she took her experience to Facebook and received hundreds of supportive comments on her post. The majority of her sympathizers were men who explained his behaviour, and women who applauded her because they didn't have the courage to speak up when something similar happened to them.

I'm talking about HUNDREDS of comments.

Let's talk about this, because I get propositioned ALL. THE. TIME. And mostly by married men. I was offered a whopping \$10,000 to sleep with someone because I'm his 'dream girl'; I was approached by a family member of an iconic fashion retailer with promises to advertise in this very magazine; I was approached by a well-known Surrey land developer at the Mayors Charity Ball and offered the honour of an empty mansion to live in with a Tesla to drive during our first and only conversation.

How do women handle this? Do we give these bastards a piece of our mind? Do we politely decline and say nothing? Or do we get excited that we are wanted and use it as an opportunity to benefit financially or climb the social ladder?

Either way, I think its women who lose. A man can make a claim that he slept with ANY woman and he will be believed, and she will be made out to be a slut - this title will stick with her for years, tarnishing her reputation in ways that she cannot even predict or control. All she can do is ignore the noise, keep her chin up, and hope that those whose lives she touches will see the humanity inside of her.

partners but in almost all instances she is slut-shamed, cast aside to fight for her sanity and have her 'friends' and community gossip about how she messed up. Regardless of whether she chose to have an affair or not, she is shamed, and that is my point.

I can share juicy details of man after man who plays the field – professional award-winning married men who are covered in glossy magazine profiles right here in Vancouver. Its stuff that can make marriages end – and yet they don't. If these men are succeeding in playing around, then perhaps their wives know about it and choose to say nothing? Is this what marriage has come down to, to remain in an unhappy space for the sake of saving face, or the false belief that you are giving your children a stable family life by sucking in your unhappiness? This is the slow unravelling of the fabric of our society.

Despite my open and bubbly personality, my experience has taught me that I need to recognize sooner when social conversations are heading down the same familiar path of destruction. And to kindly remind the culprit of how lovely his wife is.



Women are culprits too, I know many successful women who have strayed from their





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# HOROSCOPE



## ARIES

Your ability to take the lead and push through obstacles is thwarted by numerous responsibilities causing frustration and irritability. You have one foot on the brake and one foot on the gas pedal. But by the Spring Equinox, all stops are resolved and you can exuberantly express your passion to manifest a new reality. Call upon the power of patience, and you will have a clearer and stronger stance by March 29-30, 2019.



## TAURUS

Cultivate present moment awareness, and you can be a strong anchor in the winds of change. There is a focus on career; you are given the blueprint for long term projects which will begin to unfold. Your natural common sense acts as a grounding force for those around you. Communication with family members takes on a new light – it is essential to be honest and resist the temptation to save people from their own dreams.



## GEMINI

Finances may be an area of delay and frustration, but you are in a position to resolve these. Your easy-going and personable style can go a long way in career developments. Exciting possibilities in this area can be tapped through your strong communication skills. Slowing down to connect with another person's perspective brings out new direction for both of you. A unique, fun getaway can restore your nerves and rejuvenate your senses. Stresses of recent months fade away.



## CANCER

The last few months have been challenging but try curbing your frustration and release what is not worth keeping. Use the New Moon on March 10, 2019 to activate your strong intuitive skills, and plant new seeds of creation; by mid-summer you will see some major changes. Investigate what stirs in your soul. Your hard work in providing security for others will pay off in the long run.



## LEO

Your relationships are up for healing. Your ability to take charge is hampered by hidden motives so look beneath the surface for the truth of matters. Listen, truly listen, to the heart of another, and your lion-hearted nature will light the way for others to be more of who they are. The work area needs some organization. Your focus this month is on work, relationships and resources shared with others.



## VIRGO

Your no nonsense approach to life is thrown for a loop. People come out of nowhere, requesting your services, and diverting attention to their needs. There is a tendency to over-commit, and work may stand in the way of social engagements. May your tendency to pick things apart be a healthy discernment of life direction in balance with your relationships.



## LIBRA

You are running in different directions this month trying to keep your world in balance. If you only focus on keeping other's happy, you may miss the gifts of personal growth. Your natural social grace is enhanced in work and play. Developments in the work arena are new and exciting but the home front calls for your attention.



## SCORPIO

Creative juices are flowing. Children benefit from your deep sensitivity and intuition. This is the time to dream, play and explore your capacity for intimacy. Holding onto resentment does not get you where you want to go. Stagnation gives way to movement and relief. Important communications take place. Remember to tell the truth with integrity and compassion.



## SAGITTARIUS

Your gypsy days are over, at least until Spring Equinox. Reflexing back into repetitive and habitual behavior leads nowhere. The powerful trend of transformation is re-making you from the inside out so you can see the light at the end of the tunnel. Take some time to retreat into the inner sanctuary of your spiritual home. Revelation, healing and understanding are to be found within. Only then can you turn around and inspire others with enthusiasm and vision.



## CAPRICORN

Avoid the temptation to be negative during the first ten days of March 2019. Know there is a deep river of creativity within you; ideas flow like water, and nourish the seeds of new projects. When you take a time out to release expectations, you can revise goals with greater clarity. While you are usually the practical one, your life path benefits from sharing responsibility. This lightens your load, and frees your attention for a new lease on life.



## AQUARIUS

You are on a roll Aquarius. Despite conservative trends, you are in the right place at the right time. Trust your vision for a humane future. Your global perspective is enhanced by strong intuitive energies. But, resist the temptation to save others. Peace really does begin with you. Genuinely love yourself, and you are free to sow seeds of compassion in your world. The area of financial improvement is strong but be sure to run ideas by someone that is grounded in practical affairs.



## PISCES

With Uranus in your Sun Sign for the next seven years, creative juices are flowing. March is the month to recognize your dreams and let them unfold in new directions. Magic is in the air, and because you believe, miracles happen. While you have spent plenty of time playing the victim game, you are waking up to a new life. Complaining will get you nowhere. There is a new world ready to be born through your vision! The current buzzword 'intention' speaks to you, embrace the full ramifications of this potent concept. The wind is finally at your back.





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# CARS I DRIVE

## 2019 Jeep Grand Cherokee Limited X

DR. KIRTPAUL SANDHU

by Junita Thakorlal

An avid crossfitter, Dr. Kirtpaul Sandhu was looking for a car to fit his active lifestyle but also fit his professional image as a Chiropractic doctor. Just a few days after getting his Jeep Grand Cherokee, Dr. Sandhu was able to easily navigate through Vancouver's snow storm to move between his two offices in South Surrey and Fleetwood to see his patients.

"I've had my eye on the Jeep Grand Cherokee Limited X for a while," he shares. "It has all the bells and whistles of a luxury rival brand but in an affordable and well-built package." A small town boy from Prince Rupert, Dr. Sandhu knew that he needed a vehicle that was roomy enough to fit his hockey gear in the back and rugged enough to drive in the back country. "I also dabble in nature photography, so being able to drive deep into the trails is important to me. The Grand Cherokee Limited X just seemed to meet all of my needs in one vehicle."

The Grand Cherokee Limited X starts at \$50,650.

### REASONS WHY I DRIVE A JEEP:

- 1. SLEEK LOOK-** The interior and exterior is clean and sleek, with spot-on ergonomics and a whopping 11 trim options. The driving position is high up and comfortable, the performance hood is the same used in the more expensive SRT, deep windowsills to rest your arms, and a large screen with Apple Carplay and Android Auto connectivity.
- 2. COOL FEATURES-** The 8.4 inch glass screen response is sensitive and remembers previous inputs, connects to phone Bluetooth in a split-second, and there are quick prompts that come on as soon as the car is started to guide the driver to quickly turn on heated seat and steering

wheel options. The remote engine start is a godsend on cold winter nights. There's also a panoramic sunroof that gives an amazing view from every seat.

- 3. FUEL EFFICIENT-** The V-6 engine is fuel efficient by SUV standards and still packs a punch having a brawny towing capacity of upto 6,200 lbs. The convenient start/stop system helps to conserve gasoline, as did the smooth shifting 8-speed automatic.

**CONFESSION:** I hate when someone adjusts my seat, so I love the seat memory option.

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# A \$43K MISTAKE

## But it was ON SALE!

by Gursh Nijjar

**W**hen you're making big-ticket buying decisions such as a house or a car, the last thing you want is to have your emotions dictate your purchases or you may get stuck with a vehicle you realize you can't afford or didn't really want to buy in the first place.

I had a client who came into my auto dealership to buy a Dodge Ram. She was a petite 20-something young woman who was adamant that she buy this giant truck. Her eyes lit up when she saw it and I knew right then that she was sold hook, line, and sinker – regardless of the price and features of the truck. Four months later, her mom called me to tell me that her daughter couldn't afford the payments and needed to get rid of it.

Unlike something you buy from the shopping mall, big ticket items can't be returned or exchanged – especially if they are leased or financed – so, buyers need to be aware of these key things to help them choose a car that they will love driving without regret:

### 1. RESEARCH

Make a list of things you want, and things you need in a vehicle. Look into different makes and models, car-trend awards, mileage and fuel efficiency, visibility, features, warranty, service packages, technology and more details to narrow down your list. You should also know how much you are willing to spend, either in lump sum or monthly payment limits including gas and insurance. This will prepare you before you step onto a lot and take out the emotion out of a purchase.

### 2. PSYCHOLOGY

Adding to the overwhelm of car-buying is the sheer psychology that men know more about cars than women, and therefore are the decision makers. The auto industry is a male-dominated arena; it is rare to see a female sales rep. It may not be correct but in my opinion, this is the reason why when it comes to negotiating, your rep will turn to the man first if he is there.

### 3. PRESSURE TACTICS

When a client tries to walk off the lot without buying, reps turn on the pressure to complete the sale. A \$51k Dodge Ram for the “sale price” of \$43k is a deal which is too good to be true and not to be missed. Women are generally easier to upsell, buying more than they need if a rep appeals to their emotional side or if the buyer is iffy on bottom line spending.

I have been seeing an influx of women purchasing vehicles and from experience I can say that they are creatures of emotion. Before committing to buying, talk to friends who have cars, ask how much they spend on gas or financing, and test drive it a couple of times so that you can be sure about your buy. My advice is to never close the same day or you may regret spending \$43,000 every time you drive.



**ABOUT THE AUTHOR:** Gursh has been passionate about cars since he was 11 years old, having worked in the auto industry in England and Canada for 30 years. He is also the co-owner of Canadian Motors.





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