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love
and
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season,
y'all

Why we
need to stop
blaming
the 'other
woman'

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about finding
and losing
love

The slow-sex
trend that is
surprisingly
wild

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that
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DEWY SKIN!

right now

THE HOTTEST
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COUPLE

**Disha &
Aditya**

on films,
romance,
and how
they look
this good

6

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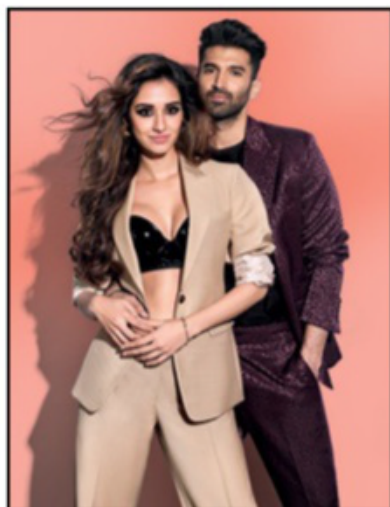
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The Cover Look!

Photographer: Anushka Nadia Menon; Styling: Zunaili Malik; Location Courtesy: Fun Republic SOCIAL, Mumbai; Production: Imran Khatri Productions.

On Disha Patani: pantsuit, Hermès; bralet, La Senza; hoops, Misho. Make-Up: Sonik Sarwate; and Hair: Zoey Quinny.

On Aditya Roy Kapur: tee, Marks & Spencer; pantsuit, Anuj Madaan. Hair: Raghuvir Gaonkar; and Make-Up: Stephen Jadhav.



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"Even the truest love may have an expiration date."



"Go ahead, take the first step. It's cool."



"Don't get so attached... there are plenty of fish in the sea."

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Editor's Letter

greed or self-centredness. But that's because we haven't been taught the concept of 'healthy selfishness'. The truth is that being self-focused is an essential part of human behaviour (it's what keeps us alive!), and in relationships, this attitude can be crucial to your mental health, self-esteem, and worthiness.

Most of us have been programmed into thinking that true love equals sacrifice and 'giving it your all'. Literature and films glorify the concept of 'no matter what', and songs speak of how 'love hurts'. The problem with this #RideOrDieChick script is that it promotes a degree of blind loyalty, and essentially tells women to shelve their own interests and needs—even safety—in the name of love. Yes, it is important to support your partner (and be supported) in good and bad times. Yes, relationships can be complicated and sometimes, you have to give more than you take. But there is a fine line between standing by a loved one and losing your sense of being in the process.

Which brings me to the very important notion of healthy selfishness.

The idea behind healthy selfishness is simple: that there are times when *you* and *your* well-being must come before your relationship. Translated into real life, this could mean keeping up with friends and family, passions and hobbies, without guilt. It means setting boundaries and defending your self-esteem. It means not accepting

abuse or toxic behaviour because of a false belief that 'love withstands all'. It means not staying in unbalanced relationships where you give to the point of depletion, without getting sufficient love and care in return. And it means making your mental health an absolute priority in relationships.

Many of us give too much of our time, energy, and heart into relationships, without getting the same in return. As a result, we might end up drained, unfulfilled—even resentful. But for a bond to truly work, your needs are as important as your partner's. And compromising your authentic self is dangerous to your well-being.

You've heard that saying about 'loving yourself before loving anyone else'? It's true. When you pursue your own happiness, when you make yourself a priority, and when your joy doesn't constantly depend on someone else's approval, you make for a better, more grounded partner. And a little selfishness and self-care might be just the thing you need to make that happen.

Until next month,

Nandini Bhalla,
Editor

nandini.bhalla@intoday.com

Follow me on Instagram: [nandinibhalla](https://www.instagram.com/nandinibhalla)

IT'S THE MONTH OF LOVE!

When it comes to matters of the heart, I am the cheesiest gouda in the cold storage. I believe in soulmates, I revel in grand gestures, and I adore anything heart-shaped—doughnuts, trinkets, puppies with vascular-organ shaped balloons attached to their wee collars, tattoos with my name etched in the middle (I kid, but only a little).

But while I'm the kind of person who *really* feels Frank Sinatra songs on rainy days, I'm also going to be one to tell you this: when it comes to relationships, *I highly recommend that you be a little selfish.*

I know, the word selfish has an ugly connotation. We tend to view it as

5 THINGS I'M LOVIN' RIGHT NOW



Lilac is one of the #trending hues of the season, and this sculpted jacket by **Rimzim Dadu**, ₹67,200, is the perfect statement piece to layer with...well, everything!



Erm, your wardrobe is about to get a whole lot more stylish, thanks to this humongous, braided cat-shaped bag by **Gucci**, price on request. Travelling will never be the same again!



A fun pair of sunglasses is always a go. And this one by **Papa Don't Preach** by **Shubhika**, ₹10,030, fits right into the scheme of (fashionable) things.



If you don't already know, tie-dye is back (and much cooler than its '60s cousin). These sneakers by **Fila**, ₹6,999, are such a cool way to work the trend.



This two-toned skirt by **Aruni**, ₹5,880, feels like it's summoning summer—a call that I've been waiting for all winter long.

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WAY TO GO, GIRL!

“Vaani Kapoor made for such a stunning covergirl. I loved the interview: it looked great, and read good, too. It was interesting to see her open up about her professional and personal life. I do feel that, after all these years in Bollywood, she has changed, for the better, and is learning the tricks of the trade. But my favourite thing about her is that she is a fellow foodie! So nice to see a woman who enjoys her food just as much as she loves fitness.” —SHANAYA DHIR



FREE FLOWING

“Let’s Talk About Sexual Fluidity was an informative piece, that stressed the need to normalise all we see as ‘the other’. I also really liked *Hello, Feminist Stamps*, and the interviews with Kareena Kapoor Khan and Janhvi Kapoor. *Art In Paradise* was another favourite in the January issue of *Cosmo*: I never realised so many fabulous home decor brands existed in India!” —Zaahra Umair

YOU TELL US January Issue



REVISITING TRENDS

“I enjoyed *Fancy Pants*. It was interesting to see the plush fabrics being rethought and restyled to keep with the modern times: fresh and so fun! Other stories I liked just as much were *Travel Like a Beauty Genius*, *Colour Coded*, and *Looks to Love Right Now*. It’s great that most of your fashion and beauty stories come with cool tips and hacks, making it even more tempting to try the trends, and fairly easy (even for a novice like me) to cop.” —Disha Verma



FOOD FOR THOUGHT

“The first *Cosmo* issue of the year was all sorts of awesome! The guest columns, *It’s 2020! Why Are We Still ‘Wondering’ If We Are Feminists* and *It’s Time to Be an Informed Shopper* weren’t just highly engrossing, but also dealt with topics that need to be addressed urgently. These *Books Will Change Your Life* was great, too. Thank you for all the meaningful content.” —Kaasvi Bose

Won It!

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COSMOPOLITAN UPFRONT

BIG NEWS AND NEED-TO-KNOW INFO IN EASY BITES

Saunak Shah

“Portraiture has always been my go-to form of expression into how I see the world and people. Typically, I like to work with my subject on a concept or theme, and the outcome is geared to convey a message. I want to be able to showcase the beauty and diversity of people, the unspoken narratives, the hidden talent, the power of colour...exemplified through a sense of space, identity, and storytelling. Like Rajat (seen in this picture). I photographed him in Khari Baoli, Delhi, as part of the concept of ‘role reversal’. The purpose of my work is to bring to the fore issues that are important to me as an Indian-born queer minority person of colour living in New York. I wish to evoke conversations around topics such as identity, sexuality, self-confidence, and the like, that I feel are greatly needed but are often missing in mainstream media.”

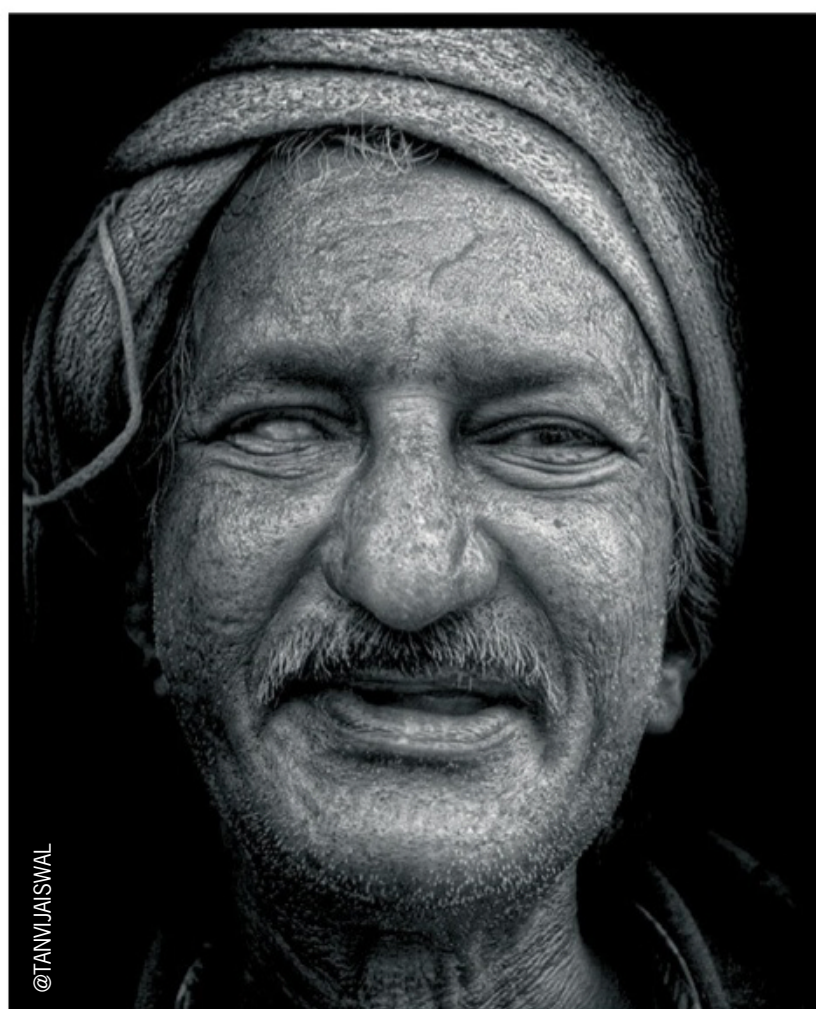
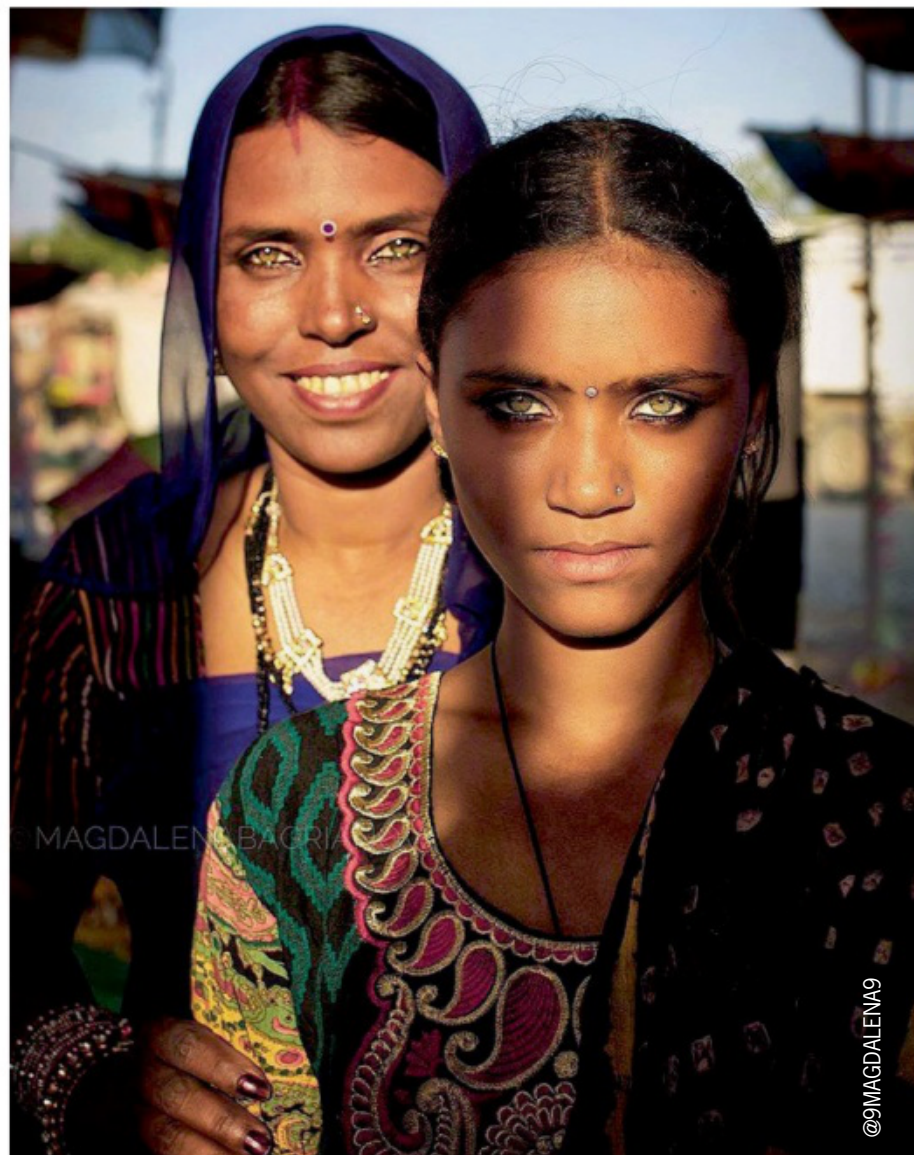
At Face Value

These photographers use the power of the lens to tell compelling narratives through portraits...that speak volumes.

By Humra Afroz Khan

Magdalena Bagrianow

“We often hear that eyes are the window to the soul. As a photographer, I can tell you they are. It’s by looking into a person’s eyes that we get a genuine glimpse of their character, their emotions, and who they really are. It allows us to ‘connect’ with them, and this connection is my greatest inspiration. One such person I met was Papu—seen here with her daughter, Mamtu—at the Pushkar Fair in Rajasthan. She’s known as the ‘Queen of the Desert’ because of her beauty. Papu ran a little tent-shop of trinkets at the fair, and as I spent hours with her, she told me stories about her life, including that when she was younger, she was flown to Paris to take part in a fashion show. The two made for such a strong image. Creating such portraits that evoke a feeling or response from the viewer is what drives me.”



Tanvi Jaiswal

“I’m a shy person, so talking to strangers is a challenge. But the camera gave me a medium to ‘talk’ to people without letting any inhibitions—theirs or mine—get in the way. I photograph people I meet in everyday life, who have interesting stories to share. The lens, then, becomes a mirror, reflecting their tales. Take this old man, for example. He looked shabby, and seemed to be labouring on the streets. But something about his face made me want to photograph him. As we warmed up, he started speaking to me in English, and, among other things, told me he had actually been educated in Germany. The best images, I feel, are created when the subject isn’t conscious of the camera. And this gentleman, as you can tell, was a natural.”

Prateek Ahuja

“I like to capture emotions. It intrigues me. But photographing people is difficult. Once in front of the camera, most of them get conscious and try to conceal as much as possible. That’s why I try to interact with them before the shoot—talk, listen, bond...but without startling them or getting over-familiar. It’s a slow process, which means sometimes I even end up not taking any photographs at all. But it helps me connect with people on a deeper level. And that’s very crucial because I seek to showcase their inner turmoil—that they don’t want others to see—without really spelling it out. I work extensively with the under-served communities. Their lives are hard, and it shows in the images...you can discern it. And mostly, all they need is someone to talk to.”



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Surprising Ways to Tell When a Trend is On Its Way Out

Gather round to mourn the loss of...anything that falls in these categories.

By Rachel Torgerson and Lauren Adhav

YOU: “Oh, hello, sneakers with ugly-bulky soles. I’ve seen lots of very cool people wearing you. Should I buy you too? But wait, you’ve been around for a while...maybe you’re actually (gasp) over?!”
US: Breathe. And use these secret signals to determine how long a trend has left, and the exact moment—down to the month!—it’ll be officially dead.

Your mom starts to notice It’s A Thing.

Listen, some matriarchs do ‘get it’, but most aren’t watching Fashion TV shows or paying attention to what the influencers wear on the daily. So if they’ve caught on to a trend, it’s likely not long for this world.

T minus: 7 months

It’s in kids’ stores.

Sorry, children. You are our future, but your clothes are always at least a season or two behind (still cute tho!). If you’re seeing a lewk everywhere in outfits that could fit an 8-year-old, stop and consider the cost.

T minus: 6 months

DENIM IS (ALMOST) FOREVER

That boilersuit you’ve been eyeing? Snatch it up—yes, even on sale. Jean fads stick around for a *looong* time because they’re just so wearable. Slap five more years onto any of-the-moment denim trends.

Anushka Sharma

Aurora James

Kiara Advani

Priyanka Chopra Jonas

Tamu McPherson

COSMO'S OFFICIAL RANKING OF CURRENT TRENDS

In order of staying power

1 GONNA BE HERE AWHILE

2 PUFF SLEEVES

3 HAT-BANDS

4 PRAIRIE DRESSES

5 NEON

6 SQUARE-TOE SHOES

Celebs start wearing the opposite thing.

If you are contemplating purchasing teeny-tiny sunglasses, but notice that famous people are now wearing giant face shields, best to leave those mini frames in the display case.

T minus: 4 months (if you're lucky)

There's an Instagram or Twitter account dedicated to it.

A trend with an '@' has reached peak market saturation. Get in on it very quickly or you'll begin to look dated.

T minus: 3 months max

It's turned into Halloween costume inspo.

When this happens, most people are ready to r-o-a-s-t a look as opposed to wearing it seriously. Sorry, we only share because we care.

T minus: 0 months—This was over, like, yesterday

BUT IF IT'S A BIKINI...

Bathing suits tend to have longer life spans. (Don't know why this is true, it just is.) And patterns and styles that may seem old in regular life—you know, when you're not submerged in water—still feel fresh in one- or two-piece form. Add another year onto beachwear that fits into any of these categories.

A QUICK NOTE ON COLOURS AND PATTERNS

Super-specific printed items, like a leopard midi skirt, have a shorter shelf life than animal print in general. So if you're unsure, consider staying in the same family but switching it up a bit. As in, go for neon orange instead of hyper-trendy neon green, or a giraffe or tiger print instead of leopard. This will tack two more years onto your purchase's fate.

Wait... ARE TRENDS EVEN STILL RELEVANT?

Glad you asked—because it does seem, right now, like everything is in. Big '80s shoulders? Early aughts snap hair clips? Victorian collars? All here, all great. Which is definitely different from ye olden times, when there would be two, maybe three, big, trackable trends at any given moment (Hi, Juicy velour tracksuit). Back then, you could count on fashion to be cyclical—like, you could safely store a '70s-style jumpsuit in your closet knowing it would come back in 20 years.

Now, the cycles are faster and—how do we put this lightly?—on crack. On top of all the aesthetics happening at once, everyone's simultaneously obsessed with the new-new, and leaning hard into nostalgia.

This can make it difficult to pinpoint what, exactly, is 'on trend' (that's why we're here *bats eyelashes*), or even remember what year it is (FYI, it's 2020!). To recap: Yes, trends still matter...they just tend to burn bright and dim quickly. But don't worry if you have a style you don't wanna give up just yet. Keep wearing it with swagger. Chances are, it'll have 'nostalgia' value real soon.



Beyoncé

Kylie Jenner

Chiara Ferragni

Ada Kokosar

Gigi Hadid

ANIMAL-PRINT EVERYTHING

TIE-DYE

SOCK SNEAKERS

MINI BAGS

'UGLY' SHOES

ALMOST GONE

Keeping Up With the Kapoor

The stylist-producer-entrepreneur is on a 'can't stop, won't stop' kinda roll at the moment. Here's all that's keeping her busy right now...

By Humra Afroz Khan

Rhea Kapoor has never played by the rules, whether it is the distinctive sartorial choices she's made for sister Sonam Kapoor Ahuja on the red carpet, or the women-led, chancy movies she's put her weight (and money) behind as one of the youngest producers in Bollywood. Among the various hats she's busy wearing at the moment, the newest is playing muse to designer Anamika Khanna for the 15th edition of the Blenders Pride Fashion Tour. We caught up with the ultimate #BossBabe to ask about the fashion hacks she swears by, rookie mistakes she's guilty of, and why she loves a certain Lady Dorris' old jackets.

Cosmo: Tell us about your association with the latest Blenders Pride Fashion Tour?

Rhea Kapoor: "It's such a great platform for the industry, and it's always interesting to see how innovatively they put fashion out there. This time, they have some incredible designers on board, like Anamika Khanna, Abu Jani Sandeep Khosla, and Manish Malhotra—all so different from each other. I work with Anamika a lot, but I'm her muse here, which is something new for both of us...I'm usually behind the scene, so it's an honour, really."

C: And who is your style muse?

RK: "Sonam [Kapoor Ahuja], always! Not because she's my sister, but because she's genuinely happy to experiment. And that comes across in the way that she carries her clothes. I admire stylists, too. Samantha McMillen, for instance, is fantastic. She's done such great work with the Fanning sisters



“Be aware of the smallest part of your waist and use outfits and accessories to enhance it.”

[actors, Dakota and Elle]. So is Law Roach. But my ultimate style icon is Rihanna. She’s the only person who can make me starstruck.”

C: Got a favourite trend?

RK: “Exaggerated shapes—big shoulders, small waist, big hips, cinched ankles. They work well for most female bodies. The trend encourages you to layer, *a lot*. So go for bigger jackets over tighter shirts, with tight jeans or pants, and, maybe, even big skirts over pants.”

C: And a fashion hack?

RK: “Yes: be aware of the smallest part of your waist, and use outfits and accessories to enhance it.”

C: Any purchases that you regret?

RK: “Not really. I only buy things that I really love. But I do have one regret: not storing my old stuff better. Some of my most prized purchases are from when I was in college, around 2008. I had just started collecting vintage clothes. Today, they must be worth a bomb, but I had bought them from thrift stores, or second hand, for almost no money. I’d just throw them in my closet, not realising their value. Now I wish I had archived them better.”

C: You do advocate buying pre-loved stuff...

RK: “I’m obsessed with it. Because of my mom, I’ve had an affinity for fashion from a very young age. And gradually, I found that the best thing about shopping vintage or second-hand is that you buy what you genuinely like; it’s not trend-driven. You walk into a store and pick up what you get pulled towards. I love that idea! Also, there’s something very sentimental about pre-loved goods, that makes owning them special. Like, I have all these old coats and jackets from the ’50s that have women’s names initialled on them. Three of them belong to someone called Lady Dorris. I don’t know who she was, except that she lived somewhere in America. But she had great taste in clothes and now I’m enjoying them.”

C: What are a few must-haves in a woman’s wardrobe?

RK: “The first is always the right underclothes. Many women don’t realise it, but lingerie can *truly* make or break your outfit. Then, everybody needs a pair of good black trousers; a black blazer; a white shirt; some well-fitting, basic tees; a pair of jeans that you can wear anytime: when you feel fat, thin, bloated, unbloated, whenever; and a pair of flat shoes, depending on your vibe—I like flat boots, you can like sneakers, ballet flats, etc. Finally comes a must-do:

never skip your skin and haircare routine...”

C: ...can you tell us about your routine?

RK: “I cleanse and moisturise my skin every day, and use a

hydrating mask twice a week. I used to get a lot of milia and whiteheads earlier because I barely exfoliated, but now I do it about three times a week. My only flaw is that sometimes I forget to remove my make-up, but I’m improving there, too. For hair, I’m very particular about the products I use, and don’t really mess around much. I’ve never coloured it, and rarely blow-dry it.”

C: What’s your go-to outfit for a date night?

RK: “High-waist jeans, a crop top or tee under a shirt, and boots.”

C: And for a day out with friends?

RK: “I love midi-skirts, with a lot of volume...I’m a romantic like that, and enjoy the drama of the ’40s and ’50s. So it’ll have to be a giant, poofy skirt.”

C: Any rookie mistakes?

RK: “I taught myself make-up, so I’d often over-powder. Also, I never filled my eyebrows, and used a foundation that was too light for my face—like most Indian women do—and would end up looking super-white.”

C: Finally, your advice to Cosmo readers...

RK: “Stay inspired, be confident, have fun, and don’t take life too seriously.”

Yes, You Are a Hat Person

Let us demonstrate with some of the season's most Insta-bait style.

By Lauren Adhav



Kiara Advani



Nora Fatehi



Aishwarya Rai Bachchan

Priyanka Chopra Jonas

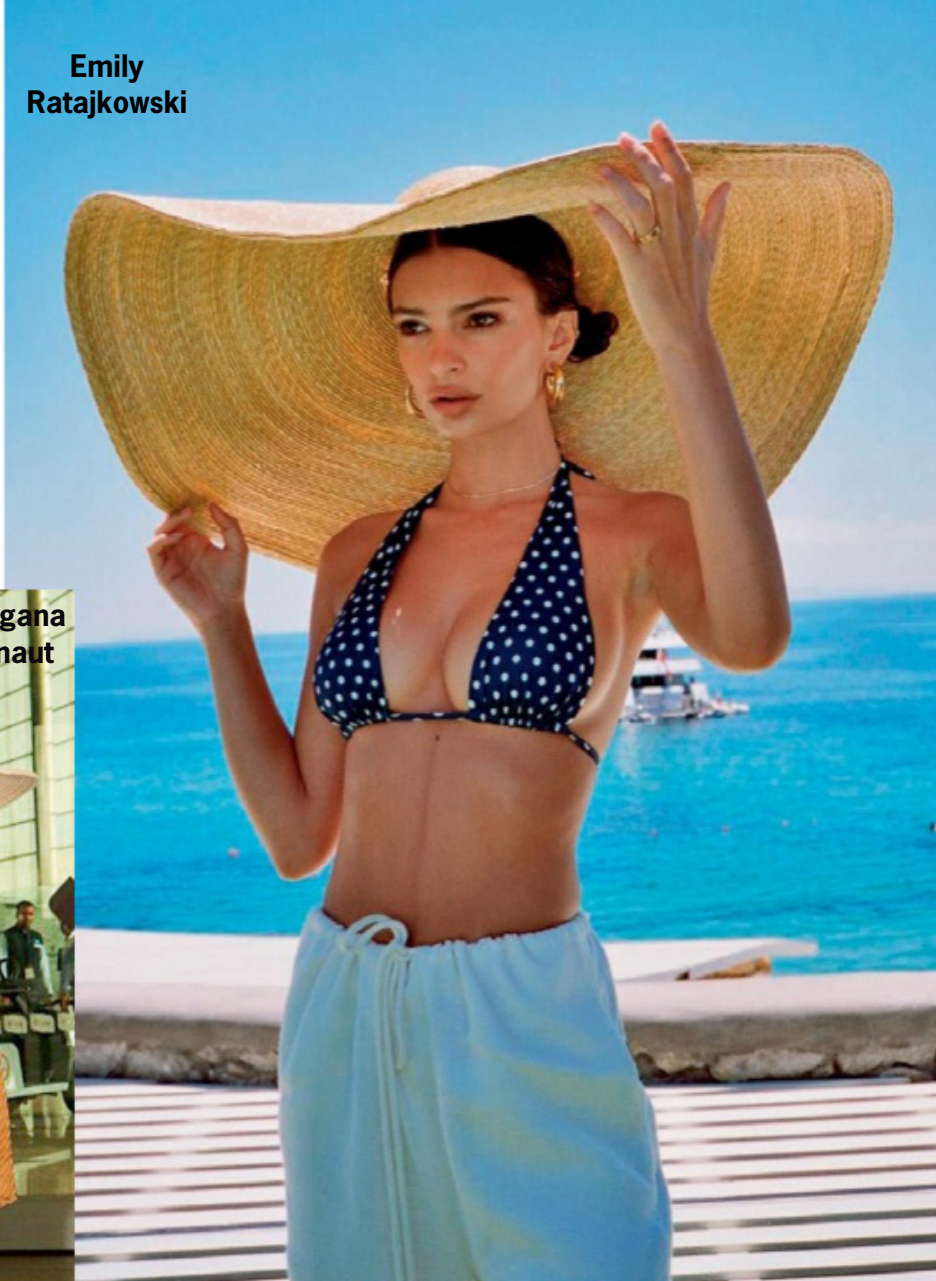
VISOR

Having outgrown its 'beachwear' image, it's now being taken everywhere. So accessorise like it's 1985 with a visor. Your mom will have instant déjà vu!

BOATER

If PC can wear it to Cannes, you sure as hell can't need more convincing! In fact, why not go a step further and pick one with a veil, to up the glamour?! Or wear a regular one plonked back on the head for a 'kewl chiller' vibe.

Emily
Ratajkowski



Kangana
Ranaut



Miley
Cyrus



BASEBALL

Not just gym gear, you can embrace a casual vibe even with the classic jeans-and-tee/shirt combo, or a fun jumpsuit, or, if you're *really* feeling yourself, even a cool striped bikini.

You get a hat! You get a hat!
Everybody gets a hat!



Athiya
Shetty

FLOPPY

First things first: for everyone's safety, don't wear this bb in a super-crowded place. Also important: if your hat is *literally* larger than life, stick to minimal accessories for the rest of your outfit.

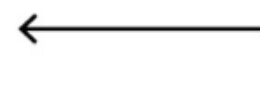


Rihanna

Billie
Eilish



Susie
Lao



BUCKET

Riri, Gigi, and Kendall are wearing them...and you should, too, TBH. Whether it's a day at the beach, a girls' brunch, or a night out with bae, this one's guaranteed to go with any outfit.

5 Minutes With Malavika Mohanan

All the fun stuff you should know about the actor from *Beyond The Clouds*.



Cosmo: If not an actor, then what?

Malavika Mohanan: “A National Geographic photographer I think, because I love travelling and wildlife as well as cinematography.”

C: What are you most excited about at the moment?

MM: “On the personal front, I’m doing up my new house and I’m really thrilled about the interiors—picking things for it, seeing it all take



shape... Professionally, work is super-busy. I’m working on a couple of really exciting projects, including a multi-lingual film with Vijay Deverakonda. It’s a very interesting character and I can’t wait to see it come alive on screen.”

C: What are the top three things on your bucket list for 2020?

MM: “A girls’ trip to Spain with two of my BFFs from school. We’ve been planning it for years now, but it hasn’t happened. I also want to do more wildlife-oriented travelling in the coming year—Tanzania, Kenya, Ranthambore, etc. And I’d like to sign a film with Ranveer Singh. I absolutely adore him!”

C: Malavika, in three words...

MM: “Adventurous. *Always* hungry. That’s three, right?!”

C: Have you ever used your celebrity status to get a favour?

MM: “To get a seat at my favourite restaurant when it was fully packed.”

C: What’s the best part about being a celebrity?

MM: “You get so many gifts!”

C: And the problem with fame...

MM: “That you’re subjected to judgements by everyone! People feel that, because you’re a public figure,

they can comment on your face, nose, weight, hair, outfit...everything. Being a girl in the Indian culture already comes with a long list of dos and don’ts, and that gets amplified a 100 times more when you’re in the public eye. People troll and sl*t-shame female actors so much more than they would a male actor.”

C: Tell us a secret no-one knows about you.

MM: “I’m petrified of butterflies! I’m not kidding...it’s a real thing, called lepidopterophobia. Even Nicole Kidman has it.”

C: What’s the first thing you notice in a man?

MM: “How fit (or not) he is. Fitness is always a turn-on, it shows self-care.”

C: And the instant deal breaker?

MM: “Narcissism. *Ugh*.”

C: Any hidden talents?

MM: “I haggle really well. My close friends always drag me along when they go street-shopping, because I’m so good at bargaining.”

C: A show you’re addicted to?

MM: “I’m in love *The Marvelous Mrs Maisel* and have been hooked on to this show!”





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4 Women Behind India's Rental Fashion Movement

Meet the female forces behind some of India's leading clothing and accessory rental services, and understand why it's the future of fashion.

By Meghna Sharma



**SABENA
PURI**
CEO
and Co-
Founder,
Stage3
stage3.co

"We launched Stage3 in 2015 with a mission to make top designers affordable and accessible to everyone. We built an inventory of top-tier designers like Sabyasachi, Shantanu & Nikhil, Ritu Kumar, etc., by buying it at a markdown, and renting it out at a price as low as ₹599. With time, we've established a name for ourselves, and are now working with most designers on a revenue-sharing basis.

Recently, celebrity stylist Rhea Kapoor joined us as Style Director, helping us add more designers to our roster. We also procure inventory through customers who want to make money off their closets, which means you can get paid for your old, designer goods! The rise of 'sharing economy' is a big deal across sectors—think platforms like Uber, Netflix, and AirBnB. With the power of technology and Internet, we're creating a 'sharing economy' for fashion, helping people experiment with their style without having to commit to an expensive designer piece.

As of this month, Stage3 has over 70K signed-up users, and nearly 50% of them are recurring customers who have run up over 40,000 transactions till date. We believe in creating an engaged community—our team of stylists help customers find their dream outfit through in-store and telephonic styling sessions. And there's even more—we just launched the Stage3-On-Wheels service in Delhi-NCR, to make our service accessible to people at their door-step. Right now, we offer clothing and select accessories (like jewellery) for both men and women, and very soon, we will be expanding into categories like handbags, plus-size clothing, maternitywear, etc, and introducing a subscription service!"



ASHRI JAISWAL
Co-Founder,
Ziniosa
ziniosa.com

"Both Varun Ramani (Co-Founder) and I are engineers and were working in the US. My passion for fashion and Varun's fascination with the rental economy led us back to India. During our initial research, we spoke to nearly 2,000 potential customers to identify their pain points while buying a luxury product, and the biggest gap was in the handbag category. To combat issues like high

prices, unavailability, and an Instagram lifestyle where nobody wants to repeat an outfit, we launched Ziniosa, an exclusive handbag rental service. Currently, we function on a hybrid handbag procurement model—we own some of the products and also let customers rent out their own handbags through us. We understood early on in our journey that people are still figuring out how rental services work and in an attempt to simplify the process, we assign a stylist to each customer to help them make the right pick from brands like Gucci, Sabyasachi, Michael Kors, Coach, among others.

Our customers are digitally-savvy women, and renting bags gives them an opportunity to spend more on experiences and less on ownership. Our team curates products basis the current fashion trends—it also makes more sense for millennials to rent a bag worth one lakh at around ₹4,000 for four days to a week (depending on the brand). As we've experienced a surge in customers, we will be launching a pre-loved and vintage luxury handbag section soon."

"Launched in 2005, The Clothing Rental (TCR) was one of the first rental services in India. Back then, we catered to the media industry, where shoots often require a certain aesthetic, but on a tight budget.

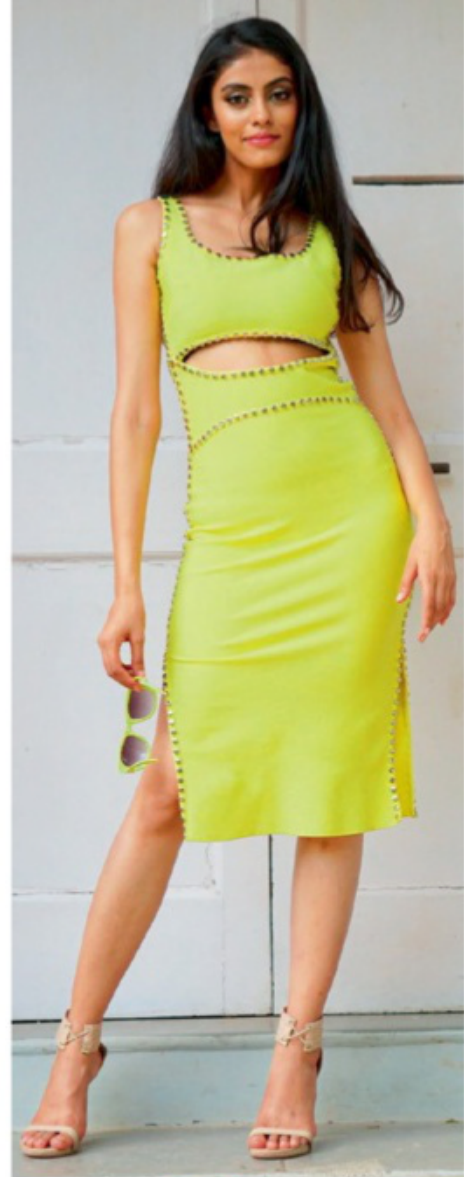
We started renting out clothes to stylists for celebrities and editorial shoots, and soon realised that there is a market for designer rentals otherwise as well. A decade later, in 2015, we opened our doors to consumers, in an attempt to bring everyone an extensive variety of designerwear at a fair price.

When we started out, convincing designers was a difficult, but now, some of the biggest names in the industry reach out to brands like us to off-load their garments.

Since the market is still warming up to clothing rental solutions, our model is fairly simplistic right now—we offer a complete solution for all occasions. We source from designers all over the world and often buy pieces at full price.

Catering to both men and women, our customers can not only rent, but also buy select merchandise from our website. In the past 15 years, we've seen a surge in such services. Many competitors come well-funded, making a huge splash when they enter the industry—

offering crazy deals, free deliveries and pick-ups, alterations at very low prices to gain market share. The reason we've been around for so long is because we've stuck to great service at a great price."



SHILPA BHATIA
Co-Founder,
The Clothing Rental
theclothingrental.com



PAYAL BATRA
Co-Founder,
Lionise
lionise.in

"I once calculated what my wardrobe was worth and came to a realisation that it was all a waste because I won't be wearing 70% of it ever again. Turns out, it wasn't just me—many of my friends play safe when it comes to clothes and consider buying expensive pieces a total waste. That's when it struck me to launch Lionise. 'Lionise' is an English verb that means to 'treat someone as a celebrity'. Befitting to our name, our mission is to bridge the gap between high fashion houses and consumers, helping every woman feel confident and fashionably empowered.

It would have been naïve to start a venture on a whim—and from a single person's point of view—so Aman Kaushal (Co-Founder) and I surveyed around 500 women, quizzing them on their shopping patterns. Once we had enough data, the next six months were spent building technology and setting hygiene and logistics processes. Finally, we launched Lionise in 2018. Most of the labels we work with understand that rental is a part of the fashion industry and is here to stay. In just two years, we have built an inventory of international brands like Alice + Olivia, Alexander McQueen, Nicole Miller, Antonio Berardi et al, and a host of Indian ones like Ridhima Bhasin, Satya Paul, SVA Couture among others.

Renting is the future of fashion, not ownership. It is also more sustainable. In the coming months, we'll be launching several new services like helping users create an entire ensemble on our platform, and aim to cut our response time for delivery by optimising custom sizing, ensemble suggestions and customer styling through AI-based technology solutions. We are also partnering with a number of sustainable fashion brands in India to truly contribute to the circular fashion movement and play our part in the sustainable fashion economy."



INSIDER ACCESS

“My Inspiration Board”

Inspired by the Maldives, designer **Rahul Mishra** tells us the story of sustainability that unfolds through his Paris Haute Couture 2020 collection.

Couturier Rahul Mishra created history by being the first Indian designer to showcase at the Paris Haute Couture Week 2020 last month, joining the ranks of Elie Saab, Chanel, Dior, and Schiaparelli. But Rahul's debut Haute Couture collection wasn't just a memorable walk of bright, boldly-hued, highly intricate pieces...it also brought with it a compelling message: sustainability in fashion. “This collection has been a very intimate one for me. I envisioned it while at the Soneva Fushi resort in the Maldives for a family holiday...somehow, the island also looks similar to Indian tropical forests, which I feel deeply connected to. I even tried snorkelling there—an experience that helped me lock in the colours, textures and embroidery,” Rahul tell us.

The designer's foray into couture is a conscious decision led by an intention of catering to a “demand for fashion versus having to create the demand”. For his inaugural showcase as a guest member, he took a risk by reinventing his craft through embroidery. “After a very stressful run-up to the show, the collection we've created has evolved into an ode to planet Earth—my four-year-old daughter's awareness of her changing environment sparked the idea. With pieces representing the flora, fauna, and corals from the underwater landscape, you can instantly notice various elements of nature brought to life through colours and embroidery. With this collection, we wanted to remind people what we have received from the planet, and what we are losing to human exploitation,” he adds.

Rahul's signature three-dimensional embroidery features heavily through the collection. “With pieces that have taken more than 5,000 human hours to make, the collection explores shape-shifting silhouettes. Most of the garments are made with silk organza, as it's the only fabric that allows us the kind of freedom we need with embroidery, while also retaining transparency and lightness,” Rahul reveals.

But sustainability, for Rahul, is an “ever-evolving idea”. His brand philosophy focuses on how a piece of clothing can create participation—from both the environment (for inspiration and resources) and people (by their craft and practices). “We are reducing the quantity of clothes we produce, while growing as a business that employs more than 1,000 artisans from the Indian craft community. This enables us to go with a natural human pace for the process of creation...the biggest luxury of the moment,” he concludes. ■

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By MEGHNA SHARMA; Photograph: RUNVIJAY PAUL; Styling: ZUNAALI MALIK; Model: IRENE AUGUSTIN AT ANIMA CREATIVE MANAGEMENT

A Study In Scarlet

Smokey red lids, cherry cheeks, damask talons, and ruby lips—this versatile shade is the all-round player your make-up bag is incomplete without.

fast glam

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Dior Addict Lacquer
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Fingers Vs Tools: Which One Applies Make-Up Better?



“Fingers are actually the most-used tool in the industry. And they really are great because they warm up the product, and cause it to melt and blend better into the skin. However, because I do make-up professionally, and often have to touch more than one face at a time, I prefer to use brushes. I’m not a big fan of the beauty blender because if the blender is not washed and dried properly, it can trap a lot of bacteria. It’s more sanitary to use brushes because they’re easy to clean and dry quickly. But, honestly, I love using fingers as long as I’m not cross-contaminating between products and faces. Like I mentioned earlier, they’re great for dabbing products like blush, or tapping concealer, as the warmth helps the product glide better. So yeah, I’m a little torn because as a professional, it’s more hygienic to use tools, but on myself, I don’t mind letting my fingers work their magic!”



THE TAKEAWAY

General rule of thumb (LOL, we had to): use a sponge for foundation, a brush for tapping on powder, and fingers for cream blush or regular eyeshadow. But, if you’re just never gonna get around to cleaning your tools once a week, you shouldn’t use them at all.

“I rely heavily on make-up brushes and blenders. The kind of tools I use depends on the product I’m using. For foundation, concealer, or corrector, I use a Beautyblender or a sponge because it’s the first layer of make-up and the base needs to be flawless. If you use a powder or full-coverage foundation, it needs to be buffed into your skin for a subtle glow. [Confession: sometimes I *do* use my fingers, but I ensure that my hands are washed properly, or I use an antibacterial serum before starting.] Back to tools: Beautyblender is great for applying blush and highlighter, too, as it lends a soft, natural finish...like you’re naturally flushed. Sometimes, when you use beauty tools, it can look like you’re wearing too much make-up, so blending is key. If you want to create a smokey eye (or anything that involves more than smudging on some cream shadow), you *need* a make-up brush—or two—for shading and detailing. There’s a reason every make-up artist’s kit is stocked with a million different tools...because flawless looks don’t just happen on their own!”

01
Cleanse

pH Restore [Cleansing Mousse]

An ultra-mild cleansing mousse that effectively cleanses the skin while restoring its pH balance.

Powered by the skin **smart Micellar technology**, the pH Restore [Cleansing Mousse] gently rids your skin of dirt, grime and excess oil while maintaining its pH balance. It is the pH level that determines the effectiveness of the skin mantle.

02
Tone

All Important [Skin Toner]

An alcohol-free toner that clarifies the skin while maintaining its pH balance.

pH balance measures the acidic-alkaline ratio of the skin. In the absence of this balance, the skin mantle slowly loses its ability to restore moisture or fight toxins. This is why you need 02 in the skincare regimen. The All Important [Skin Toner]—**a soothing tonic** for your skin, that along with balancing your pH levels, helps cleanse pores.

03
Hydrate

Advanced Hydration

Do away with oxidative damage and restore your skin back to its luminous best by giving it a boost of Vitamin E.

Free radicals are unstable molecules that react with your skin to cause cellular damage or oxidative stress. Advanced Hydration is a deeply[^] nourishing moisturizer with the **power of 10x Vitamin E[@]** — known for antioxidant protection and repair.

[^]within stratum corneum
[@]as compared to placebo



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Read This Before Buying Your Next Eyelash Curler

All the musts that make up the perfect gadget.

1

STURDY HANDLES

Sounds minor—like, you use this thing for only a few seconds, who cares if it's a little flimsy? You. You care. Because if your fingers can't get a nice firm hold, you could lose your grip and also a bunch of lashes (👁️).

1



2

A METAL FRAME

Metal not only lasts longer than, say, plastic that could crack, but its weight also provides more stability. Meaning, no more shaky tools millimetres from your cornea.

3

A WIDE-ENOUGH OPENING

Pinched eyelid skin = stuff of nightmares. Your curler should be the width of your full lid and easily fit all your lashes inside.

4

THE RIGHT SHAPE

You know how you shop for shoes that support your high arches (or total lack thereof)? Same thinking goes for these babies: the flatter or rounder your eyelid shape, the flatter or rounder your curler needs to be.

5

SOME BOUNCE

That mini rubber strip embedded in the frame must be ~cushiony~. The flexible material helps your lashes absorb pressure and allows the curler to spring open quickly after each use.

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Stardust
Lash Curler,
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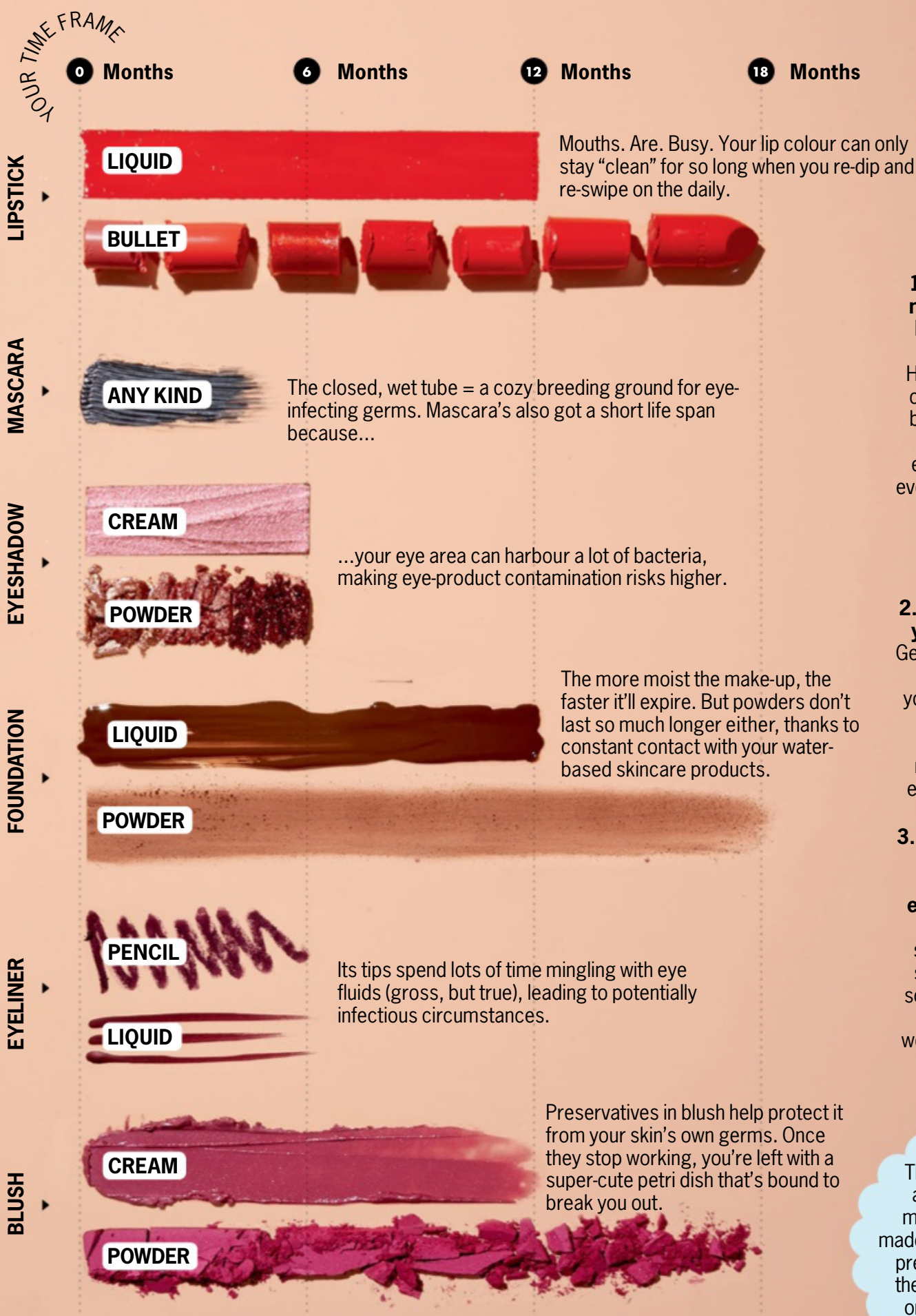
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This is the *Exact* Shelf-Life of Your Make-Up

Hey, hi—your make-up bag? With the lipstick from college? Toss that sh*t before it becomes a biohazard. These guidelines from LA-based cosmetic chemist **Ron Robinson** are your new life manual.



HEADS UP!

1. Storing your make-up in the bathroom is a hard no.
Heat and humidity can cause faster bacteria growth, shortening expiration dates even more. Instead, leave it in a dry place, like your bedroom.

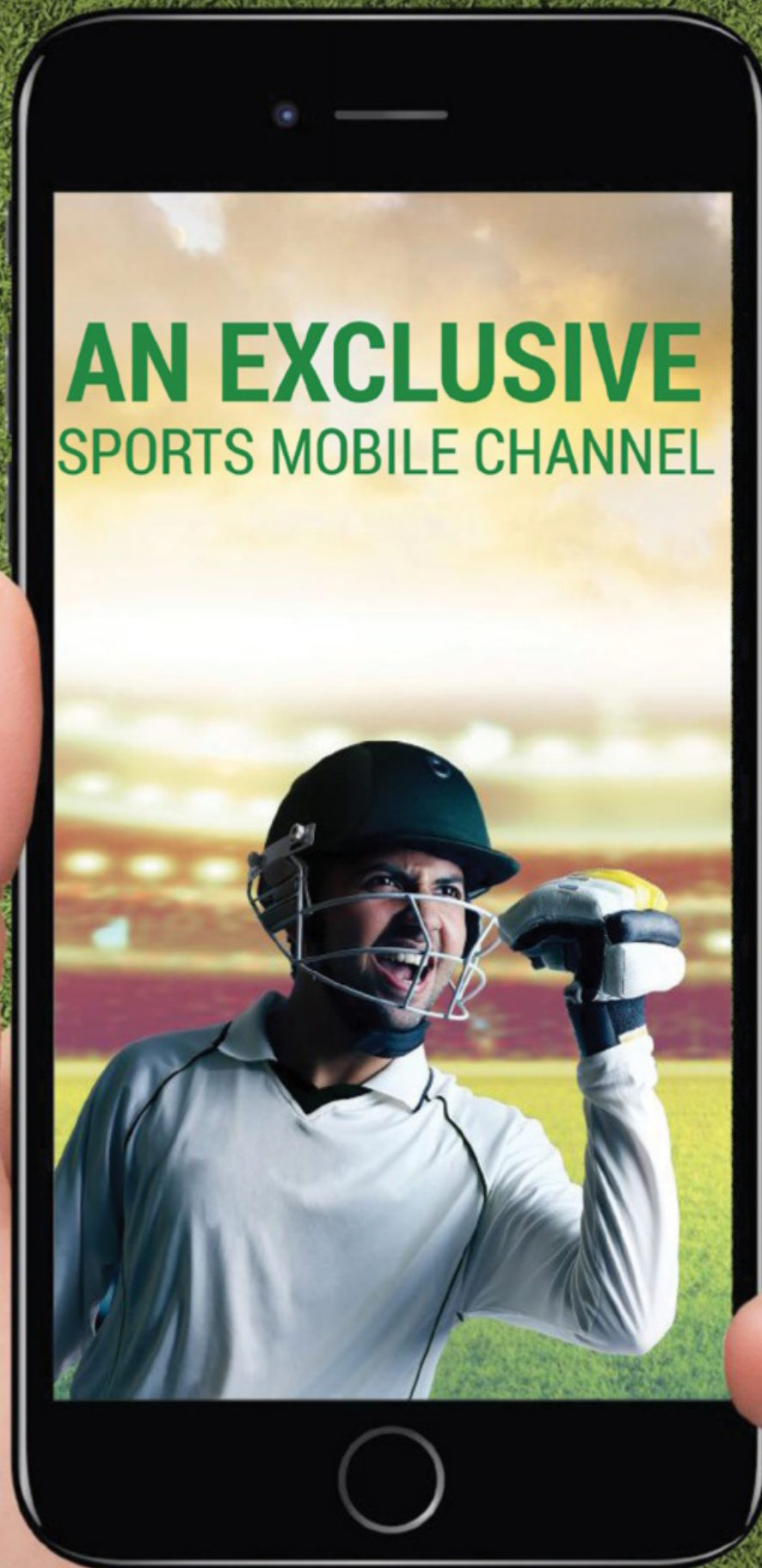
2. Don’t f*ck with your eye area.
Get yourself a spray bottle and mist your shadows and brushes with antimicrobial rubbing alcohol every few weeks.

3. Both pencil and gel liners can harden from exposure to air.
Use a clean sharpener (as in soap-and-water-scrub-scrub-scrub clean) once a week to keep them linin’ like new.

PSA!
These rules don’t apply to ‘green’ make-up, which is made without traditional preservatives. Take the expiration dates on the packaging seriously, okay?



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Pick Your Mood

Fragrance holds the power to evoke memory and emotions. We've put together a #ScentEdit to ensure you have a fume to suit all your moods.

Photographs: Schöttger Photography





SWEET DELIGHTS

1. Gucci Mémoire d'Une Odeur EDP, price on request. 2. Givenchy L'Interdit EDT, ₹7,575/80ml. 3. Hermès Twilly D'Hermès Eau Poivrée EDP, ₹10,300/85ml. 4. Guerlain Mon Guerlain L'Eau de Parfum Intense EDP, ₹5,850/30ml. 5. Moschino Toy 2 EDP, ₹4,050/50ml. 6. Mugler Angel Collector EDP, price on request.

fast glam



TOO HOT TO HANDLE!

1. Narciso Rodriguez Rouge EDP, ₹6,600/90ml. 2. BDK Parfums Rouge Smoking, price on request. 3. Missoni EDT, price on request. 4. Jean Paul Gaultier La Belle EDP, price on request. 5. Paco Rabanne Lady Million Empire EDP, ₹6,850/100ml. 6. Versace Eros Flame EDP, ₹7,750/100ml.

FOR MORE GREAT STORIES, VISIT COSMO.IN

#VACAYMODE

1. Bvlgari Splendida Tubereuse Mystique EDP, price on request. 3. 27 87 Perfumes Sónar price on request. 5. Memo Paris Moon Fever, Berlin, EDP, price on request.



ON

5,850/50ml. 2. Louis Vuitton Cœur Battant EDP, EDP, price on request. 4. All Saints Sunset Riot EDP, price on request. 6. Vilhelm Parfumerie Poets of



SPREADING CHEER

1. Christian Dior Joy Intense EDP, price on request. 2. Zadig & Voltaire Girls Can Say Anything EDP, price on request. 3. Tiffany & Co. Tiffany & Love, price on request. 4. Lengling El Pasajero No. 1 EDP, price on request. 5. Yves Saint Laurent Libre EDP, price on request. 6. Carolina Herrera Good Girl Glorious Gold Collector EDP, price on request.

fast glam

Facial Oil 101 for Skin That's Oily-AF

Magic or just really
smart beauty
advice—you decide!
By Lauren Balsamo

By: LAUREN BALSAMO

Photograph: SHUTTERSTOCK.COM

We are happy to report that, despite all concerns to the contrary, adding a face oil to your routine won't make your skin one bit greasier—just glowier. Oils can actually strengthen your skin's protective barrier, which keeps in good things like water and nutrients, while blocking microbes, pollutants, and allergens, says Sarah Villafranco, MD, Founder of skincare brand Osmia Organics. All this is essential for clear, healthy-looking skin—no matter your skin type. It may sound counterintuitive, but using a face oil can even make your skin less oily, since it allows sebaceous glands (aka the ones that pump out oil) to get into a more balanced state, says Dr Sarah. But here's the catch: if you use the wrong facial oil or apply it the wrong way, your skin will become a shiny disco ball of clogged pores. Just follow these three rules below and you'll be golden.

1. Stick to plant-based oils that are low in saturated fat. These penetrate the skin quickly with minimal residue, says US-based dermatologist Heather Rogers, MD (she also recommends sticking to oils that are fragrance-free to avoid irritation). Some popular low-saturated oils used in skincare include grape-seed oil, jojoba oil, and sunflower oil.

But if you have one you're unsure of, look for words like 'lightweight' and 'non-comedogenic' on the label and you should be good. Also, you'll want to use face oils that have a high amount of linoleic acid, like hempseed or rose-hip oil, says Dr Sarah. "Linoleic acid is great for oily skin because it helps manage sebum production."

2. Stay far, far away from coconut oil. We know everyone—from, like, your grandma to that influencer with amazing skin you follow—swears by it, but if you have oily skin, it's a hard no. "Coconut oil is high in saturated fatty acids like lauric acid, which can build up in the top layer of your skin and cause excess shine and clogged pores," adds Dr Sarah. And while you're at it, steer clear of mineral oil, too, says Dr Heather. "It doesn't soak in and sits on the surface of your skin."

3. Don't just slather it on. "Massage a few drops into clean, damp skin," says Dr Sarah. The oil will sink in faster this way than, say, if you haphazardly rub it into dry skin—plus, it'll help lock in that extra moisture, too. Or you can mix a few drops with your serum or moisturiser. Start out using your face oil only at night and see how your skin reacts. If you like what you see, you can use it twice a day. ■

Just follow these three rules above and you'll be golden

THE BEST FACE OIL FOR...



1 OILY SKIN THAT'S ACNE-PRONE

A few drops of this kukui nut-rich oil help reduce redness and neutralise sebum production.

Herbivore Lapis Facial Oil,
amazon.com, ₹5,150 approx

2 OILY SKIN THAT'S SENSITIVE

Anti-inflammatory hempseed oil and soothing oatmeal are ideal for stressed-out skin.

First Aid Beauty Ultra Repair Oat and Cannabis Sativa Seed Oil,
amazon.com, ₹3,150 approx

3 OILY SKIN THAT'S DULL

This bb is infused with glow-up-worthy saffron plus skin-brightening turmeric.

SoulTree Radiance Face Oil
With Saffron & Turmeric, ₹750

4 OILY SKIN THAT'S SHOWING SIGNS OF AGEING

Not only is rose-hip oil amazing for minimising oiliness, but it can also help soften the look of lines by restoring collagen and elastin.

Juicy Chemistry Cold Pressed Rosehip Seed Carrier Oil, ₹650

Sephora
Konjac
Sponge,
₹450 approx

Primark
Rainbow
Washing
Sponge, price
on request

AfterSpa
Konjac
Sponge, price
on request

Beter
Facial
Sponge,
price on
request

The Body
Shop Bath
Lily, ₹245

EXFOLIATE, EXFOLIATE, EXFOLIATE

Clogged pores, blackheads, whiteheads, and blemishes will become a thing of the past if you take a shine to these tools that promise squeaky-clean and super-soft skin in a jiffy.

RECHARGE YOUR HAIR

If you are looking for a natural solution to bring back your lost mane glory, try System Professional's all-new Inessence range. Free of sulfates, silicones, and parabens, this range comprises 91% natural ingredients that leave hair soft and nourished. It also features the unique EnergyCode technology, along with acai stem-cell extract, a strong antioxidant that rids you of environmental impurities and also protects hair from UV rays.

System Professional Inessence
Conditioner, ₹2,400, Shampoo,
₹1,950, and Mask, ₹2,800



Beauty Scoop

WE BRING YOU THE LATEST GOSSIP,
TRENDS, AND TIPS FROM THE
WORLD OF BEAUTY!

#Trending

THE BEST HACK FOR BAD HAIR DAYS

Scarves have proved how versatile they can be as an accessory—we've used them as hairbands and turbans to cover up 'em greasy locks. And SS20 runways saw another drool-worthy trend gaining momentum, which is perfect for lazy gals. Just tie up your second-day hair into a rope braid(s) using a printed scarf—it'll not just spruce up your 'do, but also add oodles of glam to your look.

SMOKEY VERSION 2.0

Stark-black smokey eyes really seem like a thing of the past with its brand-new versions that are a lot more subtle in comparison. Last season, we saw a resurgence of brown smokey lids and the trend continues to evolve in SS20 as well. We saw designers like Brandon Maxwell, Fendi, and Tom Ford (credited for keeping pitch-black smoked-up lids on the beauty map for a while!) experiment with softer hues like mauve, pink, and silver to create the same effect.

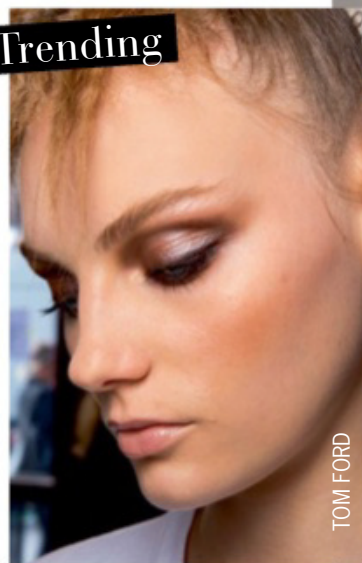


ULLA JOHNSON

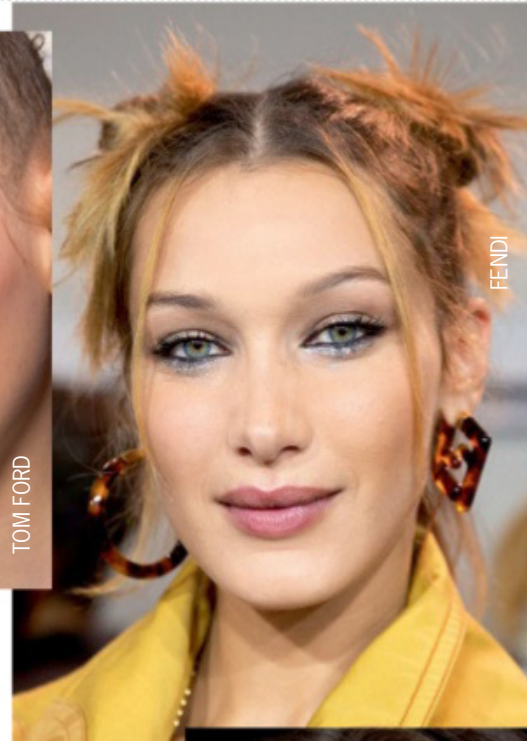
JONATHAN COHEN



JONATHAN COHEN



TOM FORD



By: MEGHNA SHARMA; (Composite) NURIA SERRANO/STUDIO HEARST SPAIN



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The SS20 Round-Up

All the prints, patterns, styles, and shades ruling the fashion world this season!

By Priyanka Yadav; Text: Humra Afroz Khan



CRAFT-Y CROCHET

Remember grandma hand-weaving those delicate doilies to perfection?! This is that, version 2020. And high fashion. Which means, not limited to just beachwear, crochet is now going to style-town spun as easy-breezy minis, dressy gowns, chic suits and all else in between.

PRETTY IN PASTELS

Pistachio greens, baby pinks, buttermilk cream, orange sorbets, et al: SS20 is making a strong (but soft!) case for dreamy pastels. Go monotone or add a pop of contrasting colour (especially by way of accessories), the cotton-candy hues will make it all work.





A FASHION SAFARI

From a jungle-inspired collection at Dolce & Gabbana to the army-ish ensembles at Max Mara, it's a wild, wild, world out there! Soldier on awashed in the safari trend—shirts, shorts, pants, jackets, even belts, shoes, and bags—or plod this sartorial landscape one piece at a time.



THAT '70S SHOW

Yep, it's time for the swinging seventies, ladies, and to do Jackie Burkhardt proud! Think, flared silhouettes, dagger collars, clashing prints, acid hues, the like. Fashion is era-tic, but it's safe to say you can be your hipp(i)est in 2020. Geddit?!





FOLLOWING (SHORT) SUIT

Classic suit, who? This season has taken the ‘short’ cut—oh hello, bermuda suits. Prop up with chic belts, bags, jewellery, and more to be the cynosure of all eyes at the next party...or, give a ‘#BossBabe in the style dep, too’ vibe at that work lunch. Chill scenes more up your alley? Team with casual tees, hats, and sandals (or sneakers) for a leisurely outing (or even a beach vacay).



A BRA-ZEN SHOW

We like to call this one a couture-ode to the sunny days ahead. While sheer was a big trend last year, this season is all about being overt, fearless, and in-your-face. Aka, wearing bralets as outerwear. And there’s a deluge to choose from, in all sizes and styles, for all occasions. Skip the modest coverings, and bring on the 500 days of summer!



JOINING THE DOTS

And the runways continue to see spots in SS20, too. Yeah, not groundbreaking, but pretty powerful! Have fun with the size of your dots, and work the print in interesting silhouettes—oversized, exaggerated, or deconstructed—for a refreshing take. Keep the accessories minimal, so your polkas remain the hero.

HOTTER THAN THE TROPICS

Your stint with it may not be as iconic as Jennifer Lopez's in that Versace number at the Grammys in 2000 (BTW, thanks for the encore, JLo!), but the tropical prints are very popular ATM, and definitely merit a try. Not for the faint-hearted, though, this trend begs to be taken the whole hog—stock up on co-ord sets to work it.





POWER PUFF, GIRLS

Bold and romantic in equal measure, puffy sleeves made huge waves in SS19 and are still going strong. This Spring, however, they've got an (even more) OTT upgrade—more structured than slouchy, and yep, the bigger the better. No need for any additional sexing up: the drama they bring, with all that ruching, bunching, ballooning and/or ruffling, is enough.

A LACEY AFFAIR

Delicate lacework—especially open web, in antique-meets-modern variations—is cementing its reign with a fresh glow-up this season. And it's leaving nothing (and no-one) untouched: blouses, skirts, pants, *errything!* The hottest way to get on with things is to be 'laced' head-to-toe (look below: more is less). Add vivid accessories (and a bold lipstick!) for a touch of contrast to the whites and creams.





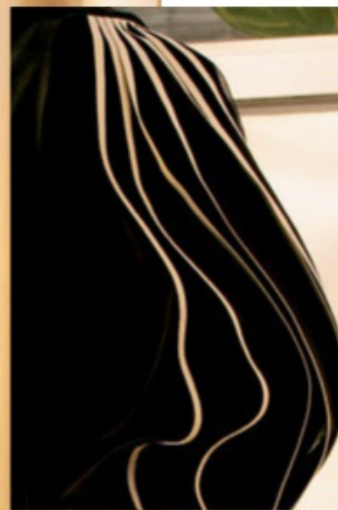
GET YOUR HIGH-SHINE ON

No longer reserved for glitzy evenings, bling is now a rager 24x7. Inject high-shine—via lurex, sequins, metallics, patent finishes, etc.—to your ensemble with one catchy piece, or throw caution to the wind and embrace it in all its dazzling glory, even mixing and matching elements. And while at it, don't worry about pulling out all the stops on the accessory-front, either.



PRIMARY FIXATION

Runways everywhere are seeing a burst of primary colours this season. And each of 'em comes with its own characteristics: Flame Scarlet, for example, exudes confidence and determination, according to Pantone; while classic blue is evocative of the vast evening sky, opening us up to a world of possibilities, and warm yellow adds a flavourful brilliance to the palette. Take your pick.



RUCHIKA SACHDEVA

“I’d describe my style as functional, strategic, and minimal. It also has a lot to do with comfort and mobility. Your clothes should adapt to you, not the other way round. For this feature, I chose a black, pleated-sleeved, silk shirt, teamed with black, tailored trousers. It’s a rather versatile combination, but what stands out the most for me is that it makes for an understated outfit that can be worn at a work meeting as well as an evening out. When pairing different fabrics, I like to keep it monotone—it’s easier to pair different pieces if they are in the same colour.”

Blouse and pants, both Bodice

“My Signature Style”

No two (or three, or four) women are the same. These strong, enterprising designers put their distinctive personal styles on display to attest for us.

By Zunaili Malik; Photographs: Akshay Sharma; Interviews: Humra Afroz Khan

Hair & Makeup (for Ruchika and Rina): **ITIKA CHUGH;**
Fashion Interns: **SALONI KOHLI AND SHIVI KHOSLA**

RINA SINGH

"My personal style is extremely minimal and easy-going. And I don't like to force anything on myself. So I'd never wear anything fitted...I like clothes that are roomy, comfortable, and voluminous. Always layered: it gives an appearance of more than what meets the eye. I mostly opt for natural textiles and breathable fibres: how a piece feels on the body is very important to me. I've always dressed like this—growing up, my sister used to call me 'jhablo' because I used to wear really relaxed, long maxis, which I'd often tailor myself. In my head, I was a bohemian, free-spirited girl. And, somewhere, that design language has stayed. Here, I've chosen a bright pink, plain dress, with just a little trim, worn over a slip and culottes, for a more casual feel, and androgynous shoes to add some quirk. It's feminine and yet not—just the kind of the layering I like."

Dress, slip, and pants, all Eka



**KIRAN UTTAM
GHOSH**

"My style celebrates imperfections... the right amount of wrong in each one of us. Why should we try to be like everyone else, when the truth is that there's no beauty without any strangeness? My personal style reflects off everything I own, even the linen and blinds at home. I'm always on the go, and that has a fair bit of influence on my style, too. Like the Cocoon dress I've worn here. There's something slouchy-chic about it, that works for my lifestyle. The pleated cocoon silhouette fits effortlessly and crease-lessly, when going from the aircraft to office to lunch. It is simple yet dramatic. Also, I was always gawky and skinny, so now that I have suddenly developed a belly, an outfit such as this one also works well to cover all the lumps and bumps, making me embrace them more stylishly. I've gone on to add some jewellery for some sparkle."



Hair & Makeup (for Kiran and Amrita): **KUHU GUPTAA**

Cocoon dress, Kiran Uttam Ghosh; gladiator heels, Ralph Lauren; choker, Suhani Pittie



AMRITA KHANNA

"I am modern in the way I dress. And somewhat bold, in that I like to feel powerful in my clothes. They should be able to bring out the best in me, and make me feel confident. I lean towards clean lines, relaxed tailoring, and comfortable clothing. To which I add elements to make the look stand out. So I could be wearing a simple black ensemble, like this one, but I'll throw on a jacket, or statement earrings, or a fun bag, or maybe just swipe on a bright, red lipstick. And I love big shoes, like the boots I've worn here. I wouldn't call myself trendy, I'm more of a 'classics' person, with a contemporary touch. It works well for me: I can wear the same look in the day as well as for a night-out, with just a switch of elements, and without seeming like I've tried too hard or made an extra effort."



Vintage top (Amrita's own); pleated skirt and jacket, both Lovebirds; boots, Kenzo; bag, Miu miu

fast glam

Shade-y Business

NM here...just a few can't-skip (Must.Not.Skip!) trimmings even your glammest outfit needs—a colour-coordinated treasury of the season's most delish lingerie, baubles, footwear, and fragrances.

Photographs: Mara Alonso;
Styling: Jaione Zalduegui



RED HOT

1. Degrastrass 100 pumps, Christian Louboutin, ₹70,500 approx.
2. Bra, Playtex, ₹2,900 approx.
3. Juicy Couture Oui EDP, [amazon.in](https://www.amazon.in), ₹6,420/100ml.
4. Sunglasses, Marc Jacobs, price on request.
5. Earrings, P D Paola, price on request.
6. Mini bag, Zara, ₹1,400 approx.
7. Bag, Karl Lagerfeld, ₹27,100 approx.
8. Kenzo Flower by Kenzo Poppy Bouquet, ₹5,650/50ml.
9. Silk and lace bra, Etam, ₹2,700 approx.



GET 'EM BLUES

1. Grand Manege Bandana Shawl, Hermès, ₹14,000 approx.
2. Comporta Perfumes Mosquito Perfume, price on request.
3. Lace underwear, Dim, ₹1,300 approx.
4. Angel Schlesser Citrus Marino Perfume, price on request.
5. Embellished pumps, Roger Vivier, ₹1,17,600 approx.
6. Bra, Etam, ₹2,700 approx.
7. Iqono Pendant, Suarez, price on request.
8. Versace Dylan Blue EDP, ₹6,650/50ml.
9. Earrings, Agatha by Sara, ₹11,000 approx.
10. Belt, Chanel, price on request.

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THE GREEN REVOLUTION

1. Metallic handbag, Zara, ₹2,300 approx. 2. Strappy lace bodysuit, Women's Secret, ₹2,350 approx. 3. Gucci Mémoire d'une Odeur EDP, price on request. 4. Chloé Atelier des Fleurs Jasminum Sambac EDP, price on request. 5. Earrings, Suarez, ₹54,700 approx. 6. Metallic sandals, Giuseppe Zanotti, ₹38,950 approx. 7. Lace bra, Playtex, ₹3,000 approx.



TICKLED PINK

1. Printed scarf, Dior, ₹70,000 approx. 2. Lace bra, Calvin Klein, ₹4,100 approx. 3. Grace Clutch, Yiana Yopez, ₹77,500 approx. 4. Dior Miss Dior EDP, price on request. 5. Lace brief, Calvin Klein, ₹1,900 approx. 6. Bra, Eres, ₹21,250 approx. 7. Satin pumps, Aquazzura, ₹43,300 approx. 8. Maison Margiela Replica Flower Market EDP, price on request.

Jewelled to Boot

A dazzling pair of earrings is the easiest way to spruce up an all-black look. Bonus: add depth to the outfit by investing in lustrous, thigh-high boots such as this one... the risqué heels are worth it.



1. Matilda Drop Earrings, St. Erasmus, ₹4,000. 2. Noto Heart Earrings, Olivia Dar, ₹4,800. 3. Amoeba Earrings, Shivan & Narresh, ₹19,950. 4. Gold Nebula Earrings, Ritu Kumar, ₹3,690. 5. Quilted thigh-high boots, Truffle Collection, ₹7,299.



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You've Got to Make a Run For It



(L-R) Ultraboost 20, Adidas, ₹14,000 approx; React Element 55, Nike, ₹7,700 approx; Flexagon 3.0, Reebok, ₹6,200 approx

Training with style has never been easier...all you need to do is get one of these sneakers. Featuring a chic design coupled with cutting-edge technology, they'll get you ready for a marathon session in no time.

Photographs: Nuria Serrano; Styling: Jaione Zalduegui



(L-R) Gel-1090, Asics, ₹7,800 approx; 1500 v5, New Balance, ₹9,400 approx; 3.0-Satellite, Skechers, ₹5,100 approx

Knit Sets Are All the Rage ATM

Sweaters, but for your whole body.



Round-neck jumper, ₹2,300, and midi skirt, ₹3,200, both Marks & Spencer

Black Magic

From running errands to partying the night away, this jumper-and-skirt combo shan't let you down.



Top, ₹2,499, structured skirt, ₹2,999, both United Colors of Benetton

Mix 'N' Match

Structured silhouettes. Need we go any further?! And the more idiosyncratic the pick, the more certain a winner your lewk.



Lucy Hale

THE TRICK

For LIMITLESS snugly-outfit options, mix and match all these tops and bottoms.



Top, ₹43,000, and pants, ₹64,000, both Missoni

Game, Set, Match!

This slub knit is just the upgrade your regular pants need this season. With a matching top, obvio!



Polo-neck jumper, ₹1,999, and midi skirt, ₹1,999, both H&M



Flared skirt, ₹1,490, and jumper, ₹1,490, both Uniqlo

Keep It Short

The short(er), cooler cousin of pants + some-skin-baring cardi = a very non-boring, second look-worthy choice.



Cardigan, ₹2,590, and shorts, ₹1,890, both Zara

It's a Pattern

For when you want to make your monochrome look a bit more statement-y, but without any extra effort.

Grey Area
The colour may make you think 'loungewear', but it's ~elevated~ in skirt and mock-neck form.

A full-page advertisement for Triumph underwear. Two women are featured against a textured, light pink background. The woman on the left has long dark hair and is wearing a black lace-trimmed bra and briefs set, with a black lace-trimmed robe draped over her shoulders. She is resting her hand on her hip. The woman on the right has long brown hair and is wearing a light pink lace-trimmed bra and briefs set, with a matching pink robe draped over her shoulders. She is also resting her hand on her hip. Both women are looking directly at the camera with soft smiles.

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Triumph

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The Exact Sticky Bra for Your Complicated V-Day Dress

Math that's actually helpful.

ONE-SHOULDER



Krysten Ritter

SEE-THROUGH



Leomi Anderson

BACKLESS



Kareena Kapoor Khan

STRAPLESS



Gwen Stefani

CUT-OUTS



Saweetie



FRONT CLASP

Keep those girls together with a handy clip.

Clovvia, ₹799



Lycra dress, Fendi, ₹1,28,000 approx



NIPPLE COVERS

Don't wanna bare all? Use these subtle bbs.

Victoria Secret, ₹900 approx



Evening dress, Giorgio Armani, price on request



CLEAR HOISTERS

Stick these on, then use the tabs to lift a li'l higher.

Niidor at amazon.com, ₹1,000



Sequined mini dress, French Connection, ₹18,000



DRAWSTRING

The tighter the laces, the deeper the cleave.

Hunkemöller, ₹2,700



Shift dress, Vero Moda, ₹3,999



SILICONE LIFTS

Want separation *and* lift? Say no more.

La Senza, ₹2,115



Bodycon dress, Dorothy Perkins, ₹5,000 approx



ABU JANI SANDEEP KHOSLA ANAMIKA KHANNA ANJU MODI ASHISH SONI DAVID ABRAHAM RAKESH THAKORE
GAURAV GUPTA JJ VALAYA MANISH MALHOTRA MONISHA JAISING NAMRATA JOSHIPURA
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Delicate Darlings

While black reigns supreme in the underworld, softer hues like pink, lilac, mauve, baby blue, buttercream and more are perfect for day...and for play!



Balconette bra, ₹16,600 approx, and brazilian briefs, ₹ 10,100 approx, both La Perla



Mesh bra, ₹2,300, and brazilian knickers, ₹900, both Marks & Spencer



Triangle bra, ₹2,950, and briefs, ₹2,000, both Tommy Hilfinger



Emma Willis Lace Body, Next, ₹3,030



Bra, ₹4,600 approx, and briefs, ₹2,700 approx, both Emporio Armani

Peep Show

Sexy styles that leave just enough to the imagination.
By Priyanka Yadav



Bandeau bra, ₹999, and lace hipster, ₹399, both Pretty Secrets



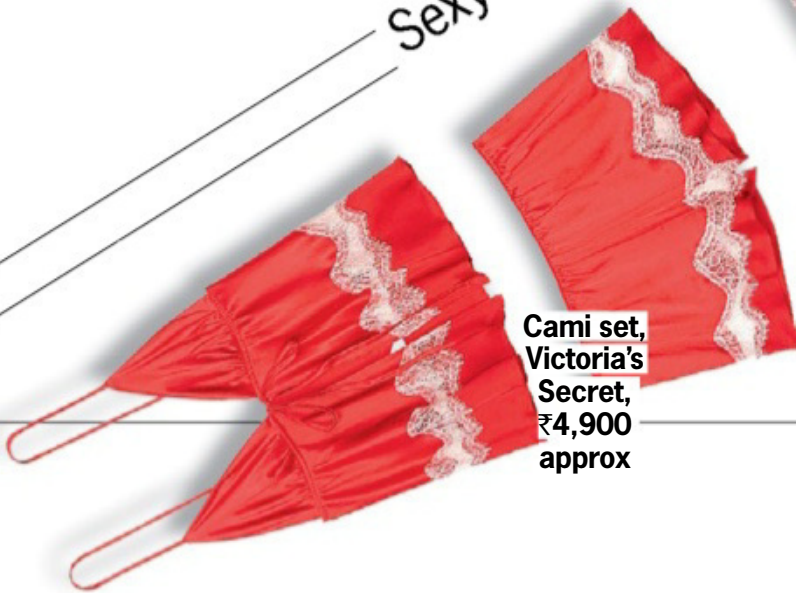
Bra, ₹1,499, and briefs, ₹550, both Candy Skin



Wicked Babydoll, Victoria's Secret, ₹9,240 approx



Halterneck thong body, H&M, ₹1,499



Cami set, Victoria's Secret, ₹4,900 approx



Push-up bra, ₹4,900 approx, and thong, ₹1,700 approx, both Victoria's Secret

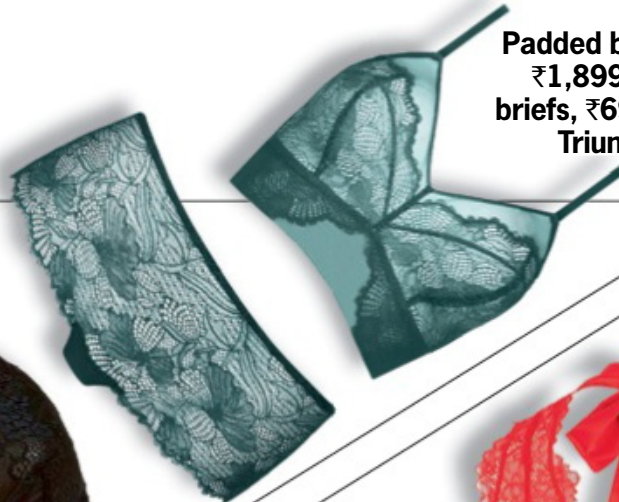




Bella Tulle Underwired Body, La Perla, ₹18,500 approx



Logo band bra, ₹2,300, and matching briefs, ₹1,100, both Guess



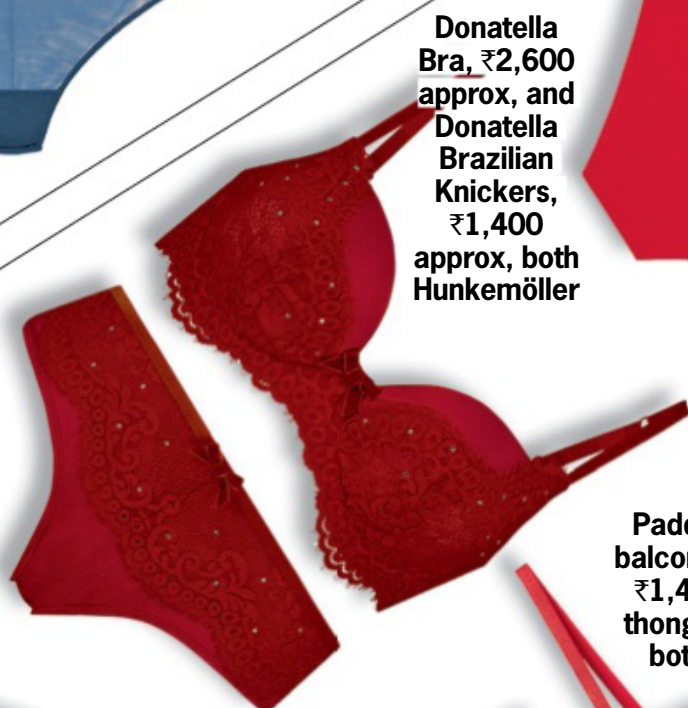
Padded bralette, ₹1,899, and briefs, ₹699, both Triumph



Layered lace body, Marks & Spencer, ₹2,300



Bralette, ₹2,500, and underwear, ₹1,900, both Calvin Klein



Donatella Bra, ₹2,600 approx, and Donatella Brazilian Knickers, ₹1,400 approx, both Hunkemöller



Padded bra, ₹799, and underwear, ₹299, both Clovia



Padded lace balconette bra, ₹1,499, and thongs, ₹599, both H&M



Feel Free Bra, ₹1,895, and Feel Free Bikini, ₹695, both Wacoal



Silk and lace set, Marks & Spencer, price on request



Push-up bra, ₹999, and knickers, ₹449, both Pretty Secrets



Lace satin kimono, Hunkemöller, ₹3,500 approx

Bold and Beautiful

Red lingerie is the posterchild of sexy—and we've got some stunning, lacey picks in just that! But if your vibe is more *cazjh*, we're certain our curation of logo-ed sets, satin cover-ups, and cami sets will entice you.

SHIVALI CHAUHAN, 31

“Knits are huge! (Yep, I got that from *Cosmo*’s January issue.) To try this trend, I picked a bright jumper and paired it with lavender pants, sticking to the same colour family for a monotone effect. I opted for minimal accessories to let my clothes do all the talking.”



EKTA BASU, 26

“Checks on checks always checks out! I got in on the trend with this blazer-and-skirt combination. The leather shirt underneath adds a tough touch to the look. I threw on a wide belt for definition, and round sunglasses for a retro vibe.”



Street Style

We took the battle of the best-dressed to the streets, and were wowed by your style picks and cool looks.



VAISHALI SRIVASTAVA, 24

“I’m obsessed with all things bling, and this mini skirt is just the shimmery upgrade my neutral winter look needed. I have added a hint of colour with bright red sunnies, which also match my hair!”

NEEVIA YADAV, 27

“I’m always looking for interesting ways to style my summer dresses in winter... and I’m totally digging this strappy dress-over-a-turtleneck look. It’s comfy, and can look casual or glam depending on how you accessorise it.”



SYED ZOYA, 22

“I tend towards prints a lot, and it helps that they’re *always* in style. I’ve paired the long printed shirt with white pants. It’s still a little chilly, so I threw on a beret over my printed scarf to finish the look.”

TOP TEN EMERGING DESIGNERS TO LOOK OUT FOR IN YEAR 2020

There are plenty of labels to put on your radar in 2020. From '80s-inspired designs to unique takes on knitwear and unexpected details, these are the emerging designers to watch (and shop!) this year, according to IFFD (organiser of @indiarunwayweek).



fast glam

SUIT UP

Taking a break from the archetypal (boring?) pantsuit, SS20 is redefining power dressing with fun patterns, prints, shades, styles and silhouettes. Result: what once meant serious business is now a perfect ally for just any outing—from the supermarket to your next party, and even that work meeting in between—with just a clever switch of accessories.



BALMAIN



PACO RABANNE



PRABAL GURUNG

Style News

THE NEWEST, LATEST, AND MOST TALKED-ABOUT FASHION STUFF



Conquest Classic, Longines, ₹62,100

Serpenti, Bvlgari, ₹7,12,000



Red Medusa, Versace, ₹99,220 approx

WATCH OUT

'Coz it may be easier to check time on the phone, but it's not half as pretty... or stylish. And when the timepiece also doubles as a sparkly, perk-up-any-outfit kinda bauble, you gotta fall in love!



Heure Du Diamant, Chopard, price on request

IN



Futuristic, *laarge* shield sunglasses. Yep, they're back!



Hot pants. Let those hems soar, like your spirit.



The pros are wearing platform sandals in SS20. So, et tu.

OUT



Bye, *Matrix*-inspired tiny 'uns (still love you, Keanu!).



Time to send cycling shorts home... to the velodrome.



Dad called. He wants his chunky sneakers back.

YAY OR NAY

Remember the 'Felt Cute, Might Delete Later' fad on Instagram? This is that, for fashion. Trends that were a rage not too long ago, but don't make the cut anymore. Along with all that needs to be on your radar right this minute. 'Thank U, Next' kinda feels.



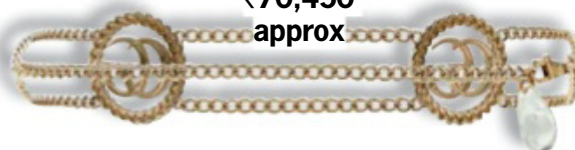
Fendi,
₹98,000
approx



Mango,
₹3,590



Louis Vuitton,
₹61,900
approx



Gucci,
₹70,450
approx



Papa Don't Preach by Shubhika,
₹8,850

FASTEN YOUR WAIST BELTS

Cinched waist has been a huge trend lately, perfect to add definition to the look, as well as lend a break to the outfit. But when it comes to the tools to do the needful, just anything wouldn't do anymore. 'Coz SS20 is flooded with options, of all kinds! Whether you want to update a formal attire, add some sass to your daywear, or tone up the party look a bit more, these belts are deal-clinchers.



Varun Bahl

"For the day, I'd recommend pairing a basic tee with a printed, flowy skirt. It's a breezy yet chic silhouette. You can add a pair of flats, a pop colour handbag, and oversized sunglasses. For the evening, pick a well-fitted tee and team it with high waisted, wide-legged pants. Accessorise with a gold or silver sling bag (those are classics) and statement earrings."



Katie Holmes

STYLE TIP

HOW TO STYLE YOUR SUMMER TEE

Two designers spill the tea on tees!



Deepika Padukone



Anushka Sharma



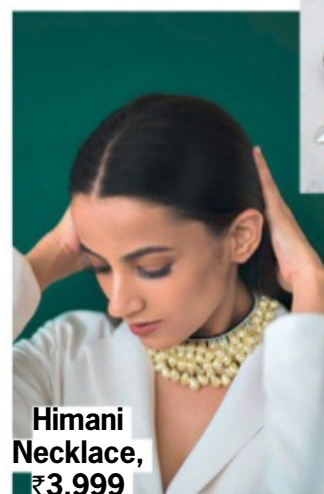
Pankaj & Nidhi

"Our favourite trend this season is the big comeback of denim. So pair your tees with a fun, denim piece. Try a mini skort: it allows ease of movement, while retaining the elegance of a skirt. For accessories, pick an embellished denim jacket and a sleek envelope clutch or wristlet. Finish it with a bright coral lipstick and loose hair, and you have an easy, chic look that works from day to evening."

COSMO EDITOR'S PICK

AMAMA

Nikita Gupta launched Amama a little over two years ago, in an attempt to come up with jewellery that had a boho vibe to it. "After a year of curating pieces from nooks and corners of different cities, we started manufacturing our own designs," she tells Cosmo. "Whatever we create has to be statement; we don't believe in minimalism!" The stunning pieces are also easy to wear, made with comfort in mind so they aren't a "torture to your ear lobes and a pain in your neck". The brand also has a home decor line, inspired by Nikita's grandmother, who'd use crochet and macrame techniques to make unique patterns.



Himani Necklace,
₹3,999



Ambika Earring,
₹1,899



Bani Earring,
₹2,499



Rashmi Necklace,
₹3,999

fast glam



1. Clutch, Beau Monde, ₹7,500;
2. Dragonfly earrings, Kate Spade New York, ₹9,147;
3. Necklace, Suneet Varma X Confluence, ₹6,250;
4. Lapel Pin, AGZA, ₹2,150;
5. Drop Studs, Tarun Tahiliani X Confluence, ₹7,200;
6. Pico Bianco Earrings, Shivan & Narresh X Confluence, ₹3,500;
7. Patina Earrings, Tarun Tahiliani X Confluence, ₹5,500;
8. Pearl necklace, Isharya X Confluence, ₹4,950;
9. Leaf Studs, Isharya X Confluence, ₹5,500;
10. Hairpins (set of two), Aparna Chandra for Nicobar, ₹3,200;
11. Hibiscus Earrings, Shivan & Narresh X Confluence, ₹5,500

SHINE ON

These pretty trinkets will make sure you carry a hearty dose of bling with you, even on the dullest of days. Sparkle away!

THE LATEST CHAPTER

Part of the 15th edition of the Blenders Pride Fashion Tour, **Anamika Khanna** sits down with *Cosmo* for a quick chat.

Cosmo: How was it working on the Blenders Pride Fashion tour?

Anamika Khanna: "Really exciting. They give you the creative freedom to express yourself in any way you want. The collection I've curated, My Craft My Pride, is fun yet serious and eclectic."

C: Describe a signature Anamika Khanna outfit.

AK: "Relaxed and comfortable, but also sensual in an elegant way. And never looking forced."

C: Your favourite silhouette RN?

AK: "Boxy. I love the white Indian kurta... the kind that men wear, but on women."

C: And your favourite trend?

AK: Quilting. I want to quilt everything! But it can be very voluminous, so you have to be smart about wearing it. Avoid volume on volume, add something skinny to the mix."

C: Any fashion advice?

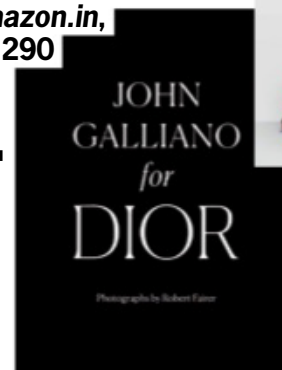
AK: "That every woman is different, so don't worry about the rules. What matters is that your wardrobe should have a positive energy about it: when you open it, it should make you feel good. So fill it with pieces that gives you that feeling."



Anamika Khanna

John Galliano For Dior by Robert Fairer, amazon.in, ₹7,290

1



2



Fashionopolis: The Price Of Fast Fashion And The Future Of Clothes by Dana Thomas, amazon.in, ₹1,192

Legendary Artists And The Clothes They Wore by Terry Newman, amazon.in, ₹1,816

3



BOOKS TO READ NOW

These *Cosmo*-approved picks won't only make for great read-partners on a rainy day in (ah, small joys!), but will also serve as insightful educators on style and its legendary names.



Parrots, Pugs, And Pixie Dust: A Book About Fashion Designer Judith Leiber by Deborah Blumenthal, amazon.in, ₹987

4



BOTTEGA VENETA

Sonam Kapoor Ahuja

Kangana Ranaut

CAROLINA HERRERA

Rihanna

JACQUEMUS

WHAT'S IN A SIZE?

From XXL to so-tiny-you-may-need-a-microscope-to-spot-it, bags have been enjoying quite the free pass when it comes to dimensions. And the A-listers onboard have us sizing up the trend, too.

IndiaContent

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EDITORIAL IMAGES
ENDS HERE**



ADVERTORIAL

START FROM SCRUB

Just like your skin, your scalp, too, needs a deep cleanse...and that's now possible with Kérastase's latest launch. Fusio-Scrub, a blend of natural exfoliators and essential oils, is a sensorial, in-salon ritual that promises to rid you of grime and leave your scalp and hair healthy, happy, and energised.



Healthy hair begins at the root. We often forget that scalp is an extension of one's skin and it's equally important to take care of its health to ensure one has lively, radiant locks. In line with the luxury brand's tradition of path-breaking innovation in haircare, Kérastase has launched yet another range that promises to not just blow your mind, but change the way you take care of your mane glory.

A skincare-inspired treatment that acts like a facial for the scalp, the all-new Fusio-Scrub range (comprising of two scrubs, Scrub Apaisant and Scrub Energisant, and three essential oils), revives the scalp with a sensorial experience that awakens both hair and mind.

Just like the skin on the rest of the body, your scalp is affected by a number of biological and environmental conditions—dirt, sweat and pollutants can clog up the scalp, depleting its ability to grow healthy hair. Fusio-Scrub is designed to cleanse and exfoliate, freeing the scalp from impurities and dead cells, revealing a fresh new surface for radiant hair to take root. Combined with the healing effects of essential oils, the in-salon service leaves you with a balanced scalp and shiny, bouncy locks.



CREATE YOUR PERSONALISED FUSIO-SCRUB



NATURAL SCRUBS

Formulated especially for those with sensitive scalps, **Scrub Apaisant** is a calming, gel-based scrub that detoxifies scalp and leaves you with incredible volume.

Scrub Energisant, on the other hand, is an invigorating sea salt-based formula designed for oily scalp. The physical exfoliants in the mix deep clean the scalp and remove dead skin cells to lift the root and leave locks radiant.



ESSENTIAL OIL BLENDS

This service is extremely decadent, thanks to the luxe add-ons. Fusio-Scrub provides a sensual journey that goes beyond just deep cleansing the scalp. Post a hair and scalp diagnosis, the Kérastase ambassador will recommend the right scrub for you. This will then be blended with an essential oil of your choice. The three oils—Sandalwood soothes and calms the senses; Peppermint awakens and uplifts the mind, while Ginger stimulates and energises the spirit—turn this haircare journey into a sensorial experience that leaves you refreshed.



BEFORE

AFTER



50%
MORE
VOLUME*

6X
MORE
SHINE*

*Instrumental test- Scrub + Oil vs untreated hair

To find your nearest Kérastase affiliated salon, visit Kerastase.in or call toll-free on 1800-224247.

Follow Kérastase on [Facebook.com/KerastaseIndia](https://www.facebook.com/KerastaseIndia) and on Instagram @kerastase_official

Bollywood's Sweethearts

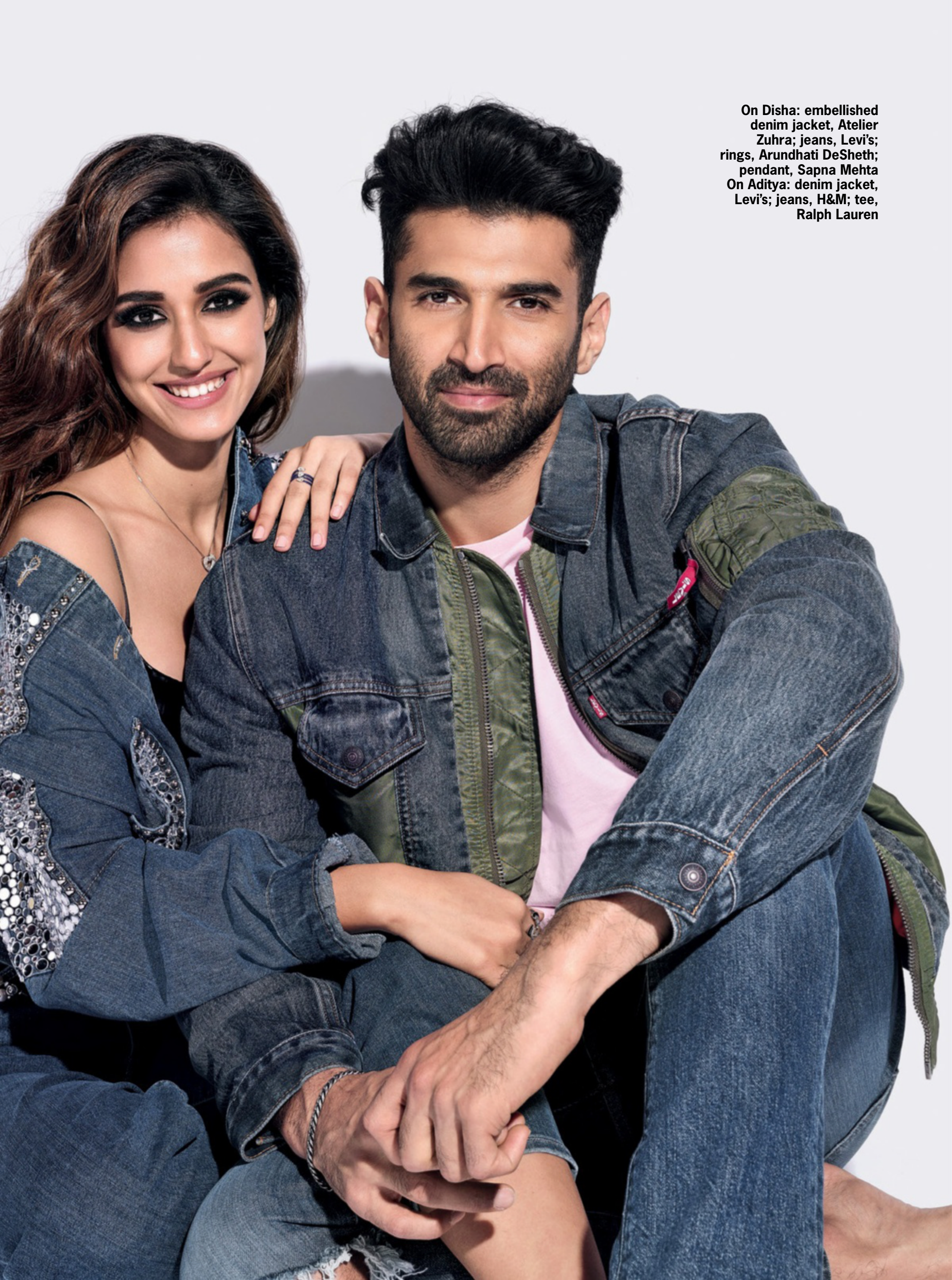
Disha & Aditya

THE HOTTEST ON-SCREEN COUPLE OTM IS NOT JUST ABOUT GOOD LOOKS AND GREAT BODIES.

COSMO ED NANDINI BHALLA GETS CO-STARS DISHA PATANI AND ADITYA ROY KAPUR TO OPEN UP ABOUT THEIR THOUGHTS, FILMS, HOPES, COMFORT ZONES, AND ABS (BUT OF COURSE!).

Styling: Zunaili Malik; Photographs: Anushka Nadia Menon





On Disha: embellished
denim jacket, Atelier
Zuhra; jeans, Levi's;
rings, Arundhati DeSheth;
pendant, Sapna Mehta
On Aditya: denim jacket,
Levi's; jeans, H&M; tee,
Ralph Lauren

cosmo interview





T-shirt, Pawan
Sachdeva;
coordinated jacket
and shorts, both
Rajesh Pratap Singh

"To be honest, I've never felt inclined to share things about my life. And I've always been a little averse to any form of social media."



Tee, Pawan
Sachdeva

Aditya Roy Kapoor is incredibly

likeable.

And it has nothing to do with that boyish charm and those sculpted abs (though I'd hardly be surprised if there existed fan clubs dedicated to his torso).

Aditya Roy Kapur's appeal lies in how good-natured and disarmingly friendly he is. He tells us he's happy to wear either the Rajesh Pratap Singh denim jacket or the Moschino T-shirt, as the *Cosmo* Fashion Editor deems fit. He talks about how his relationship with his (naturally curly) hair is a "tricky one", and how he's always had an Afro but "had to kind of chop it all off", and he hasn't still found a way to style it well, and therefore, ends up blow-drying it for "20 bloody minutes". He reveals, between chuckles, that the weirdest rumour he has heard about himself is that he is a prince ("I'm definitely not a prince, just a boy from Colaba," he laughs).

Aditya's general 'niceness' might have something to do with how he doesn't take celebritydom too seriously. ("I mean, I feel very fortunate to receive adulation and love from people," he tells me, later. "If I've had a bad day and someone comes up to me to say that they love what I do, it can totally change my mood. But there are other parts of my life that are equally important. And I find that I'm unable to be in the public eye all the time...be a public persona all the time. I need to be have my own space, to retreat. I need to just be normal and do normal things. That is equally important to me...I can't be 'on' all the time).

In this moment, though, Aditya is 'on'. We are at the *Cosmo* India covershoot, photographing Aditya and Disha Patani before the release of *Malang*, and he is telling the hairstylist that his gelled-back, side-crew haircut (it's new!) needs more fixing. The co-actors move their bodies to try to replicate the steamy chemistry they share in their upcoming romance-action-thriller, and the February 2020 cover of *Cosmo* India is born.

Later, we settle into our interview, and over discussions around life, work, his most-cherished childhood bonds, and this inner urge to get away, I get to know our coverstar better...

Nandini Bhalla: What was it like working with Disha Patani on *Malang*?

Aditya Roy Kapur: "It was fun! We had a great time shooting this film. We were basically playing a couple that was living life on the edge, enjoying themselves, and doing all this fun stuff in Goa. So that did not hurt. We got to learn adventure sports and basically just enjoy ourselves. And Disha was great to work with."

NB: You're finally on social media. What took you so long?

ARK: "To be honest, I've never felt inclined to share things about my life. And I've always been a little averse to any form of social media. About 10

years ago, when Facebook came to the scene, I refused to start an account on it. The last time I was on any social platform, it was MSN Messenger, and that was 15 years ago! Then, suddenly, it seemed like Instagram took over the world, and I still didn't want to join it, but I realised, it's a good way to connect with fans and reciprocate the love one gets from people. And then, all the people I work with began badgering me to start an account, and why it's so important...that kind of thing. So finally, I was like, 'What the hell! Just do this! It can't be that bad!'. So I created an account and kind of enjoyed myself. I don't post very often, though, which is blasphemous, I have been told!"

NB: 'Blasphemous' indeed!

ARK: "I just don't feel the pressure to be too active. I'm just happy that I have a way to put something out, if I want to. I find that empowering, but I don't feel the need to adhere to any sort of regularity or schedule, as people claim you should."

NB: Who are you closest to?

ARK: "I'm close to my family, and the time that I spend with them is really valuable to me. I still hang with my school friends that I grew up with. They're still my 'core group'. So it's my family and a group of seven or eight friends."

NB: It might come as a surprise to you, but you're incredibly popular with the opposite sex. Was it always like this, in school and college?

ARK: "[Laughs]. I don't know about

school... Before I got tall, I was a fat little boy who bunked classes and didn't study. No, the schoolgirls weren't interested in me. But, yeah, in college, I noticed some attention coming my way. And then I grew this big Afro that a few people liked, so I guess that helped things a little, too."

NB: What about your love life? In previous interviews, you've often said you're "just chilling for now"...

ARK: "I'm basically trying to say that I'm not seeing anyone, so I'm just kind of floating along and not in a relationship. So, yeah, I am single."

NB: And are you tired of people asking you if you plan to get married?

ARK: "I'm not tired of that question, because I don't even really register it. If someone asks me about that, I'm like, 'What are you even saying? Why are you talking to me about marriage?!'. Also, I don't think people care about getting married at a certain age anymore. I think things are changing in that sense."

NB: Are you someone who gets bored easily?

ARK: "No. But I certainly believe that because of this little piece of technology in our pockets, our attention span has taken a hit. At least mine seems to have dwindled. I feel like we're always jumping from one thing to the next, always in search of new stimuli. It's something I'd like to get a handle on, because our phones have made it so much tougher to concentrate on things. It's so important to slow down, you know... even watching a movie without checking your phone in the middle seems like a task. It's something I need to be mindful of."

NB: And do you get annoyed easily? Is there anything that really gets your goat?

ARK: "I do get angry easily, but over the last few years, I've become better at managing my temper. And I'm getting even better at it as I'm getting older. I do get annoyed when people don't take their jobs seriously, when they don't fully commit to what they are doing. That irritates me."

NB: Your abs are so popular, they've even got their own memes! What's your fitness routine like?

ARK: "It really depends on the role I'm preparing for, but I'm trying to find a way to maintain consistency... which is a challenge because I really love food and I enjoy things that are loaded with calories. So I used to just fly off the handle every now and then. But now I'm trying to maintain some sort of an equilibrium wherein I'm consistently eating pretty light, and allowing myself to let go maybe once or twice a week. I feel that 'planning' a cheat meal makes me a bit depressed...because I have to *plan* when I can eat all that I want...it really saddens me. So I like to cheat whenever I want to, and then pull myself back over the next few days. Although, sometimes, if I'm in the zone, I go on cheating for 15 days straight...like I've opened the floodgates! But being consistent with your diet and working out regularly are very crucial. Even if you're doing a little bit everyday. Not just physically, it keeps you mentally in check, too."

NB: You love travelling, yes? Is there one city you'd like to visit over and over again?

ARK: "So *Malang* is set in Goa...and it's a place that's pretty much the closest to my heart. I grew up spending a lot of time there. When I was younger, I was a bit of a vagabond, with an Afro, roaming all over Goa. It was this beautiful place,

for me, full of possibilities—you could do almost anything and get lost in time. I have the fondest memories of Goa and it means a lot to me even today. It is that one place that keeps calling me back. But after becoming a recognisable face, things have changed. I'm not that age anymore, either. So I can't just roam around without a care in the world anymore..."

NB: ...Yes, I think that would cause quite a storm.

ARK: "I've also grown out of it, but I still think about it. I get these pangs, where I really want to go back. But then, what am I going to do? I can't chill...I'll probably just be holed up in a hotel. It's not going to be the same. Maybe I'll have to find a way to disappear in South Goa or something."

NB: Finally, what is 2020 looking like for you?

ARK: "Very busy, which is good. I shot three films last year, and all of them come out in the first half of 2020. So it's going to be a lot of promotions and a lot of running around to put these films out there. And it's going to be exciting—I can't wait to see what people think of these films. I'll also be getting back on a film set soon enough, and will be working on some new projects. And, I plan to travel a lot more this year...whenever I can get a chance to just pack my bags and go away!" ■

Hair: Raghuvir Gaonkar at Aalim Hakim; Make-Up: Stephen Jadhav; Location Courtesy: Fun Republic SOCIAL, Mumbai; Production: Imran Khatri Productions; Fashion Assistant: Humaira Lakdawala; Fashion Interns: Sahil Vasudev, Saloni Kohli and Shivi Khosla.

"I believe in taking up

roles that I would enjoy"

Nandini Bhalla: In the past, you've spoken about being fairly shy. Does that hold true or have things changed?

Disha Patani: "I am still a very shy person, and trying hard to overcome it—like, fighting my fears every day. I am very similar to my character Sara in *Malang*. I think I have become a little better...a little more talkative. But I am constantly working on myself, to grow as an individual."

NB: Who are you most comfortable and 'yourself' around?

DP: "My family, friends, and my pets. I find my comfort zone with my own people, and their presence soothes me in the best way possible."

NB: What are some of the things you are looking forward to right now?

DP: "I am really happy for all that I have been able to bring to the audience till now. I am very happy that I got the opportunity to work with Mohit [Suri] sir, and play a special character like Sara. I hope to keep doing more of such interesting roles that not only make me grow as an actor, but also keep the audience engaged."

NB: How picky are you about the roles that you choose to play?

DP: "I am *very* selective. Mostly because I believe in taking up roles that I would enjoy playing and are relatable as well. The most important aspect when I choose a script is my role and the overall storyline—the blend of both should be exciting for me *and* the audience."

NB: What's the one thing you miss doing that you can no longer do because you're famous?

DP: "Walking around Bandstand or Carter Road [in Mumbai]. I love being next to the water, but unfortunately, I can't do it anymore."

NB: Are there any moments when you feel overwhelmed?

DP: "I do...when I hear people appreciate my film and my work. Of course, it also makes me feel really proud about the fact that all the hard work that has gone into the film has paid off. It all comes together as one blissful moment, with just happiness and positivity around me."

NB: What does the industry need to do to make more female-led films?

DP: "It's not really just about the industry... If the masses start seeing women as stronger human beings, it will definitely lead to a change. In fact, I feel people's perception is already changing. When I saw people's reaction to the climax scene in *Malang*, I was stunned. Things really have changed for women, and I think it will only get better in the future."

NB: Very few people know that you were a head girl in school. Tell us more about your school days.

DP: "Yes, I was the head girl and I was still very shy. Public speaking is really not my cup of tea because I am an introvert. But I think I have come a long way from the girl I used to be. I really enjoyed my school days—I was

into sports and co-curricular activities, so yes, it has been a fun journey."

NB: Over the years, your beauty looks have evolved from fairly safe and in the 'nudes' category, to more experimental. Tell us about this evolution.

DP: "I love playing with make-up now... I have realised there is so much that you can do—I now want to try all the crazy trends. I get bored with the same look, so now I'm more open to stepping out of my comfort zone. I even do my own make-up a lot of times...it can really change the way you look and feel. And even though I usually like to look the way I look—I prefer the no make-up make-up look—but it's also fun to experiment."

NB: You're a fan of weight training, which a lot of women believe is for the boys. Tell us your thoughts on this...

DP: "I don't believe weight training is confined to a particular gender. I am all for it. In fact, I love it! Health, for me, comes first, and it's about one's well-being. So I think you should do what excites you, and not worry about whether or not it is 'meant for you'." ■

Hair: Zoey Quinny; Make-Up: Sonik Sarwate; Location Courtesy: Fun Republic SOCIAL, Mumbai; Production: Imran Khatri Productions; Fashion Assistant: Humaira Lakdawala; Fashion Interns: Sahil Vasudev, Saloni Kohli and Shivi Khosla.



Printed dress,
Shivan & Narresh;
hoops, Dhora;
ring, Sapna Mehta

“I Tried the New Sex Trend That’s All About ~Not~ Orgasming”

And kinda loved it!
By Krista McHarden

“A funny thing happened when my legs were behind my head and my boyfriend was getting ready to enter me from behind. As I contorted myself into this sexy pretzel, I wondered aloud, ‘Is

this even possible?

And is it...fun?’, to which my boyfriend replied, ‘I...think so’.

Let’s rewind: my BF and I have been together for a minute—okay, eight years’ worth of minutes—and we keep our sex life adult-film worthy. We’ve done it on a boat, on a float, from the back, in the crack...I’ve eaten a doughnut off his d*ck, for crying out loud! We screw like porn stars auditioning for the biggest roles of our lives, and generally, we love it.

But I’m tired. I’m so very tired. There are only so many ways to arrange your limbs before you pull something.

Enter the art of karezza. It’s an affectionate, unrushed style of sex that emphasises connection and treats orgasms as a delightful bonus instead of the main event. It comes from the Italian word

‘carezza’ (a caress), and although the concept has been around since at least 1844 and is well-known in the tantric world, it’s starting to enter the average person’s bedroom (i.e., me). And bless up: experts say that when done right, it can transform sex into a wonderland of mutual pleasure.

Now, I’m not the kind of girl who likes to stare deeply into

my partner’s eyes and gently weep as I climax. But like I said, I do need breaks from my acrobatic sex life. Plus, if it’d help me and the BF go full Spice Girls ‘2 Become 1’, then who am I not to try slowing down?



"I'm in an LDR, which means we have to make the most of sex when we're together—a lot of quickies! Trying karezza was a break from our routine, and it was so, so good. Even though an orgasm isn't the goal, I had two!"

—Priyanka K., 28

Karezza IRL HOW SLOW SEX ROLLED WITH READERS



"I asked the guy I was hooking up with to try karezza with me. It was weird to be so intimate with someone who isn't my boyfriend, but it was also really cool. He even texted me afterwards to say how awesome the sex was."

—Salonie P., 25



"Karezza was too intense for me and my fiancé! Maybe it was because we're stressed out planning our wedding, but we both had a hard time concentrating. We'll try again after we're married!"

—Akshita S., 28

94%

of Cosmo readers are down to try karezza. (Report back, k?)

SOURCE:
COSMO POLL

It's a Process, Not a Position.

'Karezza movements are typically very slow so as not to build toward orgasm,' says Laurel Steinberg, a US-based clinical sexologist and relationship expert. 'Instead, caressing, holding, and rubbing are the goals.' It's not about the ending, but the journey, you feel? Penetrative sex might still be the finale, but this is about foreplay. On steroids.

The payoff: next-level feels. As US-based sex researcher Steve McGough points out: 'Our digitally overstimulated lives have caused many of us to lose connection with the deeper parts of ourselves.' By spending so much time loving all up on each other, you can get back in tune with bae...and your own body, too.

Taking It Slow. Reeeal slow.

My boyfriend and I set aside a Saturday

night to turn on The Weeknd, dim the lights, and try it out. We stood facing each other and made a pact not to laugh, no matter how awkward. Then we spent a good hour, fully clothed, just kissing and touching each other. Not hurrying was tough at first, but then it became... better? Feeling him get hard through his pants but not being able to do anything about it was frustrating in the best way. We gave each other foot massages—which I thought would gross me out, but I was so worked up that any bare skin turned me on.

We gradually undressed each other, unlocking our eyes

only to find the necessary buttons and zippers. We got to really look at each other, which drove me wild because I just wanted to grab him and let him slide into me but couldn't. Fully naked, we took our time exploring each other's bodies with just lips and fingers, starting with 10 heavenly minutes of his head between my legs. We kissed some more, taking short breaks to hug and stare.

When we finally had intercourse in missionary (face-to-face, ya I know!), it lasted about one minute because we were both so horned up. Seriously, we climaxed at the exact same time.

Afterwards, we just held each other and both said—legit jinx-style—'Damn, that was intense'.

The Karezza Comedown

In hindsight, I have a few thoughts. First: making out is the best! I felt like a teenager again. And all that intense eye contact made me realise that I don't often truly look at my boyfriend. Earmuffs if you can't handle mushy stuff, but I remembered what a babe he is and how much I love him. That sh*t was magical, and if you could bottle it up and sell it, you'd be Elon Musk-level rich.

That said, karezza probably isn't the best move on a casual Tuesday. It's a hot way to check in or reconnect after time apart or a fight, but it's def kind of a time suck. My boyfriend said the same, but he loved how close we felt after. No shade to our usual moves—reverse-cowgirl can be as enjoyable as it is O-inducing—but sometimes a woman doesn't need to contort like a pretzel. She's not a snack, she's the whole damn meal. ■

**"This sh*t was magical,
and if you could bottle
it up and sell it, you'd
be Elon Musk-level rich."**

Why Do We Always Blame the Other Woman?

Even if your relationship falling apart is his fault, it's so much easier to hate the girl...even if you don't know her. We break down the why.

By Faarah Mehta



Illustration: [SHUTTERSTOCK.COM](https://www.shutterstock.com)



Even if she's responding to his overtures pretty enthusiastically, he's still to be blamed

When a third person enters your relationship, it's nothing short of heartbreaking. And more often than not, we jump to the conclusion that it is the other woman who's to be blamed (example: Jordyn Woods and Tristan Thompson). Sure, if she's your bestie, then, of course, it's a betrayal, and you have every right to play the blame game. But what if she's not? And even if she is, shouldn't your guy get his share of flak, too? It's frustrating that the man usually gets away unscathed, while the woman is trolled as the seductress who pounced on an unsuspecting and innocent bystander. We've got some pointers on how to handle the situation before you dive headlong into a catfight.

◉ **WHEN YOU SHOULD NOT BLAME HER** **He's Totally Flirting**

No-one forced your guy to flirt. It was a decision he made on his own, and you can't be mad at her for that. Even if she's responding to his overtures pretty enthusiastically, he's still to be blamed for encouraging her and not telling her he's taken.

When She Dates Him After You

If she's dating him post your breakup, and a respectable amount of time has passed (we'd say a few months, at least), it's not her 'stealing him'. So, know your facts before you troll her publicly.

When There's Infidelity

If he's unfaithful, again, that's a choice he made. No-one coerced him into it. And honestly, the other woman may not have even known he was taken! Give her the benefit of the doubt here.

◉ **WHEN IT'S HER FAULT** **She's Your Best Friend**

If your best friend (or a really close friend) is the one flirting with your man, she's totally breaking girl code...and you have every right to be mad at her! She broke your trust and is completely in the wrong. Our advice? Shut both him and her down. A best friend is like family, and crossing that line is an absolute NO. This is the person you've shared your problems with, confided in, and relied on. If she can do something this hurtful while knowing and loving you, she's pretty much a bad person—not one worth having in your life!

◉ **HOW TO RESPECT GIRL CODE**

Try to Respect Boundaries

Don't get too friendly with your friend's BF. There's no need for you and him to have an independent relationship. Make all plans through her, and don't hang with him when she's not around. There are certain lines that shouldn't be crossed and this one, despite being a little blurry, def ranks pretty high.

Walk Away

If your friend's BF is flirting with you, just make an excuse and walk away. You don't want to get caught in an uncomfortable situation. Also, if you stick around too long, it may look like you initiated it. Even if you find yourself attracted to him, trust us, it's not worth losing your friend over a guy (who you don't even know will like you back). If and when they break up and you still have feelings for him, you can talk to her about it (at least six months later) and ask her if she'd be okay with it. If you sense even the slightest hesitation on her part, just don't go there. ■

10 Relationship Labels You Need to Know In 2020

1. THE SEX SNACK

You two have been hooking up again, and again, without developing ~feelings~. Maybe you are not looking for a relationship, or perhaps you just want to explore some new kinks. Either way, both of you know what's up, and keep things strictly between the sheets.

2. THE FREE PASS

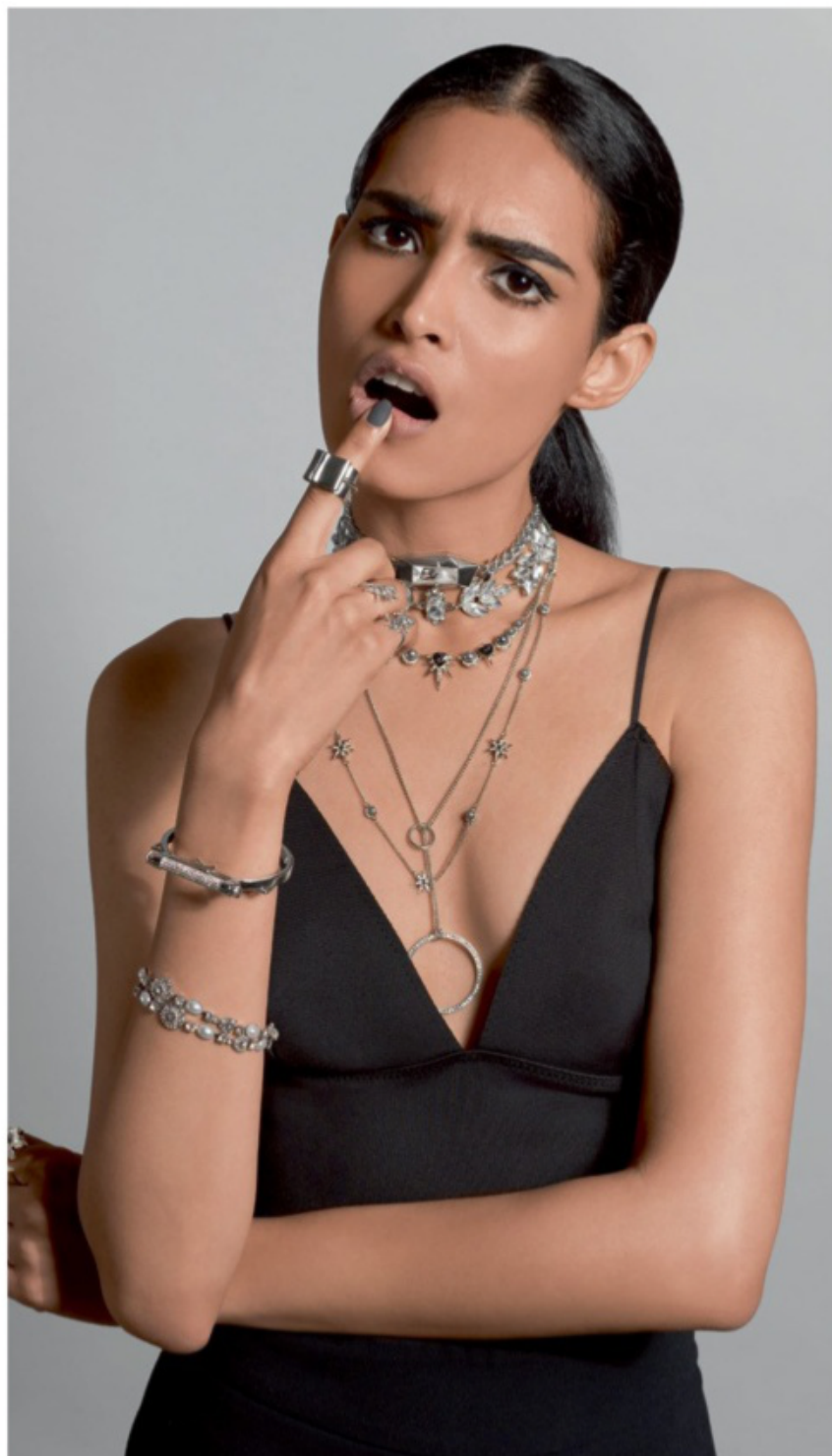
Whether you're blowing up their phone or vice versa, the only words you two exchange are, 'u up?'. This happens when one of you is (a) drunk, (b) lonely, or (c) both. There's no need for romance...your bodies are doing the talking.

3. THE BENEFRIEND

Sure, things get physical, but you're probably going out to brunch the next day, too. You trust this person enough to ask for their opinion on your dateability (even when you're naked), and know they won't be bothered or jealous.

You're not BF/GF, but you're definitely...something.

By Ashley Mateo



4. THE SIDEBAR

You hit each other up for self-esteem boosts whenever the people you actually like dip out. They'll tell you you look amazing and how that match was an idiot to ghost you. You've never gone past a 'thank you' make-out, though.

5. THE IMAGINARY EFF

Not only are you into heavy sexting and getting into deep convos over iMessage, but you also ask each other how your work presentations went. The problem? It's all on your phones. IRL hangs are rare or, *eep*, have never happened.

6. THE SAFETY CRUSH

Cute banter, do-me eye locks, lingering-a-bit-too-long hugs...except, nothing sexual has really happened here because it's too nice to live in that early relationship-esque bubble where sh*t can't possibly go wrong.

If you're not sure how to DTR besides calling it 'a thing', you're probs in a situationship. Maybe you're having sleepovers with this person thrice a week but you forget they exist when asked if you're dating anyone. Or, maybe you're sliding into each other's DMs daily, but you haven't actually hit the Follow button yet. Sound familiar? It takes six weeks, on an average, for new couples to put any kind of label on their relationship, according to a survey by US-based sex-toy brand EdenFantasys. That is, if you want to be official at all. Maybe The Safety Crush works just fine for you, #ThankYouVeryMuch. Here's the full cast of characters you could be dealing with...

Photographs: NISHAT FATIMA

7. THE PLUS-ONE

Who doesn't love that lifesaver who will suit up for everything from your office party to your best friend's sister's wedding—no questions asked? People think you look great together, but you have no real spark off the dance floor.



8. THE EXPIRATION DATE

You like each other, and are 'dating' for all intents and purposes—except, there's a hard stop when you know you'll need to cut things off. Maybe they're about to move across the country, or this is a just fun fling before the holiday ends.

9. THE BREADCRUMBER

They throw out 'crumbs' of attention—sporadic flirty texts, comments on your Instagram posts, super-vague plan suggestions—to keep your interest, but never follow through on anything. This person gives you the absolute bare minimum.

10. THE MISSED CONNECTION

Your first date went so well, you closed down the bar...but Date Two didn't happen for six weeks. You can't tell if it's not getting serious because you're just not feeling it, or the timing majorly sucks.



SO, WTF DO YOU DO NOW?

If you're...

...totally fine with your situationship. You do you, boo. "Just be really transparent about what your goals are," says US-based clinical psychologist Jenny Taitz.

...losing sleep over living in this grey area. Consider whether the stress is worth it, says Jenny. "The pain may outweigh the thrill of the moment."

...ready to take things to the next level. DTR. Stat. Avoiding it gets uncomfortable, "especially if you want something different," says US-based psychologist Niloo Dardashti.

...pretty positive you want out. Treat them the way you'd want to be treated. "Just be honest and own it," says Niloo. Whatever you do, don't ghost.



“What I Know About Love and Loss”

Kaveh Fatemian, 33, who lost his girlfriend of two years after a hit-and-run accident recalls the tragedy.

“*The first time I kissed another girl, I cried.*”

Broken ribs led me to Hannah in 2004. It hurt to move, or even laugh, so at house parties, I'd station myself on the sofa. Hannah flopped down beside me, saying she needed a break from the crowd after a rough day. Six hours on, neither of us had moved. I could barely feel my ribs any more. A few days later, we had our first date.

Hannah's phone would ring non-stop. And she had time for everybody. Along with working part-time as a model and studying for a degree, she passionately raised money for cancer charities. She even persuaded me to do my first marathon, dragging me outside on grey mornings.

Then one day, many training sessions later, when we'd been together for two years, the phone rang. It was Hannah's mother. She was calling to inform me that while walking home the previous night, Hannah had been hit by a drunk driver. There was nothing the doctors could do. She had passed away, at 20 years old.

During those early months, I had moments where I couldn't see the point in leaving my bedroom. I'd swing from sadness to anger, furious at the driver and how cruel the world was. It ate me up. The first time I kissed another girl, I cried later in the nightclub bathroom—I had thought that, after a year, I was ready, but I wasn't. People said life would get better, but even five years later, it was only better to an extent—I'd simply learnt to live with the grief.

I took comfort in knowing that before Hannah's death, she knew just how much I loved her—I told her all the time. I began raising money for charities in her memory, running from Paris to London and setting up my own organisation, Inspired4Life. When I felt ready to date again, I met up with women outside my circle, waiting a few weeks before bringing up my relationship history. It was never easy, and my past was often a bigger problem for them than for me—some felt as if they were competing with Hannah's memory.

Speaking to a divorced friend led me to an epiphany. I was—in my own strange way—going through a breakup, too. And, like my friend, I had to move on. It was painful, but I had to let the relationship go. As much as we had been in love, Hannah and I would never be together again, and keeping the idea alive in my head wasn't doing me any good. I let new thoughts in: “There are more than seven billion people in the world, who could make you just as happy, but you won't know until you try. *Really* try.”

I met Sara through mutual friends in 2016, and everything changed. I can't pinpoint why, but with her, it just feels right. We got married last summer, and I've never felt so fulfilled in life or in love. Hannah's death gave me a greater sense of perspective—Sara and I argue, of course, but I always try not to hold a grudge. I relish the small moments, like cooking together or cuddling in front of the TV, knowing that life really can change in an instant.” ■



GAME CHANGER IN THE WORLD OF BEAUTY & SPA

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A Technical Manual to Fixing Your Friendship

Because it's a weirdly-delicate operation that there aren't really rules for and no-one knows how to do very well.



Jordyn Woods and Kylie Jenner

“A few years ago, I told my childhood BFF (let’s call her Keya) not to come to my birthday party, and it blew up our friendship. She’d been hard on me about a guy I had a crush on, and I was fed up with her little digs. But two weeks after birthday-gate, I realised how much

I missed her. She was my go-to gal for all adventures, and we would laugh at the stupidest sh*t together. I texted Keya to apologise, but she never responded. We didn’t speak for three years.

Sad, right? But—twist!—this story has a happy ending: we recently ran into each other at a mutual friend’s

wedding, and after cautious hellos, we made small talk. A few wines later, we found each other on the dance floor, and got down to Beyoncé. It took a few tearful hangs to really clear the air, but we did, bless up, and now we’re tighter than ever! Here’s my vetted plan of attack for your own do-over.”

STEP 1

Ask: are they worth it?

Heads up, babe: Not all friendships should be saved. Was your bestie generally supportive of your ~hopes and dreams~? Or mostly self-absorbed? A solid rule of thumb is: if you really miss them—and they made you feel more good than bad about yourself—reach the eff out. Yes, even if they betrayed you in a big way (looking at you, Jordyn).

STEP 2

Make the first move.

Send them a text like, ‘Hey, I’d love to talk. Do you have time to meet up?’. If they ghost you (Keya, WYD?), or say no, check in a week later. FWIW and for some perspective, Keya and I saw each other at group outings after our dance-floor reunion, but it took a year before we actually met up one-on-one to have *the talk* IRL.

STEP 3

Be as mad as you want.

Start the convo by apologising for any wrongdoings of your own (no angels here), “but it’s equally important to express your hurt and concerns,” says Canada-based therapist Miriam Kirmayer. That may mean bringing up that, say, you didn’t like her spilling your secrets. If she’s worth it (Step 1, prove me right!), she’ll feel bad and want to move forward, too.

STEP 4

Go slooow.

So, you’ve made nice and now you need to keep that friendship train on the tracks. Hit her with quick notes to let her know you’re thinking of her, like on a work-iversary or if she’s moving apartments, says Miriam. Then invite her to short, low-stakes plans. Think: manis, yoga, things you’d do on your own, anyway. Also, when in doubt, wine. So. Much. Wine.

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COSMO SHORT STORIES

Love, Lust, and More

Six authors pen exclusive stories about relationships, intimacy, and compassion especially for Cosmo.

Compiled By Meghna Sharma



Author of *Games Girls Play and Crave*

Aastha Atray Banan Drowning the Ex

Fleetwood Mac was singing *She is dancing away from you now*, and I squirmed in my seat. Kabir was rubbing my thigh as he drove, a gesture I once thought was reserved for me. *Bah!* I also used to think he only took naked selfies in bed with me, but then I found one set with every ex-girlfriend ever. Today, as we drove to Lonavala—post me finding out that he had been keeping another young lady happy, post him saying he had lost his head for a while, post me deciding to forgive him—I just felt disgust when his skin touched mine. What was I doing on this trip to revive this sham of a relationship? How could I be so unbelievably daft, ignoring my gut feeling? How

could I not know that the girl who was leaving heart emojis on his pictures, Following and Unfollowing him on Instagram, was in his bed at night one hour after I had been? I deserved this fate for being a twit.

At the hotel, the bed was soft, the rain consistent, and the tea sweet and hot. Kabir had set out the Scrabble board on the table overlooking the swimming pool and the lush green garden. I realised that it had been eight hours since I had spoken more than a sentence. Kabir had asked me a couple of times, “Are you okay?”, a question I thought was highly inappropriate. How could I be okay when he had been sleeping with a piranha-toothed, nondescript 25-year-old, who had nothing to show for her existence. I looked at him and said, “Can you play a word?”. He mouthed I love you (a phrase he distributed like one said hello) and continued to focus on his tiles. As we walked for lunch later, Kabir saw the well. The owners had put up a steel net around it, and I wondered why. “Maybe, so that, like many before, nobody else jumps in,” I said, as he peered in. “It’s amazing!” Wells scared me. If you couldn’t see the bottom, who knew what secrets it held. Much like Kabir himself. I thought I knew him. For eight

years, I had loved him, but he had needed more. That afternoon, when we made love, I felt numb. Unlike the other times, when I would see our urgent lovemaking as a sign that I loved him a lot, I felt detached. I kept seeing him do all the things we were doing, with her. That evening, we played scrabble, had whiskey that was too strong, and turned off the lights. He said “I will show you how much you mean, no matter what,” and I said a bland “Okay” till he slept off. At around 3am, after I stalked all of his female followers, I heard a knock on the door. When I opened it, I saw nothing but steam rising up from the pool. Then I saw a girl, who looked a lot like me, and was asking me to follow her. I didn’t know why I wasn’t scared of a body double motioning me inside the clouds, but I went anyway.

And then I saw them. Three of me, in flowy white dresses, sitting on the edge of the well, their legs dangling, their smiles calming. “Trying to start over?” one of them said. I couldn’t figure which one that sing-song voice was coming from. “Yes, but I can’t let him go...because then what will I do with my time. And he won’t let go, because then who will be his Girl Friday,” I laughed. “What if you left it all here? The thoughts of the 25-year-old, the ex-girlfriends in bed with him, the lies—leave them here? Forever.” Could I do that? Could I really drown the ex? As I had thought it, one of them metaphorised exactly into the ex—young, petite, with eyes that hated me—and I held her below the water, till I saw her eyes shut. She didn’t even struggle. It was a like a dream, a dream I dreamt as I slept.

The next morning, Kabir and I drove back. The exes were at the bottom of the well, and when I looked at Kabir—the man who I loved more than any man ever—I decided that we could use a new beginning. As we drove around the driveway, I saw the well witches smiling at me. And I could hear them saying, “The ex will never rise again”.



Author of *You've Got The Wrong Girl, Faraway Music*, among others

Sreemoyee Piu Kundu

Chakka, an Excerpt

The eunuch had applied a fake beauty spot over her right lip. It trembled when she smiled. “You know, in the US, all this is very common. Men f*cking men...” she added, as an afterthought. The sun had nearly set. I had to pick up groceries and reach home by eight, before my mother started to prepare dinner. I mentally tried calculating the fastest route, and whether I could hop on to a bus or maybe indulge in a taxi. Or, maybe, get on to the local.

“It’s different in movies, life isn’t that simple...anyway, I’ll be there soon, maybe I can tell you about my experiences, though I am certain I won’t have a man f*cking me,” I wiped my hands on my shirt front. “Why? What’s the big deal if a guy does? Is sex different if our sex changed?”, she frowned. I flung away the flimsy salted peanut packet we’d been sharing all this while. Then placing my right leg over my left knee, I replied, matter-of-factly, “My mother wants me to get married.” The eunuch slowly

“I’ll be there soon, maybe I can tell you about my experiences, though I am certain I won’t have a man f*cking me.”

ran her fingers along my elongated sideburns. “What do you want?” she pushed her face into my shoulder. I shuddered.

“I mean what does your heart desire? How do you want to be kissed? Fondled? Touched?” she hissed incongruously, our hands in each other’s laps. I didn’t say anything for a while. “I want her to be happy. I can’t remember the last time we were happy, when this city, this sea, the buildings here, this road that I commute on daily...those people walking... you know, when everything felt alright...felt enough...” I managed to reply, crossing my toes, my sandals rubbing against her anklets. The eunuch bit my left earlobe, circling my nipples using her pointed fingernails. The polish was chipped, on most... “This is a public place!” my body was tense. She breathed hard now. Then before I could say anything else, she slipped her tongue inside mine,

roughly. Our lips grazing past each other, as I pulled out one of her nipples, haphazardly using both hands, pressing it with the tip of my thumb. She rolled back her head, moaning. Her palms slowly covering my swollen penis head, pulling at it longingly, as I separated my thighs, as if on cue. We kissed again, furiously, sucking on my lower lip for the longest time, her flowing, cotton *dupatta* carefully completely camouflaging my uncovered, erect organ. I raised my hips to make way for her, wanting so bad to be stroked harder. “What’s your favourite thing during sex?” she asked. I grabbed her right breast hungrily, this time. It was pitch dark. Her cheekbones illuminated occasionally by passing headlights. “I’m a virgin,” I said. “Liar!” she pulled my chin up.

I desperately pushed her kurta upwards. We kissed again, slowly. She felt warm. As if she ran a fever. She massaged me vigorously, settling her *dupatta* every time my organ displaced it, growing gigantically within her closed palms. I fiddled with her pyjama strings, unable to see clearly. “Don’t...it’s risky,” she said. “I want to touch you, there...” I guided her right hand to my mouth. She slipped in three fingers... They smelled strange. It was how I would always remember her, she told me later...just before we parted. There were no promises made. Nor was there any payment. I only bought her a fresh *mogra* garland. She asked me to fix it to her hair.

“My mother wore these, always... after a bath, completing her puja,” she grabbed me towards her, whispering, slowly, “Isn’t it strange how the heart stays where it belongs, while the mind grapples with making newer pictures.”

Then she crossed over to the other side. It was the only time she spoke that way. It was the only time I wanted to break down.



Author of *Our Song, The Love Asana*, among others

Milan Vohra

One Breath At a Time

At 27, I was divorced. I had gone from ‘single to in-love to married to single again’ in the space of 60 days. It ended for the most cliché reason you can think of. Yes, I walked in on him cheating on me. No, I never saw it coming. Yes, the spark had been missing a little. But no, not to the extent I thought he’d seek it elsewhere. With my cousin, no less. The same cousin I had breathlessly shared so much of my love story with; who had pumped me for exciting details. I had mistaken her sly grin for a shy one; mistaken her “Slow down, tell me properly!” for the way it had always been between us girls. Me, the older one, encouraging her to fight for what she wanted, even educating her about the facts of life.

I had caught the two of them in flagrante, as I burst through a bedroom door, my bladder bursting. I had stood gaping, breathless and speechless. For the first time, I had been educated by her. Trust no-one.

At 28, I was 20 kilos heavier than I was at 27. Seeing a counsellor, taking anti-depressants, riding a two-wheeler to work, crying all the way there and back. I had EMIs to pay on a house, EMIs calculated on *two* salaries. Always feeling short—of money, of reasons to carry on, of breath. I Googled everything obsessively. I was in the 1.3% statistic of love marriages in India that ended in divorce. One thing stuck in my mind one night. *Running gives you a happy high* and

“At 28,
I was
20 kilos
heavier
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was at
27.”

article said. I so needed that. When I finally mustered up the will to show up for a runners’ group, I sensed the looks. My stretched-to-the-max XXL T-shirt left nothing to the imagination, my belly button pushing out right in the center of the roundness of me. There were also kind faces and conversations around. Someone’s dyslexic child, a depressive husband, another who just did the Ladakh marathon.

That first day, forget running...I barely managed to walk a kilometre, red-faced with the effort. They cheered me on. A few days later, when I breathlessly reached the three-kilometre end point, I felt a deep pride. It wasn’t like it is in the movies. Everything didn’t change overnight. I still cried on my way back from work, but I cried less on my way to it, *after* my run. The happy hormone had started kicking in a tiny bit. Three kilometres slowly grew to four. The walking changed to a little running, a little walking. First tick on my list: in six months I was able to bring down the meds. Once, when things felt bleak, I stopped at a friend’s place. How sad was it that I was 28 years old and back to living with my parents? She let me let it all out. Then said, “Kirat, I’ll always try to be here for you. But what if I’m not? What will you keep turning to?” That was my second ‘aha moment’. The next morning, I said yes to one

of the women who had been pushing me to do the 10K marathon. I had dropped some weight in the course of the past few months. But that had never been why I was doing this. I liked that I was slowly experiencing the happy high that depended only on me. 10K felt like a huge mountain to climb. I was determined to do it—one breath at a time.



Author of *A Cage Of Desire*

Shuchi Singh

Ecstasy and You

It feels a little strange, writing you a non-work e-mail. But my mind has been reeling ever since last weekend and there is no better medium than this to share my thoughts with you. Five years ago, when I joined this organisation, I had set certain ground rules for myself—to not sleep with anyone at work, and to not sleep with anyone married. You, I think, were worth breaking both those rules for. We are not friends, we don’t hang out together, and yet I have always felt a certain comfort around you. Which again, is strange, considering you are my boss.

Had it not been for that drugged and drunken night after our corporate event in Miami, maybe all this would have never happened. But if all this had never happened, I wouldn’t have known what I know now. That moment when I sat in your hotel room, watching you pour a drink for me, you looked different, and I wondered why you desexualise yourself so much at work. I questioned myself as my eyes took in your toned, bronzed form. You had

tan lines on your back, your shoulders were gleaming under the soft, yellow light and your breasts looked happy and free under that sheer tank top you had thrown on. It was probably the first time we were talking about our personal lives in so much detail, and I saw a tender, vulnerable side of you that I had never seen before. But I did understand why you didn't bring that side to work. We had just got done laughing about something when you casually leaned over and planted a peck on my lips, and after a moment of heavy silence asked me if I was "Okay with it?". I didn't know. It felt like being electrocuted, but in a sweet, intoxicating way. And the thought of not going ahead with whatever followed that moment did not cross my mind even once. I can still so vividly feel our breasts brushing against each other as you pulled me closer into a kiss. Your mouth tasted like fruity vodka, and your smooth skin smelled of that nice citrusy lotion that you always wear. I have been with men before, but I had never experienced love-making so tender, soft and aware. It has been passionate, yes. Rough sometimes, and occasionally adventurous, but nowhere close to what you showed me. You knew exactly what to do with my body—to tease my nipples without squeezing them too hard, to finger my nub mercilessly without making it sore. I know it wasn't your first time, but for me, it was like a window opening up to fireworks and heavenly sea breeze while I sat huddled in a warm, familiar blanket.

The memory of your finger tracing my collarbone and making their way through my cleavage down my belly button, to linger there a while still makes me tremble in anticipation. And I almost forgot to breathe when your finger glided further south and effortlessly dipped right between my legs. Heaven knows my gates have never been so flooded. You didn't even think twice before going down on me, almost like you knew I wanted it all along.

At the end of it, when we were lying in each other's arms, I remember you tucking a lock behind my ear and asking me, "Zoe, if you hadn't taken the Ecstasy pill, would you have done this?". I didn't have the answer then. But now I do. I would have, DeeJay. I totally, honestly would have.



Author of *There Is A Tide and Tides Don't Cross*

Simar Malhotra Begin Again

He came on to you like a leech on a leg. Slimy, slow, slag. It was a lot more than his stench that made you retch.

Your mother always made you call her after leaving for home, always told you to be invisible. The world is full of monsters and men, she said. You were sure she overdid it until that one time in 12th grade when you were on your scooter on your way back to your house from math tuition. That *ss of a boy rammed his scooter into yours. He wanted to test you. See if you could fight back. And you did. You slapped him and shrieked so loud, the whole town came to assemble around you. You made him run. Your bravery forced him to cower. That one time became another when in college you were walked back by a boy without your wanting. You clutched on to your pepper spray like a breath, ready to attack. For once, you were thankful for that grouchy guard who didn't let visitors enter at night. Your friends and you laughed at this later—an innocuous boyish prank of a roadside Romeo. Then came a third, when it was only the hours of your manager

and you getting longer by the week, in the dimming light of your office. But you were never a silent sufferer, so you spoke and kept that raunchy hand from slipping under your skirt.

“Your
resilience
matters
now more
than ever.”

The world is full of monsters and men, but you were too brave to realise that then. Perhaps, had you not been so bold that first time, the terror would have remained. Had you not painted this boy as a hopeless romantic, the panic would have arisen. Had you not been so vocal, the discomfort wouldn't have dissipated.

Today, you're made to think that it was your clothes, the hint of residual lipstick, the depth of your neckline that nailed you down. Today, you're made to think that your parrhesia is what made you 'It'.

But they don't know that visibility and invisibility are of no consequence. The world is full of monsters and men, and they have the power to see the un-seeable, think the unthinkable, do the undoable. And he saw, and he thought, and he did.

But this is not a story about him. This is about you. Because you are not broken. Not because of his filth or force or fear. You have moved mountains and you will continue to move them. Your resilience matters now more than ever. This time you have to slap even harder, shriek loud enough for the entire nation to hear, it's for you to make them cower yet again. Because you have been brave before. You have been brave your whole life. And even in failure, you will be brave and you will begin again. ■

+1,000
POINTS
if it's a
paper one

For each question, pick a number on the scale (1 to 5) that fits your vibe, then add up the points (plus any bonus points that you get) for a grand total that lets us read you.

1. When was the last time you used a coupon?

Never 1 2 3 4 5 Literally right now

2. What's your average lunch like?

A burger with fries 1 2 3 4 5 Soup

3. How do you rank your feels when you see your old self on FaceApp?

'OMG! I'm terrified!' 1 2 3 4 5 'Yeah, checks out.'

4. Where does your fave weekend activity fall?

Day drinking 1 2 3 4 5 Cleaning the shower

5. Who's the fictional character you relate to the most?

Euphoria's Jules 1 2 3 4 5 30 Rocks' Liz

6. How likely are you to actually watch SNL on a Saturday night?

Watch what? 1 2 3 4 5 Kenan Thompson forever!



+5
POINTS
if you
made it
your
profile pic

+10
POINTS
if you made
it yourself

+5
POINTS
if buying
cleaning
supplies brings
you joy

-5
POINTS
if you don't
remember the
last time
you used a
broom

+10
POINTS
if you're
usually
asleep
before it
ends



1 TO 14 POINTS
**Your youth
energy is off
the charts**

IG Stories curation is on your resume, you'd risk exhaustion before turning down an invite to the club, and you've mastered the art of being hungover at work. We'd warn you about burnout, but you're most likely a crisp already.

15 TO 34 POINTS
**You're
probs 25 to
34 at heart**

You're adulting on the inside. Sure you have a hard bedtime, but you'll occasionally make exceptions for a GNO (even when Domino's and watching Grey's Anatomy are way more on your level). All. About. Balance.



35 TO 1,060 POINTS
**Your soul is
ready to col-
lect pension**

You may look cute and 28, but on the inside, you're one 'before-noon' lunch away from 85. But you don't have to wait until you get your greys to enjoy staying in to work on your night cheese. Live your best old-lady life.

How to Tell If You're Secretly 80 Years Old On the Inside

Does your head say 'happy hour' while your heart says 'Saturday Night Live'? Right this way.

Do you have
hard candies in
your bag?

CRACK THE PERFECT DIET WITH A WHOLESOME BITE!



Incorporating California walnuts into meals and snacks is a simple, tasty and convenient way to add important nutrients to your daily diet.

Better yet, walnuts are the only tree nut to provide a significant amount of plant-based omega-3 fatty acids (2.5g/28g) and contain other key nutrients like protein (4g/28g) and fiber (2g/28g) that makes you feel full and energized all day long.

A handful is the perfect daily portion!



 CaliforniaWalnuts.India  CaWalnutsIndia  CaliforniaWalnutsIndia

For recipes, resources and more visit www.californiawalnuts.in



Dress, Monisha Jaising, ₹49,999; clog boots, H&M, ₹7,999; earring, Hannan, ₹2,800; skull bag, Manish Arora, price on request



Grocery Shopping, But Make It Fashion

Modern maximalism has cemented its ground this season. Embellishments, ruffles, sequins, feathers, metallics, exaggerated silhouettes, and more...SS20 runways were proof that all things OTT aren't reserved for just fancy shindigs anymore. Translation: let go of the mundane, and don't shy away from breaking out your 'look-at-me' pieces for ordinary days!

Styling: Zunaili Malik;
Photographs: Aman Makkar



Tiered dress, Gauri & Nainika, ₹2,20,000; printed boots, Papa Don't Preach by Shubhika, ₹16,520; semi-rim sunglasses, Versace, ₹24,190; sunglasses chain, Hannan, ₹2,200

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AVXLIVE • ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>



fashion



Choker, AéTeé, ₹8,200;
chandelier earrings, Isharya,
₹8,300; pearl rings, ₹8,300,
logio ring, ₹7,250, earring,
₹5,500, all Outhouse; ruffled
gown, Amit Aggarwal, price
on request;

01

modern bazaar
www.modembazaar.co.in

Mutton Chopping

02

modern bazaar
www.modembazaar.co.in

Choker, AéTée, ₹8,200;
chandelier earrings, Isharya,
₹8,300; pearl rings, ₹8,300,
logio ring, ₹7,250, earring,
₹10,500, all Outhouse;
ruffled gown, Amit Aggarwal,
price on request; sneakers,
Adidas Originals, ₹11,999



Cropped shirt, H&M, ₹1,999; feather skirt, Not So Serious by Pallavi Mohan, ₹96,400; corset belt, Manish Arora, ₹21,000; earrings, Olivia Dar, ₹4,800; pumps, Papa Don't Preach by Shubhika, ₹19,500



Sculpted dress,
Gaurav Gupta,
₹1,50,000;
earrings,
Amama, ₹2,999



(This and facing page)
Embellished jacket
(worn as top), Rara
Avis, ₹24,900; high-
low skirt, Shivan &
Narresh, ₹98,950;
Partez Spikes Ankle
Boots, Christian
Louboutin, ₹1,12,500;
belt bag, Papa Don't
Preach by Shubhika,
₹13,570; earrings,
Deepa Gurnani, ₹8,400





fashion

CASHIER

HOME CARE

EXIT

Coordinated top and pants, Amit Aggarwal, price on request; mirror work dress, Manish Malhotra, ₹85,000; link-chain necklace, Roma Narsinghani, ₹8,500; hoops, Flower Child by Shaheen Abbas, ₹5,200; embellished



Model: Tashi Pedy at Anima Creative Management; Make-Up and Hair: Itika Chugh; Fashion Interns: Sahil Vasudev, Saloni Kohli, and Shivi Khosla; Location Courtesy: Modern Bazaar, Select CITYWALK, New Delhi

fashion

Chunky
soles



Runway to Reality

It's that time of year again: the spring collections have arrived! From Victorian-style lace dresses to neon twinsets, here's how to bring the hero pieces and trends into your everyday wardrobe.

Photographs: Rosaline Shahnava;
Styling: Amy Bannerman

Tiaras



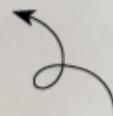
Corset top, floral top,
shorts, headband, and
shoes, from a selection,
all Shushu/Tong

This season, give
bloomer shorts a try—
they look great under
sheer summer dresses.

Tonal
layering



Pastel pink



Jacket, Ebay; top,
skirt, and shoes, all
Prabal Gurung; gold
and diamanté earring,
(worn throughout)
both Oxfam

Leather jackets
toughen up a pretty
outfit—pre-loved,
worn-in styles are
our favourites.

Think sustainably

Crop tops

Ankle
chains



Racer
checks

Cardigan, vest,
and skirt, all
Ashley Williams;
sandals, House
Of CB

Twinsets have
shaken off their
granny-chic
connotations—we
love these neon
checks.

Tower-block
heels

fashion

Jacket,
shorts, and
sandals, all
Eudon Choi

Fact: wearing
co-ords
eliminates
50 percent of
outfit-related
stress in the
mornings.

Belt it

Shorts suit

Comfy
sandals



Dress, Paul & Joe; trainers, Nike

A long-line bralet and cami knickers make a sexy underlayer.

Romance



Floral dresses

Old-school trainers

Shake it



Dress, Bobby Abley; sandals, René Caovilla

Anything rainbow-striped is always a yes from us.

'90s heels

fashion



Jumpsuit and
necklace, both
Chanel

Jumpsuits are
a weekday
lifesaver, and as
comfy as pyjamas,
too—win-win!

Dress and shoes, both Zimmermann

1,000 buttons: ideal for dates when you've promised yourself you won't sleep with them.

Victorian necklines

Lace

Statement dresses

Monochrome accessories



Vintage
Burberry



Brights

Coat and shoes,
both No21; hat,
Oxfam; sunglasses,
Marni

A pop-hued trench
coat will brighten
up even the most
drizzly of days.

Dress and trousers,
both Mother Of Pearl;
trainers, Pierre Hardy

For a trousers-under-
dress situation, choose
soft, silky fabrics that
won't bunch up—and
avoid anything with
a button or fly.



Side
slits

Layering



Jacket, bikini bottoms, and earrings, all Isabel Marant

High-waist bikini bottoms are back in a big way!

Mixed florals



Jacket, trousers, sunglasses, gloves, red-and-blue handbags, and trainers, all Mulberry

One bag too small for all your stuff? Just wear two.

Power suit

Luxe trainers



Dress, House
Of Holland

Yee-haw:
this season,
look out for
Western-style
detailing.

Denim
dresses



**Dress and shoes,
both Nina Ricci**

**Mixing vertical
and horizontal
stripes stops it
all from getting
too nautical.**

Shirt
dresses

Flat shoes

**Photographer's Agency: ADB Agency;
Model: Cai Lee at Wilhelmina; Hair: Sven
Bayerbach using Bumble And Bumble;
Make-Up: Jessica Mejia using Kevyn
Aucoin; Fashion Interns: Nathalie Owen
and Simone Williams; Photographer's
Assistants: Henry Hewitt and Tom Porter**

GLITTER QUEEN

We are on Team Sparkle, *always*. Here's a complete guide to shine brighter than the crown jewels this season. ~May the light be with you!~

By Meghna Sharma;

Photographs: Roberto Méza

Glitter is one beauty trend that comes with the varying tendency of looking super-fabulous or tacky—you could go just a *little* extra and the scales will tip to the other side in an instant. That's probably why backstage pros reinvent glitter season after season...taking it up as a challenge to help make-up junkies forget its checkered past, and embrace it in all its dazzling glory. And while we're clearing up the record, we'd like to point out that, contrary to popular belief, it is not reserved only for special occasions. It is totally okay to sport shimmer during the day and add on to that look for the night. Legends Peter Philips and Pat McGrath will testify!

This season, glitter has got clearance from all departments: be it gleaming skin, dazzling lids, sparkling lips, or iridescent cheeks, it's all a go. There's a huge influx of glow potions, powders, and pigments that reflect *everything*. To shine, Sonic Sarwate, Global Senior Artist, M·A·C Cosmetics India suggests: "Start from the base: use bright powders by mixing them directly with foundation for a radiant appearance. The M·A·C Strobe Cream is one product you'll always find in my kit as it works wonders on the skin—it's a quick fix that adds the most desirable glow to the skin, and blurs imperfections. Not only can you use it as a moisturiser, primer, and highlighter, but both men and women can use it."

Maurizio Calabro, Lead Make-up Artist NARS, adds, "For a pared-down finish, blend a shimmering liquid highlighter with foundation, and apply it on the high points of your face such as cheekbones, temples, and tip of the nose. And don't forget to add highlighter under eyebrow arches and in the centre of upper eyelids."



LOCK IN ON THE ESSENTIALS

It's easy to fall in love with sparkling trends, but to get them right IRL, you need to lock in on the fundamentals. Build a basic-to-pro level make-up kit, depending on your skills and how enthusiastic you are about shining oh-so bright. Stock up on multitaskers that can help you get #LIT on-the-go. Alternatively, you can invest in colours like red, pink, peach, champagne, and nude that can be used on both eyes and lips. Translation: a frosty pink eyeshadow can double as a lipstick, and a red metallic lipstick can be used on the lids, too. Make liquid highlighters your BFFs—they're a great way of achieving a gleaming complexion when mixed with foundation, and do their primary job of highlighting the high points of your face.

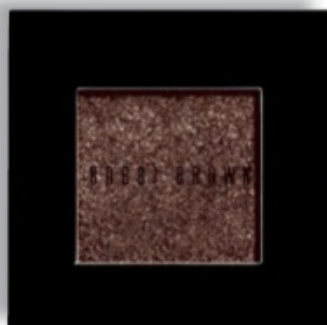
CoverFX
Custom
Enhancer
Drops in
Aurora,
₹4,800



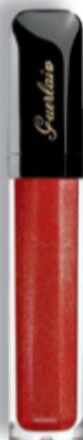
Givenchy
Gloss Interdit
Vinyl in
Trouble, price
on request



Bobbi Brown
Sparkle Eye
Shadow in
Allspice,
₹3,300



Guerlain
Gloss
d'Enfer Xmas Lip
Gloss in Gloss 1
Coll, ₹3,150



Sephora
Colorful Eye
Shadow in
Teddy Bear,
₹1,050



**Estée
Lauder**
Pure
Color Envy
Shadowpaint
in Midnight
Fury, ₹2,100



Colorbar
Drama
Blast
Lipstick in
My Pixie,
₹1,200



Tom Ford
Eyeshadow,
₹3,200



Getting glitter right is no child's play. You need to ensure that you're armed with the right tools—and products—to nail the most lust-worthy trends.

First up, you'll need a set of brushes for foundations, powders, eyeshadows, and lipsticks. Add a blender to the mix to achieve a uniform complexion, and blend iridescent products into skin. Celebrity make-up artist Namrata Soni suggests, "When playing with make-up that's prone to smudging, you must always work with specialised brushes. Also, keep a light hand to get precise coverage like a pro."

Celebrity make-up artist Marianna Mukuchyan says, "For any look that involves glitter, you need to create a flawless base. The idea is to keep the face minimal to attract attention to either your lips or lids—if you're going for shimmering cheeks, then leave the eyes and mouth bare." But, you must work with glitter *first* and *then* on the skin, so you can clean up any boo-boos. You can even use disposable eye patches or tape to keep the product from smearing.

Also, while it is totally okay to wear glitter during the day, there are still a few cardinal rules you need to be aware of before going full steam ahead. For daytime, limit yourself to soft pastel or icy hues—keep the deeper shades for night...you want to attract attention, but for the right reasons. No make-up make-up is still big, but you can add a touch of glam by using an iridescent highlighter to the cheekbones, extending it to the temples and brow bone. One word: wow!

Remember, there are no strict guidelines (barring a few mentioned above!) in beauty anymore, so you can always make a trend your own by improvising on it. Just remember to have fun. ■



IT'S IN YOUR EYES

There's nothing chicer than a classic glitter eye. Whether you're looking to execute a cut crease some inspo? You can take cues from Fendi, where Peter Philips created a *Euphoria*-inspired look Pat McGrath's solid, sparkling embellishment around, as seen at Valentino, is another bold way and finely-milled glitter sprinkled around the eyes (seen above) are both runway-approved,

**Etude House
Mirror Holic
Liquid Eyes
Eyeshadow in
Champagne,**
₹900



**Dior Backstage
Glow Face Palette,**
price on request



**Smashbox Cover Shot
Eye Palette in
Bold Glitter, ₹2,650**



**Chambor
Orosa
Complexion
Highlighting
Stick in Beige
Pearl, ₹1,245**





or full-blown shimmer lids, this trend is very customisable. Need featuring a waterfall of glitter on super-kohled lower lashes. to work the trend. Strong, sparkling eyeliner (in all shapes and sizes) extremely wearable versions of the trend.

**Kiko Milano Glitter
Shadow in Enchanted
Forest, ₹1,050**



**Shiseido Aura
Dew, ₹2,200**



**M·A·C
Iridescent
Glitter, ₹2,400**



PIGMENT PLAY

Loose glitter is super-versatile...it allows you to create multiple looks with a single product. But what is the correct way to use it? If you're newly-minted glitterati, here are a few tips that will come in handy. Step 1: invest in a colour that can be used on both eyes and lips. Next, be it your lids or mouth, it's important to prime the area to make the product last long.

When going for glittery eyes, use a lid primer and then, line the lids' outlines with a transparent wax pencil (used to fix brows), to seal the area and not let glitter go astray. Take a little mixing medium, blend it with glitter, and apply it with a flat eyeshadow brush. Finish with a thin black eyeliner and mascara.

For lips, you need a little more prep—scrub them lightly to get rid of any dry, flaky skin. Next, use a waterproof or a hyper-saturated matte lip pencil as base. Then, use the same wax pencil to line the lips. Use a synthetic lip brush to swipe the pigment mix onto lips the same way as your eyes. Done!





Q I'm curious: can certain scents really uplift one's mood?

A: Scents do have a psychological effect. While the thought of a pleasant fragrance might be enough to make one feel a bit more cheerful, the actual smell can have dramatic effects in improving our mood. Citrus-y smells, for instance, can boost your body's production of serotonin, a hormone that makes you feel happy. They also reduce levels of the stress hormone, norepinephrine. Try this one by Paul Penders—it's one of the brand's signature botanical aromatherapy perfumes, created from an extract of 22 organic, aromatic herbs blended with essential oils. It's a holistic fragrance designed to revive the body and mind.

**Paul Penders
Botanical Freedom
Citrus EDP,
₹2,955/30ml**



Beauty Expert



WE ANSWER A BUNCH OF YOUR BURNING BEAUTY QUESTIONS.

Q I'm looking for a product that can literally wake my skin up instantly when I have impromptu plans.

A: That's exactly what sheet masks were designed for—they're filled with potent juices that can tackle various concerns like dryness, irritated/sensitive skin, acne, among others. Since you want a jolt of freshness injected

into your skin, that's the job of a collagen mask, which helps in restoring skin's elasticity. You can also try The Body Shop's latest offering: the sheet mask version of their iconic Drops Of Youth formula. Give this baby 15 minutes, and you'll end up with bouncier, healthier-looking skin, thanks to three plant stem cells in the mix that work on skin's hydration levels and blurring them fine lines.

The Body Shop Drops Of Youth Youth Concentrate Sheet Mask, ₹595



Q What's the tea on orchid extract—is it really the cult anti-ageing ingredients it is projected to be?

A: Oh, yes! Orchids are rich in antioxidants that help reduce the appearance of fine lines and wrinkles. Plus, orchids acts as a humectant to moisturise and soothe skin. And considering a bunch of beauty brands have created anti-ageing ranges with this cult ingredient definitely speaks volumes about how powerful it is. If you're looking to try an orchid-infused product, give

Guerlain's Orchidée Impériale The Longevity Concentrate a go—it promises to boost cell regeneration and redensify skin where it has lost volume. Want to start small? Try Innisfree's Jeju Orchid Overnight Sleeping Mask that will tighten skin, reduce wrinkles, and brighten your overall skin tone while you hit snooze.





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f /techtakofficial

Twitter /techtakofficial

The Sky is Falling

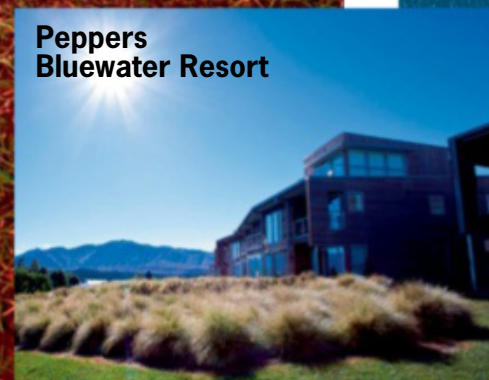
Not just in Norway, the home of the Northern Lights, but also at several other picturesque locales around the world. Prepare to camp under a glittering sky, observe constellations, and be starstruck! **By Sreeparna Mazumder**

La Silla
Observatory



Photograph: NISHANTH RAMAKRISHNAN

Peppers
Bluewater Resort



TO SLEEP go to the Tierra Atacama Hotel & Spa for a luxurious stay, and stunning views of the mountains and the Licancabur volcano.

PRICE From ₹41,000 onwards, depending on the room.

Atacama Desert CHILE

Located in northern Chile, this 600-mile, salt-plains-and-boulders strip of land boasts the holy trifecta of ideal stargazing conditions: high altitude, low to zero light pollution, and dry (non-polar) air. No wonder, then, that it's home to observatories like the La Silla Observatory and the Paranal Observatory, where you can huddle around telescopes and identify constellations and watch the Milky Way in all its star-studded glory. The more discerning astronomers can head to the ALMA Observatory, where the world's most powerful radio telescope uses 66 satellite antennae (together it equals a 10-mile-long telescope) to look deep into the universe. For a more leisurely experience, visit Valle de Elqui, where you can set up your own telescope, go to one of the several night-time observatories, and attend astronomy lectures.

View from the Tierra Atacama Hotel & Spa

TO SLEEP Book a room at the Peppers Bluewater Resort, which is just 10 minutes away from Lake Tekapo and Mt John Observatory.

PRICE From ₹7,900 onwards. You can also book an apartment if you're travelling in a group.

Lake Tekapo

While Norway is synonymous with Aurora Borealis, New Zealand is known for its southern counterpart Aurora Australis or the Southern Lights. The best way to soak in this colourful phenomenon would be to backpack at Lake Tekapo, which lies at a distance of 255.6km from Queenstown. Due to near-zero light pollution, almost 4,300sq.km acres of land around Tekapo was designated the Aoraki Mackenzie International Dark Sky Reserve by the International Dark-Sky Association. During winter, the centre of the Milky Way passes overhead, which means you'll be able to clearly see the star clouds of Scorpius and Sagittarius, and also observe Magellanic Clouds (satellite galaxies of the Milky Way). For a more detailed study, visit Mt John University Observatory (9.3km from Lake Tekapo), where astro-hobbyists can learn more about the galaxies, spot the planets Jupiter and Saturn through the facility's telescopes, and capture some stunning images of the night sky.

Peggy's Point Lighthouse

TO SLEEP Head to Trout Point Lodge, the world's first Starlight hotel for stargazing excursions, astrophotography workshops, etc.

PRICE From ₹21,000 onwards, if you opt for a suite.

Nova Scotia CANADA

Imagine watching meteor showers and shooting stars under an illuminated, clear sky while listening to the soothing sound of waves. That's what's in store for you at Acadian Skies and Mi'kmaq Lands (along the shores of Yarmouth, Argyle, and Clare in southwestern Nova Scotia), which have been deemed as a Starlight Tourism Destination and a Starlight Reserve by the UNESCO-affiliated International Starlight Federation. Baxter's Harbour (a small fishing village along the Bay of Fundy), Cow Bay (a near-secluded beach outside Halifax), and Ellenwood Lake Provincial Park (camping, fishing, canoeing et al) are great for spectacular night views. Apart from these, we'd recommend visiting the iconic Peggy's Point Lighthouse (for the mesmerising views), and camping for a night or two at Kejimikujik National Park (designated as a Dark Sky Preserve by the Royal Astronomical Society of Canada). Get the Dark Sky Kit—binoculars, star finder, red light, games, and stargazing references—to brush up your celestial knowledge and explore galaxies far, far away.

Lake Tekapo NEW ZEALAND

Trout Point Lodge also offers kayaking in river Tusket

Pangong Tso

Indian Astronomical Observatory in Hanle

Pangong Tso LADAKH

Leh, Nubra Valley, and Tso Moriri are the most popular star-trekking destinations in the Union Territory of Ladakh. If you're planning to visit these regions, hop over to Pangong Tso aka Pangong Lake and take a stroll by the lakeside to get a magnificent view of the Milky Way, thanks to almost-zero light pollution. Situated at a height of about 4,350 metres and at a distance of 160km from Leh, this highland grasslake is also known for its colour-changing properties...from shades of blue to green to red. From there, you can make a trip to the village of Hanle (located at a distance of 317.8km approx), which houses the Indian Astronomical Observatory, the ninth-highest one in the world. Astronomy buffs can learn how the facility's optical, infrared, and gamma-ray telescopes capture images of the sky and transfer them to Indian Institute of Astrophysics, Bengaluru. Pro tip: Ladakh experiences low temperatures (even sub-zero) throughout the year, so it might take you a day or two to acclimatise to it.

TO SLEEP Pop over to Pangong Resort, to enjoy a view of the lake. It's better to avoid camping by the lakeside to reduce avoid environmental hazards.

PRICE From ₹4,400 onwards. For more options, you could look at hotels or resorts at Durbuk or Tangste.

Rann of Kutch GUJARAT

One of the largest salt deserts in the world, the Great Rann of Kutch paints a spectacular view on a full moon night. The 7,500sq.km of land lights up like a sky full of glittering stars under the glow of moonlight. On dark and clear winter nights (November to February), you can spot stars like the Sirius, Orion, Taurus, and Gemini. Apart from these heavenly bodies, there's also the local folklore of *Chir Batti* (ghost lights)—a phenomenon that occurs in Banni grasslands, the marshy wetlands adjoining the desert. Legend has it that on New Moon nights, lights resembling moving balls of fire move across the sky at a high speed. They also change colour from blue to red to yellow, and usually occur after 8pm. While some villagers claim that the lights follow travellers and misguide them, there's no scientific evidence to support it. Whether you believe the tale or not, suffice to say that the desert has many a treats for you. Load up on sunblock and carry sunglasses if you're visiting during the day.

TO SLEEP Semi- and fully-furnished mud huts at Gateway to Rann Resort at Dhordo. Here, you'll be able to get a feel of the local culture and indulge in delicacies.

PRICE From ₹4,500 onwards, depending on the kind of room, occupancy, and season you choose to visit.

The Rann of Kutch

Gateway to Rann Resort



Spiti Valley HIMACHAL PRADESH

Home to monasteries, lakes, and an ancient mummy (yes, in the village of Gju), Spiti Valley is also a heaven for astro-photographers and astronomers. Situated at an average height of 12,500 feet above sea level, this cold desert mountain valley has some prime spots from where you can take stunning pictures of the Milky Way. If you'd love to be surrounded by mountains and watch the twinkling night sky reflected in pristine waters, camp by Chandratal Lake. Pin Valley National Park, on the other hand, provides a natural habitat for animals like snow leopards, Siberian ibex, Himalayan snowcocks, Tibetan gazelle, and more. From here, you can head to Mud (the last developed village in the valley), where you can not only enjoy gorgeous sunrises and sunsets, but also gaze at stars in complete silence. The best view, however, is from Kaza—the largest town in Spiti Valley—where you can camp, trek, or simply enjoy your solitude in the company of heavenly bodies.



Tabo Monastery



Spiti Valley

Sabah MALAYSIA

In the past few years, the astro-tourism industry has boomed in Sabah, a Malaysian state on the northern part of the island of Borneo. And why not, after all, the Perseid and Geminid meteor showers have been regular occurrences in the months of August and December there. Some of the region's best stargazing spots are Kota Belud, Kundasang, Tawau, Kudat, and Lahad Datu. Occasionally, the country's Ministry of Tourism, Art, and Culture organises astronomy classes—where you can learn how to identify stars and other planetary objects, and capture and edit images of the sky—at Usukan Cove in Kota Belud. If you'd love trekking during the day and watching constellations by the night, plan a trip to Mount Kinabalu in Kundasang. Beach bums will find Kudat, located on the northern-most tip of Borneo, an ideal location for stargazing while enjoying clean beaches like Tindakon Dazang, Terongkongon, and Kulambu.



Usukan Cove

TO SLEEP You can choose from on-site camps, Airbnbs, and luxury hotels. At Kota Belud, you can opt to stay at Polumpung Melangkap View Camp Site for an authentic experience.

PRICE From as low as ₹100 onwards if you choose to camp. Hotels range from ₹1,000 and upwards.

Kudat in Sabah

TO SLEEP Book a private room or a bed in the dormitory at Tabo Monastery for a holistic experience. There are limited rooms, so book in advance to avoid cancellations.

PRICE From ₹500 approx for a private room and ₹200 approx for dorm stay.

YOUR LIST OF ESSENTIALS

Before you embark on a stargazing journey, here are some of the things you need to pack with you.



Choose a camera that can help you take clear photos at night.

Say no to squinting, pack a pair of sunglasses.



Carry your own telescope with you so that you can stargaze from anywhere!

If you're planning to camp on-site, it's best to have your own mat.



COSMO PARTIES!

One Fine(ry) Evening

Designer Tanieya Khanuja gave *Cosmo* a sneak peak into her SS20 collection (which featured several party-appropriate pieces) and here's what went down at the preview.



L-R: Tanieya Khanuja, Pallavi Singh, Diviya Jubbal, Kitty Kalra, Eishhita Puri, and Vidhi Gupta



Tanieya Khanuja's SS20 collection on display



Few things excite us as much as fashionable first looks, and even better if they come with some very stylish names thrown into the mix. That's exactly what happened last month, when Tanieya Khanuja opened the doors to her store in Defence Colony, Delhi, for an exclusive preview of her SS20 collection for *Cosmo* and 20 of our lovely ladies.

The collection comprised outfits created for a night out—pants, blouses, dresses, and more, boasting luxe details like sequins, pleats, ruffles, et al—that were the cynosure of all eyes! To add to the sparkle, all 20 guests were kitted out to perfection in the designer's structured outfits and party dresses from the range, as they spent the evening previewing the glamorous offerings, picking out their favourites, and even posing for their own *Cosmo* covers.



Sumaya Dalmia and Vidusshi Mehra



Tanieya Khanuja and Cosmo Ed Nandini Bhalla



Roshni Bhatia



Chandani Chawla

Bahaar Dhawan Rohatgi

Sonam Pall

Shreya Soni

Jessica Kapur

Shraddha Gurung

Kiran Lohia

PROMOTION

MANYA PATHAK'S STARDOM

Manya Pathak is a socialite who hails from Delhi, and has recently been featured in the song, Tauba Meri Tauba



Pragati Nagpal with Manya Pathak at the Ministry of Beer, CP



Sona Sharma and Rashmi Sachdeva at the Ministry of Beer, CP

It was an evening filled with glamour, page 3 and celebrities. Dilli Darlings, Manya Pathak has been featured in her first song ever and it was no less than a Bollywood Trailer. 'Tauba Meri Tauba' has touched the hearts of many. The soft melodious music is soothing for the ears; the deep voice of Punjabi singer, Deep Oshaan has received much praise. The beautiful and vivacious Manya Pathak starred this music video that was directed by Praveen Bishnoi

and exclusively presented by ShowBox Originals.

The launch party for 'Tauba Meri Tauba' was held at Manya Pathak's co-owned and well-known microbrewery—Ministry of Beer, Connaught Place. The launch of the event attracted more than 50+ media personnel and the affluent as well as well known personalities from Delhi NCR. With talents that are coming as a surprise to Manya herself, this doyenne has stepped out of her corporate comfort zone

to embrace a new life where she is now a part of a reality show and also a song that is spreading love and admiration as it takes the internet by storm.

With such a blockbuster single, Manya has taken her very first step towards Bollywood which is now a part of her ambitious dream. Appreciating her talents, her husband, Prateek Chaturvedi danced with Manya with pride that was hard to conceal. Her friends, Pragati Pankaj

Nagpal, Sona Sharma and Rashmi Sachdeva were also supportively present to commend her on her achievement.

The guests and the media had a gala time interacting with Manya, Deep and Praveen and the entire crew of the song, 'Tauba Meri Tauba'. This song is exclusively being played on ShowBox TV and their YouTube channel. When asked Manya what are her plans, she very shyly said, "Bollywood is calling me!"

Cosmo Astro

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO...AND WHAT TO WATCH OUT FOR!

Aquarius

20.01–18.02

Wanna get rid of all the Pisces-season moodiness killing your vibe? Buy lunch for bae or surprise BFFs with their fave takeout. Venus entering Aries on February 7th = new friends and more cuties sliding into your DMs, so you're sorted.

Pisces

19.02–20.03

HBD, babes! Your love life, social life, and self-esteem are all glowing up. Nothing can get you down, not even Mercury Retrograde in your sign. Venus in Aries on February 7th promises to give your cash flow a big glow-up, too.

Aries

21.03–19.04

Your social life is lit, and you're looking fire thanks to Venus, planet of love and beauty, hanging out in your sign. But things will get chill on February 18th when the moody Pisces season starts, making you feel a tad invisible. Don't sweat, all eyes are still on you.

Taurus

20.04–21.05

Your crew in a weird place? The fix: GTFO. Mars in Capricorn, starting February 16th, sets you up for a six-week window of opportunity to leave town. Just double-check everything so that Mercury Retrograde doesn't ruin your travel plans.

Gemini

21.05–20.06

Good news, bad news, good news: you're getting a fat bonus—but don't splurge it all. Surprise bills are wrecking your sh*t in early Feb. You need to do some extreme couponing to keep up, until another financial win hits at the end of the month.

Cancer

21.06–22.07

You're not a fan of surprises, but, well, too bad: your job is wildin' out on you in ways you didn't expect. Hang up your soft pants...you might need to travel for work. At least, you'll have hotties lining up to welcome you back home!

Leo

23.07–22.08

The first half of the month is amazing for your love life, so live it up! Pisces season starts on the 18th, putting you deep in your feels. Try to keep the moody behaviour to a minimum, though, especially at work. It's a bad time for your claws to come out.

Virgo

23.08–22.09

You're hooking up with all the first dates, but Mercury Retrograde makes it so that most of them don't work out. It's fine. Once you find someone you click with (as in, someone who likes organising as much as you do), it'll be the start of something major.

Libra

23.09–22.10

You're drowning in work, but love isn't too far away. Venus enters Aries on February 7th and lights up your dating sched. You're def going to get plenty of action...maybe from the sexy coworker?! A reminder, though: your office probably has security cameras.

Scorpio

23.10–21.11

Once Pisces season starts in mid-February, all the cranky vibes you're struggling with go away, and your love life starts thriving. But Mercury Retrograde starts on February 16th, so don't expect to find the LOYL. Flings are just fine RN.

Sagittarius

22.11–21.12

All you want is to get out of the house, but this month's Pisces energy is keeping you locked inside—with drama from your fam and roomies. Breathe. When things get rough, your crew will swoop in and save the day. If any sign can survive this, it's you.

Capricorn

22.12–19.01

Life is about to get hectic. First up, an electrifying hookup around February 2nd. Casual. Post that you're busy 24/7, but Mercury Retrograde isn't making it easy. Luckily, Mars enters your sign on February 16th, giving you the energy to keep going.

AQUARIUS GAL
RIHANNA
20.02.88

AQUARIUS GUY
SHAHID KAPOOR
25.02.81



HOW SCARED ARE YOU OF ROOT CANAL? AND WHAT IF – WE TELL YOU, YOU NO LONGER NEED TO BE?

All of us, at some point in time, have felt shivers down our spine whenever we have heard the words 'Root Canal'. With pain and cost, specifically, springing to our mind!

But, how many of us really understand the term?

Root Canal, medically also known as Endodontic Therapy, is a dental treatment for removing infection from inside a tooth. And, it further helps in protecting the tooth from future infections.

In today's read, we have Dr. Nidhi Gupta, expert in Cosmetic and General Dentistry, former Consultant at Medanta Hospital, CEO and Head Dentaris Clinics, Delhi NCR, debunking the pain and so-called horror, associated with Root Canal/Endodontic Therapy.



"Root Canal is easily one of the most dreaded treatments in the world. I've seen people compare the anxiety they feel before the procedure, to how they would feel during an open heart surgery. But, despite the common notion of pain and horror, a Root Canal Treatment is a fairly simple procedure.

As all we simply do is remove the infected tissue and bacteria surrounding the canal, to relieve patients of pain and also save the tooth from extraction. And with modern technology, Root Canal has become a fairly comfortable process with only 2-3 sittings required, depending upon the intensity of the infection."

This article is an endeavour to help patients understand the basics of Root Canal Treatment, and how the procedure has come a long way - over time.



WHAT HAPPENS TO THE ROOT CANAL INFECTION, IF LEFT UNTREATED?

Well, for one - if the pain is suppressed with medication and left untreated, it can lead to the infection spreading through the bone, leading to a swelling, pus etc. The infection can eat into the supporting bone, further infecting the adjacent teeth as well.

When you have a painful toothache, there is an alternative to removing the tooth. But with a simple Root Canal Treatment, you can actually save your tooth as well as curb the infection from spreading. Once the infected pulp is cleaned up, the tooth is sealed and can return to normal.



ROOT CANAL WERE PAINFUL BACK THEN, BUT TODAY, TECHNOLOGY HAS CHANGED THE GAME.

During the early days, Root Canal Treatment definitely must have been a painful procedure - given the tools available at that point.

However, with time, the procedure has evolved by leaps and bounds. Modern dental instruments are much stronger and faster, giving dentists better control and outcomes. Local anaesthesia is now easier and safer. Today, Root Canal Treatment is no more painful than getting a filling.

At Dentaris Clinics, the experts are well-versed in conducting Root Canal Treatments - no matter the plight of the infection. We assure patients a positive and comfortable experience.



A PROFESSIONALLY CONDUCTED ROOT CANAL TREATMENT, ASSURES LONG-TERM RELIEF.

During the Root Canal Treatment, a dentist removes the infected pulp from your tooth. Once it's gone, there is no bacteria left to keep causing problems in there.

Almost all Root Canal procedures do their job, the first time around.

One Root Canal Treatment, and you should be infection-free in that tooth for a long time.

So, fret no more over Root Canal Treatment pain rather reward yourself with an infectious smile without the infection.



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Every plain plane needs some printed piquancy. And the kaleidoscopic delight that these bbs are—together as well as separately—works as the perfect antithesis.

By: PRIYANKA YADAV; Photograph: FAIZAN PATEL; Fashion Interns: MANVEEN GULIANI AND SAHIL VASUDEV; Flower Courtesy: INTERFLORA

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