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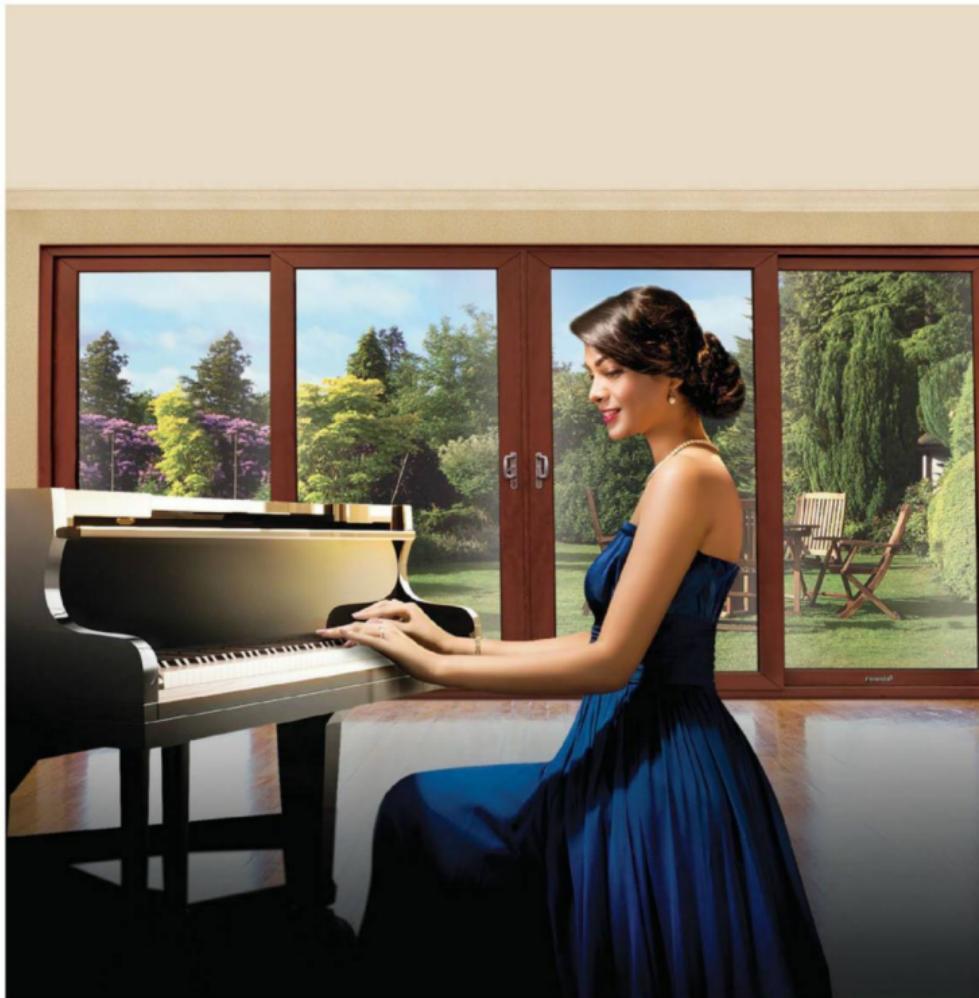


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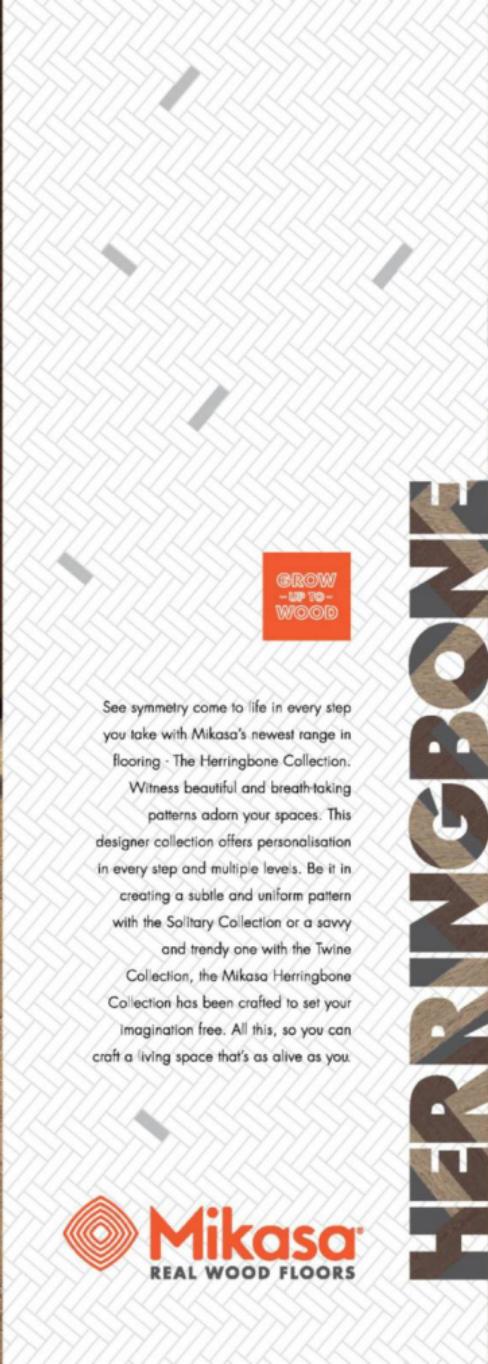
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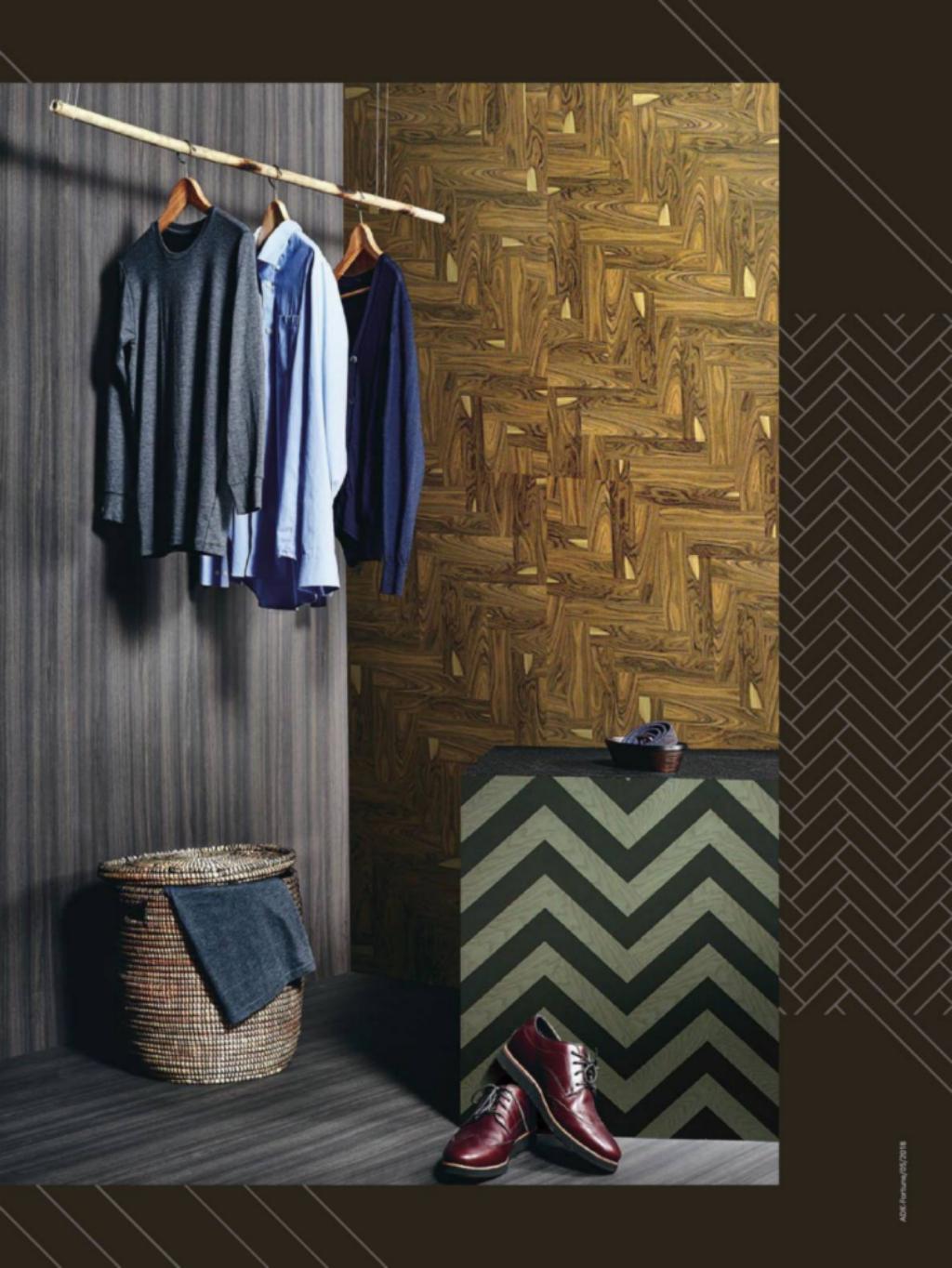
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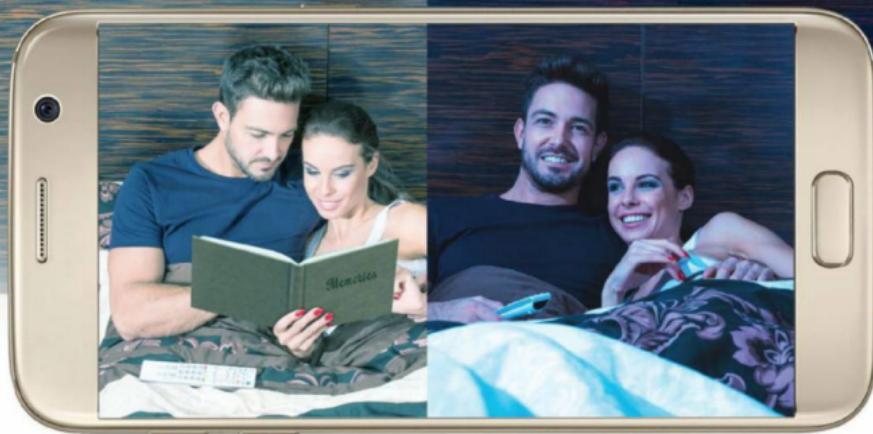
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EDITOR'S LETTER

Half of the walls in my living room are painted a concrete grey. Against one sits a purple sofa with cushions in black and white, and adjacent to it is another wooden set done up in flamingo pink. The Persian carpet is in shades of brown, and the centre table, a dark mahogany. By it are three floor

cushions, woven like raffia, in multicoloured wool. On the walls hang black-and-white images, and a print of a painting that French artist Erte made in the 1920s. It's a bold red, framed with black fabric.

Five years ago, my husband and I took several months to decide on this palette of colours. While the only thing we agreed upon was the grey walls, we couldn't envision a set of hues that would come together to give us something interesting, yet soothing. So we researched and debated and Pinterst-ed and debated. We settled on each colour one step at a time. And even though I am now very happy with the results, let's just say that the living room was a long time in the making.

Today, one needn't invest so much time and energy into deciding the right colour palette for one's home since there are absolutely no rules that need to be followed! (Except of course that you should pick the shades that best represent you.) Designer Krsna Mehta elaborates on this in the story *Portrait Of An Artist* (pg 43), where we showcase his home, which is bursting with every possible hue. To drive the point home, in *Living In*



Colour (pg 26) we tried out new pairings of wall shades and accents, and in *Palette Play* (pg 34), we came up with a list of budget-friendly ways in which you can add colour of every kind easily to your home. There is also a feature on bright wallpapers and how you can pick one that most works for your space (*Wild Flowers*, pg 24).

Our aim was to suggest ways in which you can give your home a makeover. So, we spoke to design experts and décor enthusiasts and put together interesting little ways to help you breathe life into your home, in *Refresh, Remix, Restyle* (pg 56). If you want to extend the idea of a makeover to your lifestyle, check out our feature on the new superfoods that are making their way into beauty products (*Secret Superstars*, pg 72), and our take on why you should cook with flowers (*Floral Feast*, pg 97). Plus, the inspiring stories of five women who turned their lives around, in *Hope Floats* (pg 88) and *Off The Beaten Path* (pg 91).

We hope this issue tempts you to try out new, exciting things.

A handwritten signature in black ink, appearing to read "Preetika Mathew".

Preetika Mathew
Editor
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Repro: Medienpartner International India/Burda Druck India Private Limited.

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Distributed By Living Media India Limited

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**Exposure
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Marketing**

BETTER HOMES & GARDENS

Vol. 12, Issue 3

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in your words



must say that you guys are doing a great job. I loved going through your workshop highlights in *Come Make Stuff With BHG* and the refreshing cocktail recipes that were given in the booklet.

Sulekha Samanta, Mumbai

Just in time

We are designing our outhouse and your April issue came as a saviour—it opened up possibilities for me on how I can style it, rather than getting stuck with a Victorian look. Having read about Ira Dubey's Goa villa as well as actress Hilary Duff's home where the balance of old and new have been mastered seamlessly, I now have a better idea of how I want to set up my space. Thanks so much.

Dhanisha Shah, via email

More than expected

Let me start by congratulating the team for BHG's 11th anniversary. Your March 2018 Anniversary special issue was truly a fabulous one. Every single feature was a delightful read and left me in awe—be it *Leap of Faith*, *Spilling the Beans* or *Make the Mark. Ground Reality*, in particular, cleared my confusion about the type of medium I should be using in my garden. Great job guys.

Monica Lall, via email

Helping hand

I thoroughly enjoyed flipping through your April 2018 issue. Be it décor, styling, food or gardening, every section was packed with interesting ideas. Being a gardening enthusiast myself, the tips in your features have helped me a lot in enhancing my little green space. I was amazed to read about the concept of bag gardening in *It's in the Bag*. I can't wait to get my hands on the upcoming edition. Keep up the good work team BHG.

Anushka Kar, via email

Ideas galore

I've been reading your magazine for a very long time and it's one of the best I've ever read. All the issues are full of unique and impressive features. And, I

Revathi Roy's entrepreneurship mission caught my eyes and so did all the other changemakers. As a budding entrepreneur myself, I felt motivated to read about these wonderful ladies who are doing an applaudable job for the betterment of society, overcoming the obstacles that have come their way.

Devika Kumar, Bengaluru

New fan

I happened to pick up your 11th anniversary issue for the first time on the way to our honeymoon, and I couldn't keep it down until I read the last page. Thanks to *Warm Whites* and *The Sign of Four*, I've got lots of tips and ideas on how I want to decorate our new home. My husband also liked Peter D'Ascoli's home in *Dressed to the Nines*. Just one thing: I would have loved to see an Indian woman author's name in your *Still I Rise* list, but the issue was truly amazing.

Somorita Barua, Kolkata

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INSTAGRAM



FOR THE SECOND EDITION of the BHG Classroom —A Glass Act—we collaborated with Delhi-based Glass Sutra on a framework workshop, which was intense and informative. The participants worked with glass and flame, guided by artist Reshma Dey.



FACEBOOK



REFRESHING RECIPES ruled our social media feed last month. And why not? With the scorching sun beating down, it was time for cool cocktails. Try out the delicious recipes and let us know what worked for you.



BEHIND THE SCENES

IN FOCUS is photographer Arun Sarin, adjusting his trusty camera at Pammy Kaul's Panchkula home shoot.

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HANG UP

The Willow Pendant Lamp, by the Bengaluru-based The Purple Turtles, showcases the perfect way to blend a hanging light with a planter. The brand, which opened its doors in 2009, focuses on creating out-of-the-ordinary decorative lighting through the work of local lighting designers. This particular piece, made of metal and glass, is about 1.7 ft tall and features ample space for your indoor plants.

fresh

IDEAS FOR LIVING WELL



PHOTOGRAPH: JAY WILDE; STYLING BY PAMELA PORTER

WINDS OF CHANGE

Give your home a new lease of life with bright colours that reflect your personality. Choose from unusual and trending colour combinations (think blue and beige with ecru); bold shades that catch attention; and walls that make a statement. Turn the page to get started.

WILD*flowers*

Classic grey walls, we love you. But we're in the mood for something bold. These oversized botanical wallpapers do the trick. Watch them bring your home to life.



These aren't your grandma's florals. Wallpaper is back, and botanicals are bigger, bolder and more dramatic than ever. Vivid, unexpected colour combinations take the lead in influencing a space's palette, especially the larger-than-life motifs bursting with personality. Though lush and a little wild, the patterns' structured repeats instill a sense of order in a room. Start from a less-used space like a powder room or back hallway and then move onto a floor-to-ceiling living room accent wall. It's time to give the big florals a shot. We think it'll grow on you.

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■ WALLPAPER 101 ■

WHERE TO USE IT

If you want to make a major statement in your living room, pick a wall and cover it. The wall behind the bed is another prime spot. If you want a slightly more toned-down approach, try it in a small bathroom or entryway. (The average single roll covers about 28 sq ft; a double roll covers about 56 sq ft.)

COLOUR MIXOLOGY

If you're going with an accent wall, paint the rest of the room in a colour that matches the neutral hue in the wallpaper.

Or amp up the look by choosing a darker colour in the wallpaper. Solid-colour furniture and textiles balance the busy patterns.

ONE-ROLL IDEAS

Even one roll can help enliven the space. Moments of drama throughout the room give it that extra appeal.

Try papering between bookcase shelves for a pop of pattern, hang it above the wainscot lining of the wall or simply frame sections in a wooden trim to create wall panels. ■



LIVING IN COLOUR

Think there are rules when it comes to pairing hues? Not at all! So ditch those age-old boring combinations, and liven up your space with these fresh ideas.

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GREEN LANTERN

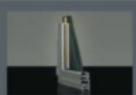
1, 5, 8 & 12. Wall art, ₹17,999; Crimson Iris sofa, ₹36,999; Watercolour silk cushion, ₹2,239 (set of 2); Rose gold nesting table, ₹22,419, Bent Chair **2.** Assorted palms, ₹3,299 per stalk, Apartment **9**
3. Embroidered cushion, ₹2,999, Navya
4. Graphic quilt, ₹4,999, Nur **6 & 9.** Palm tree cushion, ₹1,205; Ravelana cushion, ₹2,800, Nicobar **7.** Zebra palm cushion, ₹2,800, The Pillow Company **10.** Vintage fan, ₹7,999, Ishatvam **11.** Potted planter, ₹1,899, INV Home. ■



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PALETTE PLAY

Lay a rug, make over a bookcase or stripe a wall. These budget-friendly ideas will give your rooms a much-needed boost with minimum effort and maximum payoff.



1 ADD A LARGE-SCALE PATTERN

When you put a big, bold print on the floor in the form of a rug, it won't look as overwhelming as it would at eye level. If that's still too much, check out the back of the rug; some rugs can be flipped so the mellowed-out side shows.

2

AWKWARD NICHE?

Wallpaper it. An alcove is the perfect place to play with a bright wallpaper. You can get by with just one roll, so it won't bust your budget, and you can fine-tune your papering skills in a space that doesn't intimidate. Add a desktop and shelves, and suddenly a misfit space has purpose.



PHOTOGRAPHS: DAVID LAND/PAT BATES; (ALCOVE) MARTY BALDWIN



3

REDO A BOOKCASE

Work a little magic from the inside out. Paint the inside of a built-in bookcase to rev up the interest, then group the books by colour. (If desired, remove the jackets to reveal the solid covers.) Pop in a few small pieces of art—or hang a framed piece on the front of a shelf and you're done.



4

PAINT THE VANITY SOMETHING DIFFERENT THAN WHITE

A fun colour on a stained cabinet can be that unique factor in a plain bathroom. It's unexpected, and gives the room a focal point—one that's a lot less expensive than getting the colour through a tiled wall. A muted green (*Gulf Stream 875, Nerolac*) transformed this cabinet. A sunshine-yellow stool adds a jolt of warmth. For a paint project that takes just a bucket or two of paint and a weekend, it's too impactful not to do it.



5

EMBELLISH A CURTAIN

With a simple stenciled border, plain white curtain panels become designer dressings. Choose one stencil or combine parts of two, such as the flowers and leaves on this curtain. (Use painters tape to mask off unwanted areas of a stencil.) Two shades of purple plus charcoal give the stenciled pattern depth.



6

MAKE IT PORTABLE
A serving tray gives you a dash of colour where you want it. Put one on a sunny windowsill as a perch for plants, move it to a coffee table to group accessories, or make it sit on an entry table as a landing spot for keys and mails. Spray-paint it whenever you're ready for a new colour.

7

CHANGE YOUR METALLICS Copper hits the sweet spot: It's bright and not blingy; warm but still cool; and classic yet trendy. Shiny copper like on the pendant, right, is a modern alternative to the rustic hammered copper. Whatever metallic finish you choose—gold, silver, black or copper—treat it as another colour to make sure it goes with your existing colour scheme.



8

HANG A GALLERY WALL

Small artworks have a big impact—especially when multiple pieces are grouped together. Any colourful thing that speaks to you can be framed. Be it a postcard, coaster, photo or a book page. For easy flow, choose pieces that share common colours or styles, and use similar coloured frames. Walls in a colour that contrast with the frames will amp up your collection.



9

START SMALL

Find a multicoloured pillow you love and build the room's colour scheme around it. Bands of sapphire, teal, coral and white in the small-scale floral pillow, left, inspired this bedroom's palette. The beauty: You can build it over time. Ease in with a colourful lamp and a few large-scale patterns, such as curtains and a duvet. Next step: Paint walls in rich blues to make the room snuggly worthy.

10

SPLASH A FUN COLOUR ON AN INTERIOR DOOR

A home's front door usually wins all the colour love, but interior doors are getting in on the action these days. For a cohesive look, paint the door the same colour as the room's walls. If you have neutral walls, use a soft colour—unless you want to make a high-contrast statement. If you're not feeling brave enough for lively colours, black is always a classic. ■



PAPER CUTS

Did you know that a humble piece of paper can become an artwork in a matter of hours? Paper cut artist Parth Kotekar gives *BHG* a step-by-step guide to transforming a sheet of paper into a beautiful dreamcatcher.

In India, *Sanjhi* is the traditional form of paper art, which involves cutting paper with specialised scissors to create intricate designs. While 26-year-old, Ahmedabad-based Parth Kotekar hadn't studied the style in depth, in 2016, when he was pursuing a course in animation, he realised he was interested in 2D art forms. He decided to quit animation and began sketching full-time, leading to the idea of paper cutting, which took shape after he experimented with graffiti stencils. Six months later, what began as a hobby had turned into passion, with Parth mastering the art form.



“It takes a steady hand to create paper cut artworks. Most of my artworks are from everyday life, and the joy of seeing them coming to life on paper is immense.”  **PARTH KOTHEKAR**

Keep removing the pieces as and when

you cut them. This way, you can make sure that there isn't any cut-out that you've missed.

HANDY HELPERS

- Pencil
- Eraser
- NT Cutter
- Resin Holder Art knife
(D 401P-W)
- A4 size sketching paper (120 gsm)
- Cutting mat
- White gel pen



Expert tip

The stencil cut-out should be connected, otherwise you'll not be able to peel off the small elements. The key to a good paper cut artwork is perfecting this step neatly.



[HOW-TO]

GETTING THE CUT RIGHT

The time required to finish an artwork depends on the design. The one featured here took almost six hours. Here's how you can try your hand at it.

STEP 1: Start by sketching the design on the sheet of paper. As a beginner, choose something easy first, for instance, a small bird, dreamcatcher, left, or a feather. Once done, convert the sketch into a stencil, either by creating it in Photoshop (by adding a border to the sketch and then deleting the artwork, retaining just the border), or you can do it manually by taking the stencil cut-out of the design, keeping just the sketched outline and cutting off the rest.

STEP 2: Now, place the cut-out on the cutting

mat. Start peeling off the cut-outs from the middle using an NT cutter, beginning from the miniature designs in the middle, slowly moving on to the bigger ones. If the stencil cut-out has been created manually, colour the sketched area with a white gel pen so as to hide the outline.

STEP 3: Cut the artwork in such a way that you have some space left to hold the paper or else it'll become too tough to manage it. Try doing it patiently as even a small wrong cut will destroy the entire artwork. ■



BEND THE RULES

For your next home makeover, browse through bespoke décor brand Beyond Designs' eclectic offerings, while sipping excellent coffee.



INSIDER GUIDE

All that you need to know about Beyond Designs.



SNEAK PEEK

Currently, the store houses their latest, mid-century style inspired collection, Maximalist Marvels that is based on 'the more, the better' concept.



HOW THEY DO IT

Most of the products are created in their main manufacturing unit in Sultanpur, Delhi, while some have been curated from across the globe.



IN THE STORE

Their accessory range includes tables, chandeliers, lamps, mirrored accents, furnishings, décor pieces and artworks, among others.

In the past year, India has witnessed a growing trend of merging retail spaces with F&B to engage customers. The newest to join this bandwagon is Delhi-based concept décor brand Beyond Designs, helmed by the designer duo Sachin Gupta and his wife Neha. Their flagship store at MG Road is a massive, 8,000 sq ft space, complete with a multi-cuisine café. Being a décor solutions' brand that offers interiors and landscape designing, while retailing furniture, furnishings, collectibles and other décor items that are designed in-house, the merchandise stands out for being eclectic. "A penchant for experimentation, a love of art and antiques, a preference for fusion and an eye for the extraordinary, that's the philosophy of Beyond Designs. I feel that style isn't something that can be boxed into a category. I love to create spaces where fusion is the keyword," Sachin says. The store offers eight to nine concept displays (for living rooms, dining rooms and bedrooms) showcasing their range of quirky tables, sofa sets, majestic lamps, larger-than-life frames and artworks, pop coloured chest of drawers, chandeliers, among other décor collectibles, all placed in a space that has been designed to impress with its concrete cement walls, grey floors and high ceilings, the minute you step through its glass doors.

SOUL FOOD

The highlight of the store is their quintessential French café-inspired 54-seater Café We, a collaboration between Beyond Designs and Chef Varun Gupta where beautiful French windows open across the charcoal inlay flooring, sectioned wooden paneling and copper chandeliers. "The idea was to create a space where people can come and relax while contemplating the choices that we have for them over a cup of coffee and great food," shares Sachin. The offerings are varied, like the Tomato Beet Consommé Soup, Pesto Chicken Pasta, etc. The café is open to all and is the only eatery in that area. ■



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THE SPECTACULAR
'DUSK' MAH JONG
SOFA BY KENZO
TAKADA.



DESIGNER KENZO TAKADA

THE CERAMICS HAVE
BEEN COATED IN DEEP
COLOURED ENAMELS AND
ENHANCED BY AGED
GOLD AND GLOSSY RED
COPPER LEAF MOTIFS.



CHASING THE UNEXPECTED

... is how Japanese-French designer Kenzo Takada explains the design of his Mah Jong sofa, which he has created in collaboration with luxury furniture brand Roche Bobois.

He calls himself a person of the world and says that his curiosity was the driving force behind all his creative ideas. This gives an insight into what makes Japanese-French designer Kenzo Takada legendary. Known for his pattern- and colour-play (back when he was designing clothes), and his eponymous maison, whose repertoire today includes fashion, perfumes and skincare, Kenzo Takada's most recent collaboration is with luxury furniture brand Roche Bobois, to interpret the label's iconic Mah Jong sofa, originally created by German designer Hans Hopfer. The Mah Jong sofa boasts of a design that allows one to break it and set it up as per the space available; in its latest version, the designer has embraced Japanese influences, and used fabrics from his Nogaku collection featuring

unusual colour combinations and delicate patterns. "I knew I wanted to make it colourful, but accessible to everyone, so I created three tones, illustrating the different times of day: Dawn with its light pastel shades; midday that is bright and luminous; and dusk with dark blues and hazy hues of brown," explains Kenzo Takada.

The designer was further inspired by the Noh theatre—traditional Japanese theatres that date back to the 14th century—and keeping this in mind, created graphics and patterns for the sofa and the accompanying collection of cushions, rugs, poufs and ceramics. The fabric design came from old kimonos and he has used a mix of silks and jacquards to create a sense of luxury and retain the spirit of the kimonos. "I wanted to convey a sense of multi-culturalism as well as modernity through its

design. However, there were a few technical aspects to the design that were challenging at first. We had to rework the graphic placing, pinpoint the exact colour tones and select the materials that went well together. After reviewing the first prototypes, we re-did them several times until I could find the right harmony among the different elements. Homogeneity is the key in design, even more so in the home and decoration environment. As a designer, you must keep in mind that each person looks to create their own environment, so the result had to be adaptable and not too complex yet retaining an identity of its own."

And the result is stunning. To add to the effect, Kenzo Takada also created Aka Hanawa vases in hand-turned red clay earthenware and matching occasional tables. ■

home

WHERE LIFE HAPPENS

THIS DINING ROOM WALL SHOWCASES ARTWORKS AND ARTEFACTS THAT HAVE BEEN COLLECTED BY KRISNAA DURING HIS EXTENSIVE TRAVELS.

portrait *of an* artist

Though designer Krsnaa Mehta's home is a riot of colours, every hue comes together to create a stunning space.



In the living room, the dominant shades of red and blue are offset with trimmings in black—floor lamps, fabric patterns and a solid-coloured chair. Even the window blinds feature soft tones of the shade.

nyone who knows designer Krsnaa Mehta will know of his love for colours. His home décor and fashion brand India Circus, established in 2012, is popular for employing bright shades and designs that celebrate the spirit of India with a modern twist. So, it comes as no surprise that his ethno-contemporary Mumbai home is also a burst of bright hues. Bold combinations, unusual accents and vibrant patterns create a space that is striking yet at the same time, gives an insight into Krsnaa's approach to life. "Colours tell a story. Colour is life. I wanted my space to look colourful, and, perhaps, blends with what my brand is today—a colourful paradise. My home is a happy mash-up as some people call it. I've deliberately used some colours to show how they coordinate with each other. And indeed, these combinations have stirred a thousand conversations," says Krsnaa.

BEYOND IMAGINATION

The walls of the apartment are all done up in contrasting, deep hues, and feature stunning graphics; several artworks, most of them created by Krsnaa and some collected during international travels, are displayed on the walls, as well. More colour comes in by way of the furniture and



“I AM LUCKY TO HAVE LUSH GREENERY



FOR HIS ALL-INDIAN PALETTE, KRISHNA DRAW INSPIRATION FROM FLORA, FAUNA AND ARCHITECTURE.

OUTSIDE, BUT I HAVE PLANTS INDOORS TOO. **99**



furnishings, as well as artefacts that are scattered everywhere. Each room has at least two dominant colours, like red and blue in his living room; pink and purple in the bedroom; and green and maroon in the entertainment den, which is also his favourite corner.

"I believe that one's home should showcase their personality. Beautiful interiors are the soul of your home. Believe it or not, I didn't have any hard and fast rules to follow when I was doing up my space. Bring a creative person by nature, I wanted to use a mix of eclectic colours, while strategically placing art and décor pieces in each room. In fact, I have played with unconventional colour pairings to create a space that personifies my spirit."

But the colours actually serve a deeper purpose here. Krsnaa says that dictats like bold shades make a space seem smaller and neutral shades open up a space, should be disregarded—while designing his home, he found that different hues like the maroon and purple,

and varied patterns like chevron and floral added depth to each of the rooms.

As evident in his designs for India Circus, Krsnaa has created a space that is modern yet completely Indian. He has blended Indian motifs with contemporary design elements like geometry and calligraphy. "I have an all-Indian palette and draw my inspiration from flora, fauna, nature, geometry and architecture. My home is small, but every space has its purpose and has been decorated to suit it. For instance, the guest bedroom, converted into my entertainment den, has very different elements and furniture than what is in my living room and bedroom. My entertainment den and living room are very dear to me. My evenings with my friends are in the den, where we all have conversations over drinks and food. If I have lots of guests, then the den and the living room are both used as entertainment centre. And when I am alone, I usually end up eating in the den."



THIS WALL PRINT
IS KRISNAA'S
OWN DESIGN
FOR HIS BRAND
INDIA CIRCUS.



1



2



4



3

A sculpture named *Stainless Idiom* from Mumbai-based Rukshaan Art.

1

One of Krsnaa's favourite artefacts, The Leopard Teapot came from Ardmore, UK.

4

This eclectic Swan was brought from the Italy-based web store, SelettiWorld.



ACCORDING TO KRISNAA,
TOO MANY COLOURS IN
A SPACE NEVER CREATE
CHAOS. HERE, THE SIDE
TABLE ADDS A
FUN ELEMENT TO HIS
ETHNO-CO-TEMPORARY
BEDROOM.



RULES OF IMAGERY

The master's tips
to begin your
colourful journey.

DON'T BE AFRAID

Colours are not
intimidating. Choose
a palette as per your
taste and not what
others say.

DON'T FOLLOW THE RULES

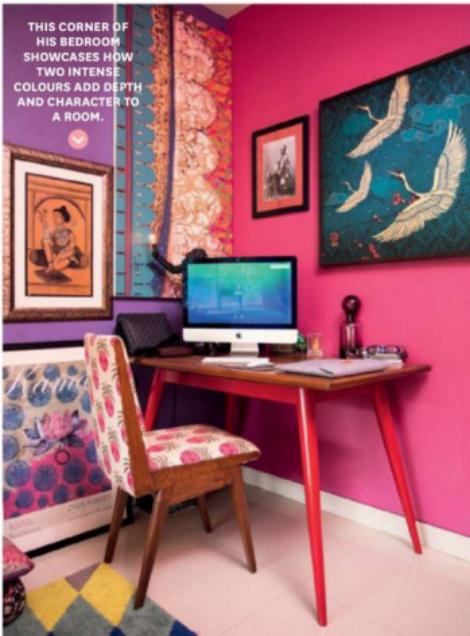
In fact, there are no
rules for mixing
shades. Pick what
makes you happy and
make them the
dominant hues of
your home.

JUGGLE WITH PRINTS

Mix the prints with
solid shades. Begin
with picking a
pattern, then find a
complementing print
and accent them with
a single colour.

PICK FLORALS

From spray roses to
bold dahlias and
cornflower, floral
prints brighten a
space instantly. ■



“This is my favourite corner where I like to unwind at the end of the day—the blue sofas and the vintage table gives the space an English countryside vibe.”

PAMMY MAKES SURE
THAT ALL THE GIFTS
SHE RECEIVES
FIND A PLACE IN
HER HOME.



BEAUTY EXPERT AND FOUNDER OF SCRATCH SALONS, PAMMY KAUL GIVES FREE REIN TO HER CREATIVITY WHEN IT COMES TO THE DÉCOR OF HER HOUSE. BY SIMPLY UPCYCLING DISCARDED THINGS, SHE'S BREATHED NEW LIFE INTO HER PANCHKULA HOME.



HER OASIS

Even though the house has an easy and relaxed décor style, Pammy makes sure that it is always neat and organised. No matter how busy her day's schedule, she checks every room before stepping out.

h

ome is where the heart is. This is especially true for Pammy Kaul, whose treasured memories dot every corner of her home. For starters, there is a Murphy radio from her grandparents' house; antique dinnerware sets, vases and lampshades, as well as a vintage candle stand she inherited from her mother; and a selection of gifts from her relatives and friends. "All these things remind me of the people I care about and make me feel as if everyone is around me," she shares, sitting in the living room of her sprawling 10,000-sq-ft home in Panchkula. Set amidst expansive green lawns with a profusion of trees, plants and flower beds, the traditionally designed, single-storey house has a white façade that is pleasing to the eyes. "I fell in love with it the moment I set my eyes on it—especially its openness and comfy vibe. It has been a crazy journey doing up this house."

FROM SCRATCH

Eight months ago, Pammy began the process of moving into this house, along with her husband and dachshund, Scratch. She started by shifting all the dilapidated and scrap stuff from her salon's basement—dumped beds, distressed side tables, chairs and trolleys, broken art pieces and cutlery—to her home. Several people, including her salon staff, neighbours, friends and even her husband, questioned this. "The idea was to make this house completely different from my Delhi and UK homes," Pammy explains.

“I believe that the world makes way for people when they’re confident about where they’re going. And I live with that mantra because I feel you can win half the battle with your confidence.”



HANG IN THERE

Even though Pammy doesn't do any gardening, she is keen to learn the process. The house has a huge garden with almost 50 trees; and inside, there are quirky planters, like the one in the living area.

THE GLOW FACTOR

Pammy is not fond of flashy chandeliers. She loves collecting table lamps, side lamps and mood lights, because she feels that these bring in a sense of calm and peace. She brought the hanging trumpet, left, from a fair in Germany.



MOST OF THE CARPETS IN THE HOUSE ARE GIFTS FROM HER FRIENDS.



NO ROOM FOR BLUES

It all started when Pammy discovered pieces of blue fabrics lying unused at her salon. She went on to incorporate them in her bedroom, even designing the bed's canopy that gives the room its royal vibe.



THIS STORAGE BOX
PROVIDES A NEUTRAL
CONTRAST TO THE
SHADES OF BLUE.

Her plan was to give all the 'trash' a makeover. "I began by painting the chairs. Then, my company's team of carpenters, painters and electricians further gave shape to my ideas that I had in mind to put all the stuff to use—the beds in our rooms are an updated version of the spa beds, and the shelves and tables have been styled out of old trolleys. Basically, everything had been upcycled."

The result? A cool, informal ambience that's true to Pammy's vision. "It's a very easy and breezy home where you don't have to worry about taking extra care of your cutlery or any other knick-knacks. None of the cups and plates are the same. It's all a mix-match."

SEA SHADES

Envisioning a soft, nuanced backdrop for her collectibles, she

turned to a theme of blue, white and cream. "As far as the hues are concerned, no matter how much I love surrounding myself with colours, I'm not impressed by loud themes. Above all, an overdone effect is not my cup of tea. There needs to be a balance, either through upholstery or other elements, to create subtle tones." Pammy loves all the shades of blue and finds them very calm and soothing.



HOUSE OF QUIRKS

Unique, decorative animal forms dot Pammy's house, thanks to her love for animals and the time she spent in England.

Since blue is her favourite colour, most of the wooden furniture in her house has hints of the shade.

Pammy gave one of her chairs a cheery makeover by decoupage it with flower cut-outs that she liked on a wedding invitation card she received.



AN OPEN PLACE

Pammy loves throwing parties and picnics for her friends, family and staff. Here are some of her tips for the perfect get-together.

- Set up the party in the lawn. An outdoor setting is ideal for a casual, laid-back experience.
- Avoid conventional menus. I enjoy surprising my guests with unexpected dishes. Serving delicious food with that touch of the new and exotic is always a winner.
- Don't overdo the décor. I prefer a uniform theme and create everything from around the house for the set up.
- Parties are incomplete without eye-catching lights. I love collecting lights to deck up my lawn. ■



REFRESH, REMIX, RESTYLE

Whether you are on a tight budget or have a no-holds-barred approach, you'll still need innovative ideas if you want to renovate your home. We spoke to interior and products designers, architects, décor bloggers and readers for tips that'll get you started.

PHOTOGRAPH: GRIES SCHEIDEMANN



1. SUMMER TIME is all about living light. Pastel-coloured laminates work wonders to create a pleasing ambience for your room. They're gentle on the eyes and make your room brighter. A pastel feature wall can become

a canvas for you to hang your frames and other vertical paraphernalia. Apart from a feature wall, you can also use pastel shades for other vertical applications, such as cabinets and inside old bookshelves. Complement the room

with pristine white doors. *Parul Mittal, director, Greenlam Industries Ltd*

2. TO INSTANTLY change the look of your home, choose wooden flooring in bold shades to create

a contrast. Try the current global trend, a herringbone pattern, to add an interesting angle. *Parul Mittal*

3. ANIMAL PRINTS on the furniture can add an interesting detail in your

space. Think a statement settee for a bedroom or a bar unit that has the print on its door, or an accent chair. Faux fur is also trending internationally and perks up the décor instantly. *Neha Sinha, founder, Rainforest Italy*

4. **IF YOU** have a limited amount of space in your home but have lots of small rooms that have been created to accommodate people, knock down some of the walls and create a home that's spacious and gets natural light in most of the areas. In my home, we had four bedrooms (those builder floors); and to create two huge bedrooms, we opened up the walls. I feel the energy of the apartment also improved once we had ample ventilation and light. *Prateek Jain, designer and co-founder, Klove*

5. **A CARPET** or a rug can decorate more than just the floors. If you want to extend the life of your precious Oriental rug or simply dress up the walls, frame and hang the carpet to make a statement. Keep these things in mind when you do so: Assess the characteristics of the rug. See if it's flimsy or heavy, as framing could lead to corners curling. *Abdul Quayoom Trumboo, founder, Meraas*

6. **WARM AND COSY** corners always perk a house. Add a warm, neutral colour in a low-sitting area in the form of footstools, rugs and a book-rack or magazine holder. Remember, a simple, fluffy carpet creates a zone where you can relax. *Abhishek Kathuria, interior designer, Marigold Furnishers*



10. DON'T LET MONOTONY pull you down. Rearrange each room of your home after every three months. Even if you have a small apartment, change the setting. This gives you an opportunity to clean the house thoroughly and get a new look regularly. Quite often, boredom sets in as you fall into a robotic behaviour in your own space. *Namit Ajmani, founder-designer, IOTA*

7. **ARTIFICIAL**, soothing ambient sounds reform your space instantly. For instance, wind chimes are pleasant and bring in good vibes. It is ideal for the living area and balcony. Or you could play sounds of the forest or sea waves on an app or through your

music system. Plus, they cut out loud outside noises. *Sameer AM, founder, Bonito Designs*

8. **CREATE A CORNER** on a display rack and group together fragrant candles and incense. This ensemble should have complementing

aromas that can be lit daily. It's a great way to recharge after a hard day's work and to keep away negative energy. *Gobind Kapur, interior designer, Maison Du Luxe*

9. **CREATE ADDITIONAL** storage in the unused niches

of your home. Place a door in front of the space and camouflage it with a mirror, fabric or even a wallpaper. Install shelves according to what you intend to store there. *Anil Bhatia, architect, Design Studio*

11. EXPERIMENT WITH the ceiling and floor. False ceilings are becoming increasingly popular—they not only lend an aesthetic value but also add visual depth and layers. They can be designed using materials like wood, leather, fabric or paints. For the floor, following trends blindly is not practical. Flooring depends on the kind of footfall it will receive. For example, laminated wooden floor tiles cannot be sustained in a living room and require harder stone. *Chirag Bhatia, architect, Studio Machaan*

12. IF YOU HAVE false ceilings, cove lighting is a new trend to adopt. This indirect lighting, where the light source is directed towards the ceiling with concealed light fixtures, gently illuminates the space with a soft, warm light and washes the walls with ambient lighting. You can place it on the crown mouldings or valances (pelmet). *Nomita Kohli, creative director and founder, Wisma Atria Interiors*

13. FOR A SMALL room, use a framed wallpaper (essentially, a cut out piece of a wallpaper that has been framed like an artwork). A large size frame creates the illusion of space since it reduces the negative area on the wall. Frame the chosen wallpaper in one large frame or two smaller

ones, and group them together on a large wall. *Mrinmayee, textile designer and founder, TUNI Tales*

14. FOR A NEUTRAL coloured room that gets little or no natural light, brighten up the space using fun coloured cushions and fabrics. Just get a metre or two of a fabric that you love and drape it over the bed or sofa.

Minmayee

15. IF YOU ARE looking to make your bathrooms beautiful and everlasting, choose stone for the walls and floor. Available in various designs, colours and textures, it leaves you with a lot of room to play with the patterns. Though it is not inexpensive, the maintenance it requires is almost negligible.

Chirag Bhatia

16. TO CREATE A Zen-like abode, adopt the principles of Taoism in your décor. Place lots of plants and install an



artificial water body (like a small fountain or a flowing water bowl) to facilitate the flow of energy from room to room. You can also use earthy elements, be it sustainable materials like wood, terracotta or clay, or simply use soothing neutral shades. *Nirav Shah, founder, ACDS*

17. EVEN IF you have a small bathroom, think big. The master bath in our rental apartment is a tiny 4 ft x 6.5 ft. But, with a custom tub and clever storage area, we turned it into a bath that not only fulfils the purpose but also becomes a relaxing

retreat. How did it all fit? We chose a small tub but a deep one for a good soak. Since drilling on tough tiles would have meant complete mayhem, we utilised the tiny area below the sink for an open storage that holds all our toiletries. Indoor plants and rose petals completed the transformation.

Rukmini Ray Kadam, décor blogger, Trumatter

18. I HAVE a house in Kerala and whenever I want to uplift the spirit of any area in my home, I play with bold

colours and prints, in the form of cushions and throws—it changes the look instantly. Also, I love to add vintage décor pieces as they make a strong impact. *Bindu Joseph, social media influencer*

19. TO REFRESH your terrace or balcony garden and give it a resort-like feel, add colourful end tables, ottomans, a sun lounger or a hammock. Corals, blues, pinks and reds work well for an outdoor setup. *Randip Dhingra, founder, World Bazaar*



20. MY SMALL balcony was dotted with pots without any style. Then I saw an advertisement on a balcony makeover using just a few key things that inspired me. After removing the pots and cleaning the balcony, I got the local nursery to install a false grass carpet to cover the entire space. I then hung a seat-style hammock in the shaded corner and placed all the plants on the railings using brightly coloured hanging pots. A white chair and a small footstool on the other corner of the balcony completed the look. I added wind chimes and fairy lights, and it became my favourite space. *Sulakshana, furniture designer*

21. GIVE YOUR herbs a pretty setting. If you have a sunny window sill, plant the herbs in clear vases of different sizes—just place a thick layer of pebbles inside before adding the potting mix and the plant. Now entwine jute ropes and wool around the vases, following a similar shade palette—this hides the soil mix. Pastels and neutrals work best for this. Attach name cards and group them together on the window sill. *Nandini Banerjee, BHG staffer*

22. GIVE YOUR little girl's bedroom a dream setting with just two things—fairy lights and light net curtains. Hang one curtain behind the bed to make a headboard and the other over the canopy of the bed. String the lights on the curtains and light it up. *Suparna Goswami, journalist*

23. IF YOU have an outside sitting area, using a fused light bulb

as a vase will give the area a new look. Place garden variety flowers and twigs in them artistically and tie a jute rope around the neck of each bulb. Hang them from on a wall hook or place them on a small table. I also place these bulb-vase grouping in the rooms to give a homogenous look to my home. *Madhu Rai, graphic designer*

24. IT WAS very easy to convert my study room into an old-school library. On the accent wall, I used a books wallpaper and it changed the look of the room immediately. I then had all the bookcases polished up after a few coats of paint. Inside each shelf, I pasted floral, handmade paper sheets and voila! My library was ready. *Milli Sinha, writer*

25. I AM a denim hoarder and had close to 30 jeans and jackets preserved from my college days. So, when I needed to give me bedroom a statement look, I used them to create a quilt. Cutting out patches from those discarded jeans, especially the pocket areas, I stitched them together and made a 5 x 5 ft quilt. Next, I nailed the quilt on a hard cardboard and mounted it on top of the bed. *Deepika Roy, website designer* ■

BORA

The end of the extractor hood.

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QUIET COOL

Are uninvited sounds making inroads into your otherwise quiet abode? Here are eight ways to muffle them for good.



LARGE IS LOUD

If you are getting your house renovated or constructed, eliminate all the large hollow spaces from the structure, such as rooms with very high ceilings. Though long, open corridors and high-arched ceilings look beautiful, "they cause sound to bounce around. When that happens, it creates reflections or reverberations that are absorbed or bounced to other surfaces. In a large room, which has a high ceiling or towering domes, there are no barriers or walls to absorb the reflected sound and, hence, even the smallest of noises seem magnified," explains Sandeep Agarwal, chief architect of the Lucknow-based Agarwal & Sons. He further adds that all the structural elements—ceiling height, room width and the number of walls—contribute to calculating the reverberation time. Usually, the larger the room, the longer the time. One way to counter this is by bringing in large, heavy furniture to cosy up a spacious, open room.

Acoustics are probably the last thing we focus on when we plan our dream home—after all, who thinks how various sounds will play out in their space? But then, a child plays her guitar down the corridor, a truck belches noisily as it roars past on the street outside, the neighbour's TV blares through the walls—and the sanctity of our sanctuary is destroyed within seconds. And as if all this weren't enough, the droning washing machine and whirring mixer add to our woes. But fear not. This doesn't mean we have to continue living like this. Here's how you can make your home a quieter, calmer place.

DRESS UP DOORS

Most doors, especially in apartments, are made of panels that have a hollow core; this allows sound waves to travel through. Get rid of these and invest in heavy doors that are made of wood and have a solid core. "It worked for me as I live in a condominium on the ground floor. The constant noise from the chatter of people at the guard's desk was muffled with the installation of a heavy door," says Navdeep Bhinder, a resident of Gurugram.



CURB THE CLAMOUR

Do you really want your temple room adjacent to the kitchen? "I realised that most household appliances, such as the microwave, emit sound, and with my lounge just adjacent to the kitchen, finding even a few minutes of relaxation was difficult. I consulted with an architect, re-thought my living area and converted a guest bedroom at the far end of the house into a lounge," says Lucknow-based Akhil Srivastav.



SIDELINE THE STAIRCASES

During construction or renovation of your house, avoid installing a staircase that will create a hollow space at the landing or at the foot, because then, any movement on the staircase will cause the sound to magnify. If, however, you can't avoid the empty space underneath the staircase, fill the space by placing a console there. This way, you will be able to squeeze out some extra storage, as well. Make sure you don't place a TV in the nook; it will only create more noise and chaos.

HUSH UP

The best way to deaden sound vibrations is by using heavy, dense materials that can absorb and stop noise in its tracks. The easiest strategy is to retrofit the walls with a second layer of material to build a thick, sound-deadening barrier. Glass wool, foam or drywall are the most commonly used materials to buttress the ceiling and the walls. Other choices are:

■ PERFORATED PANELS/SOUND

DEADENING BOARDS. Use perforated panels (porous or textured panels made of gypsum board/MDF board/metal) on your ceiling and hide it under a false exterior. These sheets absorb sound waves and limit their transmission. You can place them on the floor, too, if you don't want the sound to travel below. "Building a heavy concrete floor or a floating floor is also effective," explains Shikha Misra of Delhi-based AND Studio. Another option is to line the walls

with a sound barrier membrane, like a dB block.

■ HIGH-RATED ACOUSTIC MATERIAL.

For a professional finish, go for special acoustic panels—available as boards or fabric that can be retrofitted into the ceiling or the wall. Made of Porous Expanded Polypropylene (PEPP), panels come in a variety of sizes and thickness. "Also, mass-loaded vinyl sheet, made especially for noise control, is a flexible material that comes in rolls. It's hung on walls or installed on floors, and helps deaden sound," explains architect Moulshree Mittal of the Delhi-based Anuj Agarwal Associates.

■ DIYs. For immediate relief, cover walls with decorative fabric, pieces of art or a vertical garden. You can also affix decorative tiles, adorn walls with pictures and frames, recycle old heirloom quilts or sheets into wall-art pieces, or pack them with foam for efficacy.



CARPETS ARE CALMING

We may not love them, but carpets are great allies when it comes to your war against noise. They instantly absorb sound. Even heavy rugs. "Carpets and rugs not only tie the décor of the room together, they keep sound from bouncing and are affordable too," informs Moushree. Buy some heavy drapes or curtains to contain the sound getting transferred through windows.

BUY IT NOW. FOR A FEW THOUSAND RUPEES, YOU CAN BUY A WHITE NOISE MACHINE—A DEVICE MEANT TO ABSORB 'WHITE' OR UNOBTRUSIVE SOUNDS IN THE AREA, SUCH AS THAT OF THE CEILING FAN. AVAILABLE ON E-COMMERCE WEBSITES.

WHIP UP THE WINDOWS They are the biggest culprits in allowing noise to seep in. The most effective technique is to add another window, creating a sealed air gap between the window frames. "Customised acoustic laminated glass with inter-layers provides better insulation, and is an effective option to consider," says Shikha. Double glazing restricts sound as well since it creates one more barrier for the sound waves.

RESCUE APPS

When you have a task at hand and are getting constantly distracted with some irrelevant noise, it might be a good idea to wash yourself with some white noise to cancel out the irritant. Here are some noise-cancelling apps to try.



CALM
Provides relaxing music, guided meditations, sleep stories and breathing programmes for inner peace.



HEAR
This app filters your acoustic environment, takes out harsh sounds and turns stressful noise into peaceful sounds.



NOISLI
Lets you choose from, and combine, an assortment of pre-set sounds—from oceans and forests to train tracks.



WHITE NOISE LITE
Provides 50 HD ambient sounds of the environment to help you relax or sleep.



WOOD IS GOOD

Though ecologically conscious guys will cringe at the thought, investing in some good-quality, heavy wood furniture will help reduce the sound leakage. Place a large wooden console/bookcase or décor unit against the walls from where sound emits the most—for instance, against the common wall between the master bedroom or the one where the kid strums his guitar—and fill it with lots of books. ■



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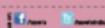
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POT LUCK

An indoor mini garden, featuring a variety of plants in a pot, may look like a lot of work, but Karan Singh Parmar of the Delhi-based Twelve Tomatoes says that it takes just a few hours to create it. Here's how you can make a beautiful green patch in one container.



things to note

- After replanting, the plants might look withered, but do not be alarmed. That happens because they lose a fair amount of moisture during the process of replanting and it takes them a few days to take root.

- One way to avoid fatalities is to re-plant your plants either early in the morning or evening, when the sun's not too harsh. Let your planter recover in a shaded corner for at least two days.

- To maintain it, water lightly twice a day. Add a thin layer of vermicompost every fortnight, trim the dead leaves occasionally and regularly pull out unwanted weeds.

- A herb or a cacti garden are perfect alternatives for the non-conformist gardener.

Over the years, the idea of a traditional garden has evolved to include green hubs on terraces, patios, balconies, and even vertical and floating gardens. All these were created out of necessity—in an urban setting, space is the biggest constraint and the challenge is how to get the maximum utility out of the available area. For any plant enthusiast without a 'formal garden', the lack of space is followed by the greed to accommodate that one extra plant. The answer to this is GIP or Garden in a Pot.

With GIP, you can put together different types of plants that have similar light and moisture requirements, in the same container. And that really is the first and most important rule. It would be criminal to add a plant that prefers semi-arid conditions amongst a family of tropical plants. For this tutorial, I've chosen plants, which are more generic (and I've seen them flourish in most parts of our geographically diverse country) and thrive effortlessly indoors. The second rule: You must choose plants with different

textures and shades so that every plant is a 'star'. It's also a good idea to add a variegated version of the same plant to add different textures. For example, you can add three or four types of syngonium. Or various kinds of ferns. I also like adding an accent plant with a bold colour amongst various shades of green, making sure that the accent plant feels natural there and does not stick out like a sore thumb. Coleus or Philodendron Ruby are two great accent plants. Taking cues, get started with your indoor showstopping GIP.



YOU'LL NEED THE FOLLOWING

« A wide mouth clay or cement pot. (I avoid plastic containers since they aren't sustainable and I'm not too fond of ceramic planters as they don't allow the water to evaporate through their pores). Here, I have used a 24-inch pot.

PLANTS

« Syngonium, assorted « Ferns-assorted « Coleus « Spider plant
« Mint « Golden Pothos/Money plant

« Soil mix: 1 part vermicompost, 1 part soil, 1 part coco-peat

« Watering can

« Gardening scissors

« Hand hoe (*khurpi*)

1 Cover the water drainage outlet at the bottom of the pot with a piece of broken claypot or a stone (to avoid erosion of the soil) and then cover the base of the pot with an inch-thick layer of coco-peat followed by an inch-thick layer of soil mix. Gently pat the pot by tapping it against the floor while making sure that you do not end up cracking it.

2 Without removing your plants from their individual pots, place them in your large pot and work on the layout of your mini garden. Ideally, place the shorter plants or the plants that trail, towards the edge. Tall plants should either be in the middle or towards the back.

3 Once you've played around with the placement, lift the plants gently from their pots and place them in the large planter. Cover them with a bit of soil to make sure it holds the desired position. Then add an inch-thick layer of soil mix to cover any leftover gaps. Remember to pinch the soil around with some force (certainly not brute force) at the base of the stem to secure the plant in its position. Gently tap the planter against the floor to settle the soil mix.

4 Add a final layer of the soil mix on top and sprinkle some water immediately. Watering the planter at this stage helps the soil settle and also ensures that the replanted plants get their fair share of water to recover from the transition. ■



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- 3 ROomba 606** has in-built cliff detection sensors, which help it navigate smoothly around the house, ₹19,900, **iRobot**, [irobot.in](#)
- 4 CORDLESS 2IN1 VACUUM** features 60-minutes of continuous runtime that enables cleaning in one go. Price on request, **Black+Decker**, [blackanddecker.com](#)
- 5 ULTRA-CLEAN CYCLONIC** is designed with HEPA filter for excellent filtration, **Inalsa**, [inlasaappliances.com](#)
- 6 BED & UPHOLSTERY VACUUM CLEANER** has been crafted using cyclonic technology and features a UV light disinfection system, ₹8,000, **KENT**, [kent.co.in](#)
- 7 EASY GO DRY VACUUM CLEANER** is convenient to store, carry and has an adjustable nozzle and foot pedal, ₹7,031, **Philips**, [flipkart.com](#). ■



EXPERIENCE IT One Of Its Kind

Through its first flagship store in New Delhi, Encraft, the premium windows and door solutions brand, has simplified the buying experience for you. Featuring life-size products, doors and window installations, its 5,000 sq ft experience centre in Okhla has several departments, such as a research and development centre, fabrication department and window testing department, to help you understand the products better. **70, Okhla Phase 3 Road, New Delhi; encraft.in**

ALL IN THE DETAILS

Crafted by Kashmiri artisans, Meraas's handmade, walnut furniture Maharaja Collection includes beds, chairs, sofas, coffee tables and dining tables, among others. Using engraved, undercut and plain carving techniques, the range features roses, chinar leaves and lotus motifs. Priced at ₹30,000 upwards, meraascrafts.com



THE NEW LOOK

After the success of its first store in New Delhi, The Décor Kart recently launched its second store in Gurgaon's Galleria market. The space exudes a vintage ambience complemented by a clean and classic façade and showcases its vast range of décor accessories, like jars, vases, candelabras, kitchenware products, among others. thedecorkart.com.



KITCHEN ESSENTIAL

Smart Solution

The latest addition in Hafele's kitchen storage range is the Planero basket by Vauth Sagel. It comes with a shelf-like look and has slim cuts that create space for maximum storage. Use it as a bulk grocery storage or as any other corner unit solution. Price on request, hafele.in

Upside Down

If a busy schedule doesn't allow you the chance to do some gardening, get home the innovative aerial planters by Alive Innovations, a vertical garden system provider. Requiring minimal maintenance and suited for both indoor and outdoor use, the planters come with a self-watering tank. Price on request, aliveinnovation.in



Comfort Sleep

Escape the heat this season with Spaces by Welspun India's super soft and comfortable HydroCotton bed linen range. Featuring an in-built temperature regulating system and crafted using 100% cotton yarn, it is available in 12 colours, including white, taupe, grey, aqua, coral, wine, lilac and hay. Available at leading home stores. spaces.in



Quick Action

Foraying into the dishwasher genre, Whirlpool's latest range of free-standing dishwashers—6th Sense, PowerClean Pro and PowerDry, and PowerClean Pro—clean and dry a full load within an hour. Their ergonomically optimised controls exhibit intuitive and minimal interfaces. Price on request, ₹45,050, whirlpoolindia.com



STYLE DIARIES

Explore an exhaustive range of durable, attractive plastic chairs by Supreme Industries. Made using synthetic resin, their Cambridge Chair collection is available in colours like brown, grey, cane, dark beige, among others. Price on request, supreme.co.in

Quirky Bits

If unique and quaint décor pieces tug at your heartstrings, take a tour around Navya's newest store in Chandigarh. After its successful run in Delhi and Chennai, this outlet features a handpicked collection of pretty home accessories, like decorative suitcases, vases, vintage clocks, décor collectibles and a lot more.



SLEEK SMART

Perfect for small spaces, Metrika's latest range of modular kitchen solutions features sleek storage systems and has been created keeping in mind those who prefer minimalist designs. Crafted using grained wood, high-gloss and matte-lacquer finishes, the designs can be tailored according to your taste. Price on request, metrika.in



beauty

LOOK GOOD, FEEL GOOD



INTENSIVE CARE

From the beauty superfoods that should be on your radar, to the most effective pilates postures to start with, to the latest in makeup trends, here's your guide to feeling fresh and healthy this season.

SECRET SUPERSTARS

They say, 'If it's good enough to eat, it's good enough to put on your skin'. With more and more beauty brands packing their products with the nutritious power of superfoods, these are the top ingredients you need to know about.

If there's one thing ancient wisdom and modern science agree on, it's that superfoods, loaded as they are with natural nutrients, pack a punch. And now, they've jumped right from your plate into your beauty products. "There's absolutely no denying how great these foods are for your skin," says Dr Sirisha Singh of the Delhi-based Skin Centre. "Eating them is great for your skin and hair but putting them in a cream or mask gives your skin almost the same benefits." Well, let's just say, you can now have your cake and eat it, too!



TRY: KIEHL'S
DERMATOLOGIST
SOLUTIONS NIGHTLY
REFINING MICRO-PEEL
CONCENTRATE,
₹4,700.



quinoa

This Peruvian grain has been making waves as a high-protein carb for a while now—it's one of the few vegetarian foods and perhaps the only grain that contains all nine amino acids. It's also high in B Vitamins and antioxidants. What that essentially means is that quinoa can help repair the wear and tear in skin, as well as prevent damage to it. "The presence of Vitamin E in quinoa neutralises the oxidative effect of free radicals—molecules that damage collagen—from sun and pollution exposure, while B Vitamins reduce pigmentation and age spots," says Dr Chiranjiv Chhabra of Skin Alive Clinic, Delhi. "Niacinamide or Vitamin B3, makes it effective against acne, soothes red, inflamed, rosacea-prone skin and helps repair the skin barrier to minimise irritation and dryness. Quinoa is also a gentle and safe natural exfoliant." Plus, it boosts collagen production and maintains elastin, keeping your skin supple.

TEXT BY PRERNA SINGH BUTALIA



TRY: INNISFREE
ECO SCIENCE
LOTION, ₹1,900;
NYASSA UNDER
THE OCEAN HAND
CREAM, ₹350.



SEAWEED

These soggy weeds, occasionally found washed up on shore and lapping at your feet at the beach, are actually fantastic for your skin and hair. According to a Japanese study published in 2002 in the Journal of Cosmetic Science, seaweed, when applied to human skin (twice daily, for five weeks), was found to promote collagen production and improve skin elasticity. Traditionally, many seaside cultures have used the plant for its anti-microbial and healing properties. "Seaweed is rich in amino acids, vitamins and minerals, which makes it excellent for fighting acne, as well as signs of ageing," says Chandigarh-based dermatologist, Dr Varun Katyal.



BLACK RICE

While white rice has long been used as a skin brightener, it wasn't considered a superfood due to its high glycemic index and low fibre content. Enter black rice that was a staple in many cultures in Asia and the Pacific region, till the allure of white rice knocked it off the charts. "Black rice, when ground to mix into a mask, or any other product for that matter, breaks into micro pearls that help fill in fine lines, giving visible results, and long-term anti-ageing benefits," says Dr Chhabra. "It softens and rehydrates the skin, improves elasticity and tone, and stimulates cellular metabolism."

TRY: JUICY CHEMISTRY
BULGARIAN LAVENDER AND
BLACK RICE CLEANSER,
₹700; ORGANIC NATION
BLACK RICE SCRUB, ₹4,481.



TRY: ORIGINS BY
ALL GREENS
FOAMING DEEP
CLEANSING MASK,
₹6,999;
TJORI 100% PURE
BROCCOLI BODY
OIL, ₹549.



MIXED GREENS

Most greens are packed with antioxidants, vitamins and minerals. "Broccoli, for instance, is rich in Vitamins A, K, C, B6 and E, potassium, selenium, folate, manganese, tryptophan and phosphorus, which help regenerate and repair damaged skin when used in a mask or an oil," says Dr Chhabra. "The application of greens in the form of a face mask works as a powerful anti-ageing agent, as well as a sunscreen."



MASKING IT

If it's in your fridge, it's in your sheet mask. From tomatoes and avocados to green apples and kale, sheet masks have it covered. "These masks are loaded with intense hydrating agents, along with the nutrients of the specific ingredients," says Dr Singh.

"Since the skin is exposed to these active agents under occlusion (complete coverage of a section of the skin to ensure full absorption when an ointment or cream is applied), it gives an instant glow and plumps up the skin—a great skin hack, before parties!" Turn to offerings from The Face Shop, It's Skin and Innisfree.

**POMEGRANATE**

This super-nourishing fruit has been known for its antioxidant content and rehydrating properties forever. According to a study published in Experimental Dermatology in 2009, pomegranate oil contains anthocyanins and tannins that fight off the damaging effects of the sun, thereby delaying the ageing process and brightening your skin. So, it's hardly surprising that numerous beauty brands are now using pomegranate extract, ground pomegranate seeds and even pomegranate oil to create products brimming with the fruit's goodness.

**TRY: MANTRA
PATACHOULI AND
POMEGRANATE
MASSAGE OIL, ₹1,100;
GREENBERRY
ORGANICS NIGHT
LOTION, ₹595.**



CHIA SEEDS

From cleansers and serums to hydrating face masks, chia seeds have found their way into every kind of beauty product. "That's because these seeds are a nutritional powerhouse and can work wonders for your skin," affirms Dr Chhabra. "They help prevent acne, hydrate your skin, and prevent wrinkles and fine lines. Chia seeds are a great source of zinc, which has healing properties and protects your skin against sun damage. They also give your skin and hair a healthy shine."



**TRY: THE FACE
SHOP CHIA SEED
MOISTURE
RECHARGE
SERUM, ₹1,690.**

BASIL

Known for its healing, antiseptic, anti-microbial and antioxidant properties, basil has long been used to treat wounds, acne and even dandruff. "The antioxidants in basil help keep free radicals, produced due to exposure to UV light and environmental toxins, in check," says Dr Singh.

"By countering this damage, it helps slow the skin's ageing process; plus, its potential to cleanse out toxins helps relieve acne."

**TRY: KHADI HERBAL
ACNE PIMPLE CREAM,
₹350; JUICY
CHEMISTRY TEA TREE
AND BASIL FACIAL
TONING MIST, ₹975.**



BERRYLICIOUS

Check out the berries that are on every beauty brand's 'wholesome goodness' list.

CRANBERRY "The seeds of this berry are a great exfoliating agent, while cranberry seed oil has the perfect balance of fatty acids for maximal absorption into the skin," says Dr Singh. "If you add anything to a high concentration of this oil, it will be easily absorbed into the skin, giving you a healthy glow!" **TRY** Kiehl's Turmeric & Cranberry Seed Energizing Radiance Mask, ₹3,950.

RASPBERRY This plump fruit is loaded with antioxidants such as anthocyanins and Vitamin C. According to Dr Singh, "Raspberry extract also has sun protection

benefits. These anthocyanins, however, are present mainly in red raspberries, not in the yellow or pale ones." **TRY** Greenberry Organics Bio Active D-Tan Exfoliating Scrub, ₹575.

BLUEBERRY "These berries are packed with flavonoids and phytochemicals, among other antioxidants and nutrients," says Dr Katyal. The polyphenols in blueberries stimulate hair growth and delay greying, leaving you with healthy, lustrous hair. **TRY** Curls Blueberry Bliss Reparative Leave-In Conditioner, ₹2,742. ■



PHOTOGRAPH: SHUTTERSTOCK (CHIASEED)

HEAVY METAL

Be it bold or subtle, metallic lips are the beauty trend of the year. Here are our top picks that will help you adopt it effortlessly.

1. **Go For Gold**, M A C Supernatural Dazzle Dazzleglass, ₹1,600
2. **Maneater**, Smashbox Always On Liquid, ₹1,900
3. **Carnation**, Avon Ultra Color Gold Shine, ₹599
4. **14 Sydney Amaryllis**, The Body Shop Matte Lip Liquid, ₹645
5. **Satin Sheets**, Wet n Wild Megalast Liquid Catsuit Metallic, ₹499
6. **03 Golden Rose**, Kiko Milano Metal, ₹750
7. **705**, Chambor Rouge Plump ++, ₹945
8. **Rose Champagne**, L'Oréal Paris Color Riche Metallic Addiction, ₹1,050



Expert tip

Metallic lipsticks tend to bleed faster. Outline the lips using a lip pencil, then smudge the harsh outline with a soft tissue, before applying the lipstick.

[PILATES]

YOUR BEST MOVE

If maintaining a workout routine is difficult for you, these easy yet effective Pilates exercises will go a long way in strengthening your muscles. Kiddy Kaul, Delhi-based Pilates trainer and founder of Club Xcell, gets you started.

Being fit is no longer about having a flat stomach; muscular strength, healthy bones and a strong core are the new watchwords of a good fitness regimen. And this is what Pilates helps you achieve. "Pilates is a form of workout that involves a series of thoughtful, controlled exercises, performed in a balanced sequence with the correct breathing technique, and by stretching and strengthening the core through mindful postures," informs fitness coach Kiddy Kaul of Delhi's Club Xcell. While Pilates exercises are usually associated with an elaborate set-up, she says that all you need is a mat to begin. Once you master simple postures at home, you can shift to a more professional set-up to try the challenging moves that use apparatus such as reformer or a Cadillac. Start with these and witness the results in a few weeks.



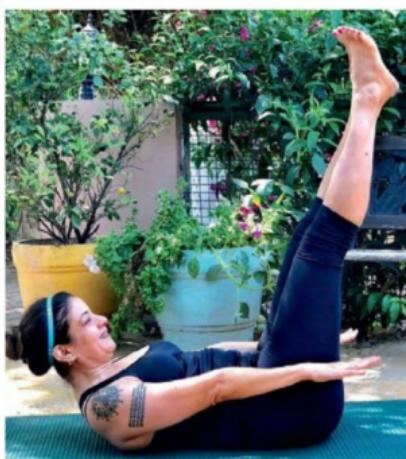
THE HUNDRED

HOW TO DO IT Start by lying on your back, keeping your knees bent and feet flat on the floor. Simultaneously, move your knees and chin into your chest using your abdominal muscles. Bring up your head, neck and shoulder. Stretch your arms six to eight inches off the floor and lift your legs and lower back up as much as possible while keeping the abs engaged and back connected to the mat. Pump the arms up and down in a quick, controlled manner while taking five breaths in and five breaths out. Repeat it till the breath count is 100. Be sure to keep your shoulders down and ribs soft. To advance, extend legs straight up or at an angle of 45 degrees.

BENEFITS This fundamental Pilates mat exercise is aimed at controlling and stabilising your breathing with body movement. It helps in better blood circulation, apart from warming you up for the next posture.

HOW IT ALL BEGAN

Pilates was developed by Joseph Hubertus Pilates in the early 20th century on the philosophy of balancing the body, mind and spirit. He devised this routine to battle the physical ailments he was suffering.



SINGLE LEG STRETCH

HOW TO DO IT: Lie straight on your back and moving your head up, bring one knee into your chest. Stretch the other leg out in front of you and suspend it above the floor, extending it as long as possible. Place one hand on the suspended knee and the other on the suspended ankle. Pull the leg firmly into your body and balance the other leg with control. Try to pull the bent knee into your shoulder while keeping your shoulders relaxed and your abdominals deeply scooped. Switch from one leg to the other without rocking your torso, up to 10 times.

BENEFITS: Helps in strengthening and toning up the abdomen and tightening the core.

“

YOGA AND PILATES ARE TWO DIFFERENT SCHOOLS OF EXERCISE. IN YOGA, A MEDITATIVE ENVIRONMENT PLAYS A KEY ROLE IN IMPROVING THE QUALITY OF LIFE, BUT PILATES WORKS FROM THE CORE AND MAKES YOU STRONGER FROM WITHIN.

”

— KIDDY KAUL

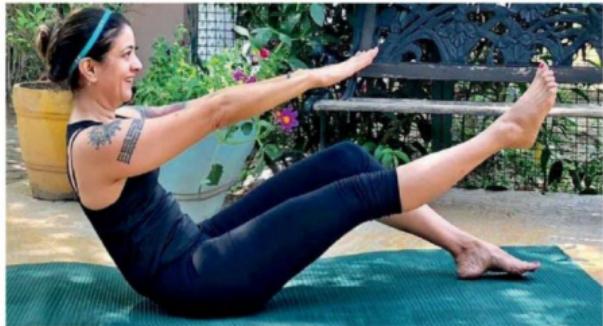


DOUBLE LEG STRETCH

HOW TO DO IT: While lying on your back, bring your chin into the chest and stretch both legs up into a tabletop position. Now, stretch out your arms by your sides and hold onto your ankles. Next, inhale and push your legs out while suspending your arms past your ears. Then exhale to pull them back to the start position and sweep your arms around to the side, again reaching for your ankles. Repeat 8-12 times. The lower your legs go, the harder this move will become, so make sure to lift your legs as high as you can to prevent straining your lower back.

BENEFITS: Helps in strengthening and toning up the abdominal muscles.





TEASER ONE LEG

HOW TO DO IT Though this exercise is difficult, it helps challenge the balance and symmetry that you achieve with the previous postures. Lie down on the mat with one of your knees bent at a 45-degree angle. Keeping the other leg extended in front of you, stretch your arms over the head. Now, breathe in and stretch your arms towards the toes; straight up. Keep the extended leg still and suspended. The lower spine should be C-curved, with abs pulled in. Roll back onto the mat using abdominal control, stretching the arms as you allow the spine to drop with control. Repeat 4–6 times, changing extended legs.

BENEFITS An ideal exercise for abs and back muscles, it also strengthens the abdomens, in addition to ensuring a healthy movement of the spine.



“REGULARLY PRACTICING PILATES COMES WITH ITS OWN SET OF BENEFITS, SUCH AS INCREASED LUNG CAPACITY, BETTER CIRCULATION, IMPROVED ABDOMINAL AND BACK MUSCLES, AND COORDINATION.” —KIDDY KAUL

DIET CHART

Some tips to complement your Pilates regime.

1 HEALTHY CHOICES

We are lucky to be born in a country where our staple diet includes rice, pulses and vegetables.

This takes care of our proteins, carbohydrates and minerals, so don't shy away from including them in your meals.

2 EAT FRESH Consume freshly prepared meals as much as possible, plus salads and fruits at regular intervals.

3 HYDRATE No matter the season, make sure you drink enough water throughout the day. I start my day with a glass of boiled jeera water and end it with a cup of green tea.

SWIMMING

HOW TO DO IT Lie on your stomach with the legs straight, stretching your arms straight over your head in line with the shoulders. Stretch one arm and the opposite leg so they come off the mat. Simultaneously, move your head up just a bit away from the mat; without creasing your neck. Keep alternating the arms and legs pumping them up and down in small pulses. Coordinate your breath with the movement so that you are breathing in and out for a count of five. Repeat for two-three cycles.

BENEFITS Helps in strengthening the posterior muscle chain and helps strengthen the spine. ■

beginner's guide to THE FIRST GREYS

Do you feel like it's too soon to rock grey hair?

No need to panic, pluck or dye every hair on your head. **Erica Metzger** explores low-key camouflage tricks.

One quick yank took care of the white antenna sprouting from the top of my head. My first grey, gone! No surprise, the wiry strand grew back, along with a patch of silvery frizz above my left temple. It was time to wise up and ask the pros for easy options to hide the noticeable streaks and tame the wonky texture.

1 CONCEAL IT

Root concealers buy you time, whether you're a root-touch-up regular between dye jobs or not ready to commit to long-term colour. The colour goes on like the regular makeup and lasts until you wash it out. My favourites, right, tinted powder and spray for the patchy spot at my temple. On ponytail days, a waxy crayon controls the crazy strays.



[COLOURLESS CARE]

HELP FOR FLYAWAYS GREY HAIR LACKS PROTEIN, WHICH MAKES IT COARSE AND HARD TO CONTROL, COLOURIST DAVID ADAMS SAYS CONDITIONING IS A MUST TO SOFTEN THE TEXTURE. TRY: AVEDA DAMAGE REMEDY DAILY HAIR REPAIR, ₹2,399; AMAZON.IN.



2 HIGHLIGHTS

A pro can make your greys look like subtle highlights. At US-based Fourteenjay salon, colourist David Adams lightened my Brunette shade with toffee and caramel tones and darkened the greys around my face with honey lowlights. The effect was natural, and the upkeep easy. Three months went by before I noticed my roots.

3 SPOT-DYE DIY

Permanent colour provides full grey coverage but takes more commitment (think touch-ups every four to six weeks). "Don't be afraid to dye the greys and leave the rest of your hair alone. Just match your natural colour or go one shade lighter," says James Corbett, colour director at Clairol. A tint brush is key for isolating small sections, so pick one up if it's not included in the box. Quick picks: bblunt Salon Secret High Shine Creme Hair Colour, ₹225 or L'Oréal Paris Casting Creme Gloss Hair Color, ₹550. ■

ROOT REBOOT

In addition to masking greys, root concealers help a thinning hairline look a bit thicker.



SPRAY

Comes in eight shades. L'Oréal Paris Magic Root Cover Up, ₹600, nykaa.com



POWDER

Easy application on the go. Krishkare Hair Shadow Root Touch Up Powder, ₹559, nykaa.com



CRAYON & COLOUR

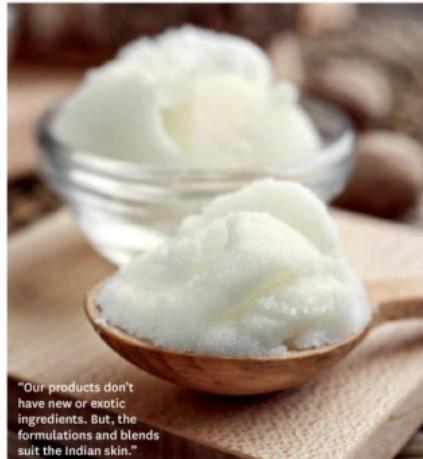
Rita Hazan Root Concealer Touch-Up Stick, ₹1,980, lookfantastic.co.in; bblunt One Night Stand Temporary Hair Colour, ₹350, nykaa.com

what the DOCTOR ORDERED

Luxury skincare brand Dr. Sheth's combines the power of Ayurveda, botanical extracts and medicinal formulas to create products that work beautifully for the Indian skin.

When Dr Aneesh Sheth returned in 2016 to Mumbai from New York, where he was training to be a pharmacologist and had finished his doctorate in drug discovery at the Weill Cornell Medicine, he discovered a gap in the skincare options available for Indian skin. He noticed that while products that suited Caucasian skin were umpteen and readily available, those that directly addressed darker skin weren't. So, with his mother, renowned dermatologist Dr Rekha Sheth, he formulated skincare solutions like the Multitasking Miracle Cream and Brightening Sunscreen keeping the Indian skin in mind and launched his brand Dr. Sheth's in February last year.

"Skincare is something I grew up with. Understanding what beauty means to Indians and how to create scientific solutions for them was a regular dinner table conversation. Indian skin is much more sensitive—we have a higher chance of pigmentation, and so treatments need to be altered to be effective on us. Indian skin tends to pigment at the drop of a hat, and extreme pollution and dust has made it hyper-reactive, as well. We have our own needs, our own climates and our own issues," explains Aneesh.



Dr. Sheth's line of products addresses all these concerns. Using ingredients that have been backed by science for ages, its 12 products feature Vitamin A and retinoids, Vitamin C, niacinamide, Vitamin E, along with natural extracts like liquorice, grapefruit and hibiscus. "We have just used our experience and research to create blends and concentrations that work well for our climate and our skin types. The pharmacy background and my experiments with prescription drugs helped.

These formulas have been created to deal with different types of Indian skin since there can't be a uniform solution." The result can be felt after just two applications—the skin softens, brightens up substantially and smells fantastic. On offer are Dr. Sheth's Extra Gentle Peel, Basic Brightening Vitamin Glotion, Basic Brightening Extra Gentle Daily Peel, Tech Neck Tightening Mask, Indoor Protection Mist and Pollution Protecting On The Go Cleansing Spray.



left and bottom:
Dr. Sheth's Basic
Brightening Daily
Sunscreen, ₹950
and Dr. Sheth's
Multitasking
Miracle Cream,
₹1,350.



THINGS TO KNOW ABOUT DR. SHETH'S

1 ANEESH AND his mother create prototypes with their team; these are first tested by their in-house doctors and then given to select clients for feedback.

2 THEY ARE constantly developing new products based on what their vast social media community and clients want and recommend.

3 DR. SHETH'S products are available on their website (drsheths.in) and nykaa.com, and can also be bought from Le Mill in Mumbai and Rangeela in Goa. ■

beauty know-how

TIPS AND PICKS FOR LOOKING YOUR BEST



IRRESISTIBLE CHARM

Lanvin's Modern Princess perfume is a blend of fruity, floral and woody notes. It features a perfect balance of pink lady apple and red currants as top notes; jasmine and freesia extracts in the middle; and white musk at the base. Created to personify the untamed, free-spirited and rebellious contemporary woman, the bottle's sensual design resonates with its bold charm. ₹5,300, available at Parcos.

Shine On

Bid adieu to dry lip woes this summer with Rimmel's Oh My Gloss! range, featuring 19 long-lasting and non-sticky shades of pink, rose, red, fuchsia, nude. Infused with argan oil and Vitamin E, the lightweight gloss provides instant nourishment and moisture to your lips. ₹550 each, available at Parcos and nykaa.com



SKIN DEEP

Get perfect, flawless skin with Avon's latest makeup range that includes True Flawless Foundation, True Flawless Mattifying Pressed Powder, True Flawless Concealer Stick and True Flawless Dual Powder. Formulated with Flawless Color IQ Technology, the products aim at providing a more natural finish to your skin while ensuring a radiant glow at the same time. True Flawless Dual Powder (featured here) is priced at ₹899, avon.com



CHEAT CODE

You don't need Instagram filters to have even-toned, glowing skin anymore. Benefit's new Boi-ing Airbrush concealer does all that for you in real life. Its lightweight formula conceals fine lines, skin imperfections and dark circles with an even finish. Without creasing or cracking, it blends in just one stroke. ₹1,680, available at Sephora.



SECOND NATURE

Blended in small batches with natural ingredients and essential oils that work with the body's functioning, the Just B Au Naturel Probiotic Natural Deodorant not only prevents odour by removing toxins, but also balances and improves your skin's health. This natural deodorant is a concentrated paste of the most effective deodourising ingredients, including tree tea and jojoba oil. ₹1,534, nykaa.com

ON SHELVES NOW

OH MY ENGLISH

The iconic British perfume brand, Jo Malone London recently opened its doors in New Delhi. With unusual scent combinations, such as Myrrh & Tonka, Wood Sage & Sea Salt and Peony & Blush Suede (a favourite), the bespoke brand offers simple, long-lasting fragrances that epitomise style and luxury.



TRIED AND TESTED
MANE GAME
Inject life into dry hair with the
Moroccanoil treatment at New
Delhi's Magnifique luxury salon.

There's no doubt that today's air and pollution are wreaking havoc on our skin and strands. If, like me, you're looking to inject life into your lifeless hair, be sure to try the Moroccanoil treatment at New Delhi's Magnifique luxury salon, at Vasant Vihar. Created especially to revitalise and boost the mane, this therapy employs various Moroccan Oil products that work on the scalp and the roots to make a difference. The session starts with a gentle massage using Moroccan Oil's argan- and ginger-rich oil, which focuses on correcting imbalances in the scalp. This is followed by

a wash, first with a clarifying shampoo and then with a hydrating one, both of which serve to clean and nourish the hair deeply and prep it for the next set of products. The hair is then towel-dried, and 2-3 drops of Moroccan Oil are once again applied on the lengths of the hair to smoothen them. Then, your hair is treated to an Intense Hydrating Mask mixed with oil—used to condition and restore elasticity, it does the trick wonderfully. A wash and blow-dry later, you have hair that's shiny and healthy. Priced at ₹3,000 plus taxes.

—By Preetika Mathew



THE FRENCH CONNECTION

The latest from Nykaa comes by way of two perfumes that the brand launched last month. Designed in Paris, Moi by Nykaa includes Raison D'Etre, an elegant, feminine fragrance crafted from sensual rose and vanilla, and tapered off with musk and vetiver. The other, Joie de Vivre is perfect for relaxing, and offers a light and spicy blend of citrus and pepper, grounded with the woody notes of amber and oak moss. ₹1,800 each, [nykaa.com](#)



The Perfect Guard

Step out without worrying about your skin with Organic Harvest's latest range of SPF 60 Sunscreen, featuring a sweat-proof formulation that guards your skin from harmful UV-A and UV-B rays. Additionally, the presence of aloe vera extracts in the sunscreen provides a cooling effect, while also nourishing it from within. ₹695, [organicharvest.in](#)

SHOWER SHELF



FLOWER POWER If dry scalp is your concern, try Soul Tree's Hibiscus Shampoo. Created using hibiscus, honey and aloe vera, it helps cleanse hair without removing natural oils and thus prevents your hair from becoming dry. ₹475, [soultree.in](#)



RED HEAD An excellent formula that's gentle on the hair and scalp, The Body Shop Strawberry Clearly Glossing Shampoo is perfect for those looking to add shine to their mane. It leaves the hair squeaky clean and soft, with a mild fruity fragrance. ₹645, [nykaa.com](#)

Living

A BETTER LIFE EVERYDAY



LEARN,
EVOLVE
AND GROW.

BEGIN
AGAIN...

From life-changing makeovers to stories of solo women travellers, here's a guide to having a fresh perspective towards life. Plus, ways to beat the heat and understanding OCDs.

BEAT the HEAT

SUMMERTIME, AND THE LIVING'S EASY... UNTIL THE HEAT INDEX KICKS IN. HERE'S HOW TO STAY SAFE, DEGREE BY DEGREE.

HEAT INDEX 25°C to 29°C

■ **HOW YOUR BODY REACTS**

Aah, when you're sitting under an umbrella by the pool or the ocean, these temperatures can definitely feel good. But if you're out playing a sport of some kind, then not so much. When you're active in this weather, you may get tired quicker or develop a heat rash, caused by your pores getting blocked by sweat trapped under the skin.

■ **STAY SAFE** Being well-hydrated before you head outside to be physically active helps your body tolerate the heat better, says Dr Michael F Bergeron, an exercise physiologist and CEO, Youth Sports of the Americas. Also, wear

loose-fitting, lightweight clothing, which allows sweat to evaporate, says Dr Kirk Campbell, a sports medicine physician at NYU Langone Orthopedics in New York, US. At these temperatures, adults as well as older teens, can lose up to 2½ litres or more of fluid every hour during strenuous physical activity, and younger children can shed up to half a litre of sweat each hour running around. Though sweat levels vary considerably depending on the person and exertion level, drinking ½ to 1 cup of water every 20 minutes for ages 12 and up, and six cups every hour for teens and adults is generally enough to minimise water loss.



30



WHAT ABOUT SPORTS DRINKS?

If you're active for an hour or more in high heat or are sweating a lot, a sports drink can help prevent an imbalance of electrolytes (minerals like sodium and potassium). Otherwise water is fine for hydrating. Salty foods (like biscuits and crackers) offset low sodium levels, too. Bananas, blackberries, cantaloupe and plums replenish potassium.

HOW YOUR BODY ADAPTS TO THE HEAT

1

YOUR BODY COOLS ITSELF PRIMARILY BY SWEATING.

Think of it as built-in air conditioning. (How much you sweat is mostly genetics.) But keep an eye on seniors; they can adjust to the heat, but often aren't well-hydrated, and age-related changes to the skin and circulation affect sweat gland function.

2

ADJUSTING TO EXERCISE IN THE HEAT CAN TAKE TWO WEEKS (OR A LITTLE LONGER).

During this time, your sweat rate increases as your body begins to better regulate its temperature. Your kidneys and sweat glands retain more electrolytes, so you lose less salt in your sweat. Go easy on outside activities during the first hot days.

HEAT INDEX 30°C to 39°C

■ HOW YOUR BODY

REACTS Things are heating up, literally, as your core body temperature—even when you're well-hydrated—can rise rapidly in these conditions, Dr Michael says. In response, your body produces a lot more sweat at a faster rate to cool you down. If you're vigorously active outside for more than 30 minutes and/or are wearing many layers, non-breathable clothing, or sports equipment, the strain on your body is dramatically greater.

■ STAY SAFE Staying out too long or exerting too much in these conditions, raises your risk for heat exhaustion and heat

cramps (which happen when you've sweat so much that your body pulls fluids away from the space surrounding muscles in order to keep your body cool and maintain vital organs). You may feel dizzy, nauseous, fuzzy-headed, or get a headache. Other warning signs that show it's time to stop being active and get to a cool place immediately include achy, flu-like feelings; excessive fatigue; confusion; slight chills; pale skin; and dark urine (indicating significant dehydration). Lie down and elevate your legs to get blood flowing to the heart. Take off tight clothing; apply damp, cool towels or take a cool bath; and sip fluids.

EAT YOUR WATER

Fifteen foods with high H2O:

Cucumber	96%	Celery	95%
Radishes	95%	Zucchini	95%
Tomato	94%	Green cabbage	93%
		Red cabbage	92%
Strawberries	92%	Cauliflower	92%
		Sweet peppers	92%
Watermelon	92%	Spinach	92%
Broccoli	91%	Grapefruit	91%
Cantaloupe	90%		



40

HEAT INDEX 40°C to 54°C

■ HOW YOUR BODY REACTS

Things are feeling (and are!) intolerable, even in the shade. The risk of heatstroke, heat cramps and heat exhaustion is high, and all happen a lot more quickly.

■ STAY SAFE Avoid being active outdoors. Watch for warning signs of heat exhaustion and heatstroke, especially in others since people affected are often not able to recognise the developing situation. Symptoms include red skin, difficulty breathing, a rapid

pulse, fainting, lack of sweating, and a body temperature of 40°C or higher. "Exertional heatstroke is a clear medical emergency that affects multiple body systems," says Dr Michael. Call your doctor, and rapidly cool the body using proven techniques. Cold- or ice-water immersion is the preferred method; applying ice packs to the neck, armpits, and groin and rotating ice-water-soaked towels to all other areas of the body also works. Note: Heat exhaustion doesn't always precede heatstroke.

SMART BOTTLES

1 DUBLIN TRENDY Comes in cool colours. 500 ml, ₹609

2 BOBBLE INSULATE Stainless steel and dishwasher safe, this keeps drinks cold up to 12 hours. 500 ml, ₹3,974

3 HYDRO FLASK Insulation cools for up to 24 hours. 500 ml, ₹10,492

4 NATHAN FLEXSHOT Lightweight silicone packs down easily. 750 ml, ₹4,340
All bottles are available on amazon.in ■



HOT DOG

Keep your furry friends cool.

ASK YOUR VET ABOUT THE RIGHT SUMMER CUT

Don't just shave it all off. Coats keep pets warm in the winter, but also shield from sun and insulate against the heat, says Michael Topper, president-elect, American Veterinary Medical Association.

KNOW YOUR BREED

Panting helps dogs keep cool. Flat-nose types like pugs have a harder time; they can't move as much air in and out of

their mouths. Also, dogs with short or thin coats may need sunscreen.

WATCH FOR SIGNS OF HEAT STRESS

Excessive panting and drooling, restlessness, anxiety, unsteadiness, change in gum or tongue colour.

NEVER
LEAVE PETS
IN A CAR
TEMPS CAN RISE
20 DEGREES
IN 10 MINUTES.

CHANGE OF PLANS

In his engaging, inspiring book, *Moong Over Microchips Adventures Of A Techie-Turned-Farmer*, author Venkat Iyer writes about how he went from being a high-flying IT professional in Mumbai to an organic farmer in a village. An excerpt.



Disheartened by his lifestyle in the city and the questionable levels of chemicals in his food, Venkat Iyer decided to give it all up to pursue organic farming in a village near Mumbai. Though he had no prior experience, Venkat was keen on leading a healthy, organic lifestyle. So he researched, learnt on the job, and battled erratic weather and farm animals to give life to his vision. And the first thing he planted? Moong dal.

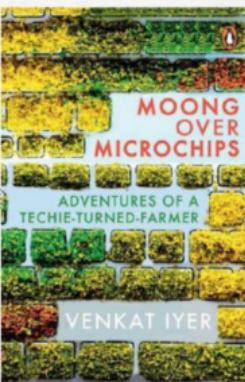
I quit my corporate job as a project manager with IBM in 2003, after working for fifteen years in the Information Technology (IT) industry. It was not a career change but a change in lifestyle that I was looking for. I was tired of the vicious rat race in the city, the pollution, the traffic and the chaos in everyday life. I was frustrated by the mechanical and insensitive city life and the blinkered or complete focus on earning more and more money.

I changed my life to become a farmer, which was unthinkable for me until a few years ago. It was not smooth sailing. I was a complete novice in this field, never having lived for even a single day in a village. It was a challenge to make the transition from the city to the village. Farming was a new skill that I had to learn from scratch, and unlike software or hardware there were no manuals or help buttons to guide me along. I had to learn the hard way by experimenting and trying out new things.

When I quit my job, a few friends at IBM wished to be in touch and stay updated about what was going on in my life. I started sending fortnightly email updates to them. What started

as a small group soon grew to include relatives, acquaintances and more friends. I wrote to them in detail about how I was managing the transition and trying to break away from city life while learning different skills and a brand-new profession. My narration always evoked sympathetic responses and stirred the emotions of my readers. Many of them were still in the corporate sector and deep within them, they had the desire to break away and do something more exciting.

In this era of globalization and a money economy, there are few who will give up the chase for big bucks. This is the time when hundreds are migrating from the villages to the cities looking for elusive jobs and secure incomes. I felt rather alienated by this rat race and isolated too in my attempt to give it all up and try and eke out a simple existence by farming. ■



“What started as a series of emails to former colleagues soon transformed into the idea of writing a book to chronicle the events in my life.” —VENKAT IYER

hope FLOATS

Two women tell us about that one incident,
which drastically changed their lives.



NO SUGAR



BINDU SHARMA

Founder of the skincare brand Vya Naturals gave up sugar 10 years ago. She couldn't be happier about her decision.

As a beauty professional who has her own natural skincare line, I have a super-busy lifestyle

with long work hours and a reasonable amount of travel. I try keeping a balanced approach towards health by roping in some amount of exercise into my daily routine, and also try to eat healthy by incorporating all types of food groups into my meals. I have never been fascinated with fad diets or super foods, which seem to go in and out of fashion—I have never done anything drastic like that. However, 10 years ago, I quit sugar.

It was a chance remark by a friend that led me to alter my life. The friend in question was teasing me about my lack of willpower when it came to desserts. I don't love sugar, but I do (or rather did) love rounding off my dinner with a dessert. It was a habit I found

hard to break. Sweet treats, were such an integral part of my childhood years—special occasions, festivals and personal accomplishments were always rewarded with a sweet something. So, as a challenge, I decided to cut out sugar altogether from my diet.

I didn't phase it out. I went cold turkey! The decision was made on the New Year's Eve of 2007, and I just stopped eating sugar in any form, from the next day. That included sweets, desserts, refined sugar and cookies. Most processed foods like instant noodles, sausages and flavoured nuts contain large amounts of sugars, and though I have never been a fan of those, I had to make a concerted effort to not bring such items into the house. For a few years, I even

cut out fruits that I loved, such as mangoes and bananas. But then I re-introduced them into my diet after two years.

CHALLENGES

The first few weeks were incredibly tough. My meals used to feel incomplete and I would feel deprived without my usual sugar fix at the end of the day. I would crave something sweet at odd hours of the day (like breakfast, which was not a normal time for me to eat something sweet). I also experienced mild headaches, but those soon went away as my body began to accept the change. Altogether, it took me about 2-3 months to get used to it. A great tip that a nutritionist once gave me was that most

of your sugar cravings are your body's way of telling you that it needs hydration. She told me to have a few sips of water every time I felt like I was hitting a sugar low. Nine times out of the ten it was exactly what she said.

My decision to give up sugar didn't majorly affect any other part of my life. Except when I would forget to inform a dinner host in advance, and it would become quite embarrassing when I couldn't eat half the things they set on the table. It affected my work to a certain extent—at that time, I was in the retail business and as a buyer I had to make decisions regarding food items that included sugar, and I had to rely on my colleagues' viewpoints. Eating out wasn't that much of an issue, apart from brushing aside the persistent efforts of my co-diners, who were convinced I secretly wanted to eat a dessert.

BENEFITS

The biggest change I saw was in my skin. I have an acne-prone skin that would breakout easily

and without provocation. Ever since I gave up sugar, I noticed that the breakouts became less and less frequent. My skin cleared up dramatically and people would comment on how good it started looking. That got me onto the path of wellness as well as natural skincare, which ultimately helped me to launch my own skincare line. I also noticed that I had more energy

than before. I no longer had that mid-afternoon or post-lunch sugar low. I found that despite working long hours and the somewhat sedentary lifestyle, I was less prone to putting on weight.

My 10-year sugar fast ended on December 31, 2017 and to celebrate the momentous occasion, I tasted a dessert, made by my father, for the

first time. But, my palate had changed and to eat something that had even a slight amount of sugar felt cloyingly sweet and not half as enjoyable as I remembered it. So, I am back to my sugar-free life, feasting on a tiny teaspoon of sweet on special occasions and feeling fantastic. My skin looks great and mentally and physically, I am at the top of my game.

GIVING UP SUGAR

Here's what our experts say about the right amount of sugar intake in your diet.

1 SWITCH TO NATURAL FORMS.

"As sugar is highly acidic in nature and there is no protocol that says it should be consumed, it can be easily replaced with fruits, dry figs, dates, etc. You can also add more complex carbohydrates and proteins like fish, eggs and nuts in your meals," suggests Kanchan Patwardhan, clinical nutritionist at Kanchan's House of Health and Nutrition in Mumbai.

2 AVOID ADDED SUGAR.

"It doesn't have any nutritive value. People who consume more sugar are likely to become overweight. Before sugar enters our bloodstream, it is broken down into glucose and fructose (it is then metabolised by the liver), turning into glycogen, which, if consumed in large quantities, can lead to fatty liver," informs Mumbai-based diabetologist Dr Pradeep Gadge.

3 KEEP CRAVINGS AT BAY.

"When you consume sugar, the body secretes happy hormones called dopamine, which in turn stimulates sugar addiction as the brain signals you to eat more sugar, heightening your dopamine levels. To address this, dietary modifications and healthier lifestyle—walking, cycling or any other physical activity—are needed."



NEHA MEHTA

A young BHG staffer reveals how a latent case of tuberculosis made her a braver person and changed her outlook towards life.

For someone who is 23, the standard diktat is 'work hard, party harder'. But, I am not one of those. I enjoy being focused, I'm always eager to learn and have a positive outlook. And my lifestyle mirrors this. In June 2016, I had just joined my second job at Better Homes & Gardens and was learning the ropes of magazine publishing when I started suffering from non-stop fever and a feeling of lethargy in the evenings after work, despite my easy work load. When I told my sister, who is a doctor, about this, she observed my pattern for a few weeks and suggested I go for tests. I was diagnosed with Extrapulmonary Tuberculosis,

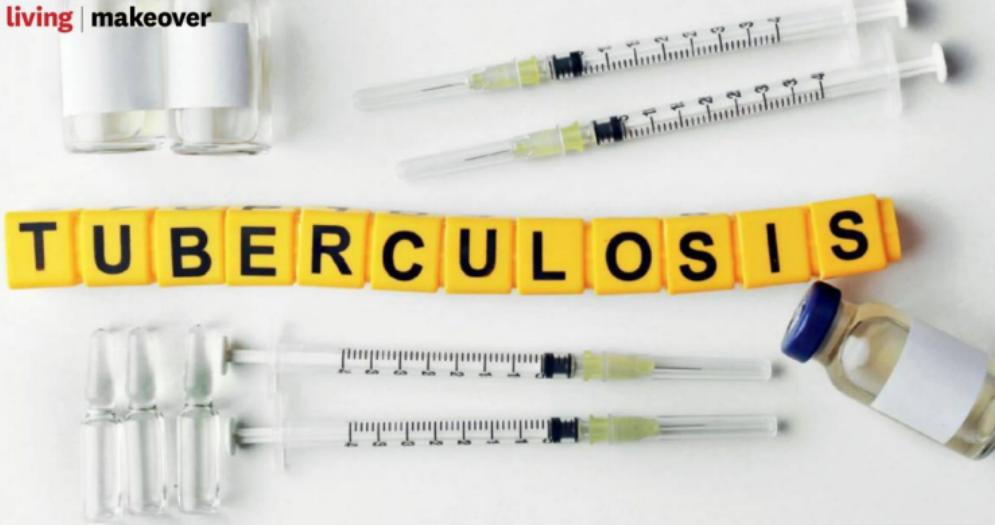
a latent version of the common Pulmonary Tuberculosis—I had TB in my stomach's lymph nodes. According to a latest medical research, I was in the company of almost three million Indians who suffer from it. Why or how I contracted this bacterium was unknown, despite 100 plus tests, ultrasounds, CT-scans, MRIs and X-rays.

THE BEGINNING

I returned to my home in Chandigarh. At first, my family didn't know how to react as just a year ago my sister had been

diagnosed with another type of TB, the treatment for which went on for over a year. None of us had really recovered from that trauma. But my spirits were high, and I thought to myself, 'I can beat it'. All it required was digesting terrible medicines—about five to six tablets a day followed by a heavy diet.

But my ordeal was just beginning. Regular stomach upsets, constipation, diarrhoea and mood swings became the norm. And my condition kept deteriorating. My family took me to numerous TB specialists, and finally, six months later, my fever finally began to recede. By this time, I couldn't wait to get out of the house. I explained



to my stunned parents that I was re-joining work since sitting at home, thinking about my condition, was taking a toll on my sanity.

THE RELAPSE

By October 2016, I was back at my desk, happily putting together the November issue of BHG, when Diwali smog hit Delhi and my fevers started again. By November 9, I was back home. And this time, I was angry and confused—wasn't I eating healthy, shunning spicy, junk food, taking medicines diligently? So what went wrong? The fever didn't subside, and I was throwing up regularly as well. I contracted a cold and cough, too. And then, I was finally moved to the Government Medical College and Hospital in Chandigarh for treatment.

What made the situation worse, and me angrier, was that between the changing medicines, dosage and endless tests, the doctors didn't know what was wrong. And the more my health deteriorated, the more violent were my mood swings. I was slowing sinking

into depression. This was a side I never knew I had. From being an optimist, I had turned into an irritable, cranky person who wanted to run away from the medicines, tests and injections. I was finally discharged after three months, but this was short-lived. When I finally started feeling that I was getting better, out of the blue, the fever was back, this time with an ailment that involved my lungs, accompanied by never-ending issues like recurrent vomits and stomach ache.

It was then that we met with Dr Sanjay Jain, professor in the department of Internal Medicine at PGIMER Chandigarh, who reassured us that the treatment was correct, but another medicine needed to be added to my arsenal—the second in the line of TB treatment. While the specialists that we consulted earlier were never sure about my condition, he was confident about what he suggested. In fact, Dr Sanjay had dealt with a similar situation with his wife, and that gave us the first ray of hope. He stopped the steroids that were wreaking havoc on

“I BELIEVED THAT DIGESTING 5 OR 6 TERRIBLE MEDICINES AND A HEAVY DIET WOULD BE THE ONLY CHANGE. BUT IT WAS FAR FROM THE TRUTH.”

my body, by tapering off their dosage day-by-day under a strict observation, and I began to feel stronger gradually.

STICKING TO THE FIGHT

Throughout my ordeal, two things helped me fight. One was my family's unconditional love and support, and the other was the world that I created in my room with my paintings and books. No matter what the reports said, in my mind, I never let it overpower my determination to recover

and tried to lead a routine that I would've done if I were well. Today, my diet has changed—I try sticking to healthy food as much as I can and have cut down on coffee (my favourite thing). My medications continue (with no end in sight), but I feel better, look better and am more optimistic. It took me nearly two years to deal with my health issues, and even though the thought of a fever sends a shiver down my spine, I know I will be able to fight it out. I am back in office, and believe it's courage, not luck, that takes one till the end of the road. ■

OFF THE beaten PATH

For these three Indian women travellers, pursuing their wanderlust meant they had to make changes to their lifestyles. While doing so, they also broke the norms.

“DON’T BE AFRAID TO LIVE YOUR LIFE THE WAY YOU WANT. YOU ONLY HAVE ONE LIFE, MAKE IT COUNT.”

FIRST SOLO TRIP

Jyotsna suggests keeping these in mind.

1 Research the place, read about the experiences of other solo travellers to get a realistic idea and then start your planning. Opt for destinations that are free from political chaos.

2 Always have a backup plan by considering the worst possible scenarios (what if you lose all your money, essentials, documents) beforehand.

3 Book travel insurance if you don't want to be stuck in a new land with hefty hospital bills to pay.

Delhi-based Jyotsna Ramani's father is a wildlife tour operator, and that meant that as a child, she went on frequent trips to national parks. That's how the travelling bug bit her. This passion got a fresh lease of life when at 27, in 2009, she decided to quit her corporate job. "After my five-year stint with MakeMyTrip as an assistant manager, I realised booking trips for others is not what I wanted to do," she says. She started researching about travelling solo, and began her trips in India and abroad, while at the same time trying her hand at freelance travel writing. The next step was setting up her own blog, Wander with Jo, where she started penning her adventures. "Little did I know that the blog would take over my life. I was eating, sleeping and breathing it from week one," Jyotsna recounts. She funded her trips through couchsurfing, collaborations with hotels, tours and tourism boards, and hosted social media campaigns to manage her budget for the travels. And her trips are not just about going to the destination, seeing it and coming back; she prefers exploring it at her own pace due to which her trips even extend to months. "I've taken on many remote jobs on my travels to sustain my 'extended' trips," she informs.

"Sometimes, I also get invited for paid press trips, which pretty much takes care of the financial part; however, I try to balance my personal and press trips by extending the media trips." Today, Jyotsna has almost 35k followers across social media platforms and has been featured by Huffington Post many a times. "During most of her travels, people were shocked to see an 'Indian women tourist' travelling solo. And this is why she prefers an offbeat adventure destination to break the misconceptions surrounding solo women travellers. Through her blog, she wanted to change this mindset by sharing her wonderful experiences—her trip to Laos, Vietnam, 11-month stay in Indonesia, Philippines, Cambodia, Thailand and many other countries across the globe. "A decade ago, we had even fewer female solo travellers, and what was being frowned upon then has today become something to be proud of."



JYOTSNA RAMANI
Left her successful corporate job to become a professional traveller and chronicles her experiences on her blog, Wander with Jo.



TRIP TALES

What makes experiences memorable.

▲ Jyotsna calls herself a queen of travel fails. "I have had trips where everything went wrong—bike accident, losing purse and phone. However, you learn from your misadventures."

▲ In India, one of her best trips was with Pugdundee Safaris and she loved staying at their Denwa Backwater Escape in Satpura (Gujarat) and Kanha Earth Lodge in Kanha (Madhya Pradesh).

"IF SOMETHING GOES WRONG IN LIFE, DON'T STOP YOURSELF. GIVE YOURSELF A CHANCE AND GET BACK ON THE ROAD AGAIN."

While looking for Hindi travel literature, Kaynat came across below-average articles. So, she began her Hindi travel blog Rahgiri, which has 7k followers now. She has also received many awards, like Women Achievers Award (2016) by Aadhi Aabadi Foundation and Best Bloggers Award (2016) by ABP News.



KAYNAT QAZI This mommy to a 7-month-old son didn't let pregnancy or motherhood come in the way of her travelling.

in corporate industry with Planman Media as a market analyst didn't impress her, so while completing her PhD in Hindi, Kaynat enrolled in a photography school, majoring in travel photography. When her mentor, renowned photographer Dr OP Sharma asked her how she planned to travel, she replied simply, "I will take my husband along." "I was a typical homemaker, and I planned my first trip to Neemrana with my husband in 2012. But I realised soon enough that it wasn't a good idea. I wanted to stop, click and enjoy every bit of the moment, while my husband was not interested." It was a turning point of her life. After coming back, she planned her first solo trip to Jodhpur, and hasn't looked back. She has now travelled over 1,04,646 km in the last six years, across India as well as some countries in Europe. She is currently working in the operations department of Shiv Nadar University (Uttar Pradesh) and says, "My holidays and offs are all about roping in a new destination whenever I can." Kaynat says that it was during a trip to Madhya Pradesh last year when she discovered that she was pregnant. She had to take a break from travelling for the initial three months on doctor's advice and then was back on a flight to Goa. Her baby is now 7 months old, and she was back on the road three months after he was born. "For me, travelling is equal to the other roles that I play," she says.

TRAVELLING WHILE PREGNANT

How Kaynat made the process easier for herself.

1 While exploring how bike-taxis work in Goa, she told her bike driver about her pregnancy. "He was even more conscious than I was during the journey, slowing down every time there was a bump or a speed breaker."

2 In the sixth month of her pregnancy, she was caught in a snowstorm in Kashmir, and the people, especially the hotel staff, took great care of her. "One man held my hand, the other an umbrella, and a couple kept shoveling the snow to help me."

3 Her husband has never objected to her travel plans. "Your partner's confidence in you matters a lot when it comes to travelling solo. We always consulted my gynaecologist before planning any trips during that time."



ON BEING A MOTHER and Kaynat's take on it.

▲ She makes sure that her husband is at home to take care of the baby while she's away.

▲ She feels that one should never be ashamed to ask for help—from friends and family. "I believe that women were not born to be superhumans, and I don't intend to become one. My baby is as much mine as my husband's."

▲ Once her baby grows up, Kaynat plans to either send him to a boarding school or homeschool him.

"TRAVELLING WITH MY DOGS HAS GIVEN ME A NEW OUTLOOK—THEY'VE TAUGHT ME TO SLOWDOWN, UNPLUG AND ENJOY."



DIVYA DUGAR A 33-year-old freelance journalist travels with her four-legged babies.

Pondi," she recounts. "As a working woman with three pets, travelling for work was a point of constant worry for me." But, losing her beloved pet changed her thought process. She decided to start planning trips where her four-legged babies could also travel. She discussed the possibilities with her husband and after much deliberations, the couple decided to take the dogs with them for a five-week trip to Goa by train, a journey of 30 hours, in 2016. "I began the research with frequent trips to the railway office and got to know about the formalities—you need to book a complete coupe in the first-class."

The first journey was an eye-opener—from scattered information on travelling with pets, to co-passengers who made fun of the family to Marco-polo and Tigress acclimatising to the train environment. However, Divya met many people who were very supportive and helped make the journey comfortable. The happiness and peace that the Goa holiday gave Divya motivated her to plan more trips with her babies. "Be it our trip to the less-crowded beaches of Goa, Orchha in Madhya Pradesh, my grandparents' home in Landour (Mussoorie) or Jaipur, the excitement on their faces leaves me amazed. Rather than squeezing as many places as we can visit during our trips, we have started exploring the destinations through our pets' eyes." This summer, Divya plans to visit Nepal and is busy figuring out the feasibility of the plan.



THINGS TO KNOW

1 If possible, try opting for railways over a car or flights. (While some airlines allow passengers to carry small pets in the pet carriers, large pets have to travel via air cargo).

2 In case you're considering railways, make sure to write to the Chief Commercial Officer to inform him about the coupe or cabin preference, and explain about your pets.

3 Start planning months in advance so that you can reserve the tickets on time.

4 Opt for places that are not crowded or plan the trip during off-seasons. Also, look for destinations that have moderate temperature over places with extreme climates.

CHECKLIST

Nervous about taking your furry babies on their first trip?
Here's what Divya suggests.

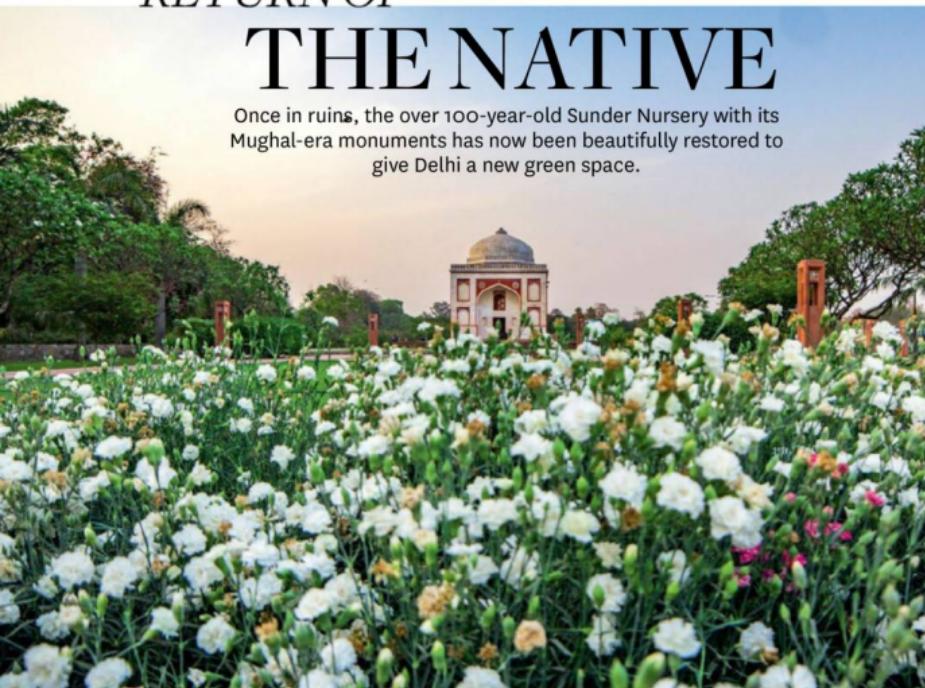
Never take off your dog's leash if you are in the mountains. No matter how well behaved he is, they get excited at new sights.

Do not forget to carry handy, basic medicines (after consulting with your vet) and foldable water bottles, as pets often get dehydrated.

After zeroing in on a pet-friendly hotel, always check in with the hotel staff beforehand if the staff can prepare the food your dog prefers. ■

RETURN OF THE NATIVE

Once in ruins, the over 100-year-old Sunder Nursery with its Mughal-era monuments has now been beautifully restored to give Delhi a new green space.



About 20 acres of Sunder Nursery has been retained as an active nursery, while a specially-built facility allows the display of a rich collection of over 400 bonsai plants.

It's easy to miss the quaint lane to Sunder Nursery. The busy Mathura Road that brings you to it winds around a roundabout, in the centre of which stands the blue-domed Nila Gumbad or the Subz Burj Tomb, presently tarped up for restoration. Three hundred metres from the main road is an unpretentious signage signalling your arrival at Sunder Nursery.

History places the origins of the area that constitutes present day Sunder Nursery to around the 16th century, during the reign of the Mughals. The Nursery was originally known as Azim Bagh and built as a Mughal garden beside the already established sites of the Nizamuddin Basti and Humayun's Tomb. Over 100 monuments dot the landscape of the Nizamuddin—Humayun's Tomb, Sunder

Nursery area, some dating as far back to the 14th century. With the end of the Mughal era, many of the monuments fell into neglect and ruin, as did the gardens of Sunder Nursery. That is until the British shifted their capital from Calcutta to Delhi and established a nursery at this site, where plant specimens could be bred for the new capital's avenues and gardens—thus, giving the erstwhile garden its present nomenclature.

Then, a decade back, the Aga Khan Trust for Culture took on the mammoth task of restoring, renovating and conserving Sunder Nursery, in a bid to nurse it back to its former glory and to develop a city park with distinct heritage, ecological and cultural infrastructure. "This site was chosen for such a major intervention because of the possibility to

SYDNEY PERCY-LANCASTER, A NOTABLE ENGLISHMAN WHO STUDIED HORTICULTURE IN INDIA, IS SAID TO HAVE LAID OUT THE NURSERY.

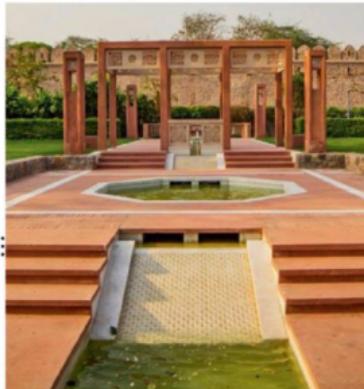
restore several grand monuments, create a city park and improve the quality of life for a large resident population," says Ratish Nanda, Chief Executive of the Aga Khan Trust for Culture, India. "The Sunder Nursery development is in line with city parks that we at the Aga Khan Trust for Culture have created worldwide, in cities such as Kabul, Mali, Cairo, Edmonton, Zanzibar and Aleppo, amongst others."

These restoration efforts were part of the larger Urban Renewal Initiative, wherein around 50 monuments in the Nizamuddin area, including Humayun's Tomb and Sunder Nursery, underwent a painstaking conservation work. A dozen of these were designated as World Heritage monuments by UNESCO as part of the extended Humayun's Tomb World Heritage Site. Six of these monuments—Sunderwala Burj, Sunderwala Mahal, Lakkarwala Burj, Mirza Muzafar Hussain's tomb, Chota Batashewala Mahal and an unknown Mughal's tomb—stand within the Sunder Nursery. In addition, there are nine other monuments in its premises, including an 18th century garden pavilion,

making the recently opened park a new haunt for the history buffs.

A carpet of green greets us as we enter the gates of Sunder Nursery. The master plan for the landscape of the 90-acre Sunder Nursery was developed by the late landscape architect M Shaheer. Mughal-inspired gardens along the central vista feature monolithic marble fountains and water flowing amidst geometric flower beds. The immediate settings of the monuments have been provided with small formal gardens planted with typical Mughal flora, such as a beautiful rose garden with several varieties of the flower arranged in neat rows around the Lakkarwala Burj monument.

About 20 acres of Sunder Nursery has been retained as an active nursery, while a specially-built facility allows the display of a rich collection of over 400 bonsai plants. A large terrain carpeted with grass stands will serve as a picnic ground in the winters. It is bound by a sunken, open-air amphitheatre on one side that has been built to provide a space for cultural evenings and festivals celebrating



IT WASN'T AN EASY TASK RESTORING THE PAST AND ARRIVING TO ITS PRESENT GLORY. A DECADE OF TIME AND EFFORT WAS PUT IN TO SURVEY, DEVELOP AND EXECUTE THE MASTER PLAN AND IMPLEMENT IT IN A PHASED MANNER.

local musical traditions. A small lake stands serene near the far end of the Nursery, with walks, seating and pavilions along its edges. Plans are underway to build cafes by the lakeside so that the revenue generated from these can be ploughed back into the maintenance of the site. Nanda adds that the building of a 10,000 sq metre museum is also in the pipeline. "It'll be sunken like a baoli. The presently segregated Humayun's Tomb and Sunder Nursery will be connected by an underground tunnel that will allow unrestricted pedestrian access between the two sites," Ratish elaborates.

The crumbling monuments were painstakingly restored from the inside and out; in certain instances where they were missing, entire sections of lattice work and inscriptions have been carefully reproduced. Hundreds of truckloads of construction rubble were removed from the site; irrigation and electrical infrastructure was installed; peripheral roads were constructed and 20 acres of nursery beds were laid out. A whopping 20,000 saplings of 280 native species of trees were planted giving rise to the park as we see it today and leading to the creation of Delhi's first arboretum. Over 60 species of butterflies and 80 species of birds have already been spotted here, and now that the water bodies such as the lake are full, the arrival of more varieties of avifauna is expected. ■





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food

FRESH FROM YOUR KITCHEN

FLORAL FEAST



DON'T UNDERESTIMATE THE POWER OF FLOWERS. SURE, THEY'RE PRETTY, BUT LOOKS AREN'T EVERYTHING. OUR FAVOURITE EDIBLE PETALS ADD SWEET, SPICY, HERBAL AND PEPPERY FLAVOURS TO THESE DISHES.

HEIRLOOM TOMATO & BURRATA SALAD

It might be difficult to improve on a beloved classic like caprese salad, but this recipe does just that. Cut tomatoes into fat wedges, swap mozzarella for its creamier cousin Burrata and skip the basil. Instead, give the salad a more complex and colourful spin with oregano's aromatic purple flowers and a handful of blooming cilantro sprigs.

BERRY & STONE FRUIT RICOTTA PIZZAS

Appetiser? Dessert? Actually, these could be both at your next cocktail party. Salty prosciutto and sweet summer fruits top a make-ahead pizza dough. After baking, dress them up with a scattering of spicy phlox and clove-scented dianthus.





SPICE-ROASTED VEGETABLES

The next time you have a fresh haul of veggies to devour, give them a warm coriander-and-cumin rub and a roast in the oven.

Lemony signet marigolds brighten the smoky, nearly charred vegetables, and nasturtiums add an assertive peppery bite.

CORN-LENTIL CHOWDER

Corn chowder takes on the vibe of an Indian dal when you stir in lentils, curry, turmeric and ginger. Like a sprinkling of finishing salt, the flowers are more than decorative.

Cucumber blossoms (the larger golden petals) have a mild zucchini taste. White lacy garlic chive flowers and golden mustard flowers each hint at their namesake.

**GARDEN TO PLATE**

These popular edible flowers are showing up more and more at gourmet groceries and farmers markets. They're easy to grow in your own garden, too.

NASTURTIUMS

The flowers and leaves start sweet then finish with a bold, peppery flavour like watercress or radishes. Try blending petals with a soft cheese, such as goat or Boursin.

ROSES

Fruity and fragrant, the darker the petals, the more pronounced the flavour.

MARIGOLDS

Marigolds range in flavour based on variety. Signet marigolds taste citrusy. Calendulas have a smoky, honey-like sweetness. However, common garden marigolds may be pungent and bitter.

VIOLAS

Use sweet, mild violets, pansies and Johnny jump ups in abundance on frosted cakes or pressed onto shortbread for cheerful colour and pattern.

BORAGE

This star-shaped blue flower lends refreshing cucumber-like flavour to lemonades, chilled soups and yogurt-based dips.

PHLOX

Pink and purple phlox have a slightly spicy taste. (Annual and creeping phlox are not edible.)

Note: Never eat flowers treated with pesticides or fungicides, whether grown commercially or at home.



Tossing a few petals of edible flowers into sweet and savoury recipes is a trend we love. Although we selected certain varieties for each recipe (e.g., nasturtiums on Spice-Roasted Vegetables), we encourage experimentation—just make sure the flowers are edible. Not all are meant for consumption. If you are unsure, see the guide at BHG.com/EdibleFlowers.

SOME OF OUR FAVOURITES ARE PERENNIAL PHLOX, NASTURTIUMS AND MARIGOLDS.



HEIRLOOM TOMATO & BURRATA SALAD

Prized for their complex flavours and varied hues, heirloom tomatoes are available in food stores and are certainly worth growing in your garden.

TOTAL TIME: 15 minutes

INGREDIENTS

- 2 to 3 large heirloom tomatoes, cored and cut into large wedge
- 100 gm Burrata cheese
- 1 to 2 tsp sea salt flakes
- ¼ cup extra virgin olive oil
- 2 tbsp red wine or sherry vinegar
- Flowers from oregano or cilantro

PREPARATION

Arrange tomato wedges in a large serving platter or bowl. Top with whole Burrata. Season to taste with salt. Drizzle with oil and vinegar. Snip flowers over salad.

Makes 6 servings.

Per Serving 284 cal, 22 gm fat, 40 mg chol, 489 mg sodium, 11 gm carb, 3 gm fibre, 8 gm sugars, 12 gm pro.

BERRY & STONE FRUIT RICOTTA PIZZAS

HANDS-ON TIME: 25 minutes.

TOTAL TIME: 2 hour 35 minutes

INGREDIENTS

- 1 recipe Pizza Dough (below)
- 2 tbsp cornmeal
- 500 gm ricotta cheese
- 1 tsp lemon zest
- ½ tsp snipped fresh thyme, plus sprigs for topping
- 60 gm thinly sliced prosciutto
- 4 peaches (or other stone fruits such as plums or apricots), pitted and cut into wedges; and/or 4 cups fresh raspberries and/or blackberries
- 2 tbsp olive oil
- Flowers from perennial phlox and/or dianthus
- Honey (optional)

PREPARATION

1. Prepare Pizza Dough. Set a pizza stone or

baking sheet in oven; preheat to 245°C. Working in batches, roll or stretch two dough balls into 8-inch circles. Sprinkle a cookie sheet (without sides) with 1 tbsp of cornmeal. Place dough rounds on sheet; set aside. (The cornmeal eases sliding the dough onto the pizza stone.)

2. In a medium bowl combine ricotta, lemon zest and thyme. Spread half over the two dough rounds, then top with half the prosciutto and fruit. Drizzle with 1 tbsp olive oil. Transfer rounds to pizza stone in oven. Bake 15 minutes or until crust is golden.
3. Repeat with remaining two dough rounds. To serve, top with thyme sprigs and flowers. If desired, drizzle with honey.

Makes 4 pizzas.

PIZZA DOUGH In an extra-large bowl combine 1 ¾ cups lukewarm water (40°C) and 1 ½ tsp active dry yeast; let stand 5 minutes or until yeast is foamy. Stir in 4 ½ cups all-purpose flour and 2 tsp salt. Dough will be shaggy. Turn dough out onto a lightly floured surface. Knead until smooth and elastic, about 3 minutes. Place in a well-greased bowl, turning to grease surface of dough. Cover with plastic; let it rise at room temperature until double in size, 1 ½ hours. Punch dough down. Divide into quarters; shape into balls. Cover; let rest 10 minutes. Makes about 1 kg.

MAKE-AHEAD TIP The dough may be refrigerated in an airtight container for up to 2 days.

Per Half Pizza 437 cal, 12 gm fat, 30 mg chol, 751 mg sodium, 65 gm carb, 4 gm fibre, 7 gm sugars, 17 gm pro.



SPICE-ROASTED VEGETABLES

For a complete meal, serve these vegetables over cooked couscous. Top with a dollop of Greek yogurt mixed with harissa paste for a spicy but cooling flavour.

HANDS-ON TIME: 30 minutes

TOTAL TIME: 1 hour 10 minutes

INGREDIENTS

- 1 ½ tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp caraway seeds

INGREDIENTS

- ½ cup olive oil
- ½ tsp sweet paprika
- 2 kg mixed vegetables
(such as small leeks, halved lengthwise and rinsed; small beets,* peeled and quartered; carrots, peeled; shishito peppers; small or regular eggplant,** cut into eighths)
- Flowers from nasturtiums and/or signet or calendula marigolds

PREPARATION

- Preheat the oven to 220°C. In a small skillet, heat coriander, cumin and caraway seeds over low heat for 2 minutes or until fragrant, stirring occasionally.

Remove from heat; let cool slightly. Transfer to a spice grinder or mortar and pestle; grind to a powder.

- Place ground spices in a small bowl; combine with olive oil and paprika. Place vegetables in an extra-large shallow baking pan; toss with oil mixture. Season with salt and black pepper.
- Roast 40 minutes or until tender and charred, turning once or twice. Serve topped with flowers.

Makes 6 servings.

***TIP** If using red beets, dress separately with oil mixture and place in a separate baking pan to prevent bleeding onto other vegetables.
****TIP** If using eggplant, add to baking pan during last 30 minutes of roasting.

Per Serving 214 cal, 10 gm fat, 132 mg sodium, 31 gm carb, 8 gm fibre, 14 gm sugars, 4 gm pro. ■

CORN-LENTIL CHOWDER

This chowder takes advantage of the entire vegetable. While the broth simmers, the cobs enhance the sweet corn flavour and release starches that help to thicken the broth naturally.

HANDS-ON TIME: 25 minutes

TOTAL TIME: 1 hour 20 minutes

INGREDIENTS

- 2 tbsp olive oil
- 1½ cups finely chopped yellow onion
- 1 tbsp curry powder
- ½ tsp ground turmeric
- 1 litre reduced-sodium chicken broth

2 cups water

- 1 tbsp peeled and **grated ginger**
- 1 ears fresh corn, husked, silks removed, and kernels cut off (set aside cobs), or 3 cups frozen corn
- 1½ cups dry yellow **lentils**, rinsed
- 1 tbsp chilli or olive oil
- Flowers from cucumber blossoms, golden mustard, and/or garlic chives
- Sour cream (optional)

PREPARATION

- In a large pot, heat olive oil over medium-low heat. Add onion; cook until slightly softened, about 3 minutes. Add curry powder and turmeric; cook 1 minute. Add broth, water, ginger and, if using, corn cobs. Bring to boiling; reduce heat. Simmer, covered, 20 minutes.
- Remove cobs from broth; cool slightly. Using back of a paring knife, **scrape cobs** over pot to remove as much liquid as possible; discard cobs.
- Stir in lentils. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until lentils are tender. Season with 1½ tsp salt and ¼ tsp black pepper. Stir in 2 cups corn; cook 10 minutes more, stirring occasionally.
- Using an immersion blender or food processor, blend soup until smooth. Just before serving, in a small saucepan, heat chilli oil over medium heat. Add remaining 1 cup corn to oil. Cook until corn is golden, 3 to 4 minutes. To serve, top soup with toasted corn, flowers and, if desired, sour cream.

Makes 7½ cups.

Per 1½ Cups 325 cal, 8 gm fat, 928 mg sodium, 50 gm carb, 8 gm fibre, 8 gm sugars, 17 gm pro. ■



the dos and don'ts of EDIBLE FLOWERS

• **Do** store in the original packaging or in a lidded container lined with a damp paper towel.

• **Do** taste them before you add them. Some edible flowers are an acquired taste.

• **Do** test to see if they wilt or brown in vinegar if the recipe calls for a vinegar-base dressing. Or toss them in at the last possible minute.

• **Don't** wait to use them. They will mold and wilt fairly quickly. Snip them from your garden right before using.

• **Don't** eat flowers treated with pesticides or fungicides, whether grown at home or commercially.

FREEZE FRAME

BHG sat down with the legendary 64-year-old Rachel Berliner of Amy's Kitchen to talk about her love for healthy, nutritious food.



[RACHEL BERLINER]

HOW IT BEGAN

"I was pregnant with Amy and I couldn't cook, and when Andy went to pick up something ready-to-eat, he couldn't find a single thing that was organic and good. We were also in a transitional phase, with Andy thinking of a business to set up. It was then that we began selling frozen pot-pies and Amy's Kitchen was born a year later."

It was in 1987, when a couple at a Californian ranch began to sell organic, vegetarian frozen meals. What started with just a pot pie in their kitchen soon expanded into a range of 250 ready-to-eat vegetarian, organic meals, and the brand Amy's Kitchen became a pioneering force not just in the US, but in Europe and Asia, as well. Founded by Rachel and Andy Berliner, and named after their daughter Amy, the brand made its entry in India two years ago and is now in a massive expansion mode—14 of their offerings, including pizzas, burritos, raviolis, macaroni and cheese, are easily available in major supermarkets, and their American repertoire has several Indian dishes that are bestsellers in the Western hemisphere. The reason, Rachel says, is because she and Andy met in India and have always loved the country. "We have

close friends here and in the US. Since I am a vegetarian, we produce only vegetarian meals."

Frozen meals in India are not common. They are generally perceived to be unhealthy. But Rachel is confident that the mindset will change. "The fact is that frozen food contains all the nutrients and tastes of a freshly cooked meal. I have met so many consumers here who love our food. Mothers write to me how we have saved their lives by producing organic, nutrient-laden food that they can serve to their children. In fact, the process of freezing a meal is quite simple. We cook it in a traditional way, cool it and freeze it instantly," she explains.

So what sets Amy's apart from other frozen food brands? For starters, the food is cooked traditionally in their kitchen facilities, the ingredients are sourced from local organic farmers and it is devoid of preservatives. Plus, it is still a privately-owned company, but

most importantly, Rachel says, it is the love and care they show to their products. The recipes and dishes are tasted by Rachel and Andy themselves, and they decide if it is to be produced commercially. Most of the meals are recreations of the dishes made by their friends and family, and also of what they have picked up from their travels. "The Indian meals were adopted straight from our friends' kitchen in the US. So, it is not what you get at an Indian restaurant in America but real home-cooked food—the spices are moderate and full of flavour," Rachel says. The fan mail that most companies take for granted is read by Rachel daily and the requests and suggestions about their new dishes become their research. Available in Delhi and Mumbai, Rachel has plans to tie up with Amazon and Bigbasket to reach out to the rest of the country. ■



MIGHTY GREENS

With a little care and patience, growing microgreens at home is quite simple. For BHG staffer Nandini Banerjee, it was the first step in adopting the farm-to-table approach.



Microgreens have been trending for a while now and for the right reasons. They are fresh, packed with nutrients and intense flavours, offer texture to the dish and look beautiful when plated. A joint study by the University of Maryland College of Agriculture and Natural Resources and the United States Department of Agriculture found that microgreens contain 40 times higher levels of nutrients than their mature counterparts!

While buying them is expensive, it is unbelievably easy to grow them at home—two weeks is all it takes for you to harvest your microgreens, just as I have been doing. First off, let's be clear: Microgreens are not sprouts. They are seedlings of edible leafy vegetables (like spinach) and herbs (like oregano). The seeds are sown and once the seedlings grow 2-inch tall and true leaves appear, the shoots are harvested—these are microgreens. If the seedlings are left as it is, they grow to become full-fledged plants.

The first batch of the microgreens that I grew suffered due to poor quality of soil, lack of fertilisers and a pest attack. Having learnt my lesson, I devised a foolproof system to harvest them.

My approach is to plant five types of herbs and vegetable seeds (oregano, thyme, basil, coriander and mint) simultaneously in different pots. They all have similar growth speeds and give me the option of using different microgreens in my dishes together.

Omaxe seeds are good and available widely. My chosen pots are terracotta tea cups. The potting mix I make contains soil, coco-peat and vermicompost in equal parts. Add a sprinkle of diluted organic liquid fertiliser (Rinuja GrowthPlus+) and the medium is ready. I fill only $\frac{3}{4}$ th of the cups, spread a generous helping of seeds and scatter a thin layer of the potting mix on the top. A sunny spot is required to help the seeds germinate. But make sure you place a loose net on top of each cup to protect them from birds. After about five to six days, the seedlings start to appear.

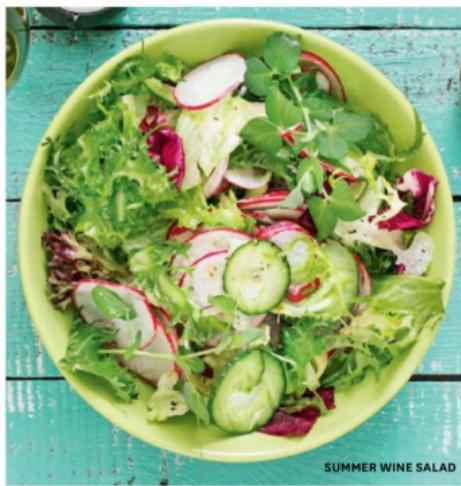
Remove the net and move the pots near a closed window sill where the sun can reach them but not the pests. Light watering will ensure they toughen up and grow faster. Once two true leaves arrive, harvest them—just snip with scissors and wash gently with water. Dry naturally, seal in a ziplock pouch and freeze till you need to use them.



DRIPPY EGG TOAST



CHEESY HUMMUS SANDWICH



SUMMER WINE SALAD

Microgreens are seedlings of edible leafy vegetables and herbs. The seeds are sown and once the seedlings grow 2-inch tall, the shoots are harvested.

DRIPPY EGG TOAST

INGREDIENTS

2 eggs • 2 multigrain bread slices • 2 tsp hung curd • Salt and pepper to taste • Sprinkle of mint or cilantro microgreens

PREPARATION

1. Boil water in a saucepan on a high till it starts to bubble. Then, reduce to a simmer and break eggs directly into the water and cover the pan. Let them poach for a minute or till the whites harden a bit. Scoop out the eggs using a slotted spoon.

2. Toast or grill the bread slices lightly and spread hung curd liberally. Place one poached egg on each bread and sprinkle salt and pepper. Top with microgreens and serve immediately.

SUMMER WINE SALAD

INGREDIENTS

2 cucumbers • 2 tomatoes • 1 radish • 1 onion • ¼ bunch iceberg lettuce • ½ cup feta • Handful of mixed microgreens

For vinaigrette:

¾ cup olive oil • 2 tbsp wine

vinegar • 1 tbsp lemon juice
• 1 tsp dried oregano, powdered
• Salt and pepper to taste

PREPARATION

1. To make the vinaigrette; in a bowl, mix all the ingredients and let the flavours infuse.
2. To make the salad, dice cucumbers and tomatoes, slice onion and radish and chop lettuce roughly. Crumble feta. Put them together in a salad bowl and combine.

3. Pour the dressing over the salad and toss it to mix it well. Top the salad with microgreens just before serving.

CHEESY HUMMUS SANDWICH

INGREDIENTS

4 bread slices • 2 tbsp hummus • 1 tbsp cheddar or Brie • Fistful mixed microgreens

PREPARATION

Spread hummus on the insides of two bread slices. Sprinkle grated cheddar liberally on the hummus and top it with microgreens. Place the other bread slices to close the sandwich. Grill for about three minutes and serve immediately. ■

The tables at the restaurant are all oddly-shaped to accommodate maximum number of people.



EAT, PLAY, LOVE

Expect the unexpected at Cyber Hub's newest eatery Pra Pra Prank, a brasserie that serves modern Asian cuisine with a twist.

Tucked towards one end of Gurgaon's Cyber Hub is a quirky new brasserie, Pra Pra Prank. The offerings here are spirited, fun and unusual—think a salad made of mini idli, melons (musk and watermelon) and mixed greens, or an appetizer of soft, bite-sized chicken popcorns. Basically, everything on the menu points to a playful way of dining.

And setting the tone for the experience is the décor. Beautifully lit screens showcasing alabaster noses and dressed-up purple bananas greet you at the entrance. Walk through the glass doors and a large collage of TV screens (all playing different channels—cartoons, movies, sports, etc) line the walls of a space filled with odd-shaped tables, pretty café chairs and a Sushi Bar. A secret door leads to a beautiful luxury bar—just look for a display stand of miniature bottles;

we chose to sit and sample their excellent signature cocktails at this spot (they host their live events here). Our favourites: Fragrance No. 9 (a wonderfully crafted concoction that smells just like a perfume) and Chocolate Long Island Ice Tea (a decadent dessert drink).

Our order included the aforementioned Petite Idly Melon Melody, which had a refreshing burst of flavours, and Chicken Puffsome; we also sampled their Nepalese Chicken Broth, a heart-warming dumpling soup, served bubbling hot in a pot, aromatic Pork Belly Skewers with Kalonji Raw Mango Relish, and Appam with Ghee Roast Chicken. The star of the evening, however, was the juicy Baked Indian Ocean Lobster, delightfully flavoured with Indian spices. The dessert—cannoli—was the perfect end to the meal.

Chefs Kaustubh Haldipur and Harangad Singh have succeeded in creating an Asian



The Baked Indian Ocean Lobster.

fusion menu that will appeal as much to the nonconformist as it would to the comfort seeker and the gourmand—they personally visit patrons to get their feedback. All in all, the menu's familiar flavours with surprising, playful twists leave a lasting impression. The restaurant's café-style set up is also quite charming; and thankfully, the eatery allows children to accompany their parents. They have a picturesque outdoor seating area as well. A must-visit.

Price for two: ₹2,200

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Festival Delight

Wellness, camera, action – WELLFEST 2018 saw this and much more! The two-day event was curated by Parineeta Sethi and yoga lifestyle propagator, Nischint Singh, in association with Andaz Delhi, airline partner Lufthansa, wellness destination partner Amazing Thailand and fitness partner Technogym. The first day of the wellness festival saw a unique awards ceremony that felicitated 45 fit and fabulous personalities, including Sunil Sethi, Riddhima Kapoor Sahni, Sumaya Dalmia, Tanisha Mohan, Rajiv Makhni, Atul Wassan and Latika Kaneria. And the second day was filled with panel discussions on the wellness industry in India, fitness, nutrition, beauty and spirituality, interspersed with laughter, dance therapy and healthy food sessions. All in all, the first episode of Wellfest inspired and helped people to work towards achieving their wellness goals.





1. (L to R) Parineeta Sethi, Riddhima Kapoor Sahni, Sheetal Ansari, Nomit Kohli, Nischint Singh and Vikas Malhotra **2.** Ruchitra and Rajiv Makhani **3.** Cheena Vig and Isra Stapanaseth **4.** Rakshak and Ravish Kapoor **5.** Sumaya Dalmia and Pankaj Arora **6.** Shivani Wazir Parнич, Payal Sen and Sangeeta Sharma **7.** Sunil Sethi and Björn Rettig **8.** Mohit Sahgal and Madhav Singh **9.** (L to R) Isra Stapanaseth, Amitab Kant, Neha Liddar, Shivani Wazir Parнич and Parineeta Sethi **10.** (L to R) Dearne Panday, Vesna Jacob, Gurmit Singh Dua, Sumaya Dalmia and Sangeeta Sharma **11.** The Amazing Thailand pop-up **12.** Jamal Shaikh **13.** Krishma Swaroop, Dr. Jai Madaan and Venerable Matri Avalokita **14.** (L to R) Exec. Chef Alex Mosen, Kavita Devgan, Dr. Alok Chopra and Dr. Anjali Hooda **15.** The laughter yoga session **16.** The healthy cooking session **17.** (L to R) Dr. Ishi Khosla, Dr. Kiran Lohia, Sharmi Adhikary, Dr. Chiranji Chhabra, Dr. Blossom Kochhar and Parineeta Sethi **18.** Massages galore at the Andaz Spa pop-up **19.** A guest at the Magnifique pop-up **20.** A tarot reading in progress **21.** Sangeeta Mehta

FOR MORE INFORMATION ON SOME OF THE LOCATIONS AND BRANDS FEATURED EDITORIALLY IN BETTER HOMES & GARDENS INDIA, PLEASE SEE THE DETAILS BELOW.

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Compound, Senapati Bapat
Marg, Lower Parel; 022/4004-0474.
Delhi: N-3, Ground Floor, Part-1
Market, Greater Kailash I;
011/4171-9292; address-home.com.

APARTMENT 9 Delhi: N-9, Greater
Kailash-I Market, 011/3243-8224; 12,
Khan Market, 011/3266-8554.

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Chand Market, Lodhi Road, Delhi;
011/2464-5087.

FENNEL Noida: -23A/F35, Lower
Ground Floor, DLF Mall of India,
0/9821289514. Delhi: Khasra No
348, Pillar No 28B, M.G. Road,
Near Sultanpur Metro Station,
0/8826662058. Gurgaon: South
Point Mall, Shop No 7, Lower
Ground Floor, Golf Course Road,
0124/4274144.

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INV HOME Delhi: 348, Sultanpur,
M.G. Road; 011/2680-1811.
N-1, Greater Kailash-I Market.
Chandigarh: 230, Second Floor,
Elante Mall; 0172/4028-114.

INNISFREE 46B, Ground Floor, Khan
Market, Delhi; 011/4352-1024.

ISHATVAM Delhi: 18-B, Khan
Market, 011/4352-8381; 348-D,
M.G. Road, Sultanpur,
011/2680-4344.

JO MALONE LONDON New Delhi:
Select City Walk, District Centre,
Saket. Mumbai: Palladium Mall,
Senapati Bapat Marg, Lower Parel.

JUICY CHEMISTRY
juicychemistry.com

KHADI khadinatural.com

KIEHL Delhi: Ambience Mall Vasant
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Mumbai: IO Ropewalk Lane, Above
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34, Guru Nanak Road, Bandra West;
022/4971-3678; nicobar.com.

NUR Delhi: 71 A, Mehar Chand
Market, Lodhi Colony; 011/4905-
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011/4134-9797; sephora.nnnnow.com.

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5189. Mumbai: Inorbit Mall, Malad
(West), 022/6710-2021. Kolkata:
Avani Heights, Chowinghee Lane,
033/4006-0941; thebodyshop.in.

THE FACE SHOP See Nykaa.

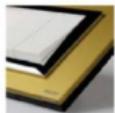
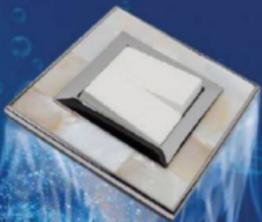
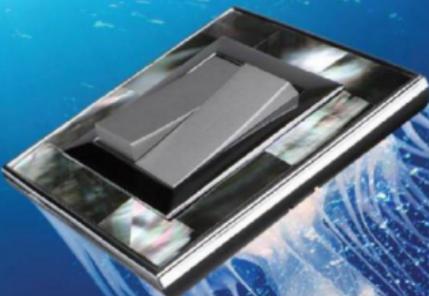
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i did it!

Gain colour confidence with this high-impact DIY project. This painted bed-side table gives the room a personality and an old piece a new life.



This old bedside table, below, was a real snoozer until US-based blogger, Susan Handler of *Saw Nail and Paint* gave it a new lease of life. She chose milk paint for its matte look and non-toxic ingredients. First, she updated the piece with a screwdriver, removing the doors and the skirt with its bracket feet. After installing new feet and base trim, she stained them to match the original finish. This extra step ensured an even all-over paint finish. ■

BEFORE



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