



ISSUE 81, MAY 2021

**AREEBA
HABIB**
"JALAN WAS A BIG
BREAK FOR ME"

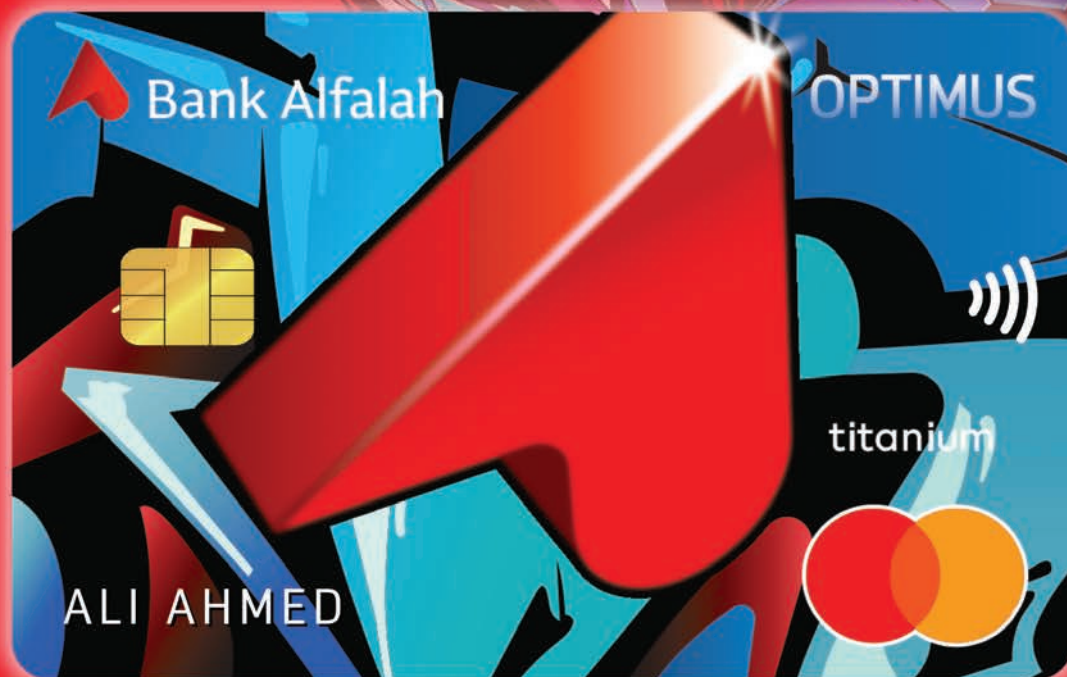
**OSCARS
2021**
ALL THE GLITZ &
GLAMOUR

**AMANDA
SEYFRIED**
ON MOVIES & LIFE

ADNAN SIDDIQUI

THE ACTOR EXTRAORDINAIRE ON HIS
MULTIFACETED JOURNEY, EVOLUTION AS
AN ARTIST, AND PLANS FOR THE FUTURE





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Printed by Atlas Printing Press L.L.C, Dubai

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AND THE WINNER IS...

A VERY BRITISH BASH

**THE HOLLYWOOD ELITE GATHERED
AROUND THE WORLD FOR THE 2021 OS-
CARS CEREMONY, WHERE THE BRITS
REIGNED SUPREME**

As the film world celebrated the 93rd Academy Awards last week, the cream of British talent walked away victorious after one of the most difficult years for the movie industry. At the age of 83, Sir Anthony Hopkins became the oldest ever acting Oscar winner, while fellow Brits Daniel Kaluuya and Emerald Fennell also scooped gongs at Holly-





Viola looked stunning in Alexander McQueen



Margot sparkled in a sensational Chanel number

wood's most prestigious event. The ceremony was moved from its usual home at Los Angeles' Dolby Theatre to the city's Union Station to comply with Covid-19 regulations. A small crowd of 170 joined host Lil Rel Howery in person, while hubs were set up for nominees in London and Paris where the stars could watch the ceremony live. And after a year at home, it seemed the celebrities were enjoying the chance to don their glad rags. Best Actress nominee Carey Mulligan ►



Reese looked elegant in red Christian Dior

shone in a gold Maison Valentino SS21 crop top and skirt, while Zendaya looked gorgeous in a floor-length yellow dress with a cutout midriff also by Valentino. Viola Davis looked striking in custom Alexander McQueen, while Margot Robbie dazzled in a shimmering Chanel number as she showed off her brand new fringe. Elsewhere, Reese Witherspoon and Amanda Seyfried plumped for red frocks by Christian Dior and Armani Privé respectively.

The men turned up the fashion heat too, with Best Actor nominee Riz Ahmed and Best Supporting Actor winner Daniel Kaluuya looking sleek in their stylish all-black ensembles.

The Trial Of The Chicago 7 star Sacha Baron Cohen mixed things up by teaming cream trousers with a brown jacket and bow tie, while Fear The Walking Dead actor Colman Domingo donned a hot pink suit.

Previous Oscar winner Regina King, who opted for a baby blue Louis Vuitton gown, opened the show with a timely speech referencing the recent conviction of former policeman Derek Chauvin for the murder of George Floyd.

"If things had gone differently in Minneapolis, I might have traded in my heels for marching boots," she said. "I know many of you want to reach for your remote when you feel Hollywood is preaching to you, but as the mother of a black son who fears for



Colman stood out in pink Versace, while Riz (below) kept it low key in black Prada





Amanda stunned in Armani Privé and Daniel (right) with his Best Supporting Actor Oscar



Sacha and wife Isla Fisher, who wore a Christian Dior dress

his safety, no fame or fortune changes that.” It was the first of many powerful messages delivered across the evening, with Best Director winner Chloé Zhao sharing a phrase in Mandarin, which translates as, “People at birth are entirely good.” She told the crowd, “Those six letters had such a big impact on me and I still truly believe them even if it might seem the opposite.” As the ceremony kicked off, the big wins came ▶



Regina delivered a powerful speech



Youn was caught flirting with Brad



Sir Anthony spoke from the Welsh countryside

in thick and fast. Pregnant Crown star Emerald Fennell picked up the prize for Best Original Screenplay for her film, *Promising Young Woman*, making her the first female to receive that award since 2008.

"I'm trying very hard not to cry, which is very difficult as an English person, because I don't cry ever," the former *Call The Midwife* actress said in her acceptance speech.

Daniel Kaluuya, who picked up his gong for his role as activist Fred Hampton in *Judas And The Black Messiah*, said he was "humbled" to be nominated for portraying a man "whose principles I deeply respect".

The actor signed off by making the audience giggle for thanking his parents for having sex to create him, while the cameras panned to his mother Damalie looking embarrassed.

Minari's Youn Yuh-jung became the first South Korean star to scoop Best Actress In A Supporting Role, beating Olivia Colman, Amanda Seyfried, Maria Bakalova and Glenn Close in the process.

Later on, *Nomadland* star Frances McDormand howled like a wolf in tribute to the film's late sound engineer Michael Wolf Snyder during her speech for winning Best Actress In A Leading Role. Frances defeated the likes of Viola Davis, Andra Day, Vanessa Kirby and



Glenn has been nominated for eight Oscars over the years



Emerald tried not to cry on the night



Chloé won the Best Director Award

Carey Mulligan to collect her third Best Actress accolade.

Nomadland was one of the night's biggest successes, with Chloé Zhao becoming the second woman – and first woman of colour – to win the Best Director Award for her movie that follows a grieving widow in her sixties who moves her life into a campervan. The film also picked up the title for Best Picture.

Sir Anthony Hopkins was arguably the event's most surprising victor. The Best Actor In A Leading Role gong was expected to go posthumously to the late actor Chadwick Boseman for his turn in Ma Rainey's Black Bottom. Instead, it was Sir Anthony who triumphed for his performance in The Father. The veteran star wasn't present at either the LA venue or at the British Film Institute hub in London. Instead, Sir Anthony posted a message on his Instagram page from Wales the following morning, telling fans, "At 83 years of age, I did not expect to get this award, I really didn't. I'm very grateful, and thank you." The Welsh legend also paid tribute to fellow nominee Chadwick and said he was "taken from us far too early".

As with any Oscars bash, there were some memorable moments. Glenn Close – who has had eight nominations without a win – twerked to 80s hit Da Butt during a quiz section of the show, while Youn Yuh-jung couldn't resist flirting with a ponytailed Brad Pitt, who presented her award.

It marked a gradual return to normality after a year of virtual red carpets, and it was more than refreshing to see our favourite stars dressed up to the nines in real life once again. **OK!**

WORDS: ANNA MATHESON
PHOTOS: GETTY





**"SUCCESS AS A STAR AND PURPOSE AS AN
ARTIST CANNOT BE EQUATED"**

SUAVE, SOPHISTICATED, UNMATCHED

ADNAN SIDDIQUI

**The actor extraordinaire talks to OK! Pakistan
about his nuanced performances, his
purpose as an artist, upcoming production
ventures, and how the set culture in our
industry has changed over the course of two
decades...**



“Adnan Siddiqui is an amalgamation of a model, an actor and a producer.”

being. You stop learning. Fulfilment is a mirage.

Storytelling is a powerful tool that can touch millions of lives. The medium itself should not be taken for granted. Do you feel that our producers, writers and directors are doing a disservice to the very fabric of storytelling with projects that predominantly revolve around monotonous themes such as adultery, extramarital affairs and household tussles? Why are we having a hard time progressing beyond these storylines?

AS: Entertainment business is a two-way street, hinged on demand and supply. This practice has existed since the beginning. Let's go back in time. Most of the dramas during the early 80s and 90s focused on strong women leads, characters that were claiming their individuality and place in the society. Scriptwriters like the late Haseena Moin fleshed out confident young women in her stories. The producers made dramas reflective of the time and the audience demanded them too.

It would be unfair to squarely blame producers, writers and directors for shows based on redundant topics like adultery and family tussles. These issues are contemporaneous. A lot of power to make or break a concept is vested in the audience. Sometimes viewers do not respond to a good story because it is not formulaic. The global hit game show *Who Wants to be a Millionaire?* failed in Pakistan. What would a producer do if that happens? He has to earn his money.

Being an actor and a producer with the power to influence, have you been able to tell the stories you feel passionately about?

AS: An actor is always walking a fine edge when it comes to the choices he makes. Sometimes he picks up a story he believes in, on another occasion, it is the character that draws him more than the plot. He does it to sharpen his craft or as an ode to it, and some other time, he simply surrenders to the script and the director. You can't always afford to tell stories you believe in, especially as an actor. Fortunately, I have the luxury to play a producer as well, which gives me room to explore themes that otherwise would not have been possible.

Over three years ago, you starred opposite the late legend Sridevi in *Mom*. What have you learned from her craft as an actor?

AS: *Mom* was my third film and Sridevi's three hundredth. By that account, a novice was sharing space with a veteran. You expect an actress of her stature to have an air about her, walking on-sets with stiff upper lip arrogance. She was anything but that. Sridevi knew she was an icon but she didn't impose her stardom on her co-stars. Her ►

Artists may be good at what they do but very few take a chance to branch out into other creative spaces to heighten their craft. Adnan Siddiqui is one such name that comes to mind. He has found equal success as a model, producer and as an actor, which gives him a cutting-edge over his counterparts. Adnan has taken up challenging roles in a solid career spanning more than three decades. His nuanced performances in a range of roles are a testament to his versatility as a performer.

He also co-owns a production company Cereal Entertainment that looks to develop interesting concepts going forward. Dive deep into our pages to find out what our cover star makes of the contemporary challenges facing Pakistan's entertainment industry.

Adnan, you are quite a popular star in Pakistan and have found success as a model, producer and as an actor. Which of these three subfields of the media world has truly fulfilled your purpose as an artist?

ADNAN SIDDIQUI: Success as a star and purpose as an artist cannot be equated. You are accepted by the audience, have a huge fan following, and may leave countless of them screaming in awe when you come on-screen. These are the decisive factors of a “successful star” in our industry. Is this my purpose as an artist? No. Can it be boxed in a straitjacket role of either a model, producer or an actor? No. It has been more than 30 years and I am still changing realms because it is a continuous journey, and I cannot isolate any of these.

Adnan Siddiqui has to be seen as an amalgamation of a model, an actor and a producer. I may become a director someday and the new role will be subsumed in my identity. The day you feel satisfied, you stunt your evolution as an artist, as a human





UNPLUG WITH ADNAN SIDDIQUI

Describe your personal style.
Classic.

A colour you could wear all day, any day?
Black and white.

A fashion no-no?
Shoes with *shalwar kameez*.

Describe your spouse Palwasha in two words.
James Bond.

Humayun Saeed: a better actor or a better producer?
Both.

What has been the most satisfying project for you as an actor?
All of them. Have loved performing every role equally.

What haven't you achieved yet that you would like to going forward?
Can't think of anything as such. I am very content with everything that Allah has given me.





“Sometimes, it’s best to surrender and let life take its own course.”

humility was awe-inspiring. Anyone can be a great actor. It is tough to be a great human being.

Do you feel that ageism is as prevalent an issue for male actors in Pakistan’s entertainment realm as it is for female artists? How so?

AS: The age debate has been a long-standing issue of the industry even before I became an actor, and perhaps, it would remain as such till we, as a society, evolve. A love story between an older man and a young girl is lapped up by the audience, as this norm is so seeped into our social constructs for multiple reasons. We are blindly following these ancient established norms. For the same reason, the audience will shake their heads in disbelief, tut-tut, and disdainfully reject the story if the romantic leads are reversed. Such dramas come very few and far in between because we have been conditioned that way. Our subconscious snubs the idea of an older woman and a young man in love, getting married.

Regardless of the fact that the dynamics surrounding ageism play in my favour being a male actor, I personally feel that we must experiment with scripts bringing this change. If we are championing equality in our new age dramas, we should not just show women stepping out to work. We must challenge the status quo. A woman lead in her 50s can romance a young man in his 30s. There is nothing abnormal about it. However, stereotypes won’t allow us to do so.

An older woman romancing a younger man is seen as a vamp or someone with a loose character. It has to do with our society’s idea of female sexuality. She is asserting her sexuality, her desire if she wants to be with a younger guy, which our conservative society might not accept. It still frowns upon women expressing their needs and natural instincts.

Let’s talk about nepotism specific to Pakistan’s entertainment business. It feels as though our industry is one large family with strong connections. We have the likes of Ahad Raza Mir, Zara Noor Abbas, Azaan Sami, Amar Khan and Shehzad and Momal Sheikh who have launched their careers because of their parents. Attempts are also being made by actors like Shehryar Munawar and Naumaan Ijaz to bring Zaviyar and Manoucheher in the spotlight, which only raises more eyebrows. Many even try to justify nepotism but they are in fact, part of the problem. Do you feel that the issue at hand puts aspiring artists with no family connections of their own at a significant disadvantage?

AS: If one looks from an outsider’s point of view, young artists with no family connections in the industry do seem to be getting a raw deal as compared to someone who has that background. This will give him a jumpstart, and a good launch ►







pad too. Ultimately, he or she will be judged for the work, not the surname. The surname will take you only as far. In our industry, your work ensures your worth. I was an “outsider” too, and I realized early on that there is no substitute for hard work. Your talent will be spotted irrespective of where you come from.

Do you plan to launch a platform for aspiring actors with considerable talent?

AS: My production house Cereal Entertainment is all about honing great talent. We conceived it with the sole aim of promoting artists, writers and directors who have the flair, yet have not got the right platform. We hope to promote such people who have fire in their belly but don’t have the privilege of walking into an audition simply by dropping names.

You have spent time on-sets longer than many contemporary artists out there. Tell us how and in what ways has the set culture in our industry changed over the course of two decades?

AS: This generation is all about multitasking; shoots, rehearsals, social media, parties – juggling all of them like a breeze. Also, they can work on multiple dramas simultaneously. In my time, PTV had the mandate that if you worked in one quarter, you couldn’t work in the next one. There was also a system to it. We made programmes at a

languid pace, complete with dialogue and camera rehearsals. It is all a thing of the past.

Do you feel that our films and dramas are at a standstill because we have prioritized TRPs and commercialization and have turned a blind eye to creativity and experimentation?

AS: TRPs and commercialization are a very binary criteria to judge a film or a drama. Are commercially successful movies or dramas mundane in storyline and vice versa? *Meray Paas Tum Ho* broke all TRP records because of its refreshing plot; a woman leaving her husband for her paramour. Khalil-Ur-Rehman experimented with a script that was critically acclaimed and loved by the masses too.

Can our industry sustain itself long-term with commercial films and dramas?

AS: We have been surviving since 1968 despite hitting a phase where our programmes looked unflattering imitation of Indian serials. We started following Star Plus while creating in-your-face content. Bright lights, loud makeup, weak scripts and bad production value, and yet, here we are.

Many productions have moved online with streaming services that offer a variety of movies and television shows to watch. Will social media help independent filmmakers find their voice as creatives in a space that allows

them to thrive and to create what they have always wanted?

AS: OTT platforms are independent of PEMRA guidelines, and this would be the biggest draw for independent filmmakers who want to experiment creatively. A lot of them have already moved to these spaces as they respect creativity and give you a free hand to work.

Talk to us about your new production ventures. What is in store?

AS: I am waiting to release my movie *Dum Mastam*, which I have produced under Cereal Entertainment. Once the pandemic passes over, we will plan new projects.

What are you planning next acting wise?

AS: I am still waiting for a character with substance, something I can dig my teeth into. It does not matter whether it is a cameo, protagonist or an antagonist.

What has the past year taught you?

AS: 2020 taught me that we can neither overpower nature nor can we know Allah’s plans. It also made me more patient, resilient and accepting towards things that I cannot change. Sometimes, it is best to surrender and let life take its own course. **OK!**

INTERVIEW: HAIDER RIFAAT
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"The whole movie was a dream come true for me"

AMANDA SEYFRIED

Amanda Seyfried's portrayal of early Hollywood starlet Marion Davies in *Mank* earned her massive praise from critics, as well as an Oscar nomination for Best Supporting Actress. The beautiful and talented actress is known for her compassion and her unconditional love for animals, and has been open about her struggle with OCD and anxiety





Amanda Seyfried is as delightfully charming and exuberant as one might imagine from having seen her play in two *Mamma Mia!* films, *Letters to Juliet*, and various other screen roles that have marked her career. Even last year's *The Art of Racing in the Rain*, despite its tear-jerker qualities, was another instance in which audiences are inevitably drawn towards her.

Now she's about to appear in *Mank*, the big-budget Netflix production set in 1940s Hollywood and centred around the life of its eponymous subject, legendary screenwriter Herman J. Mankiewicz who co-wrote the screenplay for *Citizen Kane* with director Orson Welles. Directed by pre-eminent Hollywood filmmaker David Fincher, the film stars Gary Oldman as the brilliant, disruptive, and alcoholic screenwriter who handed Orson Welles the blueprint for his cinematic masterpiece.

Seyfried occupies a key role as Marion Davies, the actress who became muse and mistress to American billionaire William Randolph Hearst whose life was fictionalised in Orson Welles's *Citizen Kane*. Seyfried was thrilled to have had a chance to work with Fincher, whose obsessive attention to detail and habit of shooting 50 - 100 takes of a single scene caused grief for Oldman as well as Seyfried.

"Honestly, it is the hardest I've ever worked," Seyfried said in an interview while promoting *You Should Have Left*, a horror film directed by David Koepp and co-starring Kevin Bacon. "But I am so thrilled with it." "I was just also like, how am I going to play Marion Davies? And how many takes [will Fincher have me do]? All of that stuff swarmed in. But I was also like,

'Hey, I'm going to work with David Fincher.' It's such a get...he's one of a kind. And I actually can't believe we did it. And we finished on February 21st, right before the quarantine. I can't believe it."

The 34-year-old Amanda Seyfried grew up in Allentown, Pa., where she began taking opera singing classes in addition to working as a model and actress at the age of 11. She first worked on the soap opera *As the World Turns* before working on the TV series *Veronica Mars* and *Big Love*. Her breakthrough as a movie star came with *Mamma Mia!* in 2008 followed by roles in *Chloë*, *Les Misérables*, *Lovelace*, *The Art of Racing in the Rain*, and the David Koepp thriller, *You Should Have Left*, which was released this summer.

Seyfried has spent most of the year riding out the pandemic at her renovated farmhouse in upstate New York together with her husband, actor Thomas Sandoski, 44, their two children, Nina, aged 3, and a baby boy, born in September. The family also shares their bucolic lifestyle with various horses, dogs, and other animals. Seyfried is also deeply attached to her beloved Australian Shepherd dog, Finn.

Interestingly, the pandemic seems to have made Seyfried feel somewhat relieved in that her long-term struggles with anxiety may have been strangely justified in some sense.

"In terms of what's going on in the world, I was always kind of afraid of everything," said Amanda Seyfried. "Now, I'm just like, 'I was right. There's a lot of things to be afraid of.'"

For much of the summer, Amanda benefitted from the help of her mother who stayed at her house while her father, a pharmacist, has been working at

a hospital in Pennsylvania.

"My mother lives with us – she is our nanny. I just have a wonderful life because it is like a third parent for us. I'm very lucky, I know. When my daughter wakes up, she either goes to our room or comes downstairs. And if we're still sleeping, she can be with my mom, she gets up early."

What were the challenges you faced working on *Mank*?

AMANDA SEYFRIED: I really did go into this the most insecure I've been in years because the stakes were high. I don't want to show up with anything less than 100 percent of what I have to give because no one else is — especially David. I can get lazy sometimes, and there was no room for that. I knew that, and I rose to the challenge myself. I was able to prove to myself that I can show up, that I'm better than I've given myself credit for in a lot of ways.

How would you describe your character, Marion Davies, who was the long-time lover of William Randolph Hearst, the subject of Welles's *Citizen Kane*?

AS: The perception was that she was not that bright, [that she was] a comedienne, a really very flighty young woman. She was actually so much smarter than people gave her credit for...There are so many instances where women are not taken seriously because of their appearance or their relationship with powerful or successful men, and I was proud to be able to show that Marion had a lot of strength and was very talented. ►



“It is our job to give our assistance, to give compassion.”

“I’m like, I was right. There’s a lot of things to be afraid of.”

Was Marion Davies’s career ultimately diminished by her relationship with Hearst?

AS: He definitely sabotaged her in a lot of ways. Before meeting Hearst, Marion did a lot of silent movies which she loved and afterwards her career was tarnished by her relationship with Hearst and she wasn’t really able to do what she wanted. It’s really sad that she didn’t get her due and she wasn’t respected while she was working because she was known as Hearst’s mistress. But she was actually a really, truly talented comedienne who was really funny and naturalistic. One of the best that I am aware of.

Did you feel caught up in the spirit of that time?

AS: I thrived on that atmosphere. It’s a really great way to just go back in time and experience an era that we weren’t a part of. The sets and the way David Fincher was able to recreate that world was so amazing...

I remember FaceTiming my dad while David was doing camera tests with me and where David was playing around with the lighting, and showing my dad how I was Marion Davies in that little setting. It was so wonderful to see my dad’s face light up because he’s a cinephile and seeing the recognition from him that this was me being Marion Davies for the first time - that’s imprinted in my mind. The whole movie was a dream come true for me and my father.

Doing a very big movie like *Mank* and the thriller *You Should Have Left* represents quite a contrast to last year’s *The Art of Racing in the Rain*, which is a deeply sentimental story?

AS: I have never cried so much as I did when I wrapped that movie. I really wanted it to be a TV show... I’ve just been really lucky with the movies that I’ve been doing. I want to connect with how my character is feeling, which was easy with Eve since I related to her in so many ways.

You’ve entered a new chapter in your life with your marriage to Thomas Sandoski and raising a family together with him. How has that changed you?

AS: You realize that it’s not just about yourself anymore. It’s good. You grow and develop. I no longer need the affirmation of others that I needed earlier for whatever reason. I’m not really concerned about what other people might think of me anymore and that’s because my priorities in life are now completely clear...and I think first and foremost of my life with [my family].

Everything is completely different. I need to be that woman that I struggle to be, and I have to remember it’s now or never. I have to be there and be present. I am making sure that I get what I need for my health and sanity.

Having struggled with anxiety for much of your life, what kind of impact has motherhood had on that?

AS: Becoming a mother was the thing that taught me most to live in the present. Now I have less time to worry about ridiculous things, or things which I consider ridiculous, and not feeling pressured or afraid of time in the sense of not thinking about





things down the road or things you can't control. I have also had to become a more attentive listener than I was. If you want to be a good parent you need to read the signals, verbal and otherwise from your child. I've also found it inspirational to see the world through the eyes of a child!

What kind of mother do you want to be for your daughter?

AS: I want her to see a strong-willed woman, and I want her to see kindness. That's not to say I'm trying to be perfect. I just want her to see that because I had that growing up. Having really great caring parents has kept me in good stead, and I want to do the same for my daughter.

I'm also very lucky that I have a lot of help from my mother who helps out as our grandmother/nanny. I truly love and appreciate the bond that she has with my daughter.

In your previous film *The Art of Racing in the Rain*, a dog, Enzo, is one of the central characters. You're well known for being an unconditional animal lover and you've often spoken about your love for your dog, Finn. What draws you to animals?

AS: I believe that animals have a greater spiritual connection with nature more than we have. Animals are much simpler - they live instinctively, and they're focused on the moment and there's something beautiful in that way of being.

I think human beings can learn a lot by observing how dogs in particular act with each other and how they interact with us. Finn, who is an Australian

Shepherd, has really helped me identify what's important and keep my feet on the ground. He's contributed to my emotional health just as living in nature has helped me. Whenever I finish work on a movie, I immediately take refuge on my farm.

I love spending my days working in the vegetable garden taking care of the sheep, the hens, and the horses. I even have a cow and a donkey, Gus, which is the best Christmas present I've ever received!

“Becoming a mother taught me most to live in the present.”

Did you grow up in the countryside?

AS: No, I was raised on the outskirts of Allentown, Pennsylvania. But in the summer my parents (a pharmacist and an occupational therapist) would spend the holidays in the Hudson Valley (in New York state) and I always dreamed of finding a good property there and when I did I never felt happier!

What do you do for relaxation? Do you meditate?

AS: No. My form of meditation is crocheting. I like to crochet every day! And often in the evening when I'm watching the news, I like making scarves! I can also embroider and knit. Crochet is an 'existential' form of mindfulness - it gives me a structure. You

have to finish one thing before starting another. Over the years I've come to understand that I'm not the type of person who should have too many projects going on at once.

Are there any hobbies or passions you share with your husband?

AS: Apart from that for our daughter and our work, we love T-shirts. I love wearing his T-shirts because I find it comfortable and sexy! [Laughs] We also spend a lot of time watching true crime stories snuggled up together on the sofa after Nina has gone to bed.

Thomas and I have also become involved in some important causes: we are both on the board of two NGOs - INARA and War Child USA) that are involved in the Middle East and providing help for war refugees and orphans. The reality of life that so many children experience is so devastating that we can't imagine that in America. So, we try to raise funds and get more people involved to help us...

What is your perspective on doing charitable work?

AS: I really feel that if we have something that we can give to somebody else, it is our job to do that, to give our assistance, to give compassion, even if it's just advocating for the rights of somebody else. That's our job. It's the most wonderful thing anyone can do...

We can't help how we're born and what we're born into, and we should all get the same chances, and we should all have the same hope, and we should all feel the same sense of safety. **OK!**

INTERVIEW: WENN
PHOTOGRAPHS: WENN

“The kind of content people find immoral, sells the most”

AREEBA HABIB

The lovely actress on the controversy surrounding *Jalan*, the cutthroat modelling industry, and launching her label, Areeba Habib Clothing Line





Newbie artist Areeba Habib began her career as a model and quickly established herself in the mainstream media business, rendering nuanced, powerful performances in *Koi Chand Rakh* and the popular play *Jalan*. In an in-depth interview, the dazzling 27-year old speaks out against the controversy surrounding *Jalan* and explains why changing the landscape of our current dramas would compromise viewership. She also gives insight into Pakistan's cutthroat modeling industry and how her label, Areeba Habib Clothing Line, is helping plus-sized women.

Areeba, introduce yourself to our readers.

AREEBA HABIB: My background is not from the media. I am an outsider. I come from a very humble, open-minded family, and am the only one affiliated with the entertainment industry. It was quite sudden for me to transition into the showbiz world. Acting was something I planned to pursue but it was unlikely that I would take a leap into modelling. Frieha Altaf pushed me to audition, so I wound up winning it and became a model. Modelling was tough; the competition was fierce. I was a young girl at the time, studying designing at the Asian School of Fashion Design. I had no clue about modelling at all and faced many ups and downs. People used to say so many bad things but obviously, things got better with time when I decided to pursue acting. It was the right time to change my field and opt for acting full time.

What got you into acting?

AH: I decided that I would only go for acting if I felt

like it. I waited for a good script to come my way. I was offered item numbers and movies but I felt they were useless at the time. Our people only recognize actors on the big screen if they are well-established on the small screen. So, I wanted to first prove myself as a heroine to the viewers instead of instantly becoming one. Since childhood, I thought of myself as a heroine. I always styled myself and dressed up as one. It was a part of my life to look apart from people.

I was offered a role in *Koi Chand Rakh* – my debut drama. I realized it was the right time to start. I felt it was necessary to transition into dramas because

“ For me, every role has a story. ”

your lifespan as a model is extremely short as compared to other fields. I often asked myself, how long would I keep representing campaigns for a fashion label? People get tired of seeing the same face again and again on similar campaigns, similar ramps and similar clothes. We need to give new people a chance too! How can we introduce new faces in our industry if we aren't willing to give new talent their due shot? I believe I have to play my part in helping and voicing concern over this issue.

I have been in this industry for five to six years now

and never for once have my junior models belittled me. They were able to shine in fashion following my exit. If they decide to leave the industry, like I did, new faces would emerge again. That is how it is supposed to be. It isn't fair that people remain where they are for decades without giving anyone else an opportunity.

What makes the modelling world cutthroat, in your view?

AH: Competition is in every field including acting. Everybody wants to excel. Modelling is slightly more competitive. I believe in keeping a healthy competition among my competitors. I am not negative toward people. I prove myself to others through my work instead of fighting or bad mouthing. That is why I am here.

As a new, young artist, what has surprised you the most about Pakistan's show business?

AH: I am so happy to see that more girls are making their way into the industry, be it in fashion, music or acting. I feel very happy when a young girl tries to make a name for herself. Obviously my vote is for girls because it is a big deal for us to get permission from our family members. I really look forward to their good futures ahead!

Let's talk about *Jalan*. The drama garnered controversy and got banned multiple times. It was quite a stretch to show a sister fall for her sibling's husband and ruin her marriage. The plot overall seemed exaggerated, don't you think?

AH: Of course, *Jalan* was very controversial but ►



UNPLUG WITH AREEBA HABIB

Describe Pakistan in one word.

Home.

Desi or western fashion?

Desi.

How is 2021 treating you so far?

Very well!

**Your thoughts on celebrities and brands
“purchasing” followers on Instagram?**

I don't think so. All have real followers.

A personal quality you wish to work on?

Nothing.

What immediately catches your attention?

A good sense of humor!

What is the purpose of life, according to you?

Do good, good will come to you.



“ People loved *Jalan* and the viewership was next level! ”

it was a big break for me as an actor. You won't believe it but I have had many women come up to me and say how they or someone they know have experienced similar circumstances. Trust me, I have heard these stories first-hand.

I have received so much love from people who have come up to me and hugged me for my character in *Jalan*. It is overwhelming to realize how people still take my character in the drama so seriously. That kind of appreciation and affection raised the weight of responsibility for me as an artist. It made a character like her tougher to outperform. This is part of the reason why I do a few dramas. If you want to work on a project, make sure it is a good one. Otherwise, opt out of it. I credit Fahad Mustafa for the success of *Jalan* because I remember, he approached me for the role of Misha.

Are you personally content with the kind of stories that are being told? How can our television content evolve for the better?

AH: Viewers wouldn't want to watch drama plays if we try to change them as they are. Besides, the kind of content people find immoral, sells the most. Regardless of what *Jalan* was about, people loved our drama and the viewership was next level. If our audience decides to make a project controversial, the makers would feel obliged to produce similar plays. Producers want to make money out of commercialization. As actors, we don't make extra money based on a drama's success. Producers and channels do. In the end, actors like us get blamed for playing controversial roles but people need to realize that this is our job, and we are simply playing our part.

As an actor, how do you avoid being typecast?

AH: I personally don't want to avoid it. Both, positive and negative characters give actors a lot of margin to exhibit their acting skills. I played an antagonist in my debut drama *Koi Chand Rakh*. I have done a variety of roles; I played a wife, a sister and a daughter so it is not like I am stuck in one particular character. For me, every role has a story.

What new projects are underway?

AH: There are three projects in the pipeline so far. Two of them will go on floors soon. I am currently reading the third script.

Which character do you see yourself playing in the future but haven't been offered yet?

AH: There are so many characters I want to play but I am not sure if I will be offered those roles. It won't bother me in case they aren't. It is our job as actors to play the characters we are assigned. In a general sense, I would like to play different, challenging roles.

You have also been making waves on social media with your fashion forward outfits. What best describes your personal style?

AH: I always wear what I like. My social media life

represents what I am like at home. I wear T-shirts and jeans; that is my style and people like that. I feel if you connect with people by just being yourself, they can relate to you better, and that is a real connection.

Talk to us about Areeba Habib Clothing. What made you decide to go down an entrepreneurial route with your fashion line? What new offerings does your brand have in store for women?

AH: I have a degree in fashion designing, so I always wanted to be a designer. I am not sure if I want to make huge bridal dresses going forward but my central focus right now is on making comfortable, colourful apparel for women.

My clothing line is very reasonably priced. Before launching the brand, my main motive was affordability for all. So, I don't want to make

expensive clothes. I keep things basic. I am not planning to launch a store as yet due to COVID-19. This is not the right time to set up a physical outlet for my brand. Besides, my online business is doing really well.

Does your clothing line cater to plus-size women?

AH: Of course! I will be including a plus XXL size for women too. It is very important to do so! My clothes are very comfortable and colourful. I have personally never given much thought to a particular size. For me, every size is a size, so I make every size! As a designer, that is my responsibility. **OK!**

INTERVIEW: HAIDER RIFAAT
STYLING: RAO ALI KHAN
MAKEUP: MUBASHIR BHATTI
PHOTOGRAPHER: JAFFER HASSAN





"I find it essential to have something to dream about"

MATTHEW McCONAUGHEY

In every sense, Matthew McConaughey is the embodiment of a free spirit, a man who craves adventure and seeks it out wherever possible. Now he's opened up his heart and soul in a memoir that takes a deep dive into his existential journey through life



Matthew McConaughey is a natural born charmer. Even over a Zoom call while exploring themes ranging from his lifelong goal of having children to his love for his wife that are discussed in his new memoir, “Greenlights.” He carries himself in the kind of easy-going, unassuming manner that is only one side of his complex personality.

McConaughey’s intrepid sensibility is reflected in his diverse screen choices that range from *The Lincoln Lawyer* to *Interstellar* to *True Detective* to his Oscar-winning role in *Dallas Buyers Club*.

Interestingly, it was McConaughey’s wife Camilla Alves who gave him a much-needed push to finish his memoir that had been years in the making: “I had been threatening to go away with these journals for the last 15 years but never had the courage to do it,” McConaughey said. “Finally, I got a little bit of time on my hands and a kick in the backside by my wife, which she does so well, and she said, ‘Get out of here and don’t come back home till you got something.’ And what I found was what you got in this book.”

The Texas-born and bred actor wound up spending 52 days alone in the desert poring over his private journals – he has been keeping a diary for over three decades – prior to assembling the memoir which has just been released and is now available to order online.

McConaughey has always been a man who marches to his own inner spirit. Much of his drive comes from his late father (a former Green Bay Packers lineman and oil industry pipeline salesman) who, after Matthew told him about his plans to drop out of law school and pursue acting as his profession, told him bluntly: “whatever you do, just don’t half-ass

it.” It was this instruction to pursue his passion with all the intensity he could muster that would inspire McConaughey to over-achieve in life.

One of the many notable revelations in “Greenlights” is that Matthew’s beloved father Jim died while making love to his mother on August 17, 1992. “I got a call from my Mom. ‘Your dad died,’” McConaughey writes in the book.

“My knees buckled. I couldn’t believe it. He was my dad. Nobody or nothing could kill him. Except for mom. He’d always told me and my brothers, ‘Boys, when I go, I’m gonna be makin’ love to your mother.’ And that’s what happened. He had a heart attack when he climaxed.”

McConaughey, who turns 51 in November, normally lives most of the year at his oceanside home in Malibu, California with his Brazilian ex-model wife Camilla Alves and their three children, Levi, 12, Vida, 10, and Livingston, 7. But during the quarantine, they are hunkering down at their home in Austin, Texas together with McConaughey’s 88-year-old mother. In addition to his film work, McConaughey is a part-owner, director and brand ambassador for Wild Turkey Kentucky bourbon.

When asked about how he and his family are riding out the pandemic, McConaughey invites us to acknowledge that this is a very difficult moment and that we shouldn’t pretend otherwise.

“I’m just going with how I am feeling,” said McConaughey. “People are losing their grease trapped at home. How do you have people own up to the reality that, yes, it is a horror show, and at the same time you don’t want to create chaos? The hard part is there’s no playbook...”

Matthew, could you give us the short explanation

of what the title of your memoirs, “Greenlights,” signifies to you?

MCCONAUGHEY: Well, there are yellow and red light times in our lives, but the greenlights are like a shoeless summer. A green light is an affirmation, setting yourself up for success. A green light can be as simple as putting your coffee in the coffee filter before you go to bed so tomorrow morning all you’ve got to do is push the button....

Green lights are the kind of things we can do for ourselves to take us to where we want to go in life. Sometimes we make those decisions and follow up on them to achieve our goals, sometimes those decisions are made for us and it’s up to us to take up the challenge.

What can we do to identify those “green lights” that can be so life-altering?

MC: We need to be open to everything, even the smallest events, that can enlighten us or awaken some insight that puts us on a new path...I think we are our own inspiration and we should interrogate and investigate ourselves, get to know ourselves as well as possible. And in doing so, we will learn and we find out what our own ‘greenlights’ are.

What is some of the best advice you received as a young man or learnt from your father in particular who was such a huge influence in your life?

MC: It was a very big point in the family that we don’t feel sorry for ourselves. We don’t wallow in self-pity. You need to have the courage and fortitude to move on from failures and disappointment. I was taught to be resilient and not let obstacles stand in my way or put obstacles in my own path. And that’s part ▶



“I was probably frightened about going back through my life.”



of what *Greenlights* is all about, about seizing on those go signals in life.

You've been keeping a diary since you were 19 when you went to Sydney, Australia to study law and work as an intern at a barrister's office? What made you start writing down your thoughts?

MC: I was very isolated in Sydney. It was a totally new kind of world for me and I had to get used to a very different lifestyle and I kind of fell into a depression. I would spend a lot of nights at the city library and I started reading a lot of poetry, Byron and the English Romantic poets, especially. That's when I started writing down my thoughts, writing letters to myself...It was the first time in my life where I was forced to think about myself in a deep way instead of partying and chasing girls. Writing became my way of keeping my sanity during that year abroad.

Now we're in a global pandemic. Is this a potentially interesting time for us to reflect on our lives?

MC: Yes. Even though it's hard, we can still use this time to get to know more about ourselves, come close to our families and loved ones, and learn from this kind of experience. We can do so much if we really just try to spend some time thinking about our lives and taking stock of things and using that knowledge and insight once this is over.

One of the many things we learn about you in "Greenlights" is that one of your greatest and most heart-felt ambitions in life was to become a father and that you felt that way as a young boy?

MC: I was just a kid...and I was meeting some of the fathers of my new friends, looking up at them and shaking their hands, and saying, "Nice to meet you, Sir." And in my 8-year-old mind, what I noticed at that time was that every man that I had said "Sir" to - the common denominator was they were all fathers. I remember saying, "That's when you've made it. That's when you've succeeded in life, when you become a father." From that day on it was very clear to me that being a dad was the one thing I knew I always wanted to be.

Your father had an enormous impact on your life and he died tragically when you were still a young man. You chose to discuss his loss in your book only in a very limited way, however?

MC: It's still a difficult thing for me to talk about. After his passing, I went back home and spent several days with my family grieving. And after the Irish wake held for my father, my family told me that I had to go back to work because that's what my father would have wanted, and I knew that. His passing was never out of sight, out of mind. I dealt with and learned from my father's passing heavily for the next three years after his death and I still do integrate and have him as a part of my life — although only spiritually now — this many years later.

One of the most disturbing and shocking revelations in your book is that you were once sexually abused? [In the memoir, McConaughey describes how he was knocked out and molested by a man in the backseat of a van when he was 18 years old.]

MC: I never shared this story before...I'm not sure what anyone can learn from a wrong situation like this...but I said to myself: "This is not going to define you. You're not going to be heady about this. You're not going to be hung up on this." It was an ugly situation that I've put in a rear view mirror.



You have described yourself as an "optimist mystic." Would you also say that you're someone who is driven to succeed?

MC: I find it essential to have something to dream about, to set goals for myself that I have to work hard to achieve. My deepest need is to find something that I desperately want to accomplish, something that pushes me to work hard to realise that goal or dream. I believe that it's the journey we take in life which is the common denominator in all of us.

Do you feel you've retained a lot of your youthful spirit and enthusiasm?

MC: I discovered while in university that you don't have to know what you want to do in life right away. You should just enjoy your life, and not worry about what's going to happen later in life - the answer is going to come. It's going to find you, as it did with me. My career found me, I didn't find it. Like most kids I went to university and I didn't know what I was going to do, I was pursuing different majors. And there's a lot of pressure on all of us, especially at a young age. But you've got to use your early years to find what you want to do. I'm very intentional but at

the same time I've learnt that to find the right things you want to do in life sometimes you have to put yourself in the right position to receive what's coming.

Your wife Camilla has been another major influence in your life. And you've credited her with being the one who pushed you to write this book?

MC: She had seen me around the house during a break in my schedule and I didn't really have any project to keep me occupied, which is something I usually always need to have. That's when she told me that this was the moment to finally work on those journals that I had been talking about for the past 15 years but always had some excuse not to do it. I think I was probably frightened and a little apprehensive about going back through my life and looking at it in a very focused way. That's never going to be an easy process. But Camilla just told me to get in my truck and go away by myself and not to come back until I had put something together. And that's what I did.

INTERVIEW: WENN
PHOTOGRAPHS: WENN

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SUMMER
BEAUTY UPDATE

SUMMER BEAUTY UPDATE

Want an instant beauty update? Here are the trends you need to try to take your hair and make-up looks up a notch. Match your eyelids to your outfit or wear glitter on your lids, be experimental. Tie your hair in a topknot or keep it slicked back, no fuss hairdos are a thing now. Don't forget to pay attention to your nails; paint them in a variety of shades to look on-point.

CONCEPT, ART DIRECTION & STYLING: ALIZEH PASHA
PHOTOGRAPHY: SHAHBAZ SHAZI
HAIR & MAKE-UP: SHAZIA RASHID
ALL JEWELLERY BY: ALLURE BY MHT
MODEL: ROBINA KHAN






PLAY MATCHY-MATCHY THIS SUMMER!
MATCH THE COLOUR OF YOUR LIDS TO
YOUR LIPS AND TO YOUR DRESS OR TOP.
OUTFIT: SANA SAFINAZ
JEWELS: ALLURE BY MHT



GLITTERY, METALLIC EYES ARE ALL THE
RAGE! ADD A POUF TO YOUR LOOK TO
UPLIFT A BASIC SUMMER PONYTAIL.
DRESS: SANIA MASKATIYA
JEWELS: ALLURE BY MHT

A fashion portrait of a woman with a topknot, smoky eyes, and a white off-the-shoulder shirt against a yellow background. She is wearing large, ornate earrings and a wide bracelet. Her hand is near her neck, and she has a green beaded necklace visible at the bottom.

A SLEEK TOPKNOT WITH SMOKY EYES AND NUDE LIPS TAKES YOUR LOOK FROM DAY TO NIGHT EFFORTLESSLY.
SHIRT: SARA & SEHAR
JEWELS: ALLURE BY MHT



SLICK BACK YOUR LOCKS AND ADD SOME
PINK TO YOUR LIDS TO MATCH YOUR
SHIRT. JUST REMEMBER TO SMILE.



ADD A BRIGHT HUED, YELLOW TO
YOUR LIDS TO MAKE YOUR EYES POP.
OUTFIT: SANIA MASKATIYA
JEWELS: ALLURE BY MHT



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OK! *Red* CARPET



Amanda Seyfried slays in an Armani cherry red gown and matching lip.



Carey Mulligan shimmers in a gold Valentino gown.



Margot Robbie sparkles in Chanel Haute Couture and Chanel Fine Jewelry.

ROCKSTARS



Reese Witherspoon in a Grecian-inspired red gown by Christian Dior.



Fatima Farheen Mirza makes a statement in Valentino.



Vanessa Kirby looked elegant in a sculpted, strapless baby pink column custom dress by Gucci.



PRADA SPRING/SUMMER 2021



Charlotte Olympia
Kitty Espadrilles,
PKR 29,000



Leal Daccarett
Getsemani Top,
PKR 150,000



Adriana Degreas
Mille Punti
Headband,
PKR 15,000



Erdem
Flocked Hat,
PKR 80,000

Lisa Marie Fernandez
Arden Dress,
PKR 100,000



SPOT ON!

From runways to influencers, our social media feeds are spotted and dotted with the retro polka dot print. Want to look spot on for summer? Try anything with colourful polka dots.



Balenciaga
Mules,
PKR 82,000



Koché
Asymmetric
Midi Dress,
PKR 90,000

Karl Lagerfeld
Iphone X
Case,
PKR 4,500



Asceno
Polka Dot Dress,
PKR 65,000



Michael Kors
Crepe Dress,
PKR 30,000



Loewe
Missy Bag,
PKR 240,000



Malone Souliers X Emanuel Ungaro
Maureen Mules,
PKR 70,000



Zimmermann
Primrose Swimsuit,
PKR 34,000



Charlotte Olympia
Polka Slides,
PKR 45,000

Belize
Elise Trousers,
PKR 30,000

Mansur Gavriel
Polka-Dot
Fringe Tote,
PKR 80,000





David Koma
Peplum Dress,
PKR 230,000



Fendi
*Eye*wear
Cat Eye
Sunglasses,
PKR 41,000



**Dolce &
Gabbana**
Leather Slingbacks,
PKR 140,000

H&M
Hairband
with Knot,
PKR 1,450



Midnight
00 Shell PVC
Pumps,
PKR 130,000



Shona Joy
Empire Dress,
PKR 40,000



Faithfull The Brand
Edwina Dress,
PKR 20,000

Raey
Halterneck
Dress,
PKR 78,000



Nita Suri
Lia Bag,
PKR 135,000



Loewe
Scarf,
PKR 55,000



H&M
V-Neck
Blouse,
PKR 2,000

Petar
Petrov
Daly Midi Dress,
PKR 150,000



Faithfull The Brand
Margherita Dress,
PKR 20,000



**Oscar De
La Renta**
Clutch,
PKR 260,000



Stine Goya
Caitlin Dress,
PKR 40,000



**Caroline
Constas**
Ari Swimsuit,
PKR 34,000



**Rebecca De
Ravenel**
Tie-Detailed
Maxi Dress,
PKR 100,000

**Dolce &
Gabbana**
Belted Top,
PKR 200,000



LILY JAMES

PHOTOGRAPH: GETTY

STOCKISTS: ADRIANA DEGREAS, BALENCIAGA, BELIZE, ERDEM, CHARLOTTE OLYMPIA, LOEWE, KOCHÉ, MIDNIGHT 00 www.matchesfashion.com; ASCENO, FENDI EYEWEAR, KARL LAGERFELD, REFORMATION, RIXOS, SHONA JOY, STINE GOYA www.farfatch.com; CAROLINE CONSTAS, LISA MARIE FERNANDEZ, MICHAEL KORS, MOTHER OF PEARL, REBECCA DE RAVENEL www.netaporter.com; DOLCE & GABBANA www.dolcegabbana.com; DAVID KOMA, FAITHFULL THE BRAND, LEAL DACCARETT, MALONE SOULIERS x EMANUEL UNGARO, MANSUR GAVRIEL, NITA SURI, OSCAR DE LA RENTA, PETAR PETROV, ZIMMERMANN, RAEY www.modaoperandi.com; H&M www.hm.com; ZARA www.zara.com; prices are approximate



AURORA JAMES

The founder of Brother Vellies does not go unnoticed for two reasons – her beauty and her style. Okay – three reasons, her brains too. With her undying pledge to make women look good, we start by looking AT her because boy, does this woman know how to throw on a LOOK!

GET THE LOOK



BROTHER VELLIES
Lilac bag with tan handle, PKR 194,223



MANGO
Lilac women's coat, PKR 19,935



ALEXANDER MCQUEEN
Choker, PKR 117,185

PIAGET
Rose gold and diamond possession pendant necklace, PKR 1,247,803



MAGDA BUTRYM
Wrap dress, PKR 331,761



BROTHER VELLIES
Boots with feather details, PKR 121,913

FORMAL FUNK

Ali Rehman Khan does the perfect formal look with a funky twist. Re-create this look now!



LORO PIANA
Slim-Fit Linen
Drawstring Trousers
PKR 92,000



BOTTEGA VENETA
Intrecciato
Leather Loafers
PKR 193,200



ETRO
Printed Silk-Twill
Pocket Square
PKR 22,450



ALEXANDER MCQUEEN
Slim-Fit Cotton
Suit Jacket
PKR 385,000



TOM FORD
Wessex Cap-Toe
Leather Monk-
Strap Shoes
PKR 185,450



CHARVET
8.5cm Paisley
Silk-Jacquard
Tie
PKR 39,000



TOM FORD
Slim-Fit Cotton-Blend
Corduroy Trousers
PKR 106,700



CANALI
Prince of Wales Checked
Cotton Shirt
PKR 58,000



GUCCI
Blue Wool-Blend
Canvas Blazer
PKR 460,550



RUBINACCI
Tapered Pleated
Linen Trousers
PKR 77,300



DRIES VAN NOTEN
+ Len Lye Printed
Cotton-Poplin Shirt
PKR 75,800



DOLCE & GABBANA
Printed Cotton-Poplin
Pocket Square
PKR 29,000

GUCCI
Navy Logo-
Jacquard
Cotton Blazer
PKR 371,000



TOM FORD
Dover Full-Grain
Leather Loafers
PKR 261,200



MISSONI
7cm Silk-
Jacquard Tie
PKR 16,300



DE BEERS
Namib Wonder
cuff bracelet



LOUIS VUITTON
Pure v bracelet bracelet



CHANEL
Eblouissante
Diamond
Necklace



CARTIE
Sur Naturel
earrings



VAN CLEEF & ARPELS
Nuée d'Émeraudes
necklac



CARTIE
Emerald ring



BOUCHERON
Emerald diamond
and onyx braecet



BOUCHERON
Lavallière Diamond
and Onyx Necklace



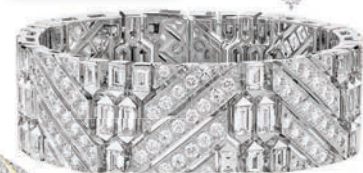
VAN CLEEF & ARPELS
Reversible necklace



BOUCHERON
Diamond and
onyx earrings



VAN CLEEF & ARPELS
Arpels Halley
necklace



BOUCHERON
Art deco
bracelet



PIAGET
Malachite
and diamond
earrings



BOUCHERON
A history of
style art déco
necklace



VAN CLEEF & ARPELS
Lucia
earrings with
detachable
pendants

ART DECO

Inspired by an era that was both opulent and radically simple, jewelry houses like Van Cleef & Arpels, Cartier and Boucheron mined their archives for new creations this season.

What's IN HER BAG?

*Beautiful model Roshanay Afridi spills the deal on
whats in her bag!*



Wallet
- Louis
Vuitton

Little
jewelry
pouch - van
cleef &
arpels

Airpods –
wires are
so 2020!



Toofaced better than
sex mascara – on the go
make-up is essential!

Sunscreen by supergoop
– Never leave home
without sunscreen!



Lip balm -
Givenchy &
L'occitane
because two
is better than
one!



Blotting paper by
Dinoplattz – For those
humid days!

Haus
laboratories
lip pencil in
arc – Cannot
leave home
without it!



Cream
blush by
honest
beauty – A
rosy glow is
all I need!

Cellphone
- iPhone 12
Pro



Silk face mask by la
seta – A new means
to life!



Perfume-
Hermès un
jardin

Makeup/
catch all bag
- ted baker



LIP SERVICE

NO LONGER JUST A COLD-WEATHER ESSENTIAL, THESE LUST-WORTHY LIP BALMS ARE YOUR NEW EVERYDAY HEROES



Origins Drink Up Nourishing Avocado Lip Butter PKR 3,770

This blend of natural plant oils and butters has the rich texture of a lip balm with the intense hydrating benefits of skincare. Perfect combo.



Augustinus Bader The Lip Balm PKR 6,650

Science-led and smart, Professor Bader's face cream is a cult classic and celeb favourite – and this luxurious lip balm is set to be just as much of a hit.



Emma Hardie Amazing Lip Balm PKR 3,100

This chic pot of minty scented balm contains moisturising moringa oil – which you'll also find in Emma Hardie's iconic cleansing balm – and has subtle pink tint.



Byredo Chromophobia Lip Balm PKR 7,800

Sleek, stylish and perfectly weighted, this balm seems more like a work of art than make-up. It comes from the fragrance house's debut cosmetics collection, and gives intense nourishment with a semi-matte finish.



Too Faced Peach Bloom Color Blossoming Lip Balm PKR 3,100

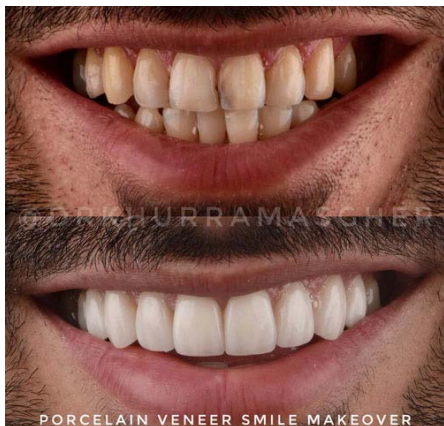
One of five cute new tinted balms that adapt to your lips' own pH level. Like all Too Faced make-up, it smells deliciously good, too.



Milk Makeup Melatonin Overnight Lip Mask PKR 4,500

Thick and pleasantly sticky, this cocoons the lips in a rich blanket of balm, softening chapped skin with a blend of shea butter, hyaluronic acid and berry extracts.

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- www.thesmilecollective.ae



FRESH ADDICTION

How many ways are there to smell light, airy and fresh? Quite a few, if my collection of Guerlain's Aqua Allegoria EDTs are anything to go by (hello, herb garden one, hi, beach one, hey there, orange grove one...) To that list I now add the wildflower meadow one, aka Flora Salvaggia, which smells like a warm summer breeze in a bottle. It's out on the shelves from 1 May, from PKR 14,700.



FEAST YOUR EYES

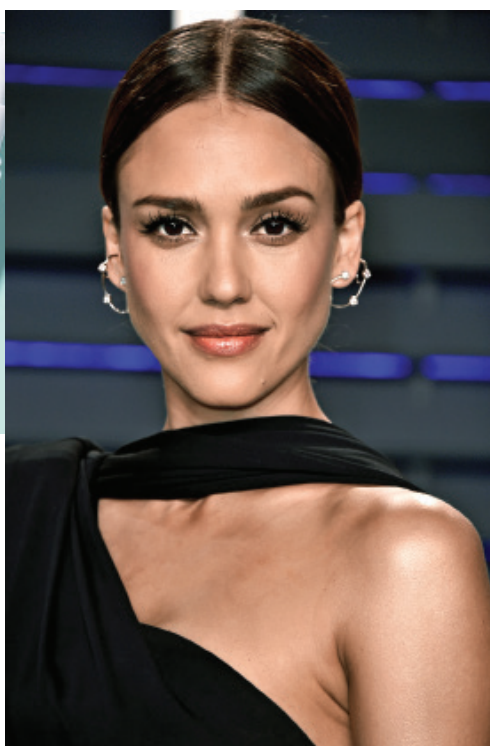
Did I have far too much chocolate at Easter? Yes. Is that going to dent my cravings? Never! For proof, see my salivation over Huda Beauty's Brown Obsessions palettes, PKR 5,750, which come in three delicious flavours – sorry, shades. There's Chocolate, Toffee and Caramel, each with a delectable selection of nine marbled swirls, melting mattes and wrapper-like foils.

BEAUTY *Essentials*



KEEP CALM

After a year of iffy DIY skin experiments, it's no wonder there are a few inflamed faces out there. Now Jessica Alba has stepped forward to soothe things over with her new and derm-approved Honest Beauty Calming Skincare Collection. No word on whether Jess herself has overdone the AHAs, but her four-step regime of cleanser, PKR 4,250, serum, PKR 7,450, moisturiser, PKR 7,450, and mist, PKR 4,200, certainly has the gentle touch.



RED ALERT

If London was a shade of red, what would it be? It's not a question I've pondered much – unlike Zoë Kravitz who's given it her undivided attention to create her new YSL Beauty Red Stories Rouge Pur Couture Lipsticks, PKR 6,390 each in eight shades. The actress has picked her four favourite cities, including our fair capital, and pinpointed the exact scarlets, carmines and burgundies to match their vibe. In case you're wondering, London's sunset is dusky mahogany in Zoë's eyes, while Shoreditch is chestnut red. So now I know what to wear the next chance I get to go for a Brick Lane curry.

prices are approximate

HERE COMES THE SUN

ENSURE YOUR SKIN IS ALWAYS PROTECTED FROM HARMFUL RAYS WITH THESE TRAVEL-FRIENDLY FACIAL SPFS



1 REN Clean Screen Mineral SPF 30 PKR 7,000
Ideal for an oily complexion, this eco-friendly physical block combines sun protection with a long-lasting mattifying finish.

2 Decléor Sun Face Fluid SPF 30 PKR 7,200
This lightweight lotion sinks quickly into the skin, while aloe vera and sesame oil moisturise without feeling heavy.

3 Dr Russo Once A Day Sun Protection Invisible Face Gel SPF 50 PKR 5,900
A first of its kind, this is a transparent moisturising gel that goes on with a brush applicator and protects for 12 hours.

4 Shiseido Expert Sun Protector Face Cream SPF 30 PKR 7,000
Able to handle whatever conditions summer may bring, this super-smart SPF actually becomes more effective when exposed to heat, sweat or water.

5 Sol de Janeiro My Sol Stick SPF 50 PKR 5,300
Perfect for touching up small, sensitive areas during the day, such as the nose, lips and near the edges of clothing.



THE LIFE OF AYESHA OMAR

Super star actress Ayesha Omar lets us in on her favourite things!



Favourite travel destination?

I would say Greece and Mexico.



Signature scent?

Paradiso by Roberto Cavalli or Stella by Stella McCartney.

Favourite restaurant?

In Pakistan: Okra or Café Flo for fine dining. For casual, it would be Xander's or evergreen. Internationally: Zuma. Gaia and Nammos.



Last show you binge-watched?

The Serpent on Netflix.

NETFLIX

Three things you can't live without?

A comfortable pillow to sleep anywhere, good multivitamin - if I am stranded on some island, and I am not getting any food; maybe I can pop some vitamins for nutrition - and, my phone - to document stuff and connect.

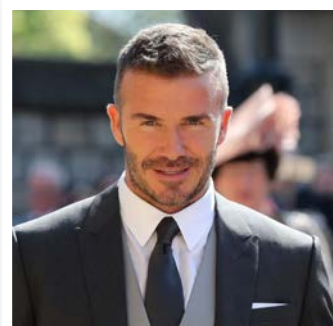
Guilty pleasure?

Watching shows on Netflix all night endlessly to the morning, munching on junk sometimes, and shopping for clothes!



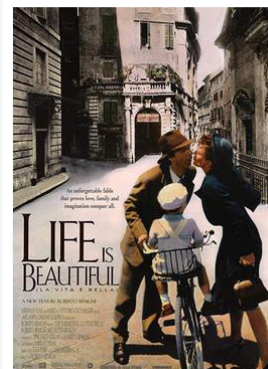
Getting in shape or couch potato?

A bit of both. I love getting in shape, and I love being a couch potato at night. So I try to keep a balance.



Most exciting celebrity encounters?

Gigi Hadid, Bradley Cooper, David Beckham - Beckham was fun. We were at dinner in London and he was on the next table, and I did chat with him. It was nice. I met Kate Hudson and Paris Hilton at Burning Man which definitely fun because you see celebrities in a completely different, crazy setting since everybody is being themselves.



All-time favourite film?

Life is Beautiful.

What's your instant mood lifter?

A really, really healthy meal, listening to good music or a good podcast. chatting with a friend, getting out or simple lighting on some candles.

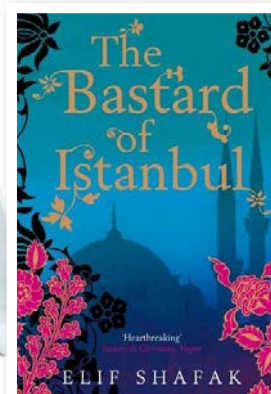
Skincare essentials?

My skincare essential these days the Ayesha O beauty Skincare range. Out of the 11 products that I have launched, the essential I have are AO Beauty Face Wash called Clean Faced and the day cream called the Face Food, the makeup remover called the Makeup Breakup, the toner, and the night serum, called Night Mode. Also, the Acne Serum called Spot control.



Last thing you splurged on?

I was in Dubai recently, so I splurged on a lot of makeup.



Last book you read?

The bastard of Istanbul by Elif Shafak.

First thing you'll do post the pandemic?

I'll travel to Europe.

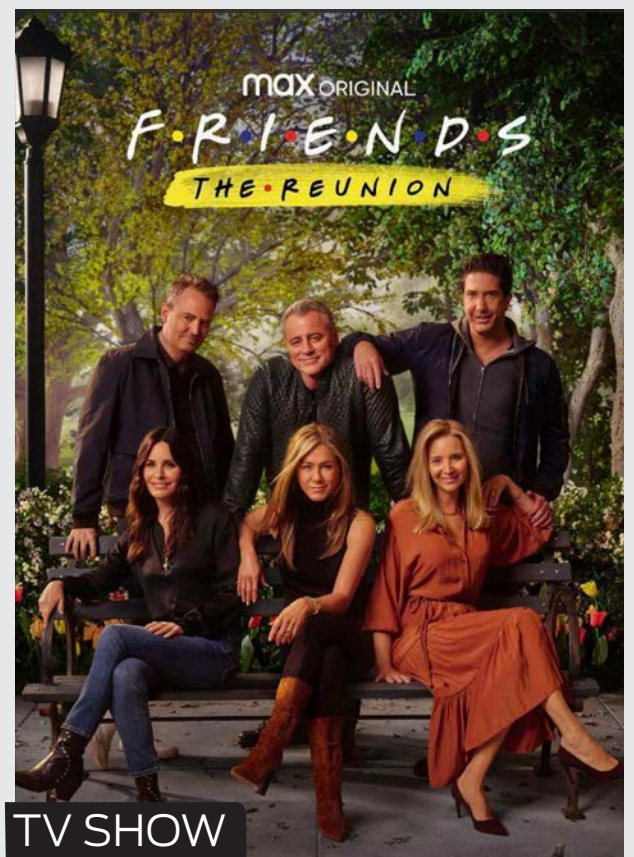
ENTERTAINMENT



This is Joe Wright's adaptation of the popular novel with the same name. The film stars Amy Adams as a child psychologist who is an agoraphobic woman confined to the inside of her house. Her only outlet is looking out of her window, and through the window she witnesses a murder in the house next door. But was it really a murder? Or was it her medication causing hallucinations?



Rated 4.2/5 by Goodreads and 4.5/5 by Barnes & Noble, this book is *The Princess Diaries* meets *Crazy Rich Asians*, which makes it the perfect "light-read" of the summer. The laugh-out-loud princess story revolves around an average Japanese-American teen who lives an ordinary life in California, only to discover she is the illegitimate and secret daughter of the Crown Prince of Japan. Read it and follow her to Japan where she encounters sinister family members, nosy press corps, and potential love.



The TV event we've all been waiting for is finally here! The highly anticipated episode known as "The One Where They Get Back Together" is a 2021 reunion special of the timeless American sitcom *Friends*. It's now streaming on HBO Max and viewers will need a subscription to the platform to watch it. Viewers will get to witness just how close the cast is to one another in real life, through a joint sit-down interview. We wouldn't miss it!

PICK OF THE BUNCH

THESE DELICIOUSLY FRAGRANT RECIPES ARE FLAVOURED WITH THE FRESHEST HERBS – PERFECT FOR YOUR SPRING TABLE

MAKES 8-10 SLICES

INGREDIENTS

- 225g self-raising flour
 - 2 tsp baking powder
 - 225g butter, at room temperature, plus extra for greasing
 - 225g caster sugar
 - Zest and juice of 2 unwaxed lemons
 - 2 tsp fresh rosemary, finely chopped
 - 2 tsp milk
 - 3 medium eggs
- For the buttercream icing**
- 350g icing sugar
 - 120g butter, at room temperature
 - Zest of 1 unwaxed lemon, finely grated
 - 2 tbsp lemon juice
 - Sprigs of rosemary and flowers to decorate (optional)

1. Preheat your oven to 160°C/140°C fan/gas mark 3.
2. Grease 2 x 20cm round sandwich tins and line with baking parchment.
3. Sift the self-raising flour and baking powder into a large bowl.
4. Add the butter, caster sugar, grated lemon zest, lemon juice, chopped rosemary and milk and beat with an electric mixer on a slow speed until combined.
5. Add the eggs to the cake mixture and beat with an electric mixer on a high speed for 45 seconds.
6. Make sure that there are no small lumps of butter in your mixture. If there are, beat for a little longer on a slower speed until the mixture is smooth.
7. Divide the mixture equally between the pre-prepared tins.
8. Bake for 30-35 minutes. To see if the cakes are cooked, insert a skewer into the centre. If it comes out clean, the cakes are ready.
9. Leave the cakes to cool in the tins for about 10 minutes. Remove them from the tins and then move them to a wire rack to cool completely.
10. To make the buttercream icing, first sift the icing sugar into a medium-size bowl.
11. Add the butter, lemon zest and juice and beat until smooth.
12. Once the cakes are completely cooled on the rack, use a palette knife to spread half of the buttercream onto one cake.
13. Carefully place the other cake on top and use the remaining buttercream for the top of the cake. Decorate with sprigs of rosemary and flowers (optional).

Lemon and rosemary cake with buttercream icing



Salmon fillets with lemon and dill

SERVES 4

INGREDIENTS

- 1 tbsp olive oil
- 4 fresh wild salmon fillets
- Sea salt flakes and freshly milled black pepper
- 1 unwaxed lemon, sliced into half moons.
- 2 fresh bay leaves
- Small handful fresh dill
- 20g butter
- 50ml of white wine
- Juice of 1 lemon
- 200g fresh asparagus spears, ends trimmed

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Line a baking tray with foil and brush with olive oil.
3. Place the salmon on the foil in the tray, season well, then top with the lemon slices, bay leaves and dill. Dot the butter over the fish.
4. Pull the sides of the foil around the fish and pour the wine and lemon juice onto it.
5. Tightly seal the foil into a parcel, leaving a gap at the top to allow the fish to steam.
6. Bake in the oven for 20 minutes, until the fish flakes easily with a fork.
7. While the fish is steaming, cook the asparagus.
8. Bring a pan of salted water to the boil, add the asparagus and cook for 3 minutes until al dente. Drain and keep warm.
9. Remove the fish from the oven and open the parcel straight away, otherwise the salmon will continue cooking in the residual heat.
10. Serve with the pan juices, lemon slices and asparagus. ▸

SERVES 4

INGREDIENTS

- 750g baby potatoes
- 4 tbsp olive oil
- 3 sprigs of fresh rosemary
- 3 sprigs of fresh thyme
- Sea salt flakes and freshly milled black pepper
- 15g fresh dill, roughly chopped
- 15g fresh parsley, roughly chopped
- 15g fresh mint, roughly chopped
- 75g burrata

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Scrub the potatoes and cut them in half.
3. Place the potatoes in a roasting tray and drizzle with olive oil.
4. Scatter with the rosemary and thyme, then season the potatoes with plenty of salt and pepper and roast for 25 minutes until they are tender

and golden and beginning to go crisp at the edges.

5. After 25 minutes, remove the potatoes from the oven, scatter with the dill, parsley and mint, and toss.

6. Place back in the oven for a further 10 minutes.

7. Once cooked, serve with the burrata and drizzle with herb-infused pan juices.

Herb roast potatoes with burrata



1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. For the filling, place the butternut squash pieces onto a roasting tray, drizzle with the olive oil, and season generously with sea salt and freshly milled pepper. Roast for 20 minutes, or until tender.
3. Once the butternut squash has roasted, sprinkle over the onion and torn sage leaves and continue to roast for a further 10 minutes.
4. Remove from the oven and set aside to cool for 5 minutes.
5. In a large bowl, blend the warm vegetables to a thick, smooth purée using a hand-held blender. Set aside to cool for 30 minutes. Once cooled, stir in the grated cheese and a little grated nutmeg.
6. For the pasta, combine the flour and eggs in a food processor until the ingredients form a dough.
7. Continue to pulse for a further minute.
8. Turn the dough out onto a lightly floured surface and knead well for 10 minutes, until it is stretchy and has a slight sheen to it. Divide the dough into four portions and wrap each one in cling film. Allow to chill in the fridge for 30 minutes.
9. When the pasta dough has chilled, take the first portion and roll it thinly (1mm thickness) on a lightly floured work surface. Dust the dough with a little extra flour if it starts to get sticky.
10. You need the surface area of the rolled-out dough to yield 12 squares, each about 7cm across.
11. Using a ravioli cutter, mark 12 squares on the sheet of pasta dough without cutting through the dough.
12. Repeat the rolling-out process with the second portion of pasta dough. Set aside carefully.
13. Divide the cooled filling mixture in half and place one heaped teaspoon into the centre of each marked pasta square.
14. Brush the dough surrounding the filling with a little cold water.
15. Once all of the squares have been filled, lift the second sheet of pasta dough and drape it over the first, carefully smoothing the pasta around the filling.
16. Remove any air bubbles and stick the moistened sheets of pasta together with your



Ravioli with butternut squash and sage

SERVES 4

INGREDIENTS

For the filling

- 500g butternut squash, peeled, de-seeded, chopped into small pieces
- 3 tbsp extra virgin olive oil
- Sea salt flakes and freshly milled black pepper
- 1 small red onion, finely chopped
- Small handful of fresh sage leaves, torn
- 25g Parmesan, finely grated, plus extra to serve
- Freshly grated nutmeg, to taste

For the pasta

- 300g "00" grade flour, plus extra for dusting
- 3 large free-range eggs
- 1 tsp salt

For the garnish

- 1 tbsp extra virgin olive oil, plus extra to drizzle
- A few fresh sage leaves
- 2 tbsp pine nuts
- Sea salt and freshly milled black pepper

fingertips. Stamp out the ravioli, ensuring the filling is kept as central as possible.

17. Dust a baking tray with a little flour and place the ravioli pieces carefully on the prepared baking tray. Set aside until needed.

18. Repeat the process with the remaining ingredients to make 12 more ravioli.

19. For the garnish, heat the olive oil in a small frying pan over a medium to high heat. Add the sage leaves and fry for 10-15 seconds, or until they look translucent. Remove from the pan using a slotted spoon and drain on kitchen roll.

20. Return the pan to the heat

and add the pine nuts. Fry for 20 seconds.

21. Remove from the heat and set aside on a separate plate.

22. To cook the ravioli, bring a large saucepan of water and 1 teaspoon of salt to the boil.

23. Carefully lower the ravioli into it, in batches if necessary, using a slotted spoon. Boil for 3-4 minutes, until cooked. Once cooked, carefully drain the ravioli in a colander.

24. To serve, divide the ravioli among four warmed plates. Drizzle with olive oil, spoon over the pine nuts, garnish with the fried sage leaves, a sprinkle of Parmesan and sea salt, plus a twist of black pepper. **OK!**

OK! SPOTLIGHT

MAHGUL KABIR

*In conversation with the soulful yogi
behind Soulmat*



After practicing yoga for almost a decade, Mahgul Kabir became blown away by the practice and all its benefits - physical and otherwise. She then decided to do her teacher training in Bali and introduce the city of Lahore to yoga and all that it entails, and with that, her yoga practice Soulmat, emerged. In just a short span of time, Soulmat gained immense popularity with classes being full and students wanting more of Mahgul and her yoga. Mahgul takes time out from her yoga practice Soulmat, to speak to *OK!* Pakistan about her journey, growth, healing, what yoga means to her, and so much more.

How did you start your journey into yoga?

Mahgul Kabir: I started practicing about 8 or 9 years ago, as a part of my physical fitness routine and somewhere along the way I just fell in love with the movement. After that in 2018 I went and did my yoga teacher training which really made me understand the world of yoga as a philosophy and a way of life.

Why do you devote your life to this practice, and how has it changed you?

MK: Well, simply because I really enjoy it. It doesn't feel like as much as a devotion, as it does as a way of living and seeing things. And I guess that has been the biggest change it has created in me - the change of perspective. I have started to observe the world around me and in me through a different set of lens.

What's your mission as a yoga instructor? Who are you trying to reach and why?

MK: My mission as a yoga teacher is to help people feel good in their bodies and through their bodies. There is a quote "Most people have no idea how good their body is designed to feel" and I think that when initially people get into yoga, that's what they are surprised by - just how good they feel with it. So just helping people get more

“In five years I see Soulmat being a platform for all things yoga, healing and self awareness.”

connected to that is one focus of mine. On another end of the spectrum I'm super interested in yoga therapy and helping people heal and manage their ailments through the practice of yoga.

What's your definition of healing? How would you go about the process of it?

MK: There is no simple answer to this, is there?

Healing I feel is when you are able to acknowledge, process and release all trauma, memories and attachments that create your reality. There are so many processes to it and so many ways... I don't think there is only one way. But essentially it begins with becoming more aware of your own self and behaviour.

Yoga in Pakistani media often does not represent the diversity of the human form or experience. What kinds of changes do you feel are necessary for a true paradigm shift?

MK: Well to be honest, I feel like yoga is just not that prevalent here. I feel like it's just starting to be appreciated and adopted by people. I feel like as this market becomes bigger, the interest in it will become more wide spread and we will see a lot more diversity emerge in the practice. Yoga is really for everyone, and I think the more that people get into it, the more we will see that broader spectrum of experience being offered to people.

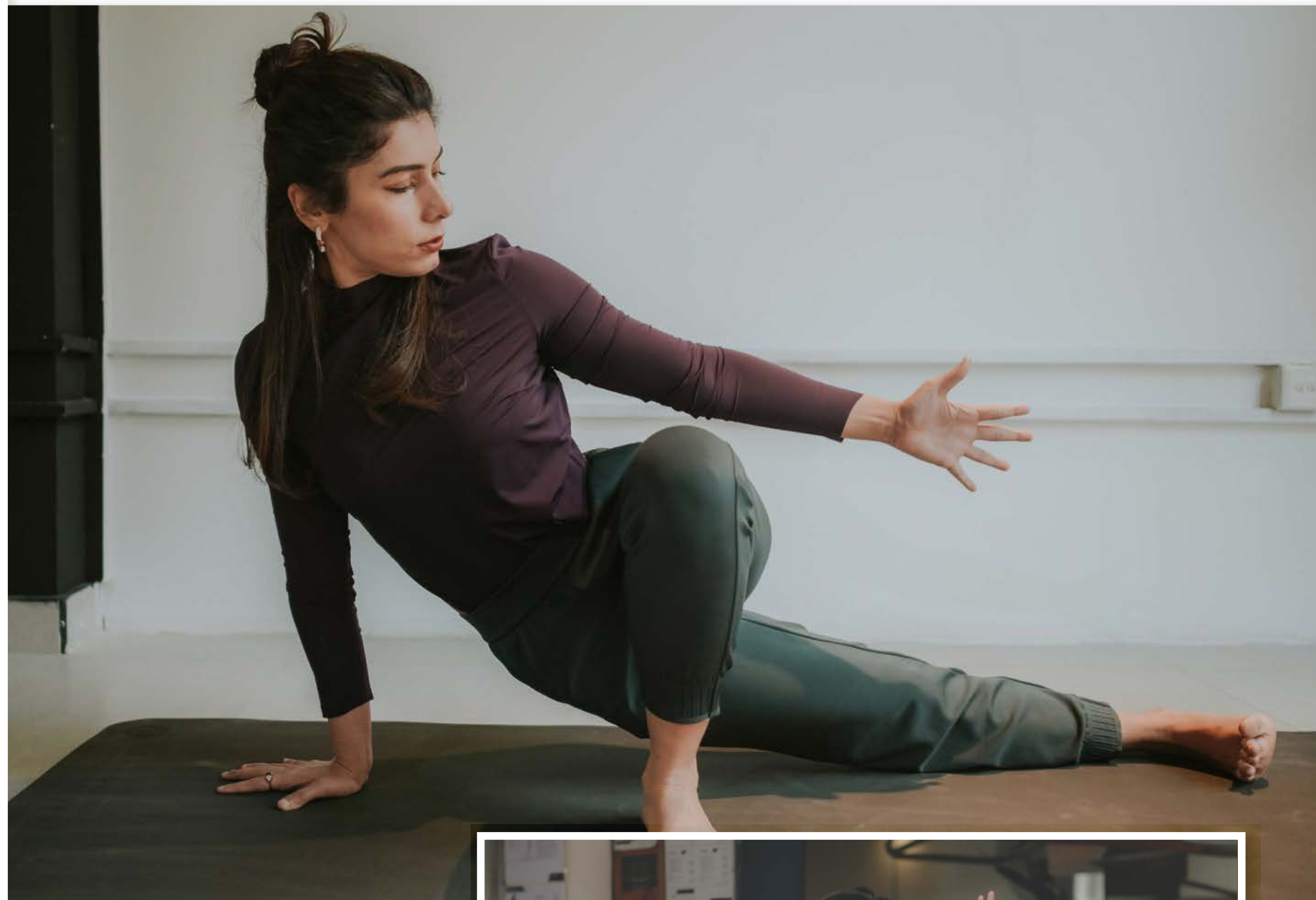
Can a person of any size/shape/fitness level start practicing yoga?

MK: Of course! Yoga is for everyone.

What's your relationship to your own body? How has this changed over time?

MK: Well it has its ups and downs. I've always been very conscious about my body since I was a child. I think for anyone who has been chubby or overweight in their life, the stigma remains ingrained no matter what shape you become. ►





“I have started to observe the world around me and in me through a different set of lens.”

So I have become a lot more accepting of my body, a lot less obsessive about working out and what I am eating, but then healing is not linear; I often go back to the same old relationship of judging my body, wishing it was different and how I would be happier if only I was 5kg lighter.

What are some other common, incorrect assumptions about yoga?

MK: Well people often take yoga as stretching, and while it's not entirely incorrect, yoga is so much more than that!

Finally, what is the goal of yoga as you see it? Where do you see Mahgul/Soulmat in five years?

MK: The 'goal' of yoga is essentially self



realisation. The self being the 'true self' and that's a journey that I think we all are on whether we see it that way or we don't.

In five years I see Soulmat being a platform for all things yoga, healing and self awareness. More than that, if I am completely honest, I haven't thought much about how I would like Soulmat

as the platform to evolve. For myself, I think I can only imagine becoming softer, gentler, growing to become a better teacher, a better entrepreneur and hopefully a better person. **OK!**

INTERVIEW: MAIRA PAGGANWALA
PHOTOGRPHS COURTESY MAHGUL KABIR

A full-page photograph of Sharon Stone. She is reclining in a white wicker chair, wearing a light yellow, draped, one-shoulder dress. She has blonde hair styled up and is smiling at the camera. She is wearing a multi-strand gold necklace with a central pendant. The background is a lush tropical garden with large green leaves and pink orchids. A body of water is visible in the lower right corner.

UP CLOSE WITH

SHARON STONE

Chats about escaping death, dealing with fame and enjoying her sixties



When Sharon Stone confidently uncrossed her legs in that iconic scene in *Basic Instinct*, we knew she was destined to make waves in Hollywood.

Since then, Sharon, 62, has continued to cement her status as a legend in the industry, and she's now enjoying her fourth decade as a working actress.

Her latest offering is Netflix show *Ratched*, which is a prequel to *One Flew Over The Cuckoo's Nest*. But it could have been a very different story for the Golden Globe winner as she has had three near-death experiences.

Sharon suffered a life-changing stroke in 2001, and as a youngster she was hit by lightning and also had her neck wounded by a clothesline.

The actress is currently single and last year revealed that dating app Bumble had blocked her account after thinking it was a fake profile. She is mum to three adopted sons – Roan, 20, Laird, 15, and Quinn, 14.

Here, Sharon talks about fame, mental health and why she feels lucky to be alive...

Your new Netflix show, *Ratched*, delves into mental health issues. How important is it for everyone to look after their mental health right now?

It's extraordinarily important that we all look after our mental health, especially now with this pandemic. This time has been very difficult for everyone because people are losing everything that they identify themselves with. When people lose their sense of self, they lose their sense of steadiness and that becomes a dangerous thing.

How do you look after your own mental health?

The most important thing we can do is stay in touch with others. Zoom calls are a real godsend, but another important thing we need to do is self-care. Go and take a good shower or have a really



IN NEW SHOW *RATCHED*

good bath. Why not pull up a yoga mat? How about painting, drawing or colouring in? I have a bunch of colouring books on a table with some big jars of pens and pencils. I sit and do those all the time. I do them with my kids or with a friend and I find it to be a really nice way to centre myself while we're talking. It's very calming.

Does TV help you unwind?

We are all lucky that we can experience the joy of television right now. I love British dramas, such as *Marcella* and *Sherlock*. I absolutely adore Benedict Cumberbatch. *The Crown* has astounding performances, but I also love comedies like ►





Will & Grace. A documentary called *My Beautiful Broken Brain* was recommended to me a while ago, which was remarkably similar to my experience. The documentary is about a woman who had a stroke. Well, I had a stroke and a nine-day brain haemorrhage that changed my life forever. I had a five per cent chance of surviving, let alone regaining all my faculties!

When did this happen?

I had the stroke back in 2001. It changed my life completely. When I came home after the stroke, I couldn't see out of my left eye and I couldn't hear out of my left ear. I could barely walk. I couldn't write my name for almost three years. I had to learn to read, write and speak again. Thankfully, I'm in much better health now. I've been back at work for a number of years. It's been a very humbling experience and it's been a very complicated journey. It was really harrowing and it was hard to lose everything and start over, but I'm glad I'm here.

How does it feel to be famous?

When this [fame] happens to you, it feels like a light shines on you – but it doesn't always shine on you. During the difficult period of my life, it wasn't shining on me, but I could tell that it was going to come back around. I knew it was going to come back to me, which is probably obnoxious to say, but I knew it.

How did you know?

I knew the light was off me. And when it's off you, it's dark. There's no pretending that it's not. It was a

dark period in my life and it was a dark period that I chose, because I thought that I couldn't take the light any more. It's so bright when you are big star. Look at Tom Cruise and Leo DiCaprio; frankly, I don't know how they manage it. It is such a bright light on you.

When did you first realise that you were famous?

When I went to Cannes with *Basic Instinct*, there was this weird moment on the red carpet. The crowd started to call my name and [*Basic Instinct* director] Paul Verhoeven pushed me forward. It was a breakthrough moment for me. It was a strange experience, because I had this wash of relief. I knew it was part of what was going to happen to me and it was part of my destiny. It was part of my life and I wasn't surprised by it.

How did you become involved with new show *Ratched*?

I went to lunch with [*Ratched* executive producer]

“I have a strong work ethic. I didn't come from privilege”

Ryan Murphy and he revealed that he'd written this part for me. For older women like myself, I feel like he continues to write fascinating work and he respects all kinds of people in his projects.

What drives you to continue to play different roles?

I have a strong work ethic. I didn't come from privilege. My dad worked in a tool factory where he made \$14,000 a year. There were four kids and we thought we were rich. We didn't know we didn't have money, because my mother worked hard and she planted a huge garden. She canned it every year, so we had fruits and vegetables all through the winter. My father hunted and we ate what he hunted. I grew up like a real American country girl. For me, to work was how you got somewhere. I took jobs that weren't great because I had to work; it was my job, it wasn't just some artistic endeavour. I had to earn money and I had to save money so that I could live. Now, I have better choices that I can make, but it's always been a job for me.

You celebrated your 62nd birthday this year. What have you learned about life now that you didn't know at 40?

When I was 40, I didn't know that no matter how good of a partner or spouse you are, it doesn't mean you are going to have a good marriage or a good life. I didn't know I was going to have a stroke that changed my life. I didn't know that I would be really, really grateful to get to my next birthday.

What are your thoughts on ageing in the spotlight?

I'm pretty grateful to be ageing. I'm happy for every day. I made a decision at 40, I decided, "If I am going to be old, then I am going to be old like a dancer, so I need to be dancing and moving every day." I did everything to make that happen, but the stroke

gave me a bigger perspective on things. When the stroke happened, I didn't know if I would be able to return to work. I didn't know a lot of things.

Is it true that you're currently writing a biography?

That's right. I'm currently working on the book of my life. I've been working on it for close to a decade and I keep coming at it from lots of different angles. It's been tough to figure out, but I look forward to it being released. **OK!**



INTERVIEW: ADAM TANSWELL
PHOTOS: SHUTTERSTOCK, WIREIMAGE, ZUMA PRESS/EYEVINE

WATCH YOUR WELLBEING BLOOM!

ENJOY THE FRUITS OF THE GROWING NEW TREND FOR MINDFUL GARDENING

What do Holly Willoughby, Kelly Brook, Liz Hurley and the Duchess of Cambridge all have in common? They love flexing their green fingers! And they're not alone – during lockdown, internet searches for gardening rocketed as we cultivated a renewed appreciation for our precious outdoor spaces.

Not only does digging and weeding give us a fantastic physical workout, pottering around plants is linked with a reduced risk of dementia. And now there's a new way to garden which offers wellbeing benefits, too.

Mindful gardening is all about being in the present moment, feeling connected to nature and engaging all of our senses as we dig and prune. It's also about being kind to the environment by planting thoughtfully.

"When we garden this way, our mind calms down, our heart rate lowers and the parasympathetic nervous system is activated, all of which is good for our health," says Karen Liebguth, a mindfulness trainer and life coach ([greenspacecoaching.com](https://www.greenspacecoaching.com)). Follow our tips on how to boss it as a mindful gardener and create a space of pure calm.

FOCUS ON A FLOWER

"As you're watering your window box or roaming



your plot, take time out to look intently at a flower. Examine its miraculous structure and sophistication, its colour and scent," says Karen. "Your mind may wander, so acknowledge any thoughts or worries that come to you and then return your focus to the flower."

BE A GRATEFUL GARDENER

"It's natural to have a tendency to focus on what's wrong with our gardens, rather than what's right," says Karen. "When you next feel your mind veering towards the negative, focus on five things that you're grateful for in the garden. It could be the colour of your beautiful potted rose or new buds appearing on a plant. Make it a daily practice and you'll form new habits in the brain and feel more positive." Studies have found that an attitude of gratitude can help you enjoy better health and relationships, too.

WEED AWAY WORRIES

Turn weeding into a form of meditation. "If

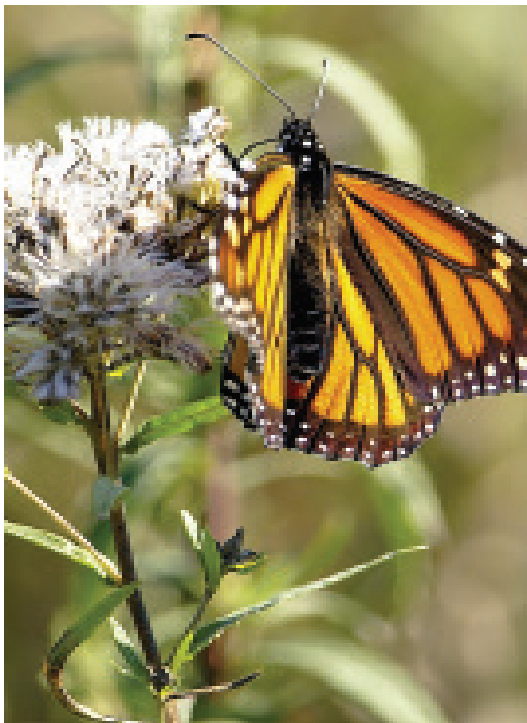
you're holding on to any resentments, imagine symbolically uprooting those grudges as you pull up weeds, recognising that you don't need to



hold on to them anymore,” says Karen. “Do it in kindness. Acknowledge that it’s helpful, healing and freeing to let go of things and that you’re preparing nourishing conditions in the soil (and in your mind) for new seeds to grow and flourish.”

CULTIVATE CALM COLOURS

Serene colours can help you switch off from life’s stressors. “A palette of cool blues, pale



pinks, gleaming whites, deep purple and silvery leaved plants will create a calming atmosphere, particularly at dusk when these colours shimmer,” says Tamsin.

PLANT A PARADISE FOR POLLINATORS

Watching bees and butterflies flutter and feed



around you in the garden can help focus your mind away from worries, so choose plants that will attract them. “Aim for a naturalistic style, adding native British wildflowers like poppies and scabiosa,” says garden designer Tamsin Kelly (tamsinkellygardens.com). “Bees are attracted to blues and yellow – try hardy geraniums or those with clusters of tiny flowers like alliums and achillea. Butterflies love purples, such as Buddleja davidii “Black Knight” (or butterfly bush). Even in deepest winter, the sweet scent from winter-flowering honeysuckle will attract lone bumble bees and lift your mood.”

BE SOOTHED BY SOUNDS

Design your garden around sound, suggests Matt Keightley, Chelsea award-winning garden designer and co-author of RHS Your Wellbeing Garden (DK, £16.99). “The use of sound can be wonderfully hypnotic and soothing, helping your brain to reboot and your body to relax,” he says. “Position trees or grasses in more exposed parts of the garden so that their movement in the breeze creates calming, rustling or whispering sounds. Install a bird table or feeder to encourage birds and benefit from the soothing qualities of their singing, or add a trickling water feature to enjoy its calming effect.”

GO BAREFOOT

If it’s safe to do so, walking barefoot in the



garden can bring brilliant wellbeing benefits. It’s a form of “grounding” or “earthing” – where the body has contact with the earth’s natural electric charge. It can ease pain and stress, improve blood flow, sleep and energy levels, and reduce chronic inflammation in the body.



SCENT TO DE-STRESS

Inhaling the scents of certain plant oils can have a therapeutic effect. Jasmine is linked to better sleep, peppermint eases stress while marjoram, rosemary and lavender reduce anxiety. “Consider which fragrances make you feel happy, help you feel calm, or stimulate you,” says Matt. “Then pick plants to evoke these emotions. Scent is highly personal – follow your instinct.”

TOUCHY FEELY

Spend time touching and feeling the multitude of textures in your garden. “Stroking the soft silvery leaves of Stachys



byzantina, better known as Lamb’s-ear, has an instantly calming effect, just like caressing a pet’s ears,” says Tamsin. “I also love sliding my hands along the papery bark of the Himalayan silver birch.”

WORDS: KIM JONES
PHOTOS: GETTY IMAGES

TRAVELLER'S TALE



MOHSIN ALI

EXPLORES INTERIOR SINDH



Where did you go?

Mohsin Ali Tawasuli:
New jatoi and KT jatoi.

Why did you visit Interior Sindh?

MAT: A co-worker suggested the location and as soon as we arrived, I was completely awestruck. I could not believe the beauty and vastness of the landscape – it was completely surreal. I am so glad we took this decision because I cherish this experience wholeheartedly.



What did you pack?

MAT: We went in the winter, so I packed lots of warm layers – from safari jackets to overcoats, woollen matching separates, army boots, hats, and leather gloves.

What was your favourite meal?

MAT: So the Jatoids were the best hosts and I think I did put on like 10 pounds on this trip. I ate some of the best desi food I have ever had! I wish I could say just one meal but everything we had was prepared with lots of love and was finger-licking good!

What was the biggest highlight of your trip/most memorable moment?

MAT: I visited Interior Sindh for the first time and seeing a difference side of the province was both overwhelming and eye-opening. I wouldn't trade this experience for anything. This was one of those memories that you cling to, and always cherish.

Favourite shopping destination?

MAT: For some hand-made embroidered clothes and other artifacts one should go to the local bazaars, and there's a shopping street in Moro.



Some sights worth seeing?

MAT: Heritage architecture, the pre-partition Hindu-built haveli, KT Jatoi, River Indus, fruit orchards, mustard fields, the archeological site in Kot Sirni, the heritage mosque, beautiful lakes and gardens, and keep an eye out for animals (including a variety of deer, crocodiles, peacocks,



and other birds).

What are some spots for a night out?

MAT: For a night out it would be a night-time safari with picnic around a bonfire in the wilderness.

Any travel tips you would like to share?

MAT: It's always better to get to know the locals wherever you travel, or hire local guides. **OK!**

ABSOLUTELY FABULOUS

GET A TASTE OF THE LUXE LIFE AT THESE LAVISH HOTELS
OFFERING SOMETHING EXTRA SPECIAL TO MAKE YOUR
STAY EVEN MORE MEMORABLE

Bellagio, Las Vegas

Roll up, roll up, to witness the world-famous Fountains Of Bellagio show from your very own hotel suite! Located on the legendary Las Vegas Strip, this is one of the planet's most extravagant and largest hotels, with just under 4,000 rooms and no expense spared.

The eight-acre lake where the aquatic, music and light show is held takes centre stage in front of the hotel and the 1,000 fabulous fountains have cropped up in Ocean's Eleven and Bruno Mars' Uptown Funk video. The best seat in the house comes with the 3,001 sq ft Grand Lakeview Suite, but the Penthouse Suite with its funky 70s vibe is on the money too, while the Executive Parlour Suite has its own billiards lounge.

Marina Bay Sands, Singapore

Picture this: you're sipping a cocktail (Singapore sling of course) beneath a lofty palm tree beside the pool. Placing your glass down, you sink into the crystal waters and soak up the views of the city and bay – 57 floors below! This rooftop infinity pool is so iconic it had a starring role in Crazy Rich



**MORE THAN 1,000 FOUNTAINS
DANCE TO MUSIC**

Asians. Stretching 150 metres across the SkyPark Observation Deck which spans the summit of the hotel's three gleaming towers, it's officially the world's longest elevated pool.

There are 2,561 rooms in the complex, some boasting views of the space age Supertree Grove in the Gardens By The Bay, and all with the deluxe amenities you'd expect, including Michelin-starred celebrity chef restaurants, spa and access to the casino.

Baccarat Hotel, New York

Opposite the city's Museum of Modern Art (MoMa), this jewel box of a hotel is an artistic masterpiece in its own right thanks to an abundance of sparkle and shimmer. The interiors have been created by Baccarat, the 250-year-old luxury French crystal maker, and include a twinkling art installation featuring 2,000 illuminated Harcourt glasses built into the foyer wall.

The theatrical display sets the tone for the rest



SOAK IN LUXURY AT SINGAPORE'S MOST



THE VIEW FROM THE PENTHOUSE SUITE IS BREATHTAKING

of the 112-room boutique hotel. Relax beside the heated pool lined with cabanas inspired by the Côte d'Azur or take a seat at the 60ft bar, Les Boissons, inspired by the royal stables of Versailles. Oh là là!

Airelles Château de Versailles, Le Grand Contrôle, Paris

If you've ever fantasised about staying in one of the most opulent palaces in the world, your dream may soon become a reality. Set to open in June, the luxurious boutique hotel is housed in three buildings of the fabulously extravagant Palace of Versailles, just outside Paris. The Palace itself, which was once home to the French royal family, has 2,300 rooms dripping with gold leaf, crystal and priceless artworks.

The palatial heritage hotel will offer 14 regal suites emanating 18th-century elegance, with modern-day technology kept to a minimum – sorry, no TVs! Culinary treats come courtesy of Michelin-starred French chef Alain Ducasse, served in the grand dining room. Guests can retrace the steps of



EXPLORE THE VERSAILLES GARDENS

souk-lined labyrinth of the ancient walled Medina. The Royal Mansour Marrakech was designed by Morocco's current monarch, King Mohammed VI, whose vision was to create a "medina within a medina" evoking traditional architecture and locally crafted furnishings. The opulent result is

a visual feast with exquisite geometric mosaics, intricate carved woodwork, engraved mirrors and yards of embroidered damask, set in five acres of fragrant gardens. Guests are chauffeured from the airport in a Bentley Bentayga or Rolls Royce Ghost before being shown to



Louis XVI and Marie Antoinette on exclusive out-of-hours palace tours.

Royal Mansour Marrakech

Marrakech is a mesmerising city where the magic takes place in the

one of the 53 luxurious private riads, with open-air courtyards, plunge pools and roof terraces. Upgrade and stay at the Grand Riad, the most lavish residence of all, with its own 11-metre pool, landscaped garden and tented roof lounge offering views of the majestic Atlas Mountains. **OK!**

WORDS: ANNABEL MACKIE
PHOTOS: GETTY



A BACCARAT CHANDELIER DOMINATES THE GRAND SALON

OK! WORLD IN ACTION



ZALZBERG SAID THE MOSTLY YOUNG PEOPLE WHO HAD TAKEN PART IN THE TWO WEEKS OF PROTESTS WILL BE KEEN TO PUSH THEIR LEADERS



A WOMAN WALKS DOWN SOME VIBRANTLY COLOURED STEPS IN GAZA CITY



MISSILES FROM ISRAEL'S IRON DOME DEFENCE SYSTEM RISE TO INTERCEPT ROCKETS FIRED FROM THE GAZA STRIP. THE FIGHTING BETWEEN ISRAEL AND HAMAS WAS TRIGGERED BY DAYS OF ESCALATING CLASHES BETWEEN PALESTINIANS AND ISRAELI POLICE



PALESTINIANS ASSESS THE DAMAGE CAUSED BY ISRAELI AIR STRIKES, IN BEIT HANUN IN THE NORTHERN GAZA STRIP. ISRAEL INTENSIFIED ITS ASSAULT ON GAZA, AS PALESTINIAN MILITANTS CONTINUED TO FIRE ROCKETS INTO ISRAEL ON THE FIFTH DAY OF HOSTILITIES

HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN

Dec 22 – Jan 20



Seek out a guru this month of May 2021. You will recognize them as he or she will have considerable dignity and psychological strength. They will have a clear understanding of responsibility that mirrors your own. You will find a level of friendship here that calls out to the inner child in you. In turn, this connection will allow you to play the guru role for someone younger or less experienced than yourself.

TAURUS

Apr 21 – May 21



This is indeed your birthday month and this means that not only do you celebrate a special day but a special month all month long. The planetary positions now bring promises for the year ahead. Awareness is your keyword for this upcoming year. People and circumstances enter your life now that open you up to new experiences in relating.

VIRGO

Aug 24 – Sep 23



Ask any artist how to paint and they will tell you first to back away from the canvas and second to find your perspective point. Your perspective point is now found in backing away from the everyday grind and having good old down-home philosophical discussions with many people. Be sure to choose to talk with some experts. You can't learn too much now, see too much or travel too far.

SAGITTARIUS

Nov 23 – Dec 21



It may not be clear at the moment but your actions are setting you up for career success. Keep your network connections active even though they may look like they are dragging. Wherever you encounter challenges, know that they will turn toward fortune in some basic way. Be sure to contact authority figures after the 10th of May. The more contacts that are made the greater the pay-off.

AQUARIUS

Jan 21 – Feb 19



The river of life continues to move in uncertain rhythms and tides. Along with those uncertainties lie frustrations and puzzlement, perhaps to the point of tears. How unlike you, Dear Aquarius. There must be some divine message in these experiences. If you would give yourself permission to be sensitive, soft, transparent, clairvoyant, slightly confused, emotionally vulnerable and receptive, you would take a quantum leap into a new world.

GEMINI

May 22 – Jun 21



Is it your money, my money or our money? That question is spinning in your gray matter. Because dollars are often used as a mental stimulus for you, that question bears no threat. Rather it promises a new way of looking at resources and how to use them. Try something different this May 2021 with money. Close your eyes and try to 'feel' for your answers.

LIBRA

Sep 24 – Oct 23



After the 18th of May 2021, you will have a chance to journey backward. At first, it may seem like your drive has become like milk-toast. It is, however, the reverse. You indeed will have entered a sort of Alice-in-Wonderland kind of experience. And like Alice, you may go it alone. There will be questions. Should I take the blue pill or the red pill?

PISCES

Feb 20 – Mar 20



Can you hum that tune, 'On a Clear Day You Can See Forever'? This is the tune you should hum all month. The image for you during May 2021 is a ride in a hot air balloon over a calm sea of water. Don't do any complaining, moaning or groaning. Instead count your blessings, for indeed you are in planetary graces. And those graces set you free.

CANCER

Jun 22 – Jul 23



It may seem that life resembles a boulder blocking the mouth of a cave. That would be a cave that is holding you prisoner. This is a good time to do an assessment of the past months. Check off the events. What wisdom have you gained during this time? What are the new responsibilities that you have gained mastery over? Yes, life may continue to be heavy like a boulder but remind yourself often that you are in this world but not of it.

SCORPIO

Oct 24 – Nov 22



If no one was watching and you knew that you would not be judged, would you let your hair down and play? Why not dedicate this month to doing just that – playing? The energies are right for the experience and you will find playmates. They may come as new friends, confidants or a new lover. Reach out for the experience and regain that youthful glow.

ARIES

Mar 21 – Apr 20



Your personal focus is like a razor's edge this month of May 2021. Family responsibilities and involvement may take you away from your personal desires and plans. Don't struggle with the challenges or try to escape the duties. You are actually at a point in which you can release some old childhood memory or limitation. Sitting with patience with family issues can bring true release by late June. Keep those personal goals as dreams.

LEO

Jul 24 – Aug 23



There is uniqueness in friendships this month. Reconnect with old friends and be open to the cultivation of new friendships. Don't pick and choose. Rather stay open and let others pick and choose you. You may pull in some questionable characters. But they come as teachers even though they aren't aware of their role. Additionally, open up to group activities.



ALI ZAFAR
MAY 18, 1980



ADELE
MAY 5, 1988

PHOTOGRAPHS: WEEEN



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